Anatomy Of A Meltdown

Phil Diaz, Ph.D.
Developmental Disabilities Administration

Baseline
Reasoning, training, rules work well here
Expectations we have learned
Explore new skills we are learning

Little “bumps” are easily fixed
Anatomy of a Meltdown

Anatomy of a Meltdown
Anatomy of a Meltdown

Grumpy, indications that some sort of rash is developing
Things can still turn around

transition

You will have to help me
I need to be cued in to using skills
I need to practice what you have been teaching

Anatomy of a Meltdown

Now is not the time to talk.
Now is the time to cool the environment down, remove stimuli, and allow energy to dissipate.

lull

This is the calm before the storm!
Don’t be fooled, what you do next makes the difference
Anatomy of a Meltdown

Anatomy of a Meltdown
Anatomy of a Meltdown

Now is waiting out the storm.
If you speak, it is short to the point language.
Don’t expect to be listened to.

Meltdown
Blowup

Anatomy of a Meltdown

Emotional bleed off.
Emotions still fuel the fire & they can flare up again.

Calm the environment
Allow energy bleed away

Refractory Period
Anatomy of a Meltdown

Here the energy is coming down but the memory of the event is close. Here the individual may be able to process what went on.

Focus is on re-entering the situation & re-establishing routine

Transition

Return to Baseline
Anatomy of a Meltdown

Positive Behavior Support
Response to Intervention
Cognitive Interventions
Training Period

Intervention Plan
Behavior Management Plan
Crisis Stabilization Plan
Anatomy of a Meltdown

Safe Environment
Weather the storm

Anatomy of a Meltdown

Life Space Intervention
Post Crisis Debriefing
Stage for re-entry
Expectation generation
Anatomy of a Meltdown

Positive Behavior Support
Response to Intervention
Cognitive Interventions
Training Period

Anatomy of a Meltdown
Anatomy of a Meltdown

PHIL DIAZ, PH.D.
DDA CLINICAL DIRECTOR

LACEY - HQ / DEVELOPMENTAL DISABILITIES ADMINISTRATION
WASHINGTON STATE DEPARTMENT OF SOCIAL AND HEALTH SERVICES

(O) 360.407.1574 / (C) 360.688.4434 / (F) 360.407.0955

EMAIL: DIAZJP@DSHS.WA.GOV