

# NEWSLETTER

IN THIS ISSUE

DECEMBER 2021 • ISSUE 1

REDUCING SUICIDE

IMPORTANCE OF ENGAGEMENT

SUPER SUPERVISION

DAY AWAY 2021

## PBSC LAUNCH IN NOTTINGHAM AND NOTTINGHAMSHIRE

**PBSC are thrilled to announce a new intensive support service has been commissioned in Nottingham and Nottinghamshire, to provide intensive behaviour support to children and young people! The new service began its 12 month pilot on 1 September 2021.**

We will be delivering our proprietary, tried and tested 5 stage process that effectively supports children and young people with complex needs, moving from assessment to intervention in a person centred, incremental way, achieving their goals and supporting them to grow their skills and confidence over time.

According to the National Institute of Clinical Excellence, 2015, research suggests that between 5% and 15% of people with intellectual disabilities develop behaviours of concern, and more common for people with more severe disability. Rates are higher in teenagers and people in their early 20s, and in particular settings (for example, 30–40% in hospital settings).

Without intensive support in the community, the outcome for these children and young people may be placements in specialist residential schools, often a long distance from their family and local community or admission to hospital.



### NHS England cites the Ealing Model

In 2008 an intensive intervention for young people was developed in the London Borough of Ealing, the Ealing Intensive Therapeutic and Short Breaks Service. This service was effective at preventing residential placements in the short to medium term for 15 out of the 16 children referred to the service over a 40-month period. In these 15 cases, challenging behaviours were reduced, and families reported increased ability to cope\*.

A follow-up study conducted by Reid, Sholl and Gore (2013)\*\* reported quantitative outcome data for the service, which showed a statistically significant reduction in challenging behaviour as reported on standardised measures.

The following key points and practice development recommendations were made following these evaluations:

### Key points

- Intensive intervention using positive behaviour support is effective in enabling children with severe Behaviours of Concern to remain with their family and community settings.
- Short breaks can be a helpful adjunct to positive behaviour support for preventing home placement breakdown.
- Managing the timing of getting multiple agencies and professionals involved to provide a coordinated intensive intervention was difficult and engaging the network in working cohesively together and sharing responsibility for managing risk and supporting the young person and family was challenging.

### Recommendations

- Develop longer term follow-up of families.
- Further research into the cost analysis of such services in contrast to residential care.

### PBSC's 5-stage model

PBSC built on the Ealing model, widening the remit by increasing the range of CYP diagnoses to include autism, that it provides with support, as well as removing the requirement for respite care. PBSC developed a proprietary model to apply a consistent framework of interactions, to effectively deliver PBS to this wider group of individuals in crisis.

For more information please contact  
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\* *Intellectual Disabilities and Challenging Behaviour: Scholl, Reid and Udwin*

\*\* *Seeking to prevent residential care for young people with intellectual disabilities and challenging behaviour: Reid, Sholl, and Gore*

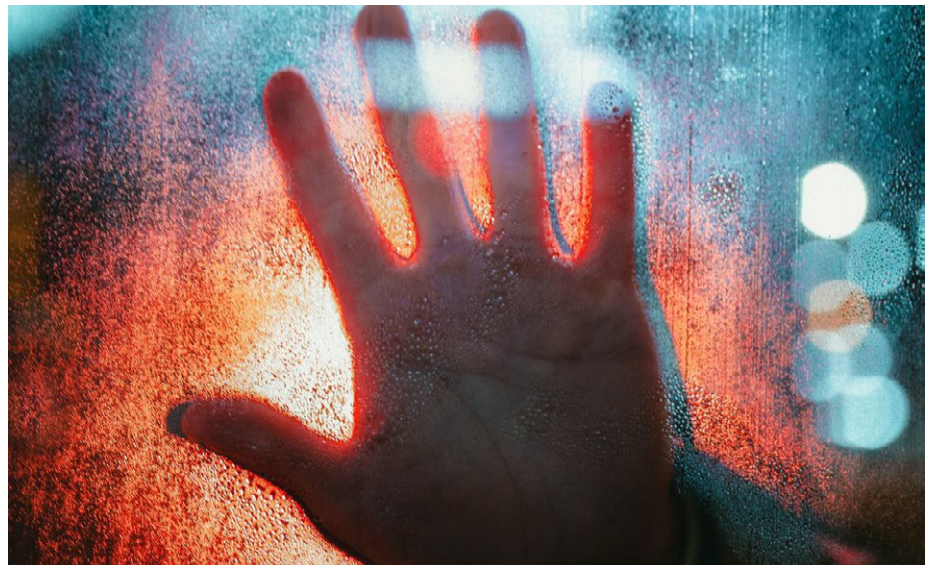
# REDUCING SUICIDE

During our work with Children and Young People (CYP) with Autism Spectrum Disorder (ASD) and Learning Disabilities (LD), there has been an increase in referrals presenting with suicidal behaviours alongside other difficulties.

In line with our mission to support the NHS Transforming Care Agenda and reduce inappropriate hospital admission under the MHA, prolonged admission or delayed discharge for our amazing young people, we took action and sought out additional training to identify the best evidence-based approach to reduce suicide attempts and keep our young people safe.

Several of our staff attended PROSPER training with Dr Kent Corso, BCBA-D, over the course of three days. PROSPER is the Proactive Reduction of Suicide in Populations via Evidence-Based Research.

This course consisted of learning to identify key indicators that someone is suicidal, how to support them, how to conduct appropriate risk assessments, and how to actively prevent or reduce future suicide attempts.



Following from this initial training, the PROSPER training was rolled out to all PBSC staff and has been embedded within PBSC's robust 5-stage process, to ensure timely, proactive and responsive action is taken by our team to support our clients to understand their triggers, how their body responds, what thoughts are experienced, and strategies to help them in the moment that they need it the most.

This is all put together in a Crisis Response Plan (CRP) for the CYP, which is always available and accessible to them. We also conduct a bi-weekly PROSPER Surgery where group supervision is held with our Clinical Lead for ongoing monitoring of progress within our cases.

To support the CYP's networks and mediators, we also deliver a suicide training program and ensure all mediators and professionals continue to facilitate the use of the CRP for long lasting and effective prevention of suicide.



**Dr Kent Corso, BCBA-D**

# THE IMPORTANCE OF ENGAGEMENT

**PBSC has always recognised the importance of working with children and young people (CYP), and their network, in a collaborative and engaging manner. Fostering relationships based on trust, respect and shared goals, helps us drive greater success in attaining positive outcomes for our CYP. An example of this is detailed below in our newsletter case study.**

## CASE STUDY: FOCUS ON ENGAGING

PBSC received a referral earlier this year (2021) regarding a young person who was struggling with regulation their emotions when faced with challenging situations. The young person has Autism and mental health difficulties. Due to their history with other services, they had a lack of trust with professionals and would take long periods of time to build rapport and trust. Often, services let this young person down. However, due to PBSC's 5 stage process and ability to be flexible, PBSC were able to extend their Engaging stage to slowly build rapport and trust with this young person before progressing into our Understanding (assessment) phase. It is always important for our clients to be able to voice their own thoughts and opinions around what they are struggling with and what support they want, throughout the whole process with PBSC. This young person was able to build enough trust to progress into our Understanding phase but was adamant they did not want intervention support due to previous services involvement.

Following PBSC's Understanding phase, the practitioner and young person talked through what recommendations PBSC had for support. This included the things this young person felt was necessary for them, as well as what PBSC believed was needed. After discussing what recommendations PBSC could deliver on, this young person changed their mind and consented to working with PBSC. This was a significant outcome for this young person that was recognised by their whole support network. Now, this young person is currently learning essential emotional regulation skills to be able to manage challenging situations that occur in their day-to-day life. They are also learning how to support their mental health which has historically been a barrier to living their best life.

# SUPER SUPERVISION

**“Supervision should be viewed as the opportunity to establish and maintain a meaningful, rewarding, sustained relationship that enhances the professional growth of both parties.”** *LeBlanc, Sellers, & Ala'l, 2020*

**Supervision is an integral part of our practice at PBSC. All staff receive on-going individual supervision to ensure their clinical practice remains person-centred, evidence based, and is aligned with the practice and ethos of the company. It also provides all parties involved with opportunities to evolve their learning, reflection, and problem-solving skills in a collaborative way.**

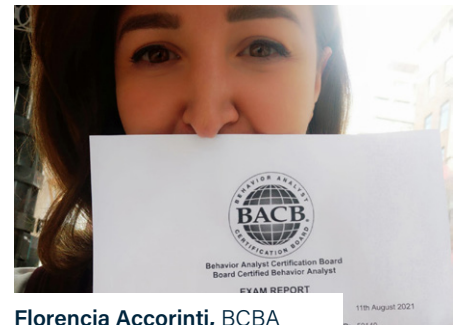
At PBSC we recognise and celebrate our staff's areas of interests and expertise. Part of our supervision provision allows us to share and draw from each other's experiences during our group supervision provided to our Behaviour Technicians and Trainee Behaviour Analysts, our peer group supervision of Behaviour Analysts and Workstream Leads, as well as our company-wide Learning Lunches held each month.

The value we place on our supervision means that people who want to receive their supervision for professional certification can achieve their goals within their first year of working with PBSC.

We have already seen such wonderful outcomes with three of our Trainee BAs recently passing their BCBA® exam with flying colours!

**A HUGE shout out to Florencia Accorinti, Anna Rees and Lauren Beadle for their recent success in becoming BCBA's!**

We are immensely proud of your hard work and dedication and feel incredibly fortunate to be a part of your journey.



Florencia Accorinti, BCBA



Anna Rees, BCBA



Lauren Beadle, BCBA

# DAY AWAY 2021

**PBSC has grown quickly in 2021, but due to Covid 19, there has not been an opportunity to meet face to face, so the team day was a wonderful chance to come together! Sarah Wakeling, PBSC's Managing Director, lead the team in celebrating PBSC's successes and outlining the strategy for the future.**

The event also gave us a chance to capture and reflect on our organisation's values and how to continue to protect and embody them. It was a great opportunity for everyone to share their stories and come together to celebrate all of our collective achievements and plan for the next steps in PBSC's journey!



Sarah Wakeling, Managing Director