

# Getting It Right in West Sussex

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THE WEST SUSSEX WAY

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# Introduction

- Getting It Right is a 3-year project (2019-2022) funded by the National Lottery Community fund.
- The agreed aim of the Getting It Right project in West Sussex was that children and young people (0-25) with learning disabilities at risk of displaying behaviours that challenge will receive the right support, in the right place and at the right time, from well informed professionals and staff so they can live a happier and more inclusive life in their community.

# Our Objectives

- To **provide** specialist training and share best practice with families, professionals and commissioners in West Sussex.
- To **develop** meaningful plans for sustainable improvements in future support in West Sussex.
- To **improve** the resilience of families of children and young people with learning disabilities whose behaviour challenges, through improving networks and connections between families.

# What We Did

- Steering Group
- Family Forums
- PBS Training
- Parent Carer Survey & Interviews
- Stakeholder Event including Action Planning
- Evaluation

# Steering Group

- Jointly facilitated by Challenging Behaviour Foundation & West Sussex PBS Commissioning Lead
- **Board representation:** West Sussex Parent Carer Forum, Special Schools, Sussex Partnership NHS, Children's Disability Social Care, Residential Services and Commissioning.
- Regular meetings with a focus on continuous improvement, changing and adapting based on feedback and learning.

# Family Forums

- One held in the south of county (**Worthing**) and one held in the north of county (**Crawley**) to enable as many families to attend as possible.
- Total of **18 families** attended over the two sessions with a strong representation from families with CYP with Autism diagnoses.
- **Key themes included:** timeliness of support, fewer barriers and a need for increased early intervention.

# PBS Training

- PBS training delivered on 3 dates in October and November 2020 (**PBS Chats**)
- **Co-facilitated** by Parent/Carer trainer from CBF and PBS trainers from WSCC (Children and Adult Services)
- All sessions took place **online** due to COVID restrictions

# Stakeholder Event

- Brought together a wider network across West Sussex to hear about the project to date including key presentations.
- **Break out groups to focus on:**
  - ✓ Getting the right information to families at the right time
  - ✓ Getting support right in the early years, at school, college and beyond
  - ✓ Getting health and social care support right
  - ✓ Valuing families as partners



# Parent Carer Survey & Interviews

- Our families told us that they need:
  - ✓ More specialist practitioners
  - ✓ Early information and a support pathway
  - ✓ Respite tailored to the needs of the family
  - ✓ Opportunities to share learning and be connected to other families
  - ✓ Share good behaviour support practices schools have

# What Did We Learn?

- **Professionals**

- ✓ ensuring the right people are involved at the right time

- **Families**

- ✓ higher percentage of engagement from families with CYP with Autism diagnoses

- **Process**

- ✓ time of process and gaining momentum

# What We Did Well– Evaluation Findings

- Successful project delivery, in spite of the **challenges of Covid-19**
- **Local success factors:** Effective steering group, strong partnership working, shared vision and values
- A clear **focus on families** throughout *"It really was co-production, I really was an equal partner."* (Parent Carer lead)
- **Continuous** learning and improvement *"Thinking about outcomes from the start was really powerful - like the logic model."* (Project lead, W. Sussex)

# What Could Be Better? – Evaluation Findings

- Is **12 months** long enough?
- Focusing on **intended beneficiaries** vs. **being inclusive** of others with similar challenges *"It was a difficult project to communicate, to identify the right families. But they were really inclusive, generous not to dismiss other voices."* (Parent-carer lead)
- Gathering **evidence from families** - and making sure we use it well. *"The survey was powerful, it was a shocker! But it needs to be out there! We need to be sharing what we learnt, what we did ...There has to be a 'what next?'"* (Health partner)
- **Sustainability?**

# What Next?

- Developing the **Action Plan** from stakeholder event
- Continue to **build networks**
- **Training** and **Awareness** across professional networks
- **Parent Training** programme in design

# Contact Details

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