

# DDD Resource Team Course Syllabus

## Behavior Analysis Unit Workshops

### Presenters:

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Al Brewin, M.A., BCBA, [alfred.brewin@dhs.nj.gov](mailto:alfred.brewin@dhs.nj.gov)

Heather VanCampbell, M.A., BCBA, [heather.vancampbell@dhs.nj.gov](mailto:heather.vancampbell@dhs.nj.gov)

These courses apply to any person providing support to individuals receiving services, including direct support professionals and self-directed employees.

Courses	Descriptions
<b>Basic Principles of Applied Behavior Analysis for Support Staff (1)</b>	The workshop will cover basic concepts and principles of behavior science. It will present the information in a way that will aid support staff when implementing behavior support plans and active treatment and help to improve overall interactions between staff and individuals. <b>Course time: 3.5 hours</b>
<b>Developing Positive Interactions between Support Staff and Individuals (2)</b>	Support staff will gain the skills to establish and nurture positive interactions with individuals through insights from the basic concepts and principles workshop. <i>Basic Principles of ABA for Support Staff is a prerequisite for this course.</i> <b>Course time: 90 minutes</b>
<b>Token Economy</b>	A token economy is a system for providing positive reinforcement to an individual by giving them tokens for completing tasks or behaving in a desired way, which leads to a preferred reward. This workshop will help participants understand the use of token economies while explaining how to make and maintain an effective system, and eventually fade out the token economy. <b>Course time: 30 minutes</b>
<b>Prevention of Food Grabbing</b>	During this presentation, the participant will understand how food grabbing can be a learned behavior or occur for biological reasons. It will teach staff how recognize what environmental conditions may increase the likelihood of food grabbing. The participant will learn how to help reduce the likelihood that food-grabbing behavior will occur and minimize the potential risks stemming from the behavior, such as choking or aspiration. <b>Course time: 45 minutes</b>
<b>Introduction to Pica</b>	This presentation is an introductory training on Pica, (the consumption of non-nutritive substances), as viewed through Applied Behavior Analysis. It will cover basic information about Pica, how to manipulate the environment to prevent it, and the applied behavior analysis approach explained in layperson's terms. <b>Course time: 60 minutes</b>
<b>Behavior Supports and Medical Involvement</b>	This workshop identifies behavioral changes, emphasizes the importance of ruling out medical issues, and helps prioritize additional support for individuals receiving services. <b>Course time: 2 hours</b>
<b>Best Practices in Behavior Supports</b>	The workshop will cover fundamental aspects of effective behavior services consistent with successful clinical decision-making. The significance of accurate documentation will be emphasized. <b>Course time: 90 minutes</b>

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All courses below target Behaviorists, Behavior Specialists, Program Coordinators, Managers, Directors, etc. Advanced Behavior Modules 1-5 should be taken in order.

Courses	Descriptions
<b>Functions of Behavior (1)</b>	The training discusses the “why” behind behaviors and additional basic principles of behavior. Function is one of the most critical pieces of information one can have about behavior to understand it, work to reduce challenging behaviors, and increase appropriate replacement behaviors and other functional skills. <b>Course time: 4 hours.</b>
<b>Understanding Functional Behavior Assessments and Behavior Support Plans (2)</b>	Understanding documentation related to an individual’s behaviors is imperative to providing high-quality services. The training will explain the important role of a Functional Behavior Assessment (FBA) and how it can assist when creating a comprehensive Behavior Support Plan (BSP). <b>Course time: 2 hours</b>
<b>Data Collection and Interpretation (3)</b>	To determine how to change behavior, it is essential to identify the behavior of interest, operationally define it, and measure it. Collecting and interpreting data is critical in analyzing target behavior progress. The workshop will focus on providing the tools to do this and demonstrate how to collect and interpret behavior data. <b>Course time: 2.5 hours</b>
<b>Training Behavior Support Plans (4)</b>	Proper training in behavior support plans (BSP) for all staff working with an individual is essential to achieving successful behavior change. This workshop will look at best practice methods of training BSPs for staff competency, and how to measure staff performance. <b>Course time: 90 minutes</b>
<b>Teaching Functional Skills (5)</b>	This workshop will focus on the primary strategies for teaching functional skills to individuals. The focus of a BSP is not only to decrease challenging behaviors. A BSP can also be useful to provide teaching strategies for appropriate replacement skills. <b>Course time: 2.5 hours</b>
<b>An Organizational Perspective on Successful Behavior Supports</b>	The workshop will cover the effects of behavior principles, highlighting the importance of staff training in achieving successful outcomes. Proper staff training can improve performance and produce successful outcomes for service recipients. These are critical steps to consider when providing behavior support. <b>Course time: 90 minutes</b>
<b>Understanding Pica from a Behavioral Perspective: Managing the Environment for Prevention</b>	This presentation offers a thorough review of Pica (the consumption of non-nutritive substances), techniques for environmental manipulation to mitigate its occurrence, and practical illustrations of situations managed through the applied behavior analysis framework. <b>Course time: 90 minutes</b>

# Choking Prevention Unit Workshops

Presenters:

Rachel Joan, SLP, [rachel.joan@dhs.nj.gov](mailto:rachel.joan@dhs.nj.gov)  
 Melissa Yearicks, SLP, [melissa.yearicks@dhs.nj.gov](mailto:melissa.yearicks@dhs.nj.gov)  
 Katelyn Bradley, SLP, [katelyn.bradley@dhs.nj.gov](mailto:katelyn.bradley@dhs.nj.gov)

These courses apply to any person providing support to individuals receiving services, including direct support professionals and self-directed employees.

Courses	Descriptions
<b>Managing Dysphagia in the Community</b> <i>This course is a prerequisite for the courses below.</i>	This workshop will enhance the participant's understanding of swallowing and dysphagia. A general overview of modified food and drink textures will be provided. General strategies for supervision and cueing individuals will be reviewed to help mitigate the risk of aspiration and choking. Swallow studies will be examined to enhance understanding of swallowing function. Participants will leave with practical information on increasing safety within the dining environment. <b>Course time: 60 minutes</b>
<b>The Choking Risks of Regular Diets</b>	This workshop provides insight regarding the high risk of choking for individuals on "Regular" diets. (Regular diets are those that do not require any texture modification and do not require a prescription from a physician.) Essential airway protection will be reviewed, and choking vs. gagging will be differentiated. This training will assist in comparing nutritional diet orders and diet texture modifications. Participants will increase their understanding of mealtime safety needs for service recipients. <b>Course time: 30 minutes</b>
<b>Diet Textures</b>	This workshop provides in-depth information on how to prepare texture-modified diets. Participants will leave with practical information on how to prepare "chopped," "ground," and "pureed" food, including the best equipment to use for each food texture. <b>Course time: 45 minutes</b>
<b>Liquid Consistencies</b>	This workshop provides in-depth information on how to prepare thickened beverages. In this workshop, participants will get practical information on how to prepare "nectar," "honey," and "pudding" liquids (sometimes called "mildly," "moderately," or "extremely" thick). Emphasis will be placed on ways to differentiate beverage consistencies. <b>Course time: 30 minutes</b>
<b>Mealtime Supervision</b>	This workshop discusses the "how to" and "why" of supervising meals. This course will discuss ways to prevent choking incidents from occurring. Participants will learn basic supervision techniques that work well within the I/DD population. Cueing strategies and methods for mealtime safety will be provided to participants. This training targets all staff and caregivers working with individuals during mealtime. <b>Course time: 30 minutes</b>

## SLP County Assignments

<a href="mailto:Rachel.Joan@dhs.nj.gov">Rachel.Joan@dhs.nj.gov</a>		<a href="mailto:Melissa.Yearicks@dhs.nj.gov">Melissa.Yearicks@dhs.nj.gov</a>		<a href="mailto:Katelyn.Bradley@dhs.nj.gov">Katelyn.Bradley@dhs.nj.gov</a>	
<ul style="list-style-type: none"> <li>Burlington</li> <li>Camden</li> <li>Gloucester</li> <li>Hudson</li> </ul>	<ul style="list-style-type: none"> <li>Hunterdon</li> <li>Ocean</li> <li>Passaic</li> </ul>	<ul style="list-style-type: none"> <li>Atlantic</li> <li>Bergen</li> <li>Cape May</li> <li>Mercer</li> </ul>	<ul style="list-style-type: none"> <li>Morris</li> <li>Somerset</li> <li>Warren</li> </ul>	<ul style="list-style-type: none"> <li>Cumberland</li> <li>Essex</li> <li>Middlesex</li> <li>Monmouth</li> </ul>	<ul style="list-style-type: none"> <li>Salem</li> <li>Sussex</li> <li>Union</li> </ul>

Please contact the speech pathologist in the designated county to schedule a workshop.

# Nursing Support Unit Workshops

Presenter:

Janay Ellsworth, BSN, RN, [Janay.Ellsworth@dhs.nj.gov](mailto:Janay.Ellsworth@dhs.nj.gov)

These courses apply to any person providing support to individuals receiving services, including direct support professionals and self-directed employees.

Courses	Descriptions
<b>Ostomy Care</b>	Caring for colostomies, ileostomies, and urostomies is essential, as the individuals we serve can utilize them. This presentation discusses what ostomies are, the types of ostomy pouches available, removing, cleaning, and applying pouches, and possible complications. This is meant as an introductory or refresher for ostomy care. Hands-on education and training by a primary nurse or doctor is recommended in conjunction with this presentation. <b>Course time: 30 minutes</b>
<b>Potentially Fatal Health Conditions and How to Prevent Them</b>	The individuals the Division serves are at increased risk for additional health problems that can be fatal. This presentation discusses the five most frequently occurring problems: Aspiration Pneumonia, Constipation, Dehydration, Seizures, and Urinary Tract Infection (UTI). With two newly added health topics, we have seen an increase in occurrences of Gastroesophageal Reflux (GERD) and Infection/Sepsis. This information will increase awareness and understanding of health concerns and equip staff with the knowledge to prevent or manage them when they occur. <b>Course time: 60 minutes.</b>
<b>Pressure Injury Prevention</b>	Pressure injury prevention is essential for the intellectually and developmentally disabled community. Due to specific diagnoses like immobility and other chronic conditions, this population is at risk for developing these potentially preventable injuries. This presentation provides information about the causes of pressure ulcers, signs and symptoms, treatments, and prevention strategies. <b>Course time: 45 minutes</b>
<b>Gastrostomy Tube Care</b>	Individuals served may utilize gastrostomy tubes, G-tubes, or PEG tubes due to difficulty swallowing, strokes, or brain injuries. This presentation provides information on what gastrostomy tubes are and the types of tube feedings, as well as a brief overview of the administration of feedings, site care, and complications.. <b>Course time: 45 minutes</b>
<b>Seasonal Health Concerns - Hot Weather</b>	During the hot weather months, individuals served are at risk of heat-related illnesses. This presentation will discuss the signs and symptoms of such illnesses, and how to mitigate related risks. <b>Course time: 30 minutes</b>
<b>Diabetes Management</b>	As the number of people in the US with Diabetes continues to rise, it is important for I/DD caregivers to understand the risk factors and how to manage the disease effectively. This presentation is designed to provide a comprehensive overview that covers the workings of insulin in the body, risk factors, symptoms, standard treatment options, and prevention/management strategies for Diabetes. <b>Course time: 45 minutes</b>

# College of Direct Supports (Online Webinars)

Recorded training on the College of Direct Support is available 24/7.

These courses are designed for Support Coordinators, but they also apply to anyone providing support to individuals receiving services, including direct support professionals and self-directed employees.

Courses	Descriptions
<b>Adaptive Equipment and Documentation</b>	This session will focus on the various types of adaptive equipment and their potential uses, understand why adaptive equipment is essential, and be able to document adaptive equipment in the NJISP and iRecord. <b>Course time: 60 minutes.</b>
<b>Behavior Supports and Documentation</b>	This session will focus on behavior supports, their intersections with the NJISP, and documentation expectations in the NJISP and iRecord. <b>Course time: 60 minutes.</b>
<b>Mealtime Safety and Documentation</b>	Support Coordinators will understand the different diet types and nutrition and will intersect with providers and documentation expectations for the individuals they serve. <b>Course time: 60 minutes.</b>
<b>Substance Use and the IDD Population</b>	Support Coordinators will learn about the biology, behaviors, prevalence, and risk factors for substance abuse within the Intellectual and Developmental Disability Population. <b>Course time: 60 minutes.</b>
<b>Suicide Prevention and the IDD Population</b>	Support Coordinators will recognize the warning signs of suicide and refer people at risk for suicide for help. <b>Course time: 60 minutes.</b>

- Contact us for workshops
- Sign up to receive the monthly workshop calendar
- Review the DDD Prevention Bulletins
- Our Staff includes
  - Board Certified Behavior Analyst
  - Speech Language Pathologist
  - Registered Nurse

Email: [DDD.ResourceTeam@dhs.nj.gov](mailto:DDD.ResourceTeam@dhs.nj.gov)

Website: [www.nj.gov/humanservices/ddd/individuals/healthsafety](http://www.nj.gov/humanservices/ddd/individuals/healthsafety)

