

The Intensive Positive Behaviour Support Service:

a cooperation between Leeds CAMHS and Leeds City Council

What is the Intensive Positive Behaviour Support (IPBS) service?

It is a collaborative initiative between Leeds Community Healthcare NHS Child and Adolescent Mental Health Service and Leeds City Council's Children and Family Services.

The IPBS service is based at Rainbow House and is staffed by clinical psychology, nursing, and educational psychology. It aims to enable young people with a learning disability and/or autism, and behaviours that challenge who are at risk of a move to a residential placement to remain within their family and community settings instead.

The IPBS service aims to achieve this by offering an individually tailored package of short breaks and intensive clinical psychology intervention with the young person, family and frontline workers.



Who is the IPBS service for?

The IPBS service is a specialist service providing intensive support to a small number of young people who are at risk of a move to a residential placement. The service also aims to support children to transition from residential placements outside the City of Leeds to be able to return home wherever possible. There are a number of considerations that we will make when selecting which families can benefit from the service.

These include families with a child:

- Aged between 5-17 years with a diagnosis of a learning disability and/or autism.
- Whose family / home placement is at risk of breaking down.
- Presenting with behaviours that challenge.
- Who has an allocated social worker and is known to Leeds CAMHS.
- Without an acute mental health difficulty needing intensive psychiatric input.

Additionally, the family must consent to the involvement of the IPBS team and be willing to engage with the intervention.



What will the service involve?

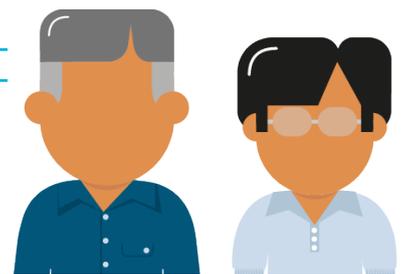
This will be different for every family. We aim to offer a unique intervention which is tailored as much as possible to the individual needs of the young person and their family. Typically, however, the following aspects will be involved:

- Regular **network meetings** with parents, the referrer and all of the relevant professionals involved in the young person's care to plan treatment and agree shared goals.
- A detailed **clinical psychology assessment** involving multiple observations of the young person across different settings, and interviews with the family, frontline staff and carers, to understand why the young person is presenting with behaviours that challenge.
- The development of a **Positive Behaviour Support (PBS)** plan that will be shared with the family and relevant professionals, and recommendations for any additional support that may be required.
- Providing **support, training and consultation** across settings to frontline workers who care for the young person.
- Working with the parents or carers to offer a **therapeutic space** to explore the impact of the challenges they face in their day-to-day life in parenting a young person with a learning disability and/or autism, and challenging behaviour.
- **Individual therapeutic work** with the young person or siblings, where appropriate.

The Positive Behaviour Support (PBS) plan

Following the clinical psychology assessment, a behavioural intervention will be designed specifically for the young person and the needs of their family. Clinical psychology will then work intensively with the family, school and carers if necessary to help them to implement the PBS plan. The behavioural intervention usually involves:

- Sharing clear, written **behavioural guidelines**.
- Supporting parents, carers and frontline workers with the **implementation** of the PBS plan through **observation and modelling** within the family home and care settings.
- **Monitoring the effectiveness** of the PBS plan.
- **Adapting** the behavioural guidelines as necessary.
- Using **whole network training sessions** with the family and frontline workers to share information, review the plan and work together to problem-solve.



How can I refer a family to the IPBS service?

If you work with a family who you think would be appropriate for the IPBS service, please speak to your line manager.

A referral will need the support of both the current social worker and the current CAMHS care coordinator. All referrals are discussed in a multiagency meeting including clinical psychology, the social work service manager, the manager of Rainbow House and educational psychology. The service aims to operate with no waiting list, however, cases picked up will be prioritised according to how imminent the risk of a move to a residential placement is.

When will a family be discharged from the IPBS service?

This will vary, but discharge from the service will be planned and agreed with the family, referrer and relevant professionals. In general, discharge planning will begin when there is evidence of improved family outcomes, a reduction in behaviours that challenge, and the young person's home placement is no longer at risk of breakdown.

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