

# Our Voice



# Positive Behaviour Support

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# An Introduction to PBS

- Approach to understand behaviors that challenge
- Prevent unnecessary exclusions
- Professionals in borough will receive training
- Professional support works with parents/carers and special schools

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# 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.



# 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 but unable to communicate
- Have problems understanding what is happening around them or unhappy about it and want to avoid/escape.
- They become under/over stimulated or frightened/overwhelmed by the task expected of them
- Insufficient time for processing information, but expecting the person to respond

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# 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



# 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.**



# Reduce the impact of challenging behaviour?

- 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



# 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



# An introduction to PBS from BILD

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

# Iceberg metaphor

What you can see?

What's going on  
below the surface  
or inside your child ?



# Activity: Iceberg model

WHAT  
you can  
see?

Archie spends 2 hours + on  
computer games  
He lashes out, screams.  
Mum tries to turn them off  
or get him to play games

WHY do  
you think it  
is  
happening?



# Archie iceberg

WHAT  
you can  
see?

WHY do  
you think it  
is  
happening?

- Social interactions take more energy for Archie and its easier to avoid them
- He does not understand hitting hurts
- Environment is overstimulating (too many toys at one time)
- Games are difficult as they are unpredictable and confusing

HOW?

### Prevention

Remove the games console or set time limits?

Count -down or timers to give warnings activity will end

### New Skills

Practice turn-taking in games

Use the trampoline to stay calm

Learn to take one toy at a time

### Changed Results

Rewards if game ends positively

Ignore screaming and lashing out