
Behavior Management Plan

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Introduction: Behavior Management Plans are tools for addressing and modifying a patient's challenging behaviors. These plans typically outline specific inappropriate behaviors, set clear consequences for these behaviors, and detail rewards for appropriate behavior. Here's a sample template that you can adapt to suit each patient's unique needs and circumstances.

Patient Name: _____

Expectations during hospitalization:

- Every AM: shower, brush teeth, get dressed, comb/brush hair.
- Make your bed every day.
- Spend no more than _____ hours a day in bed during the daytime.
- Take your medications as prescribed by your physician.
- Attend at least one patient group in the morning and one in the afternoon.
- Take a voluntary time out when feeling upset or angry.
- Ask staff for PRNS when necessary for anxiety, psychosis, agitation, insomnia.
- Refrain from using profanity or insulting language.
- Other _____.

Behavioral directives:

- Maintain arm's length distance from other patients and staff.
- No self-injurious behavior
- No damaging of personal or hospital property
- No physical aggression towards staff or other patients
- Limit requests at the nursing station to _____ per _____
- Do not stand within 4 feet of the nursing station doors.
- Other _____.
- Other _____.

Consequences

- Restriction of the following unit privileges: _____.
- Emergency medications for self-injurious or aggressive/assaultive behavior.
- Seclusion room and/or restraints if your behavior puts you or others at imminent risk of harm.
- Other _____.

Rewards for appropriate behavior:

- Access to the phone following appropriate behavior during the preceding nursing shift.
- Participation in morning outdoor activities contingent upon maintaining appropriate behavior throughout the previous day.
- Other _____.

I, _____ (patient name), hereby acknowledge that I have been informed about these behavioral expectations and directives. I agree to adhere to this Behavior Management Plan as outlined.

Patient Name **Date**

Witness/Staff **Date**

SAMPLE BEHAVIOR MANAGEMENT PLAN

Patient Name: John Doe

Expectations during hospitalization:

- Every AM: shower, brush teeth, get dressed, comb/brush hair.
- Take your medications twice a day and let nurses check your mouth to verify you've swallowed them.
- Allow nurses to administer the long-acting antipsychotic once a month.
- Attend the morning exercise and the afternoon counseling session.
- Take a voluntary time out when feeling upset or angry.
- Ask staff for PRNS when necessary for anxiety or agitation.
- Write in your journal for 15 minutes each evening to reflect on the day's experiences and emotions.

Behavioral directives:

- No damaging of personal or hospital property
- No physical aggression towards staff or other patients
- No entering into other patients' rooms.
- No efforts to elope from the unit.

Consequences

- No access to the communal area for the remainder of the day.
- Emergency medications for self-injurious or aggressive/assaultive behavior.
- Seclusion room and/or restraints if your behavior puts you or others at imminent risk of harm.
- No visitation rights for 48 hours after the disruptive behavior.

Rewards for appropriate behavior:

- Access to the phone following appropriate behavior during the preceding nursing shift.
- Participation in morning outdoor activities contingent upon maintaining appropriate behavior throughout the previous day.
- Access to the vending machine to purchase snacks.

I, _____ (patient name), hereby acknowledge that I have been informed about these behavioral expectations and directives. I agree to adhere to this Behavior Management Plan as outlined.

Patient Name

Date

Witness/Staff

Date