

July 2023



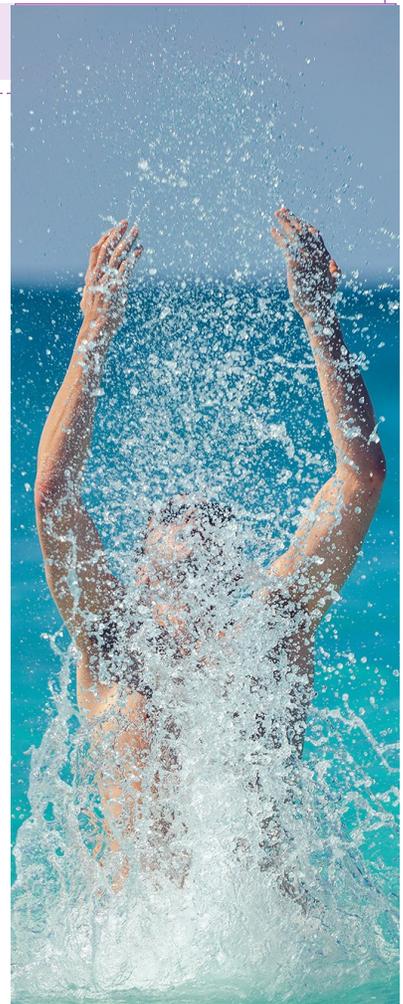
Cornerstone Chronicles

BEHAVIOR SUPPORT: WHAT IS BEHAVIOR?

Behavior support is often recommended when challenging and maladaptive behaviors arise, such as verbal aggression, self-injurious behavior, and oppositional defiance. The key to behavior supports is understanding what these target behaviors mean to each individual and determining the specific function behind each target behavior.

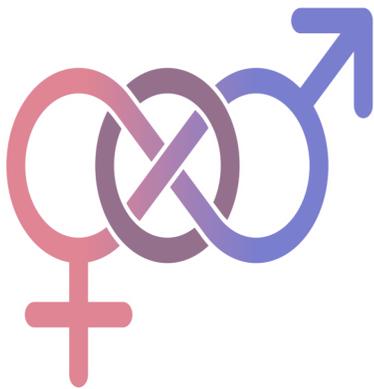
Behavior is traditionally defined as “the way in which one acts or conducts oneself, especially towards others: the way in which an animal or person acts in response to a particular situation or stimulus” (Langenes, 2023). In short, behaviors are what individuals *do* when interacting with what is around them. Not only is a behavior a simple action, but also a form of communication, verbal or otherwise. Behavior is something that is observable, has a beginning and an end, is learned and is developmental. Examples of behavior we can observe are splashing water or clapping hands. Often, a behavior is a way of coping or attempting to meet a need. At times, this action may not always be socially acceptable.

*“Behavior is what an organism is doing - or more accurately, what is observed by another organism to be doing.”
- The Behavior of Organisms, 1937).*



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BASS: STEP #5 - SEXUAL HEALTH

The fifth section of the BASS Assessment is called “Sexual Health.” In this section, we test for an individual’s score on hygiene, masturbation, STIs and STDs, prevention of disease and pregnancy, and sexual health anatomy and screenings.

The BASS Curriculum will provide visual aids and educational information covering

these areas of focus based upon the individual’s comprehension level, test scores, and educational needs.

At the end of the curriculum, a Pod Quiz is conducted to test their learning comprehension of the material. Afterwards, an update will be sent out to the team on the individual’s progress.

*“When we are able to communicate about our frustrations and problem solve better ways of getting our needs met, we have a better quality of life.”
- Brenda Laubach*



BEHAVIOR SUPPORT: WHAT IS BEHAVIOR? CONTINUED

In behavior support, we talk about the functions of behavior. There are four possible functions: tangible, escape, attention and automatic/sensory. Tangible is in reference to gaining access to a preferred item or object. Escape is attempting to remove oneself from or evade a task or nonpreferred event or person. Attention means attempting to gain the notice of a preferred person. Automatic/sensory is behavior that is itself reinforcing, such as placing one’s hands over their ears. It is crucial to determine a function of behavior so that when a replacement behavior is developed, it can meet that function or need.

When starting behavior support services with Cornerstone, an FBA, or Functional Behavior Assessment, is completed. This process involves interviewing team members, completing questionnaires about the targeted behaviors, observations of daily interactions, and data collection. The FBA is essential to projected success in the modification of target behaviors.



STAFF SPOTLIGHT: BRENDA LAUBACH

Brenda is the founder and Chief Executive Officer of The Cornerstone Agency of PA, which provides behavioral consultation for adults with I/DD as well as for mental health impacted adults. The agency is currently celebrating its ten-year anniversary and continues to thrive under Brenda's leadership.

On most days, you can find her in the office juggling multiple responsibilities, such as assisting her employees with difficult cases and responding to the on-call system for the Community Living program. Brenda believes that individuals struggling with behavioral issues can achieve more desirable outcomes when their communication needs are addressed: *"When we are able to communicate about our frustrations and problem solve better ways of getting our needs met, we have a better quality of life."*

Brenda has been passionate about her work for many years. She started a summer camp for children with ASD from ages 5 to 16 and had it approved to be paid through medical insurance. The camp was structured into different 'stations' throughout each day. In 2015, Brenda was chosen as a consultant to the United Nations Developmental Programs for the country of Albania. In this role, she worked with personnel at a non-profit agency and taught them protocols for assessing the communication skills of adults with I/DD. She continues to provide her expertise in this field at the agency.



DONATIONS:

Got stuff sitting around and want to get rid of it? Consider donating for individuals in need at the Cornerstone agency. We will take all manner of donations, including:

Men's/Women's Clothing

Non-Perishable Food Items

Bakeware/Cookware

Cleaning Products

If you would like to donate, please email

Jennifer Speelman: jspeelman@thecornerstoneagency.com.



COMMUNITY LIVING:

A fully integrated approach to services that focuses on facilitating community inclusion and participation to increase a person's overall quality of life.

Access to 24-hour staffing is imperative for assisting individuals to develop, maintain, and enhance the skills required to lead successful adult lives. Our Community Living team is now also approved to assist in

Housing Transition and Tenancy Sustaining Services.

Please contact Jennifer Speelman at jspeelman@thecornerstoneagency.com if you know someone who could benefit from any of these services.

UPCOMING EVENTS:

Cumberland:

July	Carlisle Chrysler Nationals July 14 th – July 16 th : 7am-6pm 1000 Bryn Mawr Rd., Carlisle, PA
August	Shippensburg Corn Fest August 26: 8am-4pm Downtown Shippensburg
September	The New Cumberland Apple Festival September 23: 9am-4pm New Cumberland Borough Park

For more events happening around Cumberland, visit https://www.visitcumberlandvalley.com/events/?view=grid&sort=date&skip=24&filter_daterange%5Bstart%5D=2021-06-01&filter_daterange%5Bend%5D=2021-06-30

Dauphin:

July	Bike Night July 13: 5:30pm-8:30pm Susquehanna Valley Harley Davidson
August	Music Bingo August 23: 6:30pm-8:30pm The Vineyards at Hershey
September	Alberta Culture Day - Celebrating Arts, Inclusivity, and Diversity September 22 nd - September 25 th : 5pm-8pm Edgemont Community Center in Harrisburg

For more events happening around Dauphin, visit https://www.dauphincounty.org/government/departments/parks_and_recreation/festivals_and_special_events/sunset_series.php

Franklin/Fulton:

July	Live Music Fridays 1 st and 3 rd Friday through November: Starting at 6pm Waynesboro Country Club
August	Fort Loudon Peach Festival August 19 th : 9am-3pm 142 Mullen Street, Fort Loudon, PA
September	Fall Faerie Festival September 30 th : 10am-4pm Greene Township Park, Chambersburg, PA

JOIN OUR TEAM:

Behavior Consultant – Conduct Functional Assessment, Write Behavior Support Plans, Train Support Teams, Attend required meetings, Review and analyze data, Knowledge of communication modalities/systems – Bachelor’s Degree and at least one year of experience working with individuals with IDD/Autism required.

Direct Support Professional – Supported Living program – Flexible schedule, mileage paid from your home, support individuals in their own home to live as independently as possible. Excellent supervision and training provided. High school diploma and at least one year of experience required.

Full-time benefits: Healthcare, vision, dental, 401k with 4% match, 10 days PTO, paid holidays, company paid life insurance, regular bonuses.

Email: BLaubach@TheCornerstoneAgency.com

STAFF SPOTLIGHT: BRENDA LAUBACH CONTINUED:

One of Brenda’s main priorities is to ensure that each member of the Cornerstone team feels valued and heard. Her ongoing work to grow the agency involves maintaining high quality services and consistent growth and attention in areas of need. Brenda’s icon, the one who inspired her to start her own business, is Dr. Dave Smith. Dave is one of our consulting clinicians and is available for internal training and individualized consultations. Dave’s advice to Brenda’s growing business values: *“You don’t have to be perfect, just work hard and treat people well.”* Thanks, Dave!

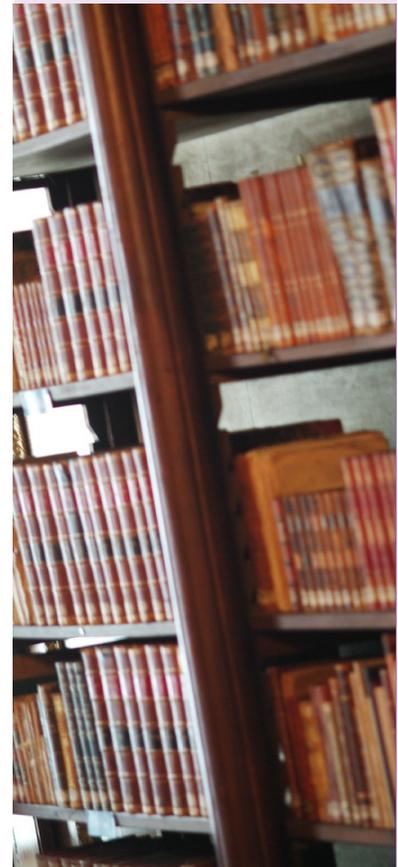
Brenda is married to Chris and has three sons: Jacob, Hunter, and Conner. When she finds free time, she enjoys scrapbooking and traveling. Fun fact about Brenda: at age four, she was already reading (before she even started kindergarten!).

UPCOMING EVENTS CONTINUED:

York/Adams:

July	Pride Fest July 29: 12pm-8pm Moul Field in Hanover
August	Hanover Farmer’s Market August 12 th : 7am-1pm 210 East Chestnut Street, Hanover, PA
September	Enchanted Faerie Festival September 16 th - September 17 th : 10am-4pm Sprigettsbury Park in York

For more events happening around York, visit https://www.eventbrite.com/d/pa--york/all-events/?page=1&start_date=2021-06-01&end_date=2021-06-30



MISSION STATEMENT

Supporting individuals with disabilities to grow, achieve, develop, maintain, and enhance skills and abilities.

Through collaboration with team members, we build and sustain long-term positive life changes.

CONTACT INFORMATION:

4 Lemoyne Drive, Suite 100

Lemoyne, Pa 17043

Ph: (717) 745-6221

Fax: (717) 441-4384

Admin@TheCornerstoneAgency.com



SERVICES WE OFFER:

BEHAVIOR SUPPORT

Behavior Support Services as described through the PA service definitions. This is a short-term consultative service providing a functional assessment, a behavior support plan, and training from the plan.

BASS

The BASS is a comprehensive assessment was developed to evaluate individuals who exhibit behaviors associated with the six areas of sexuality; Personal Skills, Relationships and Boundaries, Society and Culture, Sexual Behavior, Internet Awareness, and Sexual Health. The identified population for this assessment include those diagnosed with an Intellectual Disability (ID), Autism and individuals with a dual diagnosis of ID and mental health conditions. The BASS assessment results in the implementation of a Skill Development and Behavior Support Plan to enhance the knowledge associated with sexuality, and in turn, reduce the frequency of undesired sexual behaviors.

COMMUNITY LIVING

Community Living is a fully integrated approach to services and focuses on facilitating community inclusion and participation to increase a person's overall quality of life. Through this service, people are afforded more choice in regards to their housing options while still ensuring they have the supports necessary to meet their daily needs. Access to 24 hour staffing is imperative to assist individuals to develop, maintain, or enhance the skills necessary to be successful in this environment while maintaining personal safety.

LIFE SHARING

Life Sharing services afford the Life Sharing Provider with the support, resources, and financial means needed to continue to support their loved one in the family home. For the individual, this means choosing to live in the least restrictive setting with minimal or no interruption to their life while being supported by a trusted family member as they grow and learn new skills.

