

Positive Behaviour Support (PBS)

PBS is an individualised and comprehensive approach which has a strong evidence base to support it as an effective approach for challenging behaviours. It acknowledges that there is a purpose or reason behind all challenging behaviours and works to understand that purpose or reason which is referred to as a function.



PBS work positively, meaning it aims to increase and strengthen helpful behaviors through reinforcement, rather than using punishment or negative consequences to reduce the challenging behaviours. PBS also work proactively, to identify when and where things may go wrong, resulting in the challenging behaviours, and putting strategies in place to prevent them from occurring in the first place.

The main goal of increasing quality of life and decreasing the frequency and severity of challenging behaviours by:

- Helping the person understand their daily life, using clearer ways of communicating
- Changing their environment to make it work better

- Improving the person's lifestyle so they have enjoyable activities to keep them involved and motivated
- Educating those involved to better support and encourage the person

This can include assisting with the following:

- Social skills
- Emotional regulation (anxiety, stress and anger)
- Distress tolerance
- Mindfulness
- Functional communication
- Skills development
- Increased Community and Social inclusion

Who can access PBS

PBS can be effective in working with individuals of all ages. However focus is children over the age of 7 years, young people, adults and their families.

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What does Positive Behaviour Support at Hessel Group look like?

Our evidence and assessment-based approach aims to generate both short-term and long-term lifestyle changes. Therefore, an important aspect of positive behaviour support is mentoring and coaching families, educational/vocational providers and support staff with the implementation and continual review of the individual's positive behaviour support plan. This includes clear guidance on how proactive and reactive strategies will be implemented, by whom and when.



Our program is tailored to each individual, where goals and needs are assessed to determine best approach to therapy.

To achieve success sessions are typically two to three hours long and the process includes:

- a.** Collaboration and consultation with the family, educational/vocational providers and other stakeholders to gather information about the behaviours, the situation and the circumstances in which they occur.
- b.** Completion of assessments and observations in various environments to identify the antecedents, or triggers, of the behaviour and to start identifying strategies to minimise or mitigate these antecedents including a functional behavioural analysis to inform function-based intervention.
- c.** Development of a Positive Behaviour Support Plan (PBSP) which will include a number of different sections as follows:
 - ↳ Identifying, developing and reinforcing an appropriate behaviour that replaces the challenging behaviour.
 - ↳ Creating an environment that minimises and removes the antecedent whilst reinforcing and promoting positive behaviours.
 - ↳ Developing an action plan to respond to the challenging behaviour when it occurs.
- d.** Training, Mentoring and Coaching families, educational/vocational providers and support staff with the implementation and continual review of the plan so it can be implemented across all settings.