



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

Name of course	Foundation Level: Violence and Aggression/Challenging Behaviour and Positive Behaviour Support Mental Health
Length/duration of course	2 day 12 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"> ◆ 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> ◆ 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> ◆ Understand the crisis cycle/behaviour escalation and the different strategies that can be used at each stage – <i>what works and when?</i> ◆ Understand the role of the environment in the occurrence of triggers and challenging behaviours ◆ Consider the skills required for a support work and how to create positive appropriate relationships ◆ 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> ◆ 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> ◆ Challenge stigma towards mental health ◆ Implement a range of practical everyday prevention strategies ◆ Understand the importance of accurate record keeping in accordance with the law and relevant local policies and the requirements for effective post incident management and support ◆ Demonstrate safety and competency for a range of physical intervention skills and release techniques as per pre-training audit ◆ Understand the Law in relation to physical intervention and health and safety considerations
Participant profession	All staff working with this client group including residential, day

	settings, fieldwork
Target Sector	This level is designed for staff in low to medium risk settings – statutory, voluntary and private sector.
Client group	Mental Health