

TIME OUT ANALYSIS

A Functional Assessment Of Problematic Time Out Experiences

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Time Out Analysis

What may trigger a time out analysis?

Excessive number of time out episodes in a five-day period (e.g., 10).

Excessive time out length of two episodes in a five-day period (e.g., longer than 30 minutes).

Excessive time out intensity in two episodes in a five-day period (e.g., self-abusive behavior, sexual behavior, prolonged screaming, heightened anxiety or panic, etc.) or one episode of extreme severity.

Every student should have an individual time out log. This should be reviewed by the case manager before the clinical meeting and summarized by the case manager at the clinical meeting.

Maintain data on length of time out, date and time, and reason for time out.

Place an indication next to the log entry of every problematic time out (see criteria above).

Time Out Analysis Form (to be completed by a clinical team)

- 1) Reason for time out analysis

- 2) Reasons for the time outs (that have become problematic)

- 3) Description of the problematic time out(s) (length and intensity)

- 4) Relevant time out history and current clinical condition

- 5) Recent changes in student stress level (physical, psychological, social, family stress) with an analysis of change in daily demand and/or coping resources.

- 6) Time Out Analysis: Why is time out problematic for this student at this time?

7) Intervention and support plan

8) Follow up

Review Date:

Evaluation of plan effectiveness

Changes to the plan

9) Case disposition (check one)

no further review needed

continue the plan*

implement plan changes*

*Follow up

Review Date:

Evaluation of plan effectiveness

Changes to the plan