



# CENTERSTONE

## Family Centered Services

### Behavior Modification Program

Drawing from our philosophies from the Circle of Courage and Re-Ed, we feel children should be nurtured and guided toward positive behaviors. Behavior Modification is a process through which a child develops self-regulation, self-reliance, and self-concept. Behavior modification is necessary to assume responsibilities, make daily living decisions, and live according to accepted levels of social behavior. The goals of behavior modification are:

1. To help children learn to express appropriate ways of getting needs met (needs for attention, expressing feelings, etc.)
2. To help children feel good about relationships with other adults and children
3. To help children have a positive self-concept.
4. To help children learn to make better choices, through personal successes and natural consequences.

Natural consequences must be reasonable and responsibly related to the child's understanding, need, and level of behavior. All discipline shall be limited to the LEAST RESTRICTIVE appropriate method and administered by appropriately trained foster parents / staff.

A child's acceptance of structure and consequences and his/her ability to learn, depends largely upon his/her feeling that he/she is accepted, respected and feels a sense of belonging. The following are Modification Models/Strategies used by Centerstone:

- Cognitive Behavioral Therapy (CBT)
- TF-CBT
- ARC-Attachment Self-Regulation, Competency
- Play Therapy
- Equine Therapy
- Medication Therapy
- ART-Aggression Replacement Therapy
- Modeling
- Time-Out
- Use of Positive/Negative Reinforcement
- Reward/Token economy system
- Problem Solving Techniques
- Negotiation and Compromise Skills
- Deep Breathing
- Verbal Praise
- Natural and Logical consequences

Any consequence must be determined on an individual basis and be related to the undesirable behavior. Requiring children to accept the natural consequences of their actions may be a desirable experience provided the consequences are not unreasonable and directly relate to the behavior.

The following types of punishment are prohibited under DCS Licensing Standards and by the Centerstone Continuum Program:

- *Cruel and unusual punishment*
- *Corporal punishment (spanking / hitting / etc) is not permitted under ANY circumstances*
- *Assignment of excessive or inappropriate work*
- *Denial of meals and daily needs*
- *Verbal abuse*
- *Ridicule or humiliation*
- *Denial of planned visits or communication with family*

- *Permitting a child to punish another child*
- *Chemical or mechanical restraints*
- *Seclusion as a punishment*
- *Threat of removal from the resource home*
- *Any punishment that occurs more than 24 hours after the incident*

***I have read, and understand the Behavior Modification Policy.***

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Youth DATE

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Parent/Guardian DATE

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Centerstone Staff DATE