

Functional Assessment for Jane

Information gathered from:

Jane, Nikki, Paul, Doreen (Grandmother), Ms. Weber (Guidance Counselor), Assistant Principal, and Lisa (Family Based Therapist)

I. Predicted Behavior:

What does the behavior look like?

When Jane becomes frustrated and not able to talk to someone, she uses a sharp object to cut her arms leaving minor wounds.

How often does the behavior occur?

This behavior has happened 5 times out of the past 6 months.

What is the intensity of the behavior?

Jane typically leaves minor wounds on her arms; she will stop when she sees blood. There was 1 incident where Jane did need stitches. Jane does not want that to happen again and said she no longer presses that hard.

How long does it last?

She self-inflicts these wounds for about 20 minutes, or until there is blood on her arms for her mom/others to notice.

II. Before the Behavior

What is happening before the behavior occurs?

Setting Events:

- 1) Being teased by peers at school—Jane has been bullied by peers which create frustration that builds up throughout the day.
- 2) Jane's time of the month

Triggers:

- 1) Being ignored after expressing the need to talk—mostly when she is seeking mom's attention

What do the people involved see?

Jane comes home and immediately “demands” to talk to someone, usually mom. Mom is often busy making dinner and will ask her to talk during dinner. Dad is typically at work or busy working on home improvements and will ignore the demands. When Jane is ignored or redirected, she will go off by herself.

What does youth/person involved feel?

Jane feels ignored and that her parents don’t want to spend time with her. This typically reinforces the mean things peers were saying to her.

What is happening at the beginning of the behavior?

Jane’s face becomes red and she starts talk faster/become more demanding. They will tell Jane they cannot talk right now and send her away. Eventually will go off by herself.

III. During the Behavior:

Who is involved/what are they doing?

Jane goes off by herself to cut, mom and dad are not around while Jane is cutting. They do not notice the cuts until after she has drawn blood. Jane’s brother is away at college and no one else is around during her cutting.

When mom or dad notice the cuts, they tell Jane to stop, Jane stops. If no one notices, Jane will stop on her own after drawing blood/feeling pain and will find mom or dad.

What/who makes the situation worse?

When Jane is being bullied:

- At school, the vice principal will give her detention because she will not listen to his directions.

When Jane needs to talk and demands someone talk to her:

- At home, dad will send her to her room because she will not stop demanding attention.

What/who makes it better?

When Jane is being bullied:

- At school, the guidance counselor will sit down with Jane and talk about her concerns.

When Jane needs to talk and demands someone talk to her:

- At home, at times Nikki and Doreen (Jane’s grandmother) will listen to her talk about her day.

Examples of exceptions when triggers/setting events occur but it does not escalate into a crisis:

There was one time when Jane came home from school quite upset and her mom took her grocery shopping to get a few things for dinner. This gave time for Jane to talk to her mom about her day.

IV. After the Behavior

What happens after the behavior and how do others react? (Reinforcing behavior)

Every time Nikki notices the wounds, she calls 911. The house is in chaos and everyone yells and screams until eventually the police are called. An ambulance takes Jane to the hospital. Her mom takes off work and will sit by her bed when she is in the hospital.

What are the signs that the behavior is coming to an end?

Jane will slow down in her speech and her physical appearance will change to her normal color. If mom/someone does not find her cutting, Jane will stop cutting when she draws blood and go show mom/someone her wounds.

What occurred at the point when the behavior began to deescalate?

People are paying attention to Jane.

Function of the behavior:

Jane indicated she likes the attention she receives when people respond. "It makes me feel like people care".

V. Interventions:

What has not been successful?

Yelling at her and sending her off by herself.

What has worked?

Giving her time to talk about her day and sharing her frustrations.

When and why did this stop being effective?

It has always been effective but has not happened in the past few years. This is because of the pressure Nikki and Paul feel of remodeling the home to meet child welfare demands.

VI. Vision/Successful intervention:

Nikki and Paul indicated Jane will be able to talk about her frustrations before she goes and cuts. Jane expressed that her family members along with adults will recognize she is frustrated and will give her time to talk about her day before going and cutting.

Youth: _____
Date

Parent/Guardian: _____
Date

Workforce: _____
Date