

TIM HARTSHORNE

Coping with Challenging Behaviour –
Teenage years and beyond



COPING WITH CHALLENGING BEHAVIOUR – TEENAGE YEARS AND BEYOND

Tim Hartshorne



BEHAVIOR: A SIGNIFICANT IMPEDIMENT TO INDEPENDENCE

- Work – employers reluctant to hire people with behavior problems
- Friendship – people want to feel safe with their friends
- Intimacy – requires emotional maturity



ISSUES IN ADOLESCENCE

- Puberty – delayed or absent
- Sexuality – opportunities to explore limited
- Identity – how much of identity is CHARGE?
- Body Image – may not measure up
- Peers – negative relational schemas
- Autonomy – can we leave them alone?



DO BEHAVIOR PROBLEMS ESCALATE WITH ADOLESCENCE?

- In “normally” developing adolescent population there is an increase, particularly in the areas of depression and anti-social behavior
- In populations of individuals with Intellectual Disability, the limited research suggests the incidence stays the same or slightly declines
- In CHARGE we really do not know. But in my own research I have seen a higher incidence in older children, but this could be a cohort effect.



AGGRESSION

- But doesn't puberty result in more aggression in boys?
- Evidence is not completely clear
- Some suggestion that testosterone is related to social dominance, and whether this results in aggression depends on the social setting
- Aggression may be more difficult to control when adolescent is bigger
- Adolescent may experience increased frustrations related to their assessment of their situation



DEPRESSION

- At one time it was believed that children never became depressed – this is not true
- Periods of sadness, unhappy mood, in response to many situations.
- Hopelessness
- Need to distinguish from boredom



ANTI-SOCIAL BEHAVIOR

- May have limited opportunity to engage in delinquent activities.
- May not have the personal and social skills necessary to carry out acts such as shoplifting, truancy, purchase of drugs
- Are often supervised a majority of the time



OBSESSIVE-COMPULSIVE DISORDER

- It is difficult to sort out different types of repetitive behavior such as compulsions, tics, stereotypies, self-stimulation
- There is limited research on the progression of OCD from childhood to adolescence, but it appears to stay fairly stable.
- It is often associated with depression, movement disorders, and anxiety.



SLEEP

- Sleep cycles do change during adolescence so that they typically stay awake later and sleep later than they once did.
- Sleep is affected in CHARGE
- No evidence in my own research that sleep problems for persons with CHARGE get worse during adolescence.



ACTIVITY LEVEL

- Evidence that overall level of activity goes down during adolescence in persons with CHARGE



SEXUAL ACTING OUT

- Adolescents with disabilities are child-like and asexual – NOT
- Adolescents with disabilities are aggressively sexual with uncontrollable urges – NOT
- Adolescents with disabilities can enjoy intimacy and sexuality in their relationships – YES
- Problems
 - Public and frequent masturbation
 - Inappropriate touching and other contact
 - Lack of privacy and information
 - Sexual victimization



VULNERABILITY TO SEXUAL ABUSE

- Daily dependence on others for intimate care
- Increased exposure to a large number of caregivers and settings
- Inappropriate social skills and poor judgement
- Inability to seek help or report abuse
- Lack of strategies to defend themselves against abuse



WHAT TO DO?



TEACHING THROUGH CONSEQUENCES

- The nature of discipline
- What happens if you do nothing
- Building logical consequences



OFFERING CHOICES

- Options within the schedule
- Preferences
- Make sure options offered are available



LOOKING FORWARD

- We all have plans
- What are your goals for your child?
- What are your child's goals?



HONESTY

- Do not lie to your adolescent
- They have to know that they can rely on what you tell them
- You have to tell them things other adolescents learn from experience
- But still protect your adolescent from some truths



SOCIAL ENGAGEMENT AND DEVELOPMENT

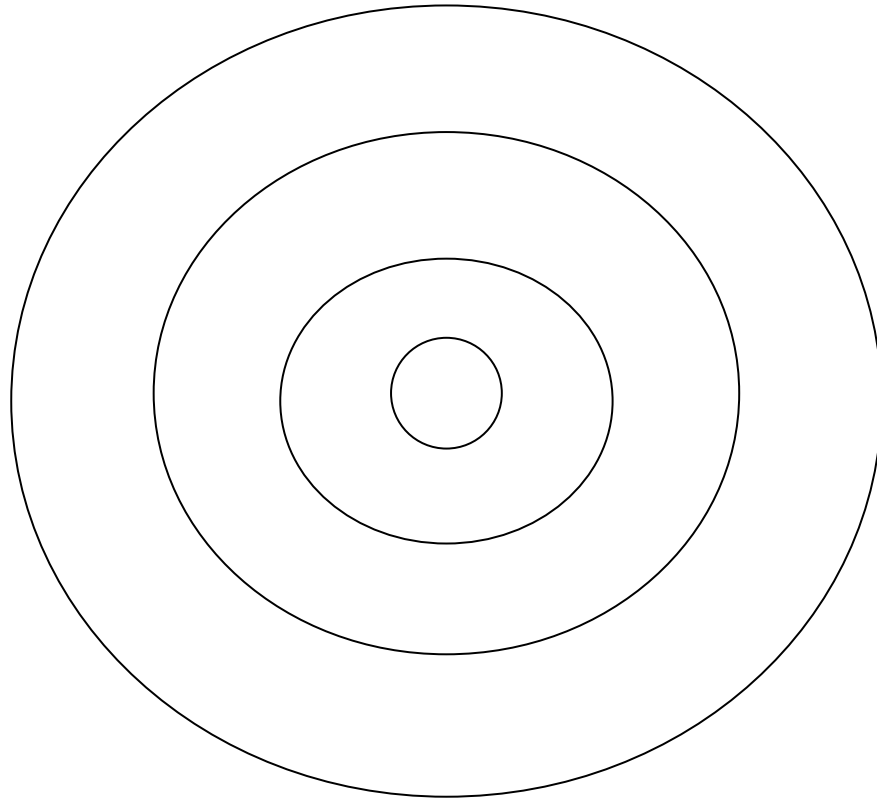
- Does not happen in isolation
- We all need friends
- Circle of Friends



CIRCLE OF FRIENDS

Developing a natural social support network for an individual. It is meant to be a support to the person's inclusion into the school, community, and workplace.

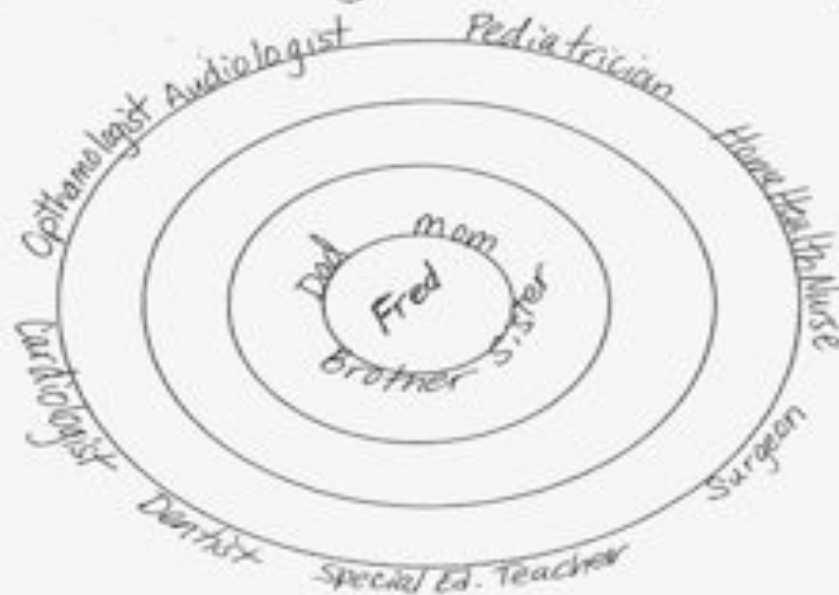




**HOW FULL ARE
YOUR CIRCLES?**



Fred has a severe disability. He has attended school in a segregated setting for eight years



CIRCLES OF FRIENDS

Who supports you?

1. **Circle of Intimacy:** people most intimate in your life – you can't imagine living without them
2. **Circle of Friendship:** very close friends with whom you choose to spend time
3. **Circle of Participation:** people, teams, organizations, and networks with whom you are involved (colleagues at work, members of your church, your softball team)
4. **Circle of Exchange:** people you pay to provides services in your life (doctors, dentists, tax accountants, mechanics, teachers, store clerks)

From:

Perske, R. (1989) *Circles of friends*. Nashville: Abingdon Press.

Falvey, M., Forest, M., Pearpoint, J., Rosenberg, R. (1994). *Building Connections*. In J. Thousand, R. Villa, & A. Nevin (Eds) *Creativity and Collaborative Learning*. Baltimore: Paul H. Brookes.

SUPPORTING EACH OTHER

