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How to contact us:

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If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

Date of creation: 04/2016

Date of review: 04/2018

URN: 382

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Community Children's
Healthcare Partnership

Intensive Positive Behaviour Support Service (iPBS)

In partnership with



Working together, working with you

What is the Intensive Positive Behaviour Support Service?

The iPBS is a team of PBS Practitioners led by a Clinical Psychologist situated within the Specialist Service for Children with Learning Disabilities (SSCLD) in South Gloucestershire.

It aims to provide an intensive school and community based service for young people who display behaviours that challenge, resulting in a high risk of either a school, home or short breaks placement breakdown.

The iPBS aims to achieve this by offering an intensive intervention with the young person, family and frontline workers.

The iPBS also offers a monthly consultation clinic, open to professionals working with young people with learning disabilities who are at risk of social exclusion due to the behaviours they are displaying. A young person does not need to be referred to the iPBS Service to receive a one-off consultation, yet consent from the family does need to be sought. If you would like any more information about the iPBS Consultation Clinic then please contact the Service, details at the end of this leaflet.

Who is the iPBS for?

There are a number of factors that are considered in selecting which families can benefit from this service.

These include:

- The young person must be aged 5-17 years old and have a diagnosis of moderate or severe learning disability.
- The home/family situation and/or school placement be at risk of breaking down in the near future.
- The young person would be displaying behaviours which significantly challenge, e.g. physical aggression.
- The young person should have an allocated social worker.
- The family must consent to the referral and show some motivation to work with the iPBS service.
- Interventions will be carefully considered as to whether they are appropriate if a young person is subject to a child protection plan or have safeguarding investigations pending.
- The young person must NOT present with Acute Mental Health difficulties which require immediate psychiatric inpatient treatment.

The service will be different and unique for every family, looking at the individual needs of the young person, family and all services involved.

What happens next

The Network Meeting

After accepting a new referral, the Clinical Psychologist will contact the family and arrange for a network meeting to take place.

Everyone who is involved in the young person's life (i.e. parents, school, short break service, and other carers) will be invited to this initial meeting to identify the difficulties in each area.

Assessment Period

The Psychologist and PBS Practitioners will visit the young person in all settings and make observations. Some observations will be video recorded if appropriate, and only if parental consent is obtained. There will also be conversations with the family, school staff and carers. This usually takes up to 4 weeks but can take longer.

Parents, school and carers will be asked to complete questionnaires about the young person's behaviours and how this is impacting on their day-to-day life.

At the end of the assessment period, a report will be prepared by the Psychologist and shared with everyone who has been caring and supporting the young person. Following this, a Positive Behaviour Support plan will be created together with the network, which will include clear, written behavioural guidelines.

Positive Behaviour Support Intervention

In addition to the written plan, the iPBS service will also provide strategies and recommendations for the young person, and will include:

- Training sessions with the family, school, carers and short breaks staff
- Modelling of certain strategies with the young person to the network
- Observing those who support the young person in putting the plan into practice and adapting guidelines if necessary.

The iPBS team will work intensively with the family, school and carers if necessary.

Clinical Psychology support and therapy

The iPBS service is designed to also offer a range of clinical psychological support to young people, their families, carers and schools. These typically include:

- Offering families time to think and reflect about the impact of the challenges they face in their day-to-day life in parenting a young person with a learning disability who is displaying behaviour which challenges.
- Individual therapy with the young person or siblings, where appropriate.
- Providing ongoing consultation and training to schools and other carers who support the young person.

Transition to SSCLD for ongoing support and monitoring

In order to maintain a high level of continuity and consistency, a member of community team will be involved in each stage of the iPBS assessment and on-going work. Following the iPBS intensive work, the community team will be available for ongoing support and monitoring of the behaviour support plan.

A follow-up will be offered by the iPBS team approximately 6-8 weeks after returning to the SSCLD to help evaluate the impact/success of the PBS plan.

There will be a further follow-up after six months to ensure that positive changes are maintained.

If you would like to speak to anyone about the iPBS service, please contact:

Dr Caroline Reid
Clinical Psychologist
Tel: 01454 863132
Email: caroline.reid@nbt.nhs.uk

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“The intense work the iPBS Team have done with our son has helped him (and us!) a great deal - it’s given us new directions and goals to work towards in the future”
- Parent

The Short Break Unit “has been guided by the iPBS Team as how best we can approach and support the young person. The young person’s behaviour has seen definite change and improvement”
- Short Break Unit Manager

NHS Constitution. Information on your rights and responsibilities.
Available at www.nhs.uk/aboutnhs/constitution