

Developing a Local Positive Behaviour Support Service

Paul McWade & Maria Saville BCBA

Background Information:

INTRODUCTION

- Over a third of individuals with an Intellectual Disability under care of local authorities reside in out of borough placements (Whelton, 2009, see: McGill et al, 2010)
- Prominent in this group are individuals who exhibit behaviour that presents a challenge to services (Emerson & Robertson, 2008, see: McGill et al, 2010)
- Out of borough placements are often high cost and of dubious quality
- The recent outcome of the Winterbourne View investigation highlights concern's about the quality and safety of such provision
- Such placements frequently occur as a reaction to crisis situation

Background Information:

THE MANSELL REPORT

- The Mansell Report (Revised edition: 2007) recommends specialist challenging behaviour services (a) work intensively with a small number of individuals and (b) help strengthen mainstream services so they can serve people locally.
- Research on specialist Challenging Behaviour services suggests effective services are likely to be:
 - Peripatetic
 - Psychology-led
 - Have good case management procedures
 - Clearly orientated to evidence-based approaches in behaviour analysis (Forrest et al. 1996).

Positive Behaviour Support Service:

HALTON BOROUGH COUNCIL:

- Halton Borough Council alongside St Helen's and Halton NHS commissioned a specialist peripatetic, **life span** Positive Behaviour Support Service.
- Neighbouring authorities Knowsley and St Helens also commission the service
- It is the first Local Authority service in the UK to be staffed and led by Board Certified Behaviour Analysts (BCBA)

Visions of the PBSS

For the individuals...	For those caring and supporting individuals...	Reduction of risk
Improved quality of life	Reduced stress	<ul style="list-style-type: none"> • To health and social well being. • Personal injury • Placement breakdown • Out of borough/restricted placement • Reaching crisis point • Damaged relations • Preceded by one's case history • Intrusive support levels • Normal life opportunity limited by over zealous risk assessment • High cost placement/support packages
Increased opportunity for meaningful engagement	Increased knowledge of behaviour function, environmental and stimulation effects	
More opportunity for education/cognitive development	An increased efficiency during times of problem behaviour occurrence	
Increased opportunity for community participation	Improved relationships with service user	
Greater access to a less restrictive environment	A feeling of being supported.	
Improved relationships	An increased confidence in ability to cope	

Eligibility:

Who Accesses the Service?

- Core service for individuals with a moderate to severe Learning Disability and/or diagnosis of Autism who are engaging in behaviour that challenges services
- Some new service development for older people with a diagnosis of Dementia (no Learning Disability)

Staffing Structure:

POSITIVE BEHAVIOUR SUPPORT SERVICE

Operational Director: Paul McWade

BCBA-D: (Clinical supervisor)

Principal Manager: Maria Saville

TEAM 1:

HALTON

Practice Managers x 2 (Behaviour Analysts)

Care Managers (Assistant Behaviour Analyst level)

Support workers x 2

TEAM 2:

KNOWSLEY

Practice Managers x 2 (Behaviour Analysts)

Care Managers (Assistant Behaviour Analyst level)

Support workers x 2

TEAM 3:

ST HELENS

Practice Manager (Behaviour Analyst)

Care Manager (Assistant Behaviour Analyst level)

Support worker

ADDITIONAL HALTON:

Practice Manager (Behaviour Analyst): Dementia Lead

Practice Manager (Behaviour Analyst): Safeguarding lead, sits in Integrated Adult Safeguarding Unit

Care Manager (Assistant Behaviour Analyst level): Education

FUNDING: Core Team

Team 1: Halton Adults, Halton CCG and Halton Children and Enterprise

Team 2: Knowsley

Team 3: St Helens LA and St Helens CCG

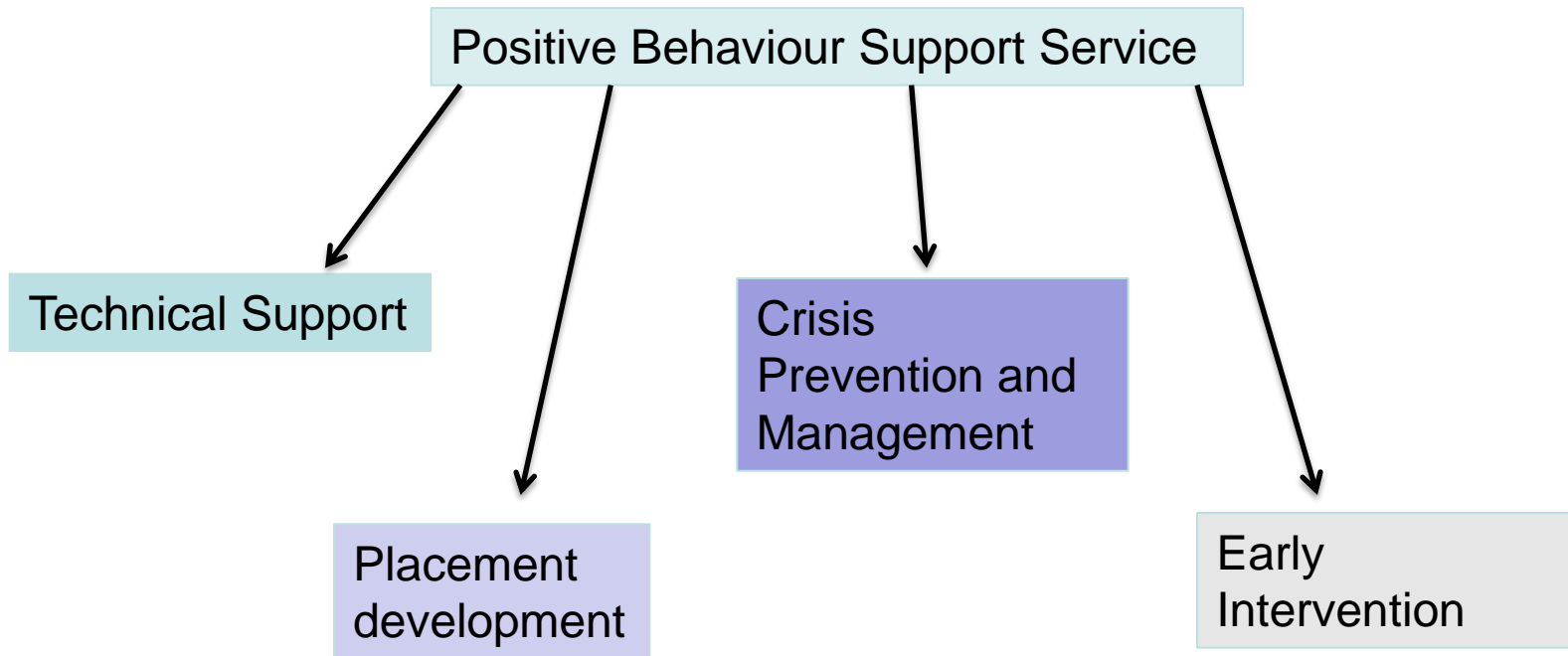
FUNDING: Additional Halton

Dementia Practice Manager: Halton Adults

Safeguarding Practice Manager: Halton Adults

Care Manager Education: Children and Enterprise

Service Specification:



FOUR KEY FUNCTIONS

The service aims to work collaboratively in four related areas

The Key Functions:

Technical Support: So far...

- PBSS have worked with **82** people so far (across children and adult services and stakeholders)
- Age range of 4- 96
- Cluster of 14-19 year olds (transition-crossing children and adults services)
- Over 60% of people have a diagnosis of Autism
- 1 re-referral to date

Case Study: Ian

- Aged 26, diagnosis of Autism, LD
- Long history of placement breakdown- resulting in secure placement with high support
- Now lives in community with high support (**4:1**)
- Low frequency, high intensity aggression/property destruction
- PBSS involvement aim- change behaviour, reduce staff, increase meaningful activity and community participation

Case Study: Ian

- PBSS completed full FA, intervention, intensive staff training (including AS and Interactive Training)
- Behaviour remains low frequency, evidence of intensity and duration reduction
- Meaningful activity increased, new activities being introduced all the time
- Now successfully accessing day services, AS package followed here as well
- Staff reduction of 1 staff member (4pm-8am next day), on-going review

Case Vignette: Lucas

- Aged 9, diagnosis of Autism and Learning Disability
- Home placement in jeopardy due to high risk behaviours
- High frequency absconding
- High frequency, high intensity self- injury, medium frequency aggression
- Limited activity, restricted environment, limited communication

Case Vignette: Lucas

- PBSS aim- stabilise placement, increase activity and communication, change restrictive environment, reduce behaviours
- FA completed, intervention supported
- Absconding has ceased altogether
- Other behaviours have reduced (particularly in intensity)
- Functional Communication skills and activity have increased
- Lucas freely moves around the house...

Case Study: Andrew

- Andrew is an adult with a learning disability and cerebral palsy, he has been known to services all his life
- At the time of the referral to PBSS he was in an assessment and treatment unit. His home placement had broken down due to behaviour that challenged.
- At home there was little for him to do and on the unit he was isolated. There were attempts for him to return home but it soon broke down
- The nature of the unit meant it was restrictive and there were few opportunities for engagement. Andrew was unoccupied for long periods of time
- He engaged in regular, high levels of undesirable behaviours, including:
 - Aggression towards staff
 - Smearing, shredding and eating incontinence pad
 - Property damage including digesting items of furniture
 - Self injury

The PBSS aim for Andrew

To improve Andrew's overall quality of life by:

- Enriching his living environment
- Helping him to engage in meaningful activities
- Removing the restrictions placed on his physical environment such as providing access to the kitchen
- Reducing the occurrence and intensity of behaviours that challenge
- Giving Andrew the skill as a alternative means of communicating his needs and expressing choice

Andrew's Life Now

What has changed?

- Andrew is living in his home and has been there for nearly a year
- Andrew participates daily in:
 - Domestic activities
 - Leisure and social activities
 - Community activities
- Undesirable behaviours have reduced in frequency and intensity
- Andrew's staff team are confident in how to enrich his environment and support him effectively.
- Improved quality of life...and potentially a reduced package cost

Cost Effectiveness:

EXAMPLES:

- Ian- staff reduction has reduced his package of care by approximately **£80,000** per year...
- Lucas- stabilising a home placement avoids the cost of a specialist residential school, a cost of **£150,000-£250,000** per year
- Andrew- stopping the double funding of community tenancy and assessment treatment service saves **£90,000** per year. Avoided cost of specialist residential **£250,000** per year

Not all Plain Sailing...

Staff availability

Agency staff

Capacity

High staff turnover

Recruitment

Data refusal

Weak management

Cancellations

Safeguarding complexities



Conflicting advice

'Know it all' attitude

Tired parents

Burnt out staff

Medication

Carer mental health

Fear

'Been there done that' attitude

Perseverance...

Conclusions:

Going well...

- The 'four armed' pragmatic approach of the PBSS is proving successful
- Quality of lives are improving (significantly)
- Commissioners are impressed (and wanting to invest more)
- Cost effectiveness is being shown
- More Behaviour Analysts are being trained

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It's all happening **IN HALTON**