**Getting Behaviour Support Template Letter**

  *Your address*

*Address of CCG*

*Date*

Dear ,

My *son/daughter* has severe learning disabilities, which means *he/she* has very little verbal communication, finds it very difficult to learn new skills and needs support with daily activities such as dressing, washing, eating and keeping safe. Related to *his/her* severe learning disability, my *son/daughter* displays challenging behaviour, including *(list)* to communicate and get *his/her* needs met.

My family have supported *(name*)’s behaviour to the best of our abilities, but we are not trained experts and we have needed additional support and advice from the start. Caring for *(name)* is extremely *stressful/distressing*, mentally and physically exhausting. We had some help from… *(list CAMHS, school, educational psychologist, or anyone else you had advice about behaviour from),* but this was not in depth enough or for long enough.

*(Give extra detail if you want to, but keep it brief and factual)*

We cannot find any service with the right expertise; there is no behaviour support team or intensive support team in the area. I would like to request that you commission specialist support for my *daughter/son*.

*NICE guidelines* (NG11, 2015) state that services should:

‘Carry out a functional assessment of the behaviour that challenges to help inform decisions about interventions.’

‘Develop a written behaviour support plan for children, young people and adults with a learning disability and behaviour that challenges that is based on a shared understanding about the function of the behaviour.’

The national guidance document ‘*Ensuring Quality Services’* (by NHS England and Local Government Association) lists the provision of specialist services as one of its core principles:

‘Local specialist services that focus on the needs of individuals with learning disabilities and / or autism who display or are at risk of displaying behaviour that challenges need to be routinely available for children, young people, adults, older people and their families. These services should: demonstrate a clear PBS pathway and local policy that reflects all principles covered in this document and embodies the highest level of expertise in this approach.’

The document states that Positive Behaviour Support is the recommended approach:

‘Positive Behavioural Support (PBS) is built on the strongest evidence base for supporting individuals with behaviour that challenges.’

‘Within a PBS framework, interventions to support children, young people, adults and older people who display behaviour that challenges should be preceded by a thorough, holistic assessment facilitated by a suitably trained person or group of people. This is generally referred to as a Functional Assessment.’

My *son/daughter* has never had a Functional Assessment or received Positive Behaviour Support. **OR** My *son/daughter* had a Functional Assessment but did not receive ongoing Positive Behaviour Support. I believe this support would be the best approach for my *son/daughter* and would make a huge difference to *her/his* health, wellbeing and life opportunities.

I would be grateful if you could let me know whether the CCG can provide specialist behaviour support and if not, what else I can do to access help for my *son/daughter*.

Yours sincerely/faithfully,

*Name*