**Makayla’s Story**

Makayla is a young woman who recently started working at a local technology store during the past year. She has her own one-page profile that she created with support from her supported employment staff person and highlighting her many strengths and unique contributions. After making this profile, Makayla moved to her first new home and is now living on her own for the first time.

Makayla has been diagnosed anxiety and, at times, she will experience panic attacks. She has been taking an anti-anxiety medication and sees a therapist where she is practicing mindfulness and has cognitive behavior therapy sessions that she attends regularly.

Unfortunately, Makayla has been forgetting to take her medicine since she moved to her new apartment. She doesn’t mind taking the medication but with all the changes in her life, she hasn’t figured out strategies that would help remind her to take her medication each day.

In the past month, Makayla has experienced increased levels of anxiety and sometimes she misinterprets interactions. The biggest problem has been with her supervisor. Makayla’s supervisor, John, is an introverted person who does not express himself and often has a neutral facial expression. When Makayla is at work and sees her supervisor turn to look at her, she automatically assumes that John is unhappy with her work performance. John has indicated that he just likes to keep track of what his employees are doing but this doesn’t mean anything is wrong.

Makayla will begin worrying that John is unhappy with her and this feeling tends to grow until she experiences acute anxiety and feels she has to leave work immediately. By leaving the setting, Makayla is able to find a quiet place where she can calm down. This situation has now occurred several times and Makayla is in danger of losing her job. Makayla and her team completed a functional behavioral assessment and their hypothesis is listed on the next page.

With the information from this story, please brainstorm different strategies that can be used to change Makayla’s environment and develop and practice new skills.

Identify a Person in Your Team Who Will Guide the Brainstorming Session. Think About Proactive Strategies For addressing Each Element of the Function-Based Hypothesis Below.

* Start Brainstorming Each Category:
* Setting Events
* Triggers
* Teaching New Skills
* Consequence Interventions