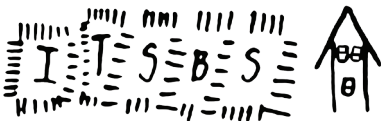


# Intensive Therapeutic and Short Breaks Service



In partnership with:



## **What is the Intensive Therapeutic and Short Breaks Service (ITSBS)?**

The ITSBS is based within Ealing Service for Children with Additional Needs. It aims to enable young people with a learning disability and challenging behaviours who are at risk of a move to a residential placement to remain within their family and community settings instead.

It is a collaborative initiative between Clinical Psychology, Social Care and Short Breaks Services for children with disabilities.

The ITSBS aims to achieve this by offering an individually tailored package of additional short breaks and intensive clinical psychology intervention with the young person, family and frontline workers.

## **Who is the ITSBS for?**

The ITSBS is a specialist service providing intensive support to a small number of young people who are at risk of a move to residential placement. There are a number of criteria that we consider in selecting which families can benefit from this service.

These include:

- The young person must be aged 5-17 years old and have a diagnosis of learning disability or autism.
- The home/family situation must be at risk of breaking down in the near future.
- The young person must be presenting severe challenging behaviour, e.g. physical aggression.
- The family must consent to the referral and indicate some motivation to engage with the ITSBS.
- The young person must have an allocated social worker.
- The young person must not currently be subject to a child protection plan or have safeguarding investigations pending.
- The young person must not present with acute mental health difficulties requiring intensive psychiatric input i.e. inpatient care.

## What will the service involve?

This will be different for every family. We aim to offer a unique intervention which is tailored as much as possible for the individual needs of the young person and their family. Typically, however, the following aspects will be involved:





## A detailed Clinical Psychology assessment

- After accepting a new referral, a network meeting with parents and all the relevant professionals will take place.
- The clinical psychology assessment will take place over 6-8 weeks and will involve multiple observations of the young person across different settings, interviews with the family, school staff and carers.
- Parents, school and carers will be requested to complete questionnaires about the young person's behaviours and how this is impacting on their family life.
- At the end of the assessment, the clinical psychologist will feedback to the network and develop a positive behavioural support (PBS) plan and recommendations for an extended or additional short break

## The Positive Behaviour Support plan (PBS)

- Following the clinical psychology assessment, a behavioural intervention will be designed specifically for the young person and the needs of their family. Clinical Psychology will then work intensively with the family and school/carers if necessary. The behavioural intervention usually involves:
  - Clear, written behavioural guidelines.
  - Modelling the behavioural programme with the young person to parents/school/carers.
  - Observing family/school/carers following the programme and adapting guidelines if necessary.
  - The psychologist working directly with the young person where necessary.
  - Regular whole network training sessions including the family and frontline workers.

## Ongoing clinical psychology support and therapy

The ITSBS is designed to offer a range of support to young people and families through various interventions. These typically include:

- Supporting parents with the implementation of the PBS through observation and modelling within the family home and care settings.
- Offering families a therapeutic space to explore the impact of the challenges they face in their day-to-day life in parenting a young person with a learning disability and challenging behaviour.
- Individual therapy with the young person or siblings, where appropriate
- The parent well-being workshop which seeks to provide parents with the space to explore helpful ways to think about how they look after themselves, in a group format.
- Providing ongoing support, training and consultation to frontline workers who care for the young person.

## How can I refer a family to the ITSBS?

If you work with a family you think may need the ITSBS, please arrange to speak to Dr Caroline Reid, Clinical Psychologist, in the first instance to discuss the case.

Following this, if it is agreed your referral is appropriate, you will then be asked to complete a referral form. All referrals are then discussed in a multiagency meeting including Clinical Psychology, the Service Manager of Children with Disabilities, the Manager of Heller House and Educational Psychology. There is generally no waiting list for the service but cases picked up will be prioritised according to how imminent the risk of residential placement is.

## Contact

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