



# Positive Family Intervention (PFI)

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## What we offer

- The Intensive Positive Behaviour Support team (IPBS) are a specialist service providing intensive positive behaviour support to children and young people up to the age of 18 years who are displaying complex challenging behaviour.
- Part of this support includes Positive Family Intervention or PFI which involves working collaboratively with parents and carers.
- The aim of the IPBS team is to reduce and manage behaviours that challenge. By working with families in their own family home/residence, the team will work towards reducing/preventing the need for the use of restrictive practices, inpatient services and out-of-area/residential placements.

## What is PFI?

- PFI is an evidence-based programme that uses the positive behaviour support model to help parents and carers understand challenging behaviours.
- Cognitive behavioural therapy is also included to look at how parents think and feel about their child's challenging behaviour.
- Parents collaboratively develop a behaviour support plan with the team that fits into their family life.
- Research has found that when parents take part in the PFI programme they report less challenging behaviour and feel more able to implement strategies from behaviour support plans.
- Additionally, parents and carers develop resilience skills and are better equipped to manage behaviours that challenge in the future.



## What will happen during PFI sessions?

- PFI is usually completed over 8 sessions that last around 90 minutes.
- Sessions can be completed in your home or at another convenient place.
- You will usually have the same team members complete all 8 sessions with you.
- Each session has a booklet that we will work through. You can make notes in your booklet and keep these to look at in your own time.
- We will work through examples together.
- You will be asked to collect information on your child's behaviour in between sessions, we will look at the best way for you to do this in the first session.
- You will spend time reviewing both successful and difficult situations with your child in each session and what you thought and felt about this.
- By the end of the 8 sessions you will have developed a behaviour support plan that fits in with family life and the goals you wish to focus on.

## Do I need to bring anything?

- We will provide you with the materials for the session.
- We ask you to gather information in between sessions on your child's behaviour and bring this to the following session so that we can review this together.



## How do I know the sessions are effective?

- We will ask you to set goals in the first session which we will monitor to see if you feel these are being achieved.
- We will also complete some questionnaires before starting sessions that relate to both your child's behaviours and your beliefs, and do these again at the end of sessions so we can see if there is any change.
- By collecting information on your child's behaviour and skills we can together see if change is occurring.

