

# Neurobehavior Program Emphasizes Community Re-integration

**Behavior issues are often a complex and heart-rending reality when someone endures a brain injury. It touches all aspects of a patient's recovery and re-entry into the community. Untreated, it can devastate relationships and ravage any hope of returning to normalcy.**

Without intervention and treatment, problems worsen for the patient. Self-medication, substance abuse, legal trouble, and public safety issues may impact the family and loved ones. Predictable behavior is one of the most meaningful milestones they hope for as the patient recovers.

***Predictable behavior  
is one of the most  
meaningful milestones  
families hope for.***

Since 1980, CNS has treated thousands of people whose brain injury deficits include behavior challenges. The neurobehavior program that CNS provides is tailored specifically to the needs and goals of patients. Each brain injury is unique, and each patient is given an individualized plan that evaluates and addresses behavior.

## **Goal-Oriented Therapy Maximizes Treatment**

Working in concert with each patient's team of therapists, physicians, and case managers, CNS behavior analysts are constantly updated on patient status and progress. They meet weekly with CNS speech, physical, educational, and cognitive therapists responsible for the patient, updating the team on goals reached, medications, and concerns.

This multidisciplinary dialog guides treatment modifications and enables the team to track behavior in various therapeutic settings, as well as in the residential rehabilitation environment. Learning and treatment are thus maximized with CNS' comprehensive approach.

## **Integrated, Trained Teams Utilize Data for Best Outcomes**

A core aspect of this practice is the integration and education of clinical and residential teams. This supports a unified approach of care. The in-depth training that therapists receive is also provided for residential rehabilitation managers and neurorehabilitation specialists.

To track progress, patient data is collected daily using the Independent Living Scale (ILS), a clinical tool that measures life skills such as self care, safety practices, and hygiene. Behavior data is also collected at clinics, through a comprehensive documentation system.

This information is scored and input into a secure database that can be cross-referenced by therapists and physicians, producing an indication of behavior. The data is then used to determine patient need and resources required post-discharge, which helps insurers, families, employers, and attorneys to make key decisions.

## **Behavior Objectives: Reduce Risk, Increase Independence**

Many patients experience anxiety, depression, and anger as the result of injury, and are prescribed pharmaceuticals that help to stabilize behavior problems. This path is not always successful.

While medications are often prescribed initially for emotional balance, the emphasis at CNS is to limit medication dependency and focus on building stability.

To accomplish this, behavior analysts guide and develop treatment for the most severe post-injury complications, including:

- Physical and verbal aggression
- Self-injurious behavior
- Lack of initiation and non-compliance
- Bowel and bladder complications
- Sleep dysfunction
- Hygiene problems

CNS staff physicians monitor behavior programming and medication management to ensure the most effective strategy for each patient.

## **A Model for Neurobehavior Treatment**

Since its inception, CNS clinicians have presented at international neurobehavior conferences. Their research and papers have been presented at the California Association for Behavior Analysts and the Association for Behavior Analysis International. Brain injury clinicians worldwide have benefited from program development guidance provided by CNS.

## **Achieving Independence**

Comprehensive treatment, data analysis, team integration, and individualized treatment for behavior challenges are the core of CNS' expertise and successful patient outcomes. Reducing disability and increasing behavior capabilities has helped our patients return to dignity and lead a meaningful life.

**To tour a CNS facility, call 800.922.4994 or visit [neuroskills.com](http://neuroskills.com). To make a CA referral, fax 661.873.2509. For a TX referral, fax 972.871.5332.**

© 2016 Centre for Neuro Skills. All rights reserved. cen514420 8/2016