



AHAF Behaviour Intervention Support Intensive Program

What this BIS Intensive Program entails

What is positive behaviour support?

Positive Behaviour Support is an evidence-based approach with the primary goal of increasing a person's quality of life and a secondary goal of decreasing the frequency and severity of their behaviours of concern.

Difficult behaviours are messages that can tell us important information about a person and the quality of his/her life. They may engage in challenging behaviour to tell us something is wrong or missing and they need assistance to make it better.

Positive Behaviour Support is a comprehensive approach to assessment, planning and intervention that focuses on addressing the person's needs, their environment and overall quality of life. Positive Behaviour Support is about working with families and carers to develop a shared understanding about why the person has a need to engage in challenging behaviour.

Positive behaviour support strategies

Positive Behaviour Support Strategies are practices that aim to prevent the occurrence of behaviours of concern by minimizing and understanding the triggers of the behaviours.

Strategies are put in place to:

- Promote improved quality of life for the person;
- Manage the ecology of the client to reduce the presence of and/or response to behaviour triggers;
- Use focused strategies to help reduce behaviours of concern in the short-term.
- Teach appropriate behaviours and other life skills (such as coping with change, anger management, etc),
- Design effective strategies for families, day program staff and carers to prevent crisis, but also to respond appropriately to crisis when they happen,
- Establish effective strategies to support lasting behaviour change.

Essential components of the positive behaviour support plan are preventative strategies, the instruction of replacement skills, new ways to respond to behaviours of concern, and outcome goals.

Purpose and scope of this document

A Behaviour Support Plan (BSP) is an intervention plan that is designed to increase the client's skills and abilities, whilst finding and teaching alternative ways for the person to communicate without the use of challenging behaviours.

This Behaviour Support Intensive Program has been developed in consultation with relevant stakeholders and consideration of the people with behaviours of concern's needs. The

strategies contained herein will focus on developing capacity and responding consistently to challenges as they arise.

This Behaviour Support Intensive Program has been developed in accordance with the NDIS Quality and Safeguards Commission guidelines, policies and legislation.

Evidence based approach

Our main approach is to establish our primary goal to assist in improving the individual's quality of life, with a secondary goal of decreasing the frequency and severity of their behaviours of concern.

Focused exposure therapy

Through a process of brainstorming, equine assisted psychotherapy, application of CBT/DBT principles and approaches, we discover the triggers for behaviours of concern and how to address them effectively.

Communication skills

We teach our client effective communication skills based on their individual receptive and expressive skills, processing speed and learning styles.

Therapeutic supports

We address social and interpersonal skills, functional skills and daily living skills through therapeutic supports with activities such as horse riding and interacting with peers, animals and engaging in nature and the community.

Decreasing behaviours of concern

During this program, we aim to teach the client how to decrease behaviours of concern through designing effective strategies with them to address triggers they identify or brainstorming what possible triggers may look like. Alternative choices and options are considered for behaviours of concern through CBT/DBT principles to minimize the risks in the short term and implement strategies to attain long term success.

Positive behaviour

Positive behaviour strategies are implemented and taught for long term effectiveness and outcomes.

Teaching appropriate behaviours and life skills

Clients are taught valuable anger management skills and strategies, life skills and emotion regulation strategies to assist them in affecting the desired changes in their lives.

Designing effective strategies to support lasting behaviour change

Based on the process and outcomes of the intensive program, the final day will be applied to design effective strategies with the client to implement and support lasting behaviour change.
