

Positive Behaviour Support (PBS) and the Intensive Positive Behaviour Support (IPBS) Team

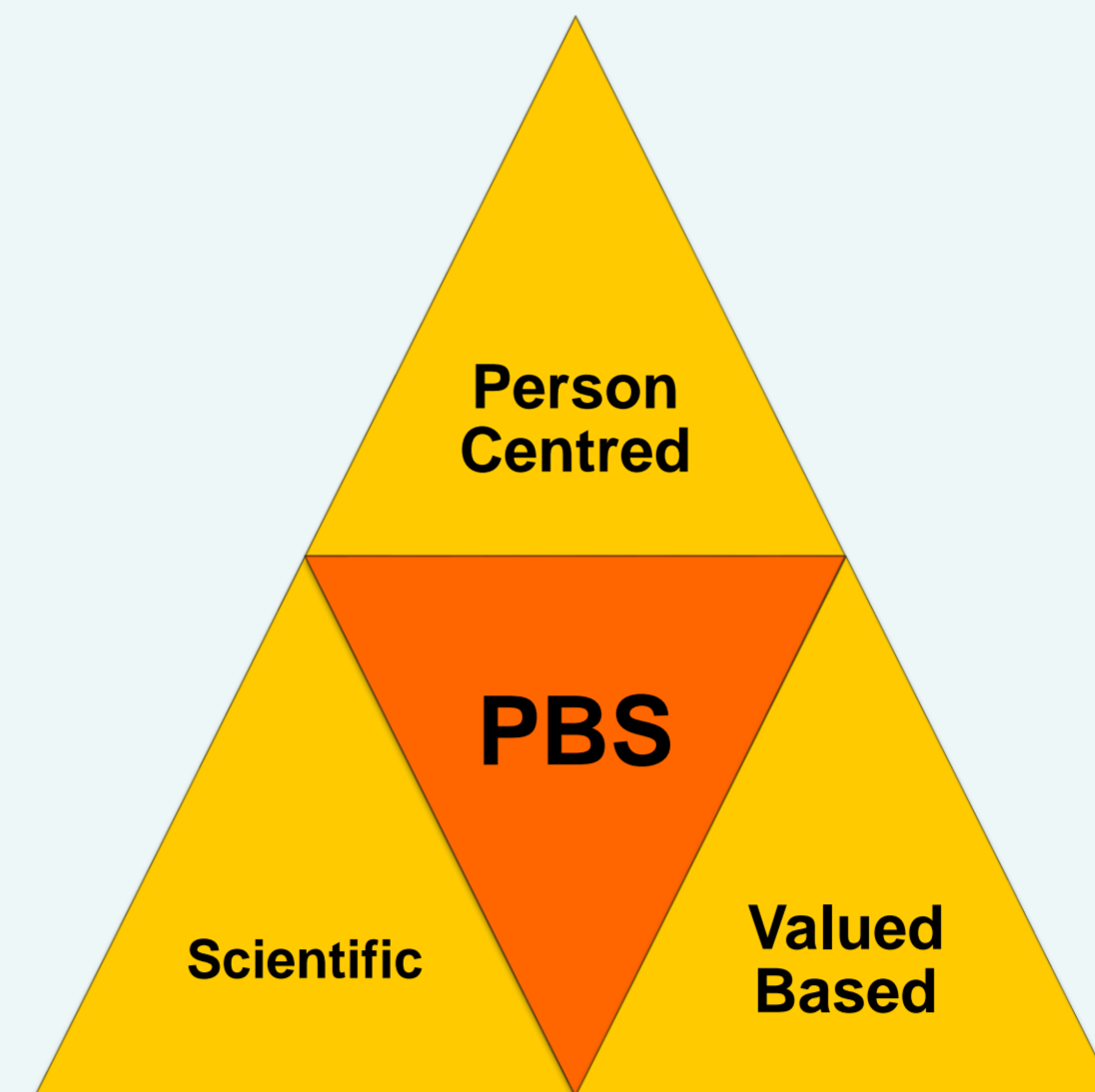
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What is Positive Behaviour Support?

PBS is a framework to explore why challenging behaviours enable people to get their needs met and to find more appropriate methods. PBS is typically used with children and adults with intellectual or developmental disabilities [1]

Behaviours which challenge are behaviours which the child presents with to try and have their needs met. PBS stipulates that every behaviour has a function (i.e. a meaning or purpose)[2].

PBS aims to find the meaning behind a person's behaviour and use helpful methods to get the person's needs being met.



PBS Principles

PBS involves working with all stakeholders



PBS aims to improve the quality of life of the person and those around them



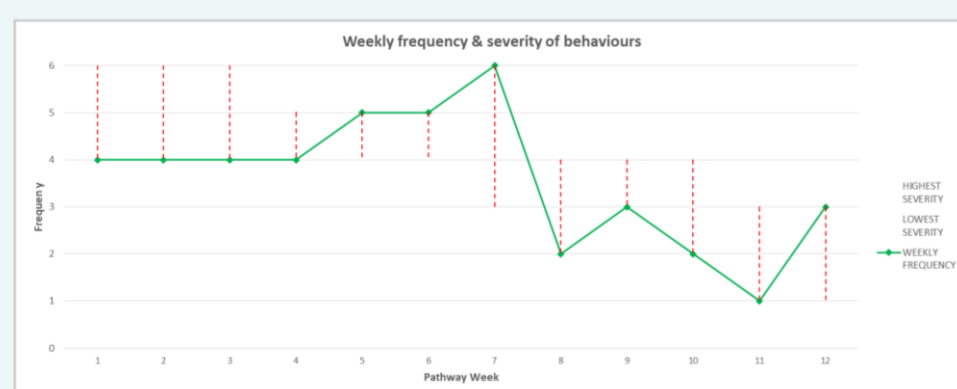
PBS works by using skill development (not through using punishment)



All behaviour is for a reason



PBS primarily uses applied behaviour analysis to describe, explain and predict behaviour



PBS is evidence based and uses other forms of complimentary evidence based approaches within plans



Formal assessments are used to inform PBS plans which provide proactive strategies, teach new skills and detail how to respond when behaviours are occurring.



How do the IPBS Team use PBS?

The IPBS team work with the young person, their parents or caregivers and a range of support staff (working into schools, respite and with care provider organisations).

We find out what is most important to the children and families we work with and then set goals which help to help improve the quality of life of everyone supporting the young person.

The IPBS team focus on developing the young person's skills to create an alternative or desirable behaviour which still meets the same needs as the behaviour which challenges.

Our assessments help inform this. This is to understand the message behind the behaviour.

The IPBS team aim to identify what the behaviours of concern are, why they are happening and when they are most likely to happen. We use this information, alongside data, to help us to support the young person and develop a Behaviour Support Plan.

As part of our pathway, we use evidence based Positive Family Intervention^[3] (PFI) when working with families. We have a full multidisciplinary team which helps us to deliver the range of evidence based approaches required.

We develop a Behaviour Support Plan with the young person and their family which works into multiple environments. We can help support through trying out strategies ourselves and providing support to key stakeholders to implement the plan.

References

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