

Our Voice



Positive Behaviour Support

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An Introduction to PBS

- Behaviours that challenge
- Positive Behaviour Support (PBS), an introduction
- Professional support working with parents/carers



Why does challenging behaviour happen?

Behaviour can be described as challenging when it is of such an intensity, frequency or duration, it threatens the **quality of life** and/or physical safety of the individual or others, and is likely to lead to responses that are restrictive, aversive or result in exclusion.

Royal College of Psychiatrists (2007)

All behaviour happens for a reason

- To gain access to what they want/need
- Have problems understanding what is happening around them
- Unable to communicate their needs and get the attention they need
- May be in a situation they are unhappy with and they need to avoid/escape
- They become under/over stimulated
- May become frightened/overwhelmed by the task expected of them
- Insufficient time for processing information, but expecting the person to respond
- Unsupportive environment



Impact of challenging behaviours

- Puts the safety of the person or those around them at risk
- Disrupts or threatens the person's and/or family life
- Stops them taking part in social, educational and leisure activities
- Affects their development and learning
- Becomes an impediment to independent living and employment
- Affects the health and wellbeing of the person and their family
- Puts them at risk of being excluded from school and other local services

If not managed as well as possible, it leads to restrictive practices.



Escalation Cycle

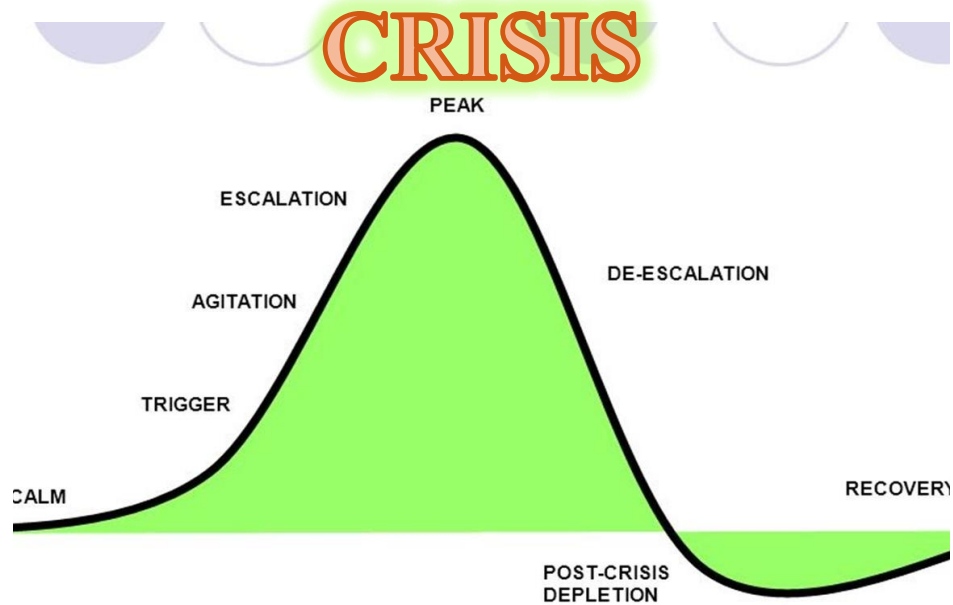
Our interventions include non restrictive techniques :

- Proactive techniques include new skills to cope and/or diversionary techniques
- Reactive techniques including calming or de-escalation, remove from environment/person

When all the above fail we resort to:

- restrictive techniques

All of which restrict a person's freedom and should be used as a last resort.



How can we help to mitigate the impact?

- Enfield are committed to supporting people and their families to improve their quality of life
- They are investing in Positive Behaviour Support as a system-wide approaches whereby it is hoped the PBS framework is implemented at varying levels of intensity across the entire organisation
- Currently training is underway in Health, Social Services and Education



Positive Behaviour Support

- It is a framework to find out meaning to a person's challenging behaviour and find ways to improve behaviour to achieve what they want.
- An understanding of the behaviour of an individual. It is based on an assessment of the social and physical environment in which the behaviour happens, includes the views of the individual and everyone involved, and uses this understanding to develop support that improves the quality of life for the person and others who are involved with them.



What are challenging behaviours?

It can be in different forms such as and not exhaustive:

- Self harming : poking their eyes, hitting themselves
- Aggressive: hitting, pulling hair etc
- Repetitive : Rocking back and forth, Repetitive Speech
- Not direct: unaware of dangers, destruction of clothing, touching everything.

Good PBS always starts from a good understanding of the person, their strengths, needs and the behaviour that challenges



How can positive behaviour support help?

By making a formal assessment plan by involving the individual and all the people around him to gather as much information as possible, to help change the challenging behaviour which should include things like

- Finding better strategies
- Teaching new skills (developmental strategies)
- Reactive strategy
- Preventative strategy
- Restrictive practice to be used as last resort but only when all non-restrictive strategies have not worked



Does it work?

Yes, because:

- Its developed from the science of understanding behaviour
- It works on building new skills to help and not punish the person.
- It's an ethical based approach
- It works on facts and theory involving different therapies.
- Positive Behaviour Support does not completely cease the challenging behaviour but helps to reduce it and improve the quality and well being of the person and people around them.
- It provides long term support to maintain quality of life



Professionals working with the pupil, parents and / or carers

- Working in partnership
- What does this look like
- Parent feedback



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An introduction to PBS from BILD

<https://www.youtube.com/watch?v=epjud2Of610>

