

Video transcript for “Supporting behaviours that challenge’ workshop - Team introduction’

0:00:00.800,0:00:06.720

Hi, we're so glad you're here. Welcome.
We are the CAMHS Learning Disability Team,

0:00:06.720,0:00:12.080

a multi-disciplinary team made up of behaviour
specialists, clinical psychologists, assistant

0:00:12.080,0:00:18.400

psychologists, learning disability nurses, a
psychiatrist, and an admin lead. Our workshops

0:00:18.400,0:00:22.720

are co-facilitated by several members
of this team, ensuring a mix of clinical

0:00:22.720,0:00:28.240

and practical experience. This means you'll
have weekly access to multiple professionals,

0:00:28.240,0:00:31.320

each bringing a different specialism
to support you.

0:00:31.320,0:00:38.359

We know that joining a parent workshop can feel like
a big commitment, and many parents tell us they felt unsure at first

0:00:38.359,0:00:44.080

- unsure whether it would be relevant, whether it would be different from things they've tried before,

0:00:44.080,0:00:49.360

or whether it would really help their child.

Those feelings are completely understandable.

0:00:49.360,0:00:54.880

What we want you to know is that this workshop isn't a generic parenting course. We acknowledge

0:00:54.880,0:00:59.760

that you are the expert on your child and we want to work with you and your expertise to help give

0:00:59.760,0:01:05.121

you evidence-based tools to support you managing behaviours that challenge at home.

0:01:05.121,0:01:10.800

Our 'Supporting behaviours that challenge' workshop is an intervention that will help you to understand your

0:01:10.800,0:01:16.880

child's behaviour through a positive behaviour support approach. Positive behaviour support,

0:01:16.880,0:01:22.880

PBS, is a person-centred framework. In our team, we use PBS with young people who have a learning

0:01:22.880,0:01:28.000

disability and present with behaviours that challenge which may be influenced

0:01:28.000,0:01:34.800

by mental health needs. PBS brings together

person-centred principles and behavioural science,

0:01:34.800,0:01:41.447

using evidence to inform decisions. It's a core part of our practice and we support many families through this model.

0:01:41.447,0:01:46.560

Positive behaviour support, PBS, is grounded in a set of core values,

0:01:46.560,0:01:52.480

including inclusion, choice, participation, and equality of opportunity. It focuses

0:01:52.480,0:01:58.000

on understanding the reasons behind a child's behaviours of concern and working collaboratively

0:01:58.000,0:02:05.808

with our workshop facilitators to develop a personalised plan tailored to your child's needs, strengths, and communication.

0:02:05.808,0:02:10.080

So, parents tell us that they feel listened to, understood,

0:02:10.080,0:02:15.920

and well-supported throughout the workshop and the feedback they give us has consistently been

0:02:15.920,0:02:22.720

excellent. One of the most valued aspects is the peer support within the workshop. Parents tell us

0:02:22.720,0:02:28.320

that having a non-judgemental environment where families with similar experiences can connect,

0:02:28.320,0:02:33.200

exchange ideas, and build supportive relationships is very important to them.

0:02:33.200,0:02:40.235

And many parents tell us that this is actually the first space where they haven't felt alone in what they're facing.

0:02:40.235,0:02:44.240

To summarise, this behavioural intervention is designed to give

0:02:44.240,0:02:48.800

you a clear understanding of behaviour and new ways to support your child's

0:02:48.800,0:02:53.760

development and wellbeing through practical strategies. By the end of this workshop,

0:02:53.760,0:03:00.400

you'll have a personalised PBS plan that can be used across contexts to support your young person.

0:03:00.400,0:03:10.160

Next, you'll get to see an example of a workshop session so you can get a feel of what it's like.