

# Delivering specialist challenging behaviour services in the community: setting up a community based challenging behaviour service

Presentation written and presented  
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# Aims of presentation

- Why was an Intensive Support Team (IST) set up in our local community?
- What does the IST look like?
- Our referral pathways
- The models of care we use
- What do we do?
- How do we know it works?

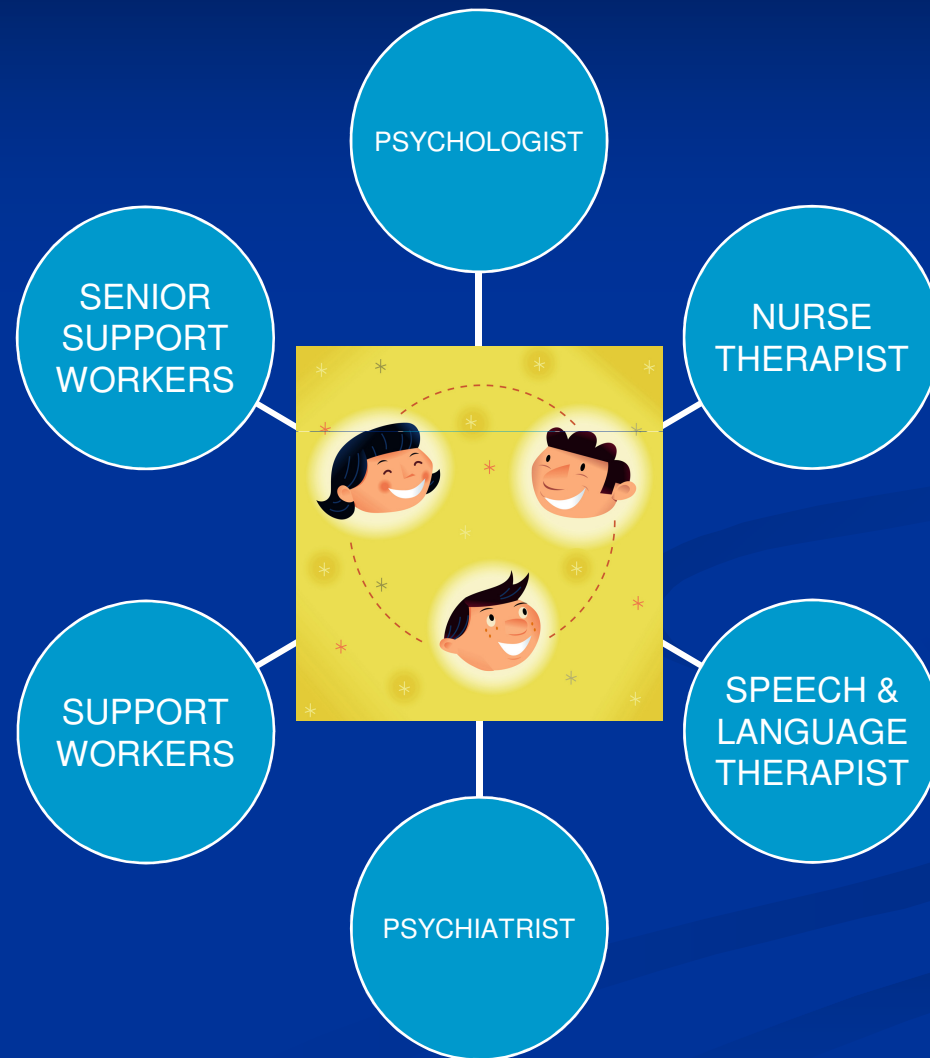
We all need help sometimes...



# Why was an IST set up in our local community?

- Right climate for change
  - Local culture;
  - Government Papers - 'Out of Area Placements, DH, 2007
- New Ways of Working
  - Challenging Behaviour: a unified approach, 2006
- Psychology Led
  - Facilitate good assessment/formulation/interventions
- Employing the right people!
  - Need to deliver/provide services too

# What does the IST look like?



# Our Referral Pathways

- Open referral pathway
- Self-referrals; staff; families; other professionals; organisations; transition
- Fortnightly referrals meetings
- Allocation for pre-assessment; IST Assessment; or psychology assessment
- Shared formulation/identification of needs and support plan
- Review

# The Models of Care We Use

- Person centred
- Integrating behavioural, cognitive and psycho-dynamic approaches within a social/systemic context
- Multi-disciplinary = Shared understanding/we're all experts/shared responsibility

# What do we do?

- Listen
- Ask questions
- Do some drawings
- Think of ideas
- Find out what helps
- Support the supporters
- Be there when people need us



# A bit more about what we do...

- Formal Assessment (MDT/Risk Assessment)
- Develop Support Plans and Packages of Care and Deliver these
- Support individuals who challenge
  - Individual therapy
  - Walk-the-walk support
- Support the Supporters
  - Training
  - Staff support sessions
  - Modelling
  - Individual/joint/family therapy
- Support Providers
  - Develop better services
  - Prevent people from going out of area and bring people back

# How do we know it works?

- Fewer families/services going into crisis
- Less people placed out of area (none so far this year)
- People being supported to stay at home
- Less people being excluded from local community services
- People being brought back from out of area placements
- Much improved Inspection reports
- Because the individuals, families, supporters and other professionals tells us it does

Any Questions ...

