

# MANAGEMENT OF ESCALATING BEHAVIORS

## INDIVIDUAL INTERVENTION STRATEGIES

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Phase 1: Calm** -- Cooperative, on-task, responsive to instruction and encouragement.

Reinforced verbally with on-task marks. Teach/practice replacement behaviors:

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Teach/practice specific social skills:

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Teach/practice relaxation techniques:

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**Phase 2: Triggers** -- Frustrated, pressured, conflicts, facing consequences.

Teacher will identify and verbally cue:

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Teacher will verbally mirror body language and physical cues:

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Teacher will provide pre-correct directives:

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Teacher and/or coach...

Problem-solving:

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Social skills practice:

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Plan for trigger:

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Cue for choice-making and self-correction:

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Reinforce for self-correction/de-escalation:

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Debrief, if necessary.

**Phase 3: Agitation** -- Increased unfocused behavior, quick eye/hand movements.

Identify/verbally mirror behaviors/physical actions:

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Remove triggers/antecedent condition:

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Redirect, make structural/situational modifications:

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Coach for choice-making and self-correction:

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Debrief and reinforce for self-correction/de-escalation:

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**Phase 4: Acceleration** -- Arguing, verbal abuse, defiance, escape, questioning.

Identify provoking or engagement behavior:

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Direct to time out

If movement to time out does not occur --

A) identify bottom line consequence:

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B) set time limit for choice-making:

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C) start timer/withdraw verbal/physical interaction:

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Verbally reinforce for deceleration if done before time limit.

**Phase 5: Peak** -- Tantrum, physical aggression, running away, out of control.

Room clear, if necessary

Contact principal:

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Change staff, if necessary

Implement extreme control plan at principal's direction:

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Implement applicable school district procedures:

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Physical restraint used only as last resort; only with 2+ staff.

**Phase 6: De-escalation** -- Slows physically, displays confusion, express sorry, withdrawn.

Provide specific verbal direction/minimal interaction:

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Obtain ownership of behavior:

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Debrief later; give only minimal attention

**Phase 7: Recovery** -- Resumes independent work, reluctant to address behavior.

Return to routine, with appropriate modifications:

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Debrief on antecedent situation and peak behavior

Apply cost response:

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Reinforce appropriate behavior with brief interactions:

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Staff debrief on antecedent and peak behavior in a separate room:

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Student

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Parent(s)

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Staff

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