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 |  | | |
| 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? |  | | |
| 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? |  | | |
| 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? |  | | |
| 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? |  | | |
| What’s Worked:  **(What has been tried in the past?)**   * What has made a difference before? * How did it work? |  | | |
| 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? |  | | |
| 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? |  | | |
| 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? |  | | |
| 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? |  | | |
| 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? |  | | |
| 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. |  | | |

**Crisis Plan   
Signatures**

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