

Workshop: A holistic approach to achieving positive outcomes with children

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The **aim** of this workshop was to consider how working holistically contributes to delivering positive outcomes for children in the appropriate use of medication

The **objectives** were to:

- Hear an example of how working holistically can successfully achieve positive outcomes for children
- Identify key factors that support working as a part of a multi –disciplinary team to achieve the desired outcome
- Consider barriers to working holistically and identify ways in which these could be overcome
- Discuss factors that need to be place to support working in a multi – disciplinary way

Background

PALMS works across Hertfordshire providing a specialist multi-disciplinary approach. PALMS offers individually tailored support for children and young people (CYP), aged 0-19 who have a global learning disability and/or Autistic Spectrum Disorder, helping families to manage challenging behaviour, toileting, feeding and/or sleeping difficulties and/or to support mental health needs. PALMS provides early intervention where necessary and intensive support to families reaching crisis with a step up and step down approach throughout their care journey. Interventions include workshops, groups, individual therapy, and therapeutic work with parents/carers/siblings.

In this workshop the PALMS model will be explained further and a case discussion will demonstrate the value and challenges of a holistic approach to achieve the workshop objectives.

Workshop Discussion

The workshop began with an introduction to the PALMS service structure and details of service delivery. This was illustrated by a case study of a child 'T' which provided an example of good practice in meeting the needs of children when reviewing medication. T was referred to the service for a review of current risperidone prescription and to support with the management of challenging behaviour. Risperidone was currently being prescribed and T's mother felt this was necessary to manage challenging behaviour. T was admitted to an inpatient mental health centre under Section 2 following a significant episode of challenging behaviour. The Care Program Approach identified this was inappropriate for T and as returning home wasn't an option at this point, T was moved to a residential

placement. PALMS provided intensive intervention with the aims of reducing challenging behaviour and supporting a transition home. This included positive behaviour support assessment and intervention and a medication review. PALMS worked closely as a team of professionals with the staff at the home and T's family. The outcome included T's medication was completely stopped, huge reduction in challenging behaviour and T is settled within a residential setting with regular visits to family. This provided a good example of how providing the correct support at the right time through a service like PALMS can be provide a positive outcome for children.

Group Discussion

Discussion included the factors that support working holistically, what the barriers are and how these can be overcome.

The need to ensure children's needs are met by offering a good practice model was discussed. It was agreed it would be beneficial to share this model with areas and services. This would include sharing research providing evidence of its effectiveness. In addition, to ensure good practice when working with children it was identified as important to raise this at a national level within Transforming Care.

Actions

Action	Who?	When?
1. Sharing good practice through research and other means	PALMS	July 2017
2. Raise the need for focus on children with Transforming Care	Viv Cooper (through Transforming Care Children's Group) and PALMS	September 2017
3. Link with other services to share models of working	PALMS	October 2017
PALMS psychiatrists to link with the Royal College of Psychiatrists	PALMS and Ashok Roy	September 2017

Further information/guidance/ background reading

www.hct.nhs.uk/our-services/palms/