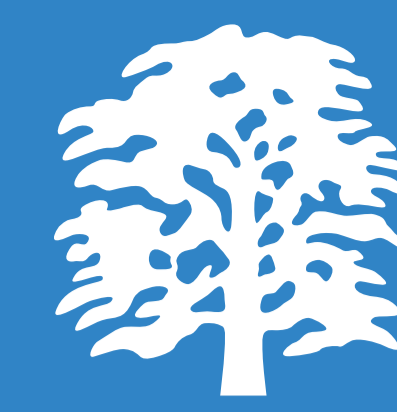


Positive Behavioural Support (PBS); a model for behavioural change in a secure Learning Disability service.



St Andrew's
HEALTHCARE

NOTTINGHAMSHIRE

Sharon Paley – Specialist Practitioner (Learning Disabilities)
St Andrew's Healthcare, Nottinghamshire, NG18 5NG

INTRODUCTION

St Andrew's Healthcare is a charitable provider of specialist health care for people with mental disorders, Learning Disabilities and Acquired Brain Injury (ABI). By putting our service users' needs at the heart of everything that we do, we have built a culture encouraging innovative practices, leading clinical expertise and forward-thinking attitudes. St Andrew's Nottinghamshire is a specialist service that offers the best in secure care, assessment and treatment for men who have intellectual disabilities or Autism.

OUR SERVICE

Our service is underpinned by a philosophy which puts the person at the centre of their rehabilitation and support pathway. Our values are to deliver a service which is:

- person centred and individualised
- based on sound principles of assessment, treatment and therapy
- delivered within a framework of Positive Behaviour Support
- underpinned by positive outcome measures
- focussed on long term achievable goals.

All service users are involved in their therapy and our interventions take account of the risk factors which necessitated them receiving care and support within forensic services.

Service users have access to a full programme of rehabilitation and activity which includes education, adapted recovery programmes, skills based and vocational training, group interventions, projects work, active support, recreational sport and lifestyle activities.

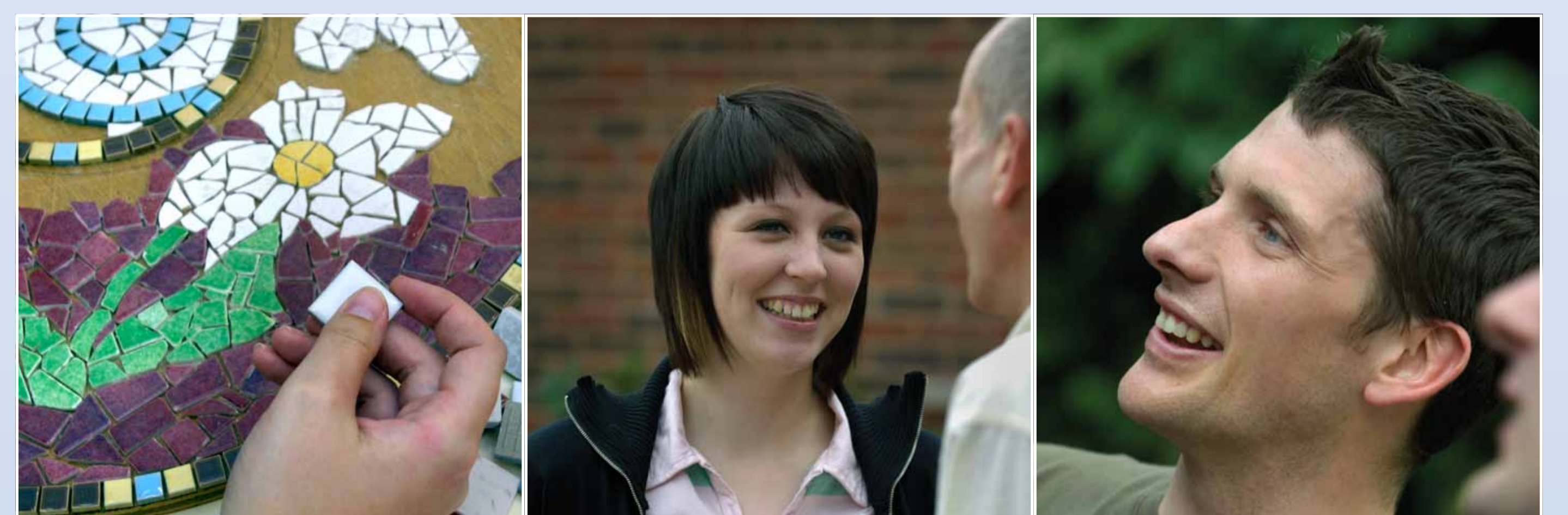


POSITIVE BEHAVIOUR SUPPORT (PBS)

The key elements of the St Andrew's Nottinghamshire Positive Behavioural Support model will:

- use person centred approaches which are individualised to meet the specific individual's assessed needs
- utilise functional assessment approaches and elements of applied behaviour analysis
- be values driven, incorporating approaches which are embedded in positive service values
- provide the opportunity for skills acquisition, education and new life opportunities
- include enhanced short term and long term lifestyle goals for individuals
- include opportunities to promote social inclusion
- describe strategies for managing behaviour which are of concern and reduce risk to the person and others who may be at risk as a result

- be based on developmental models of support
- involve the service user in planning their support and therapeutic pathway
- avoid punitive approaches
- be proactive and support the person to develop alternative behaviours which are more socially acceptable.



SPECIALIST TRAINING

As a specialist service we can evidence having access to a team of professionals who have the necessary skills to support people who have intellectual disabilities. All the team receive a formal period of induction training. Additionally team members receive training in Autism, Learning Disabilities, Positive Behavioural Support and understanding and responding to behaviours which challenge.

Our professional staff team also have the opportunity to attend many National and International events both as delegates and speakers.

OUTCOMES

Our focus is on achieving success for the individual and enabling the service user to work towards achievable goals. PBS approaches provide the best evidence based approach for supporting people with intellectual disability who have behaviours that are challenging (Allen, 2007). Used in conjunction with individual risk assessment PBS will enable service users to develop alternatives to their risky behaviours. The PBS approach enables staff to deliver well targeted individualised behaviour support based on evidence based practice principles.

SUMMARY

Implementing approaches based on best practice principles will enable us to:

- work effectively with service users
- deliver targeted support and therapeutic interventions
- ensure service users are involved in their recovery plan.

