Functional Assessment

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| **Youth/Family name:** | **Care Coordinator:****FSP:** | **Date:** |
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| Behavior:**(What’s the crisis behavior or situation?)*** Describe the crisis behavior or scenario in detail such as what exactly they are doing when it’s at its worst? What’s happening – including verbal and physical aggression behaviors, suicidal behaviors, etc.
* Make your description very clear and spell it out
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| Rate It:**(How serious is this behavior?)*** How often does this behavior occur at its worst? How do they behave during lesser outbursts and how often do those occur?
* How long does the behavior or situation last? How long at its worst and when it is resolved quickly?
* Intensity on a scale of 1 to 10; 1 being the lowest and 10 results in self harm, harm to others, where does it fall?
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| How’s It Start:**(What event(s) lead to the crisis behavior?)*** Are there people, situations or events that trigger or set off the behavior?
* Are there certain people that these occur with? Places? Certain words that are said? Situations such as times of change?
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| What’s Different:**(When does the behavior not happen?)*** Under what situations are things better or less likely to occur? Do certain people or the absence of certain people that make things better?
* What is different about these specific times that may help provide answers into how to prevent the behavior or address it better?
* Why they are not experiencing crisis under these circumstances?
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| Warning Signs:**(What signals a crisis may happen soon?)*** What behaviors are signs that a crisis may soon occur?
* What physical signs can reveal that the crisis may be beginning to happen?
* Are there specific situations that lead up to a crisis?
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| What’s Worked:**(What has been tried in the past?)*** What has made a difference before?
* How did it work?
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| Benefits:**(Is there a benefit to the behavior or situation?)*** What happens as a result of the behavior or situation?
* Is there something received or gained from it?
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| Positive Alternatives:**(What could be a positive behavior in place of…?)*** What could be done instead?
* What’s something as rewarding or fulfilling as the negative behavior?
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| Better/Worse:**(What could make the situation better or worse?)*** Are there people that make the situation better or worse?
* Are there certain things that situation better or worse?
* Are things that can help better the situation regardless of location?
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| The After:**(What happens after the behavior?)*** What does the person do?
* How does their body feel? (Tense, shaky, hot or cold?)
* Are their punishments or rewards?
* What does everyone else do?
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| Prevent It:**(What steps or goals are needed to prevent a crisis?)*** List the: what, who, when, how often?
* Who are the formal and natural supports?
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| What to do during Crisis:**(What steps are needed to calm situation?)*** List the: what, who, when, how often?
* Who are the formal and natural supports?
* Include helpful phone numbers.
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**Crisis Plan
Signatures**

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