

# Building family resilience with intensive Positive Behavioural Support

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Case Study: The Bristol intensive positive behavioural support (iPBS) team delivered a multicomponent intervention with the whole family to improve the focal child's communication and everyday living skills and offer a better understanding of the functions of his challenging behaviours. Direct work with mother using Acceptance and Commitment Therapy (ACT) and siblings using DNA-V supported their emotional wellbeing and Quality of Life (QoL).

The **Bristol iPBS** team offers intensive interventions for children with LD and challenging behaviour at risk of social exclusion. It works with families and schools to maintain these placements using PBS framework. **Resilience** is the ability to respond adaptively to adversity, trauma, tragedy, threats or stress. It is "bouncing back" from difficult experiences.

**Family background and context:** Tom lives at home with mum, dad and his 2 younger siblings, Olivia and Ben. iPBS became involved due to an increase in challenging behaviour at home and school, especially directed towards peers and his younger brother.

**Interventions:** Systemic and individual multicomponent interventions were delivered over a two-year period with Tom, his mother and siblings, some of which are presented below:

## Tom

- Skills building using the VB-MAPP tool
- Teaching of gestures
- Behaviour Support Plan
- Skills development in the community

## Siblings

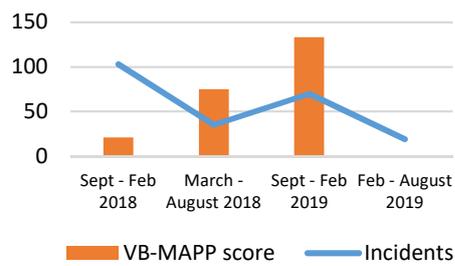
- Emotional literacy
- Social behaviour mapping
- Wellbeing work using an adapted DNA-V protocol

## Mum

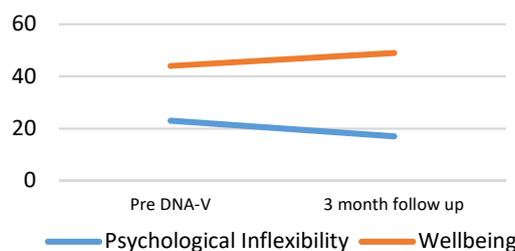
- Acceptance and Commitment Therapy (ACT) wellbeing work

### Outcomes

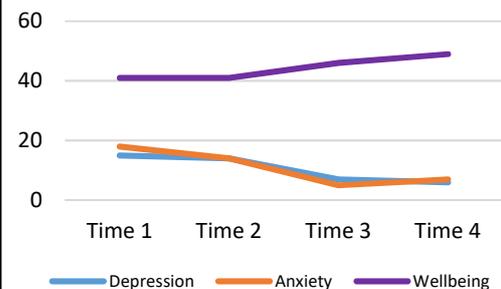
Incidents of challenging behaviour and VB-MAPP scores over time



Psychological Inflexibility and wellbeing over time



Wellbeing, depression and anxiety over time



'I feel I understand Tom's behaviours more and how to respond to them' - Mum

'Olivia is now able to talk to me about difficult things and I know how to respond' - Mum  
'You've made our future's brighter' - Siblings

'I feel more confident and positive and in control' - Mum

## Conclusions & Recommendations

The iPBS interventions supported the development of everyday living skills alongside a decrease in behaviours that challenge over a 2-year period. It also improved family wellbeing, confident and resilience.

**A whole system approach is important:** For sustained change, family members need to have the confidence, resilience and skills to maintain the child's own skill development and respond in appropriate ways.

**Organisational systems should not restrict whole family working:** When working with parents or siblings effort should be made to overcome organisational barriers such as whose duty of care it is and where information should be stored.