

Challenging Behaviour Workshops for family carers and school staff

To understand challenging behaviour & learn
skills to prevent and respond to behaviour that
challenges – using Positive Behaviour Support
strategies

13th,14th June & 5th July

&

12th,13th September & 29th October 2019



**making a difference
to the lives of people with
severe learning disabilities**

About the Challenging Behaviour Foundation

The CBF is the only UK charity focussed on the needs of people with a severe learning disability with behaviour described as challenging and those who support them. There are three strands to the CBF's work:

1. Information and support: Developing and sharing a range of accessible, practical information and resources to equip and empower families and professionals, to promote early intervention and prevention, support families whose relatives are at risk, and provide casework to families in complex situations.
2. Campaigning and influencing: Informed by family support work, this strategic work focuses on ensuring that children and adults with a severe learning disability and behaviour described as challenging and their families are included, engaged and represented in policy and practice at a national, local and individual level.
3. Promoting best practice: There is a range of evidence and practice that demonstrates how children, young people and adults with a severe learning disability and behaviour described as challenging can be supported to have a good quality of life within their local community. The CBF is committed to actively sharing and promoting evidence based best practice, including working with researchers and practitioners.

Workshop Content and Delivery

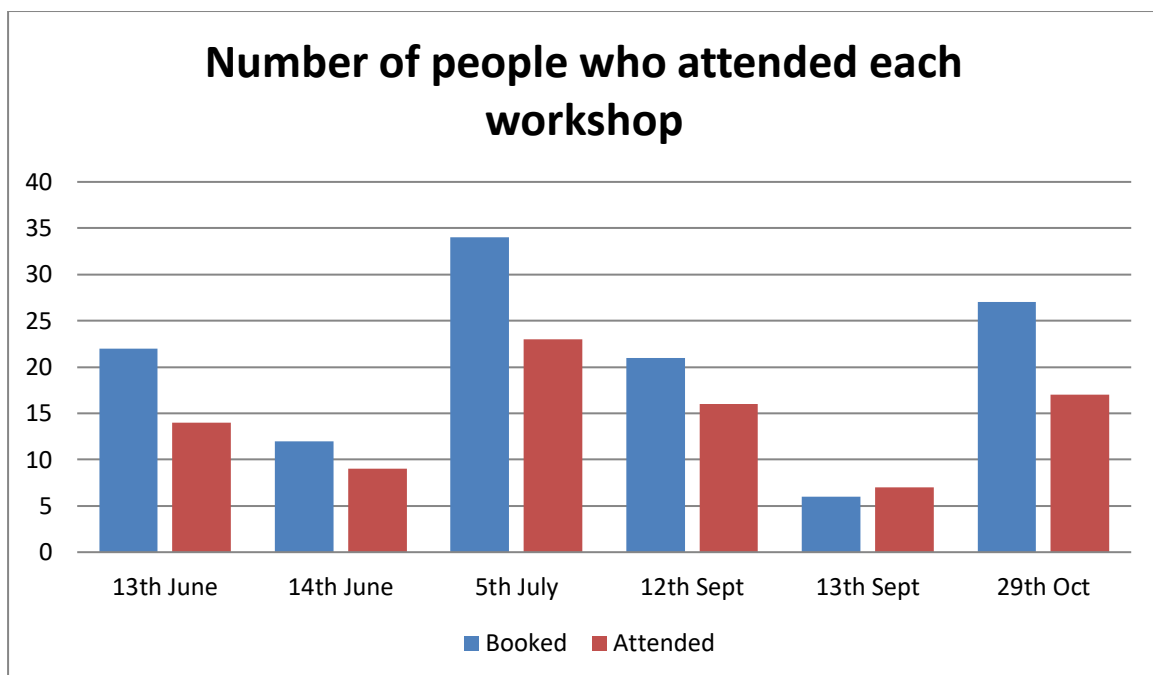
The workshops were delivered by two co-trainers: a family carer with lived experience of caring for a family member with a severe learning disability and behaviour described as challenging and a qualified Positive Behaviour Support professional who delivered the 'theory' and evidence-based knowledge, giving each participant the tools to understand the people they are supporting and develop strategies to reduce challenging behaviour.

Understanding Challenging Behaviour element includes:	Supporting Behaviour Change element includes:
<ul style="list-style-type: none"> • What is challenging behaviour • The impact of challenging behaviour • Why do people challenge • Context and environment • Purposes (functions) of behaviour • Reinforcement • Setting events and triggers • Sensory issues in autism • ABC recording chart • A story of success 	<ul style="list-style-type: none"> • Arousal curve • Positive behaviour support • Proactive and reactive strategies • How to prevent challenging behaviour • How to stop behaviour escalating • How to respond to behaviour safely • What to do after an incident • Individual planning and behaviour support plans • Working in partnership

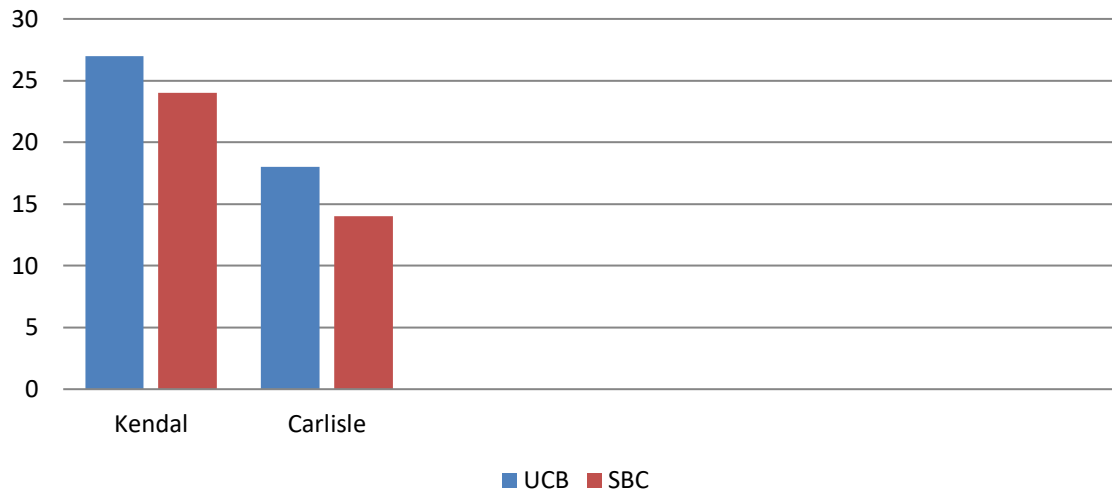
Learning outcomes include:
<ul style="list-style-type: none"> • Understanding reasons for challenging behaviour • Identifying strategies to prevent and reduce challenging behaviour • Where/how to access ongoing support • Practical communication strategies • How to improve partnership working between families and professionals

Attendance & Evaluation

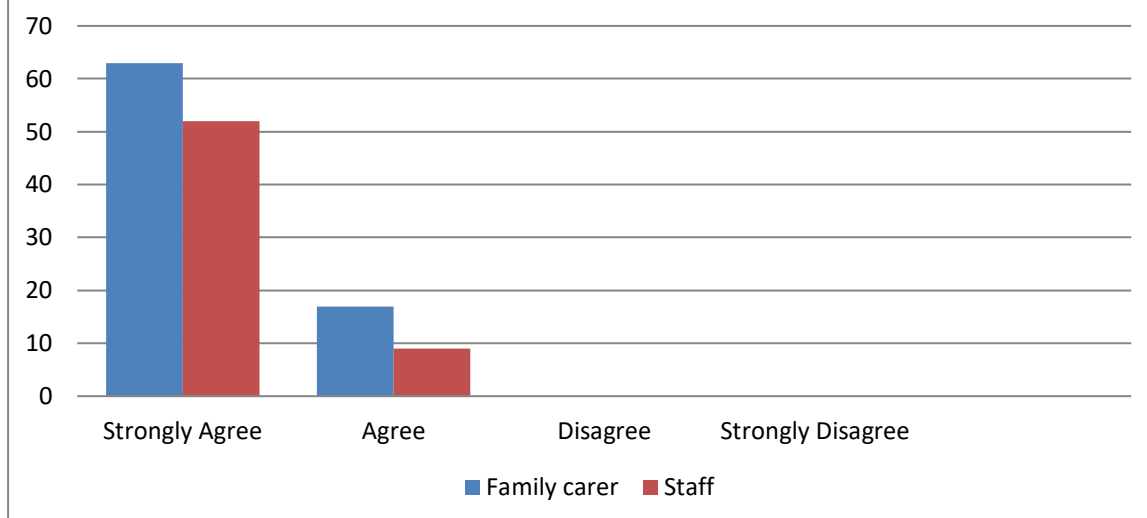
Feedback forms were completed by attendees at the end of each workshop. Questions covered what aspects they found helpful and what they enjoyed about the workshops, by means of open comments and selecting responses to set statements, ranging from “strongly agree”, “agree”, “disagree” to “strongly disagree”. The results are set out in table form below.



Number of people who completed feedback sheets for UCB & SBC



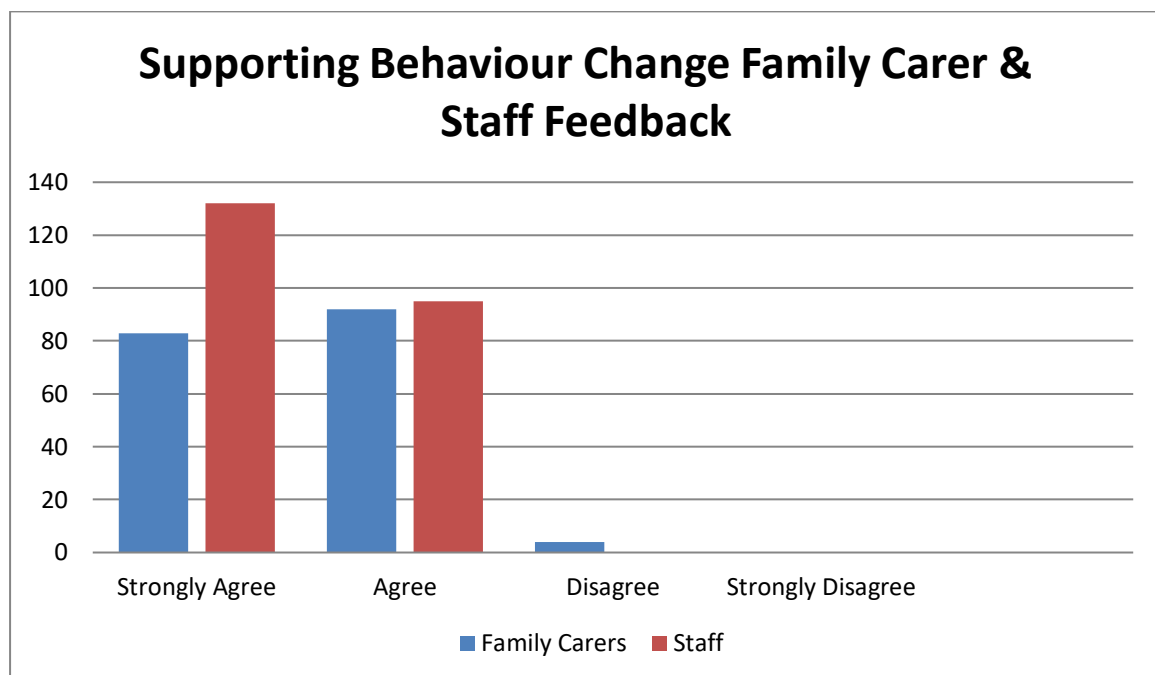
Understanding Challenging Behaviour Workshop Family Carer & Staff Feedback



Attendees were asked to complete a questionnaire with 4 statements and to tick a box to record their level of satisfaction for the workshop where strongly agree and agree indicated a positive outcome for the person; disagree and strongly disagree indicated a poor outcome for the person. 5 free-hand questions were also included and results for these can be seen below. See appendix 1 for full document.

Family carers reported they enjoyed the session as a whole but of particular use to them were the topics on: reasons & functions for challenging behaviour; communication & challenging behaviour; story of success (from the lived experience of the family co-trainer); sharing experiences through discussion; recording using ABC charts; analysis of why challenging behaviour might happen and the informative & friendly co-trainers; co-presenters attitudes just great – “we are all one team together, not them lecturing us”. Good ideas we can implement; supportive/friendly; targeted for specific age groups something to consider.

Staff reported very similar outcomes and were pleased to hear “real life” situations rather than made up ones and the input from the family trainer made the session feel “more real and relevant”. The opportunity to share experiences with colleagues was also a positive outcome for them; they enjoyed the small, interactive session; described workshop as “informative”, “fun” and “upbeat”.



Attendees were asked to complete a questionnaire with 15 statements and asked to tick a box to record their level of satisfaction for the workshop where strongly agree and agree indicated a positive outcome for the person; disagree and strongly disagree indicated a poor outcome for the person. . 5 free-hand questions were also included and results for these can be seen below. See appendix 2 for full document.

Family carers felt the interaction between school staff and carers was something they found very helpful – the discussions were described as “really effective and reassuring”; most thought the course did not need and improvements though 2 people felt more time on Amber strategies would have been beneficial to them. Carers spoke positively about the co-trainers.

Staff were very positive about the structure of this session – the opportunity to sit with family members whose children they support in school was important and productive. The training was found to be enjoyable and inclusive; some staff would have liked more time to talk in group discussions.

All family carers and staff said they would recommend this course to others.

Our family carer co-trainer subsequently met with a grandparent who had attended both workshops in Kendal with her daughter. She stated she was really pleased to see our trainer and wanted to pass on just what a difference the course has made to their lives. They no longer see their child as naughty and she said as a result of what they were taught they have changed everything they do and he has come on leaps and bounds since the changes have been made.

At the Carlisle workshop, a family carer approached the CBF workshop co-ordinator to say she had used the information and discussion in the first workshop to reflect on her understanding of her child's behaviour, how she reacts and how she can modify her reactions to create a better home environment for all family members

Appendix 1:

The Challenging Behaviour Foundation Workshop evaluation form

CHALLENGING BEHAVIOUR PART ONE: UNDERSTANDING CHALLENGING BEHAVIOUR

Date of workshop:

Venue:

Please complete the questions below. Your answers will be held in confidence and used both to help us monitor the quality of our workshops and to help us obtain funding to provide more support for families. Thank you for your help.

1. Have you received training around challenging behaviour previously? Yes No

2. Are you a family carer or a professional? Family Carer Professional

3. What age is the person you are supporting?

4. Does the person you support have

- a mild learning disability
- a moderate learning disability
- a severe learning disability
- profound and multiple learning disabilities

5. What other diagnosis

6. Please tick the appropriate box on the right for each question:

	4 Strongly Agree	3 Agree	2 Disagree	1 Strongly Disagree
Information was presented clearly				
Handouts were informative				
Group discussion topics were relevant to the needs of participants				
The workshop was useful for parents/ professionals				

7. What subjects/activities did you find useful? (please circle as many as you like)

Cause of challenging behaviour (reasons & functions) Communication & challenging behaviour

ABC chart Story of success! How to look after yourself (info for helpline)

Sharing experiences through discussions Refreshments Other (please state)

8. What did you like best about the workshop?

Please turn over

9. How could the workshop be improved?

10. Would you recommend this workshop to others?

Yes

No

11. Any other comments?

All feedback is valuable and can help in both improving our workshops for the future and in preparing funding applications to continue our work

Thank you for your help

Appendix 2:

CHALLENGING BEHAVIOUR PART TWO: SUPPORTING BEHAVIOUR CHANGE

Date of workshop:

Venue:

Please complete the questions below. Your answers will be held in confidence and used both to help us monitor the quality of our workshops and to help us obtain funding to provide more support for families. Thank you for your help.

1. Please tick the appropriate box on the right for each question:

	4 Strongly Agree	3 Agree	2 Disagree	1 Strongly Disagree
Information was presented clearly				
Handouts were informative				
Group discussion topics were relevant to the needs of participants				
The workshop was useful for parents/ professionals				
The workshop helped me understand the reasons for challenging behaviour.				
The workshop helped me develop strategies to manage behaviours proactively – (green strategy)?				
The workshop helped me develop strategies to prevent behaviours escalating – (amber strategy)?				
The workshop helped me develop strategies to manage behaviours in crisis – (red strategy)?				
The workshop helped me develop strategies to help recovery after a crisis – (blue strategy)?				
I feel more confident managing challenging behaviour				
I can see that strategies used over time will reduce challenging behaviour.				
I feel more confident about families and professionals working together to support positive behaviour				
I feel sharing experiences with other carers/ professionals was helpful				
Training delivered by two trainers (professional trainer and parent trainer) was helpful				

The workshop helped to identify other support that I was not aware of (e.g. functional/sensory assessments)				
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Please turn over

2. Are you a family carer or a professional? Family Carer Professional

3. What did you like best about the workshop?

4. How could the workshop be improved?

5. Would you recommend this workshop to others? Yes No

If 'yes' is there anyone you would like us to contact on your behalf to offer to run more of our workshops? Please give contact details:

6. Any other comments?

All feedback is valuable and can help in both improving our workshops for the future and in preparing funding applications to continue our work

Finally, it would be really helpful if we could contact you again in a few weeks or months to evaluate the longer term impact of our training. If you would be willing to be contacted again by the CBF with a follow-up questionnaire please provide your contact details:

Name _____

Email (please print) _____

Postal address: _____

Telephone: _____

Thank you for your help