



# **PBS Intensive Program**

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## What this PBS Intensive Program entails

### OVERVIEW OF POSITIVE BEHAVIOUR SUPPORT

Positive Behaviour Support (PBS) is an evidence-based approach to enhance an individual's quality of life while reducing the frequency and severity of challenging behaviours. Challenging behaviours often serve as a means of communication, indicating unmet needs or issues in a person's life. By addressing these underlying needs and improving overall well-being, PBS seeks to foster positive behaviour changes.

PBS is a comprehensive approach that involves assessment, planning, and intervention. It focuses on the individual's needs, environment, and quality of life. Collaboration with families and caregivers is integral to developing a shared understanding of the reasons behind challenging behaviours and creating effective support strategies.

### POSITIVE BEHAVIOUR SUPPORT STRATEGIES

Positive Behaviour Support Strategies aim to prevent behaviours of concern by identifying and minimising their triggers. These strategies include:

- **Promoting Quality of Life:** Enhancing the individual's overall well-being.
- **Environmental Management:** Adjusting the client's environment to reduce the presence and impact of behaviour triggers.
- **Short-term Behaviour Reduction:** Implementing specific strategies to decrease behaviours of concern in the short term.
- **Teaching Appropriate Behaviours and Skills:** Providing instruction in coping mechanisms, anger management, and other essential life skills.
- **Crisis Prevention and Response:** Developing effective strategies for families, day program staff, and carers to prevent and respond to crises.
- **Supporting Lasting Behaviour Change:** Establishing strategies to promote enduring positive behavioural changes.

Essential components of this program include preventative strategies, teaching replacement skills, new response methods to behaviours of concern, and setting outcome goals.

### PURPOSE AND SCOPE OF THE PBS INTENSIVE PROGRAM (PBSIP)

The PBS Intensive Program (PBSIP) is designed to enhance clients' skills and abilities while teaching alternative communication methods that do not rely on challenging behaviours. This program has been developed in consultation with relevant stakeholders, considering the needs of individuals with behaviours of concern. The strategies within this program focus on building capacity and ensuring consistent responses to challenges. The PBSIP aligns with the guidelines, policies, and legislation of the NDIS Quality and Safeguards Commission.



## **EVIDENCE-BASED APPROACH**

The primary goal of PBSIP is to improve the individual's quality of life. A secondary goal is to reduce the frequency and severity of behaviours of concern.

## **FOCUSED EXPOSURE THERAPY**

By integrating equine-assisted psychotherapy with life coaching and CBT/DBT principles, we identify and address triggers for behaviours of concern effectively.

## **COMMUNICATION SKILLS**

We teach clients effective communication skills tailored to their receptive and expressive capabilities, processing speed, and learning styles.

## **THERAPEUTIC SUPPORTS**

Through therapeutic support and activities such as engaging with horses, interacting with peers and other animals, and participating in the community, we address social, interpersonal, functional, and daily living skills.

## **DECREASING BEHAVIOURS OF CONCERN**

We aim to help clients reduce problematic behaviours by collaborating to create effective strategies that address their triggers. Using CBT and DBT principles, we identify triggers, brainstorm alternative choices, and develop short-term and long-term success strategies.

## **POSITIVE BEHAVIOUR**

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

## **TEACHING APPROPRIATE BEHAVIOURS AND LIFE SKILLS**

Clients are taught valuable anger management, emotion regulation strategies, as well as life skills to assist them in making desired changes in their lives.

## **DESIGNING EFFECTIVE STRATEGIES TO SUPPORT LASTING BEHAVIOUR CHANGE**

Effective strategies are developed and practised with clients during the intensive program to support long-term behaviour change.



## ACTIVITIES ENGAGED IN DURING THE PROGRAM

- Equine-assisted therapy
- Animal therapy
- Mindfulness training
- Gardening
- Community participation
- Craft and design projects

## DISCLAIMER

While Angel House Australia is dedicated to providing the highest standard of care, participation in PBS programs carries certain inherent risks. All reasonable measures are taken to ensure the safety and well-being of participants, but unforeseen risks may arise beyond the control of Angel House Australia and its staff.

## WAIVER

By participating in the PBS program, you agree to release and hold harmless Angel House Australia, its directors, officers, employees, and agents from any and all liability, claims, demands, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by the participant or any property belonging to the participant, whether caused by the negligence of the releasees or otherwise while participating in the program activities or while on the premises where the activities are conducted.

This waiver complies with all relevant state, national, and federal legislation, including the NDIS Safeguard and Security guidelines, ensuring the utmost protection and confidentiality of participants' information.

Adhering to these comprehensive strategies and guidelines, Angel House Australia aims to provide exceptional support to individuals, foster positive behavioural changes, and improve overall quality of life.