

Note: All courses will offer opportunity to discuss individual behaviours of concern and support plans

Name of course	<b>Introduction Level: Challenging Behaviour and Positive Behaviour Support Adult Mental Health</b>
Length/duration of course	1 day 6 hours average contact time.
Course outcomes	<p>By the end of this workshop, delegates will be able to:</p> <ul style="list-style-type: none"> <li>◆ Work in accordance with the RESPECT philosophy of supportive and ethical solutions - <i>a focus on pro-active strategies to minimise or reduce behaviours that challenge.</i></li> <li>◆ Recognise the differences between anger, occupational violence and challenging behaviour including the causative factors and functional perspective to behaviour– <i>what’s it all about?</i></li> <li>◆ Understand the crisis cycle/behaviour escalation and the different strategies that can be used at each stage – <i>what works and when?</i></li> <li>◆ Understand the role of the environment in the occurrence of triggers and challenging behaviours</li> <li>◆ Apply a range of secondary interventions such as identifying early warning signs, calming, redirection, planned ignoring – <i>what can you do de-escalate a situation and empower the person to regain self control?</i></li> <li>◆ Complete an ABC (Antecedent, Behaviour, Consequence) chart and other good practice planning tools through the use of case studies - <i>how does this information contribute to a positive behaviour support plan?</i></li> <li>◆ <b>If required:</b> Touch Support, Front Arm Catch, Arm Grab Release, Protective Stance. (as deemed necessary through pre-training audit)</li> <li>◆ Understand the Law in relation to physical intervention and health and safety considerations</li> </ul>
Participant profession	All staff working with this client group including residential, day settings, fieldwork
Target Sector	This level is designed for staff in low risk settings – statutory, voluntary and private sector.
Client group	Adult Mental Health