


**The BESTT Model at
The Brookwood Community**

Techniques that Work



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What is BESTT?

- Behavioral
- Environmental
- Structured
- Teaching
- Technologies



What does BESTT achieve?

- People occupied doing something constructive & meaningful.
- People involved with a high degree of independence.
- People feeling good about themselves because needs are met.





Behavioral





- One size does not fit ALL.
- Listen – Analyze – Decode.
- Antecedent – Behavior – Consequence.
- Motivation – Tension – Resistance.
- Consider sensory needs.
- EXPECTING success breeds confidence.

Environmental



- Setting the scene for error-free learning.
- Jobs can be done with independence.
- Use individual interests to customize tasks.
- USER friendly.
- CLEAR and VISUAL.




Structured



- Decrease the UNCERTAIN and UNKNOWN.
- Increase PREDICTABILITY.




Teaching

- o Enablers of **SUCCESS & GROWTH**.
- o Consider what each **CITIZEN** hopes and dreams for.
- o Think outside the conventional and find a way to make it possible.

Technologies

- o Tool box of techniques:
 - n VISUALS using pictures and/or words
 - n Social Stories
 - n Concrete portable items

BESTT at our CAFÉ








Results?

- Reduced anxiety & stress.
- Increased independence.
- Escalated productivity.
- Improved Quality of Life.



The BESTT Model
helps us focus our BESTT efforts
to insure the BESTT outcomes
for the people we serve!



Resources

- www.brookwoodcommunity.org
- www.teacch.com
- www.cra.cc
- www.mayer-johnson.com
- www.timetimer.com

THANK YOU and GOOD LUCK
IN YOUR WORK!
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