

Positive Behaviour Support and Breakaways



AIM

To be able to support behaviour of concern positively, safely and effectively

DURATION

Full Day Course (6 hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Know how behaviour of concern is categorised
- Be aware of the consequences of behaviour of concern
- Know examples of behaviour of concern
- Recognise the key legislation relating to behaviour of concern
- Know the five key parts of the assault cycle
- Know how to take steps to prevent episodes of behaviour of concern
- Be aware of the causes of escalation
- Recognise the signs of escalation
- Understand effective ways to de-escalate challenging episodes
- Know how to use person-centred care planning techniques
- Know how to complete ABC Charts
- Recognise and share good practice in Care Planning
- Be able to safely use breakaway techniques

LESSONS AND TOPICS

Behaviour of Concern

- Consequences of Behaviour of Concern
- Consequences of Poor Management

Legislation

- Common Law
- Human Rights Act
- Mental Health Act
- Mental Capacity Act
- RIDDOR
- Health and Safety at Work Act
- Management of Health and Safety at Work Regulations

The Assault Cycle

- What is the Assault Cycle?
- Triggering Events
- Escalation
- Crisis
- Recovery
- Post-Crisis Depression

Triggers

- Difference between Triggers and Causes
- Triggers

Causes

- Age and Maturity
- Mental Health Status
- Environmental Risk Factors
- Medical Conditions
- Fear and Frustration

De-escalation

- Reactive Strategies
- Causes of Escalation
- Signs of Escalation
- De-escalating
- Awareness and Assessment

Care Planning

- Consistency
- DoLS and LPS
- ABC Charts

Breakaway Techniques

- Hand grabs
- Wrist grabs
- Hair pulls
- Clothing grabs
- Safe assisted walking