

Psychosocial Sector NDIS Q&S Readiness Project

Bite-sized NDIS

Dessert: Everything Positive Behaviour Support



Supported by:



Government of Western Australia
Department of Communities



WAAMH

Western Australian Association
for Mental Health



Engagement Today



Experiences and questions welcomed



Jump in to ask questions, 'raise' your hand or use the chat box at any time



Today we will be using Mentimeter – an interactive forum; make sure your smart phone is ready!



This is a brave space, let's be kind to each other in our interactions.

Introductions...





**We acknowledge the traditional
custodians of this land.**

**We recognise their continuing
connection
to land, water and community.**

**And we pay our respects to their Elders
past, present and future.**



We would like to acknowledge the courage and contribution of people with lived experience.



Reviewing Mains

Restrictive Practices

- The purpose of Challenging Behaviours
- What Restrictive Practice is
- How Restrictive Practice is regulated

Resources

- Implementing Behaviour Support Plans Map
- 2a Module Readiness Workbook
- MHCC Self Assessment Tool
- Restrictive Practices Audit Tool



Mentimeter



What Underpins Positive Behaviour Support?





How Does Positive Behaviour Support Work?

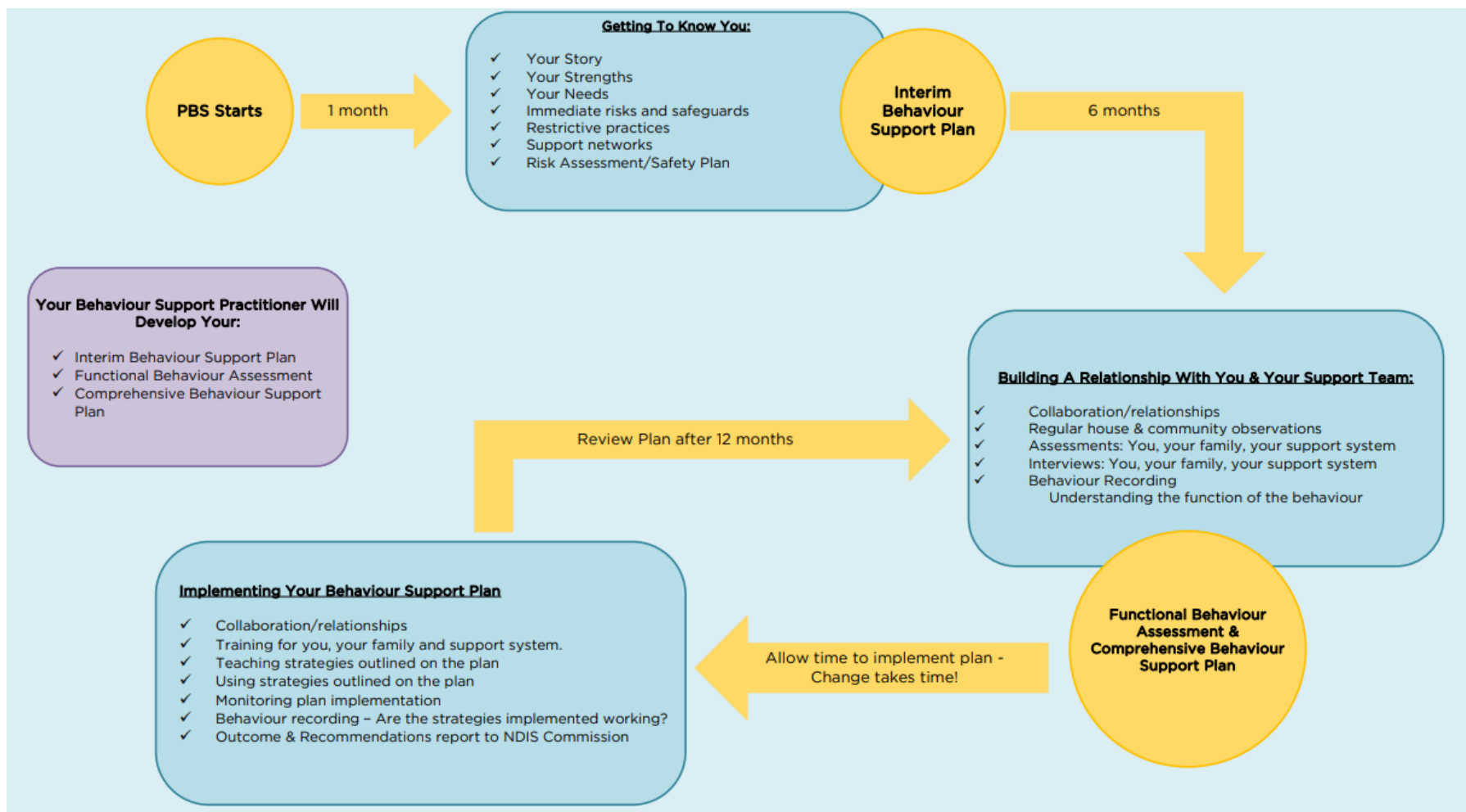
My Good Life

Positive Behaviour Support?

Restrictive Practices?



The PBS Plan Timeline





Functional Behavioural Assessment



Strengths/Needs



Likes/Dislikes



List of collaborators



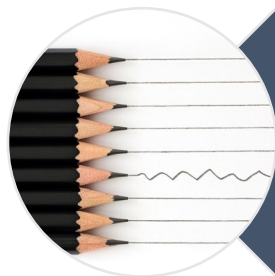
Where/when behaviours
are occurring



Functional Behavioural Assessment



Frequency of behaviours



Baseline measure
information



Function of the behaviour
hypothesis



What does a Functional Behaviour Assessment look like?

Type	Harm to self - other
Description	Hygiene – lack of personal care (showering)
Frequency / Duration	Weekly/daily
Intensity	Medium/likely
Triggers	1. Not prompted to shower 2. Not prompted by his favourite staff 3. Not going on an outing to meet his girlfriend/friends

Low risk scenarios	1. Favourite staff on who can prompt successfully 2. If [REDACTED] chooses to shower of his own accord 3. [REDACTED] is going to an event with his girlfriend/friends
High risk scenarios	1. [REDACTED] is not prompted to shower by staff 2. Favourite staff are not on shift 3. [REDACTED] is not going out or choosing not to go out of his home
Function of the behaviour hypothesis	This behaviour has always been part of [REDACTED] life but has significantly increased of late. It is hypothesized that this has occurred due to a change in [REDACTED] medication as his mood is lower and the recent moving of his girlfriend to a different location and is now unable to see. This is a sensory behaviour as this feels good to [REDACTED] not to do so or he does not care.



Mentimeter





What a PBS Practitioner may need from you:

Identify key stakeholders in your client's life.



Identify any key data that might provide insight into the situation.



Involve the client and their support network in meetings.



Assist in identifying restrictive practices and behaviours of concern.



Collaborate to develop strategies.



Discuss ways of monitoring behaviour.



Three theories that may be applied in Positive Behaviour Support



The ABCs of PBS

ANTECEDENT



Organic Causes

relating to medical factors such as brain injury or impairments relating to physical, behavioural, communication, or cognitive abilities



Emotional State

the individual's happiness, sadness, anxiety, depression



Thoughts (Cognitions)

how we view ourselves and others



Environment

what surrounds us, including the noise, temperature, activities, space



Social Relationships

how we interact with others in our environment

Behaviour

Behaviour is defined by the way in which people act towards others. Common behaviours people seek support for include:



Escaping

running away,
climbing



Aggression

kicking, punching,
screaming, biting

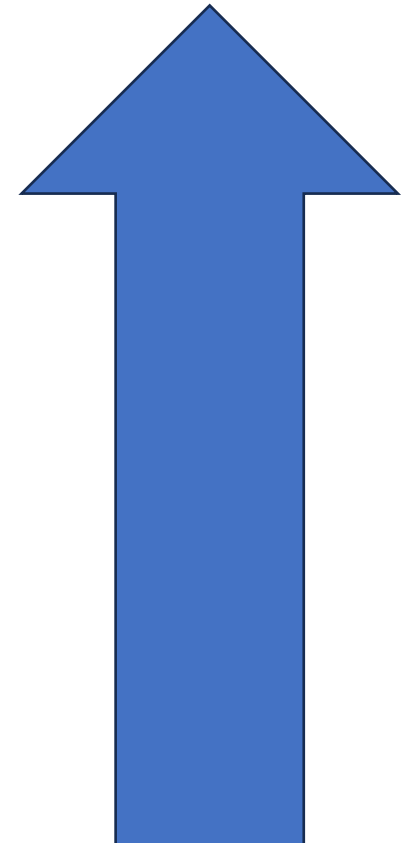


Avoidance

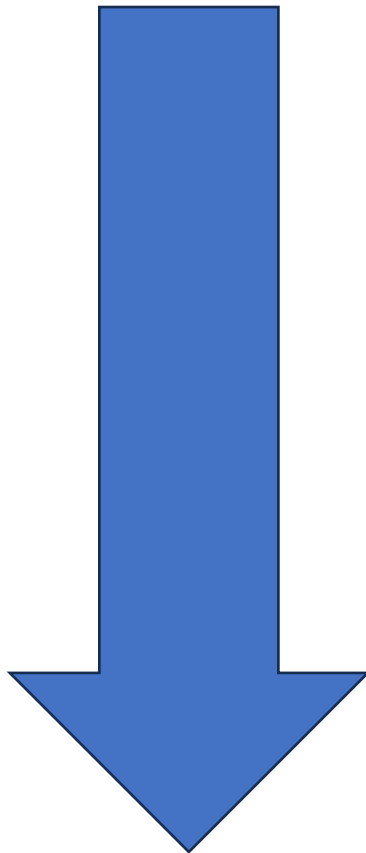
withdrawal,
picky eating



Consequence



Consequence



Reducing the likelihood of a disruptive behaviour



Antecedent:
Child becomes
bored in class



Behaviour:
Speaking out,
making
inappropriate
jokes



Consequence:
Students in the
class were asked to
not acknowledge
these outbursts

**Next time the child is less likely to speak out
during class because he is not receiving the
attention he wanted**



Mentimeter





FERB: Functionally Equivalent Replacement Behaviour



Meets the need

**More appropriate or
acceptable (for all)**

Natural motivators

**F
E
R
B**



Mentimeter

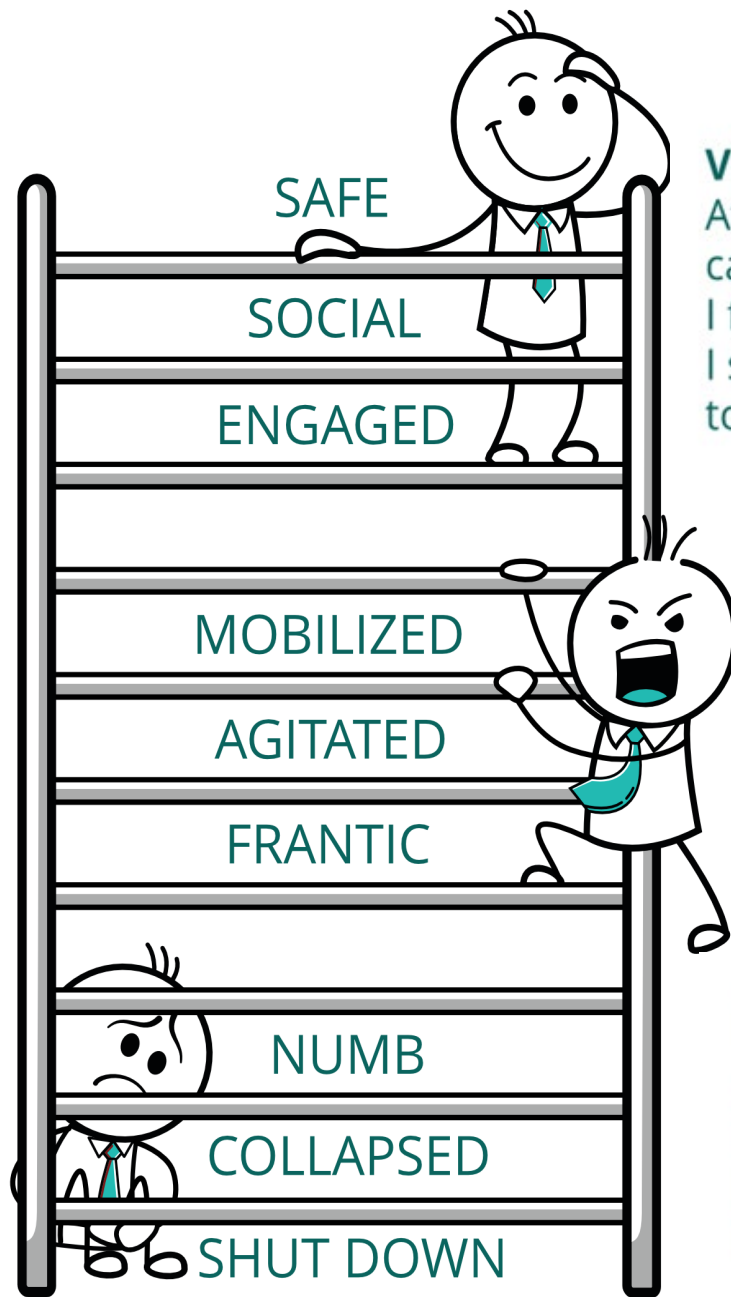




Poly-Vagal Theory

“When our nervous system fails,
we use a behaviour.”

-Dr Stephen Porges (2017)



VENTRAL VAGAL ACTIVATION

Attitude: "I am feeling at ease and can manage whatever comes my way. I feel empowered and connected. I see the "big picture" and connect to the world and people in it."

SYMPATHETIC ACTIVATION

Attitude: "I am getting overwhelmed and having hard time keeping up. I feel anxious and irritated. The world seems dangerous, chaotic and unfriendly."

DORSAL VAGAL ACTIVATION

Attitude: "I am buried under a huge load and I cannot get out. I am alone in my despair. The world is empty, dead and dark."



Source:
Sensorimotor
Art Therapy

Bodily Awareness





Mentimeter





“How can we expect people to change if we don’t give them the chance to?”

-Marissa Meyer

Other Support Options

- Internal Policies and Procedures
- External Supervision
- PBS Community of Practice (Second Thursday of the month)
- NDIS Q&S Commission website



WAAMH CARE Hub



Collaborative and Responsive Engagement





WAAMH CARE Hub



Search Bite- sized NDIS Resources



Community of Practice: L 2

NDIS Sector Readiness Project

WAAMH NDIS Capabilities Training

WAAMH NDIS Capabilities Training 3

Positive Behaviour Support

Bite- sized NDIS Resources

SEE MORE

▼ Student Hub

☐☐ Explore

▼ W.A. Mental Health Network

☐☐ Explore



Bite- sized NDIS Resources

Complex ideas in digestible form.

Create



Feed

Table of Contents

Page

Members

Select All

Collapse All

Overview

▼ Entree: Practice Standards and Quality Indicators



≡ Practice Standards and Quality Indicators - What?

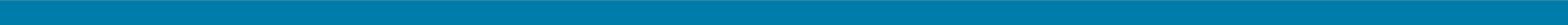
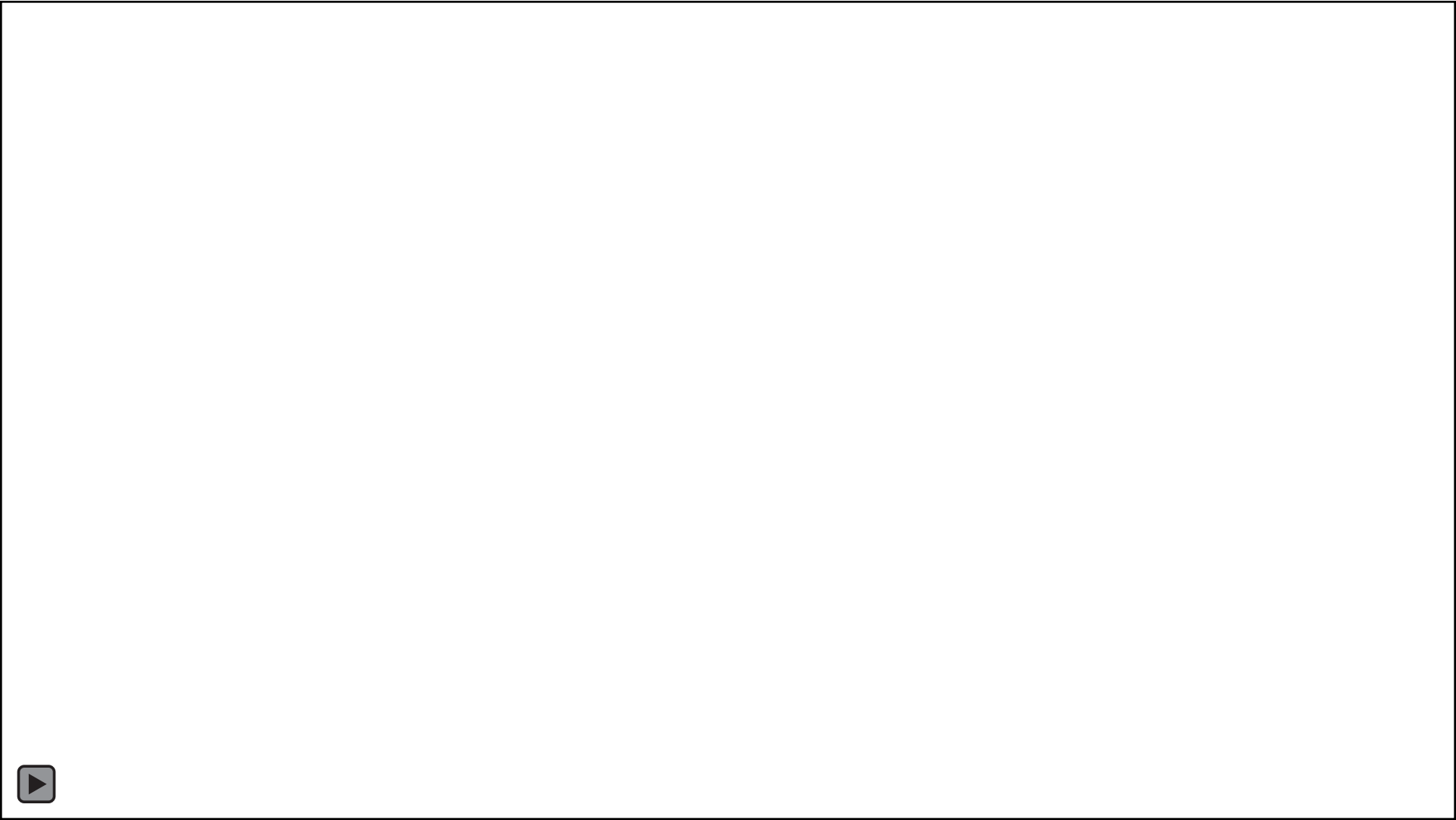


≡ Practice Standards and Quality Indicators - Why?



SECTOR READINESS PROJECT for Psychosocial Service Providers

Launching...





Mentimeter





Thank You

Please note:
You will be sent a link to a
short quiz to be completed
over the next week.

This will assist you in
integrating your knowledge
from today's session.

ready4qsc@waamh.org.au



WAAMH

Western Australian Association
for Mental Health



@WAMentalHealth



@TheWAAMH



@MentalHealthWeekWA



08 6246 3000



training@waamh.org.au



waamh.org.au