

# What is the Behaviour Support programme?



*individuals Making autism positive*

## Some general features of the Behaviour Support programme

### PROACT-SCIPr-UK®/Behaviour Support @ the iMap Centre

People who are placed at iMap Centre may present with challenging behaviour. However, behaviour in general terms is very varied and is present in many forms and in all situations.

iMap recognises the following definition of challenging behaviour:

*“Behaviour of such an intensity, frequency or duration that the physical safety of the person or others is likely to be placed in serious jeopardy, or behaviour which is likely to seriously limit or delay access to, and use of, ordinary community facilities.”*

(Blundell & Allen, 1987)

iMap Centre has an eclectic/pragmatic approach to learning and this is reflected in everything we do within the 24 hour curriculum. We aim to create and maintain a calm learning environment in which young people and adults feel safe and secure with the knowledge of what is expected of them and what their roles, rights and responsibilities are.

All our approaches to behaviour follow the principles and guidance outlined in the code of practice from the British Institute of Learning Difficulties (BILD). The approach to all behaviour issues should be proactive as opposed to reactive. The code of practice suggests a balance of 70% proactive, 20% active and 10% reactive. This balance needs to be expressed via a generic style of approach and open to regular review through a multi-disciplinary team inclusive to iMap and indeed external professionals and families.

In order to maintain a standard approach to the management of behaviour, a nationally recognised system has been adopted by iMap Centre. PROACT-SCIPr-UK® is the system used. It is licensed by BILD and, as such, follows their code of practice. Its principles are of paramount importance which, together with Health & Safety and Safeguarding Risk Assessments, are a vital component of needs analysis for areas of the environment, as well as for the people themselves. Any definition of the range of challenging behaviours is not exhaustive; what may be challenging in one environment may not be challenging in another. It is important to understand the function of the behaviour in order to support it. A motivational analysis test is used in order to identify the function of the behaviour. Complex behaviours may have more than one function in different environments. Behaviour support programmes may take some time to establish desired results and, as such, are subject to continuous evaluation and adaptation. iMap Centre adopts the PROACT-SCIPr-UK® approach for behaviour support and to address challenging behaviour. The coordinators and instructors ensuring implementation of this approach are fully qualified instructors.

People who present challenging behaviour, through support mechanisms, will be provided with a 'core group' of staff who work intensively with them. This provides continuity of approach and consolidates the proactive nature of iMap's support, through regular meetings, planning, reviews and crisis analysis.

# Support programme? iMap Centre fact sheet 3

## What does PROACT-SCIPr-UK® stand for?

PROACT-SCIPr-UK® stands for a Positive Range of Options to Avoid Crisis and to use Therapies - Strategies for Crisis Intervention and Prevention.

It is the intent of PROACT-SCIPr-UK® to minimise the use of physical interventions and to emphasise sound behavioural support strategies based upon an individual's needs and choices. The emphasis of this behaviour support mechanism at the iMap Centre is to concentrate predominantly on the proactive element of support we as a team can deliver for people. This means that the beginning of any support plan for an individual begins with addressing the individual's needs, through meetings using a multi-disciplinary approach we can identify behaviours which impact on an individual's life.

## What does that mean for the people at the iMap Centre?

As stated in the iMap mission statement "iMap centre works to increase the participation of children, young people and adults with autism in all aspects of living, life and learning, and helps them to be equipped to make positive choices and develop strategies for problem solving." Due to the nature of a young person's Autism, an individual may display behaviours which impacts on their and/or others participation in life experiences. The iMap Centre incorporates the PROACT-SCIPr-UK® ethos to support individuals with an aim to reduce challenging behaviours and to help individuals to internalise their own mechanisms to help cope with rising levels of anxiety/arousal.

## What do you mean by arousal levels?

At the iMap Centre we have incorporated an Arousal Scale into Individual Profiles, this profile consists of 5 levels of arousal, 1 being Hypo-arousal and 5 being Hyper-arousal.

- **PROACTIVE:** Proactive approaches are implemented at Level 2/3 of the Arousal Scale. These include Relationship Building, Lifestyle Enhancement, General Alternatives, Substitute Skills, Environmental Modifications, Positive Reinforcement, Addressing Immediate Needs, Teachable Moments.
- **ACTIVE:** Active approaches are implemented at Level 3/4 of the Arousal Scale. These include Use of Generic Systems, Positive Reinforcement, Addressing Immediate Need, Teachable Moments and Redirection.
- **REACTIVE:** Reactive approaches are implemented at Levels 4/5 of the Arousal Scale and strategies implemented at this stage include Calming Techniques, ad hoc revision of the behaviour support plan and physical interventions.

iMap Centre acknowledges that some forms of physical intervention may be needed during the support of some people who have reached crisis point (Level 5). It is important to note that all physical interventions are a LAST RESORT. iMap adheres to the PROACT-SCIPr-UK® techniques for physical interventions. These are very prescriptive and follow the guidance from the BILD code of practice. The techniques are minimal and supportive. No restrictive techniques are taught to staff and they are encouraged to be defensive and stabilise any situation. Staff are also aware that challenging behaviour is non personal and, as a result, they are non judgemental about the reasons for service user's behaviour. Staff are encouraged to consider the reasons for behaviour and use 'Motivational Analysis Tests,' to support the planning of their approaches to individual children, young people and adults.

## individuals **Making autism positive – The iMap Approach**

iMap's person centred care planning approach takes careful consideration of the requirements of each service user's needs as identified within the social work assessment, and any other relevant assessment that identifies the care, support and therapeutic needs of a service user. This enables iMap to provide enhanced opportunities for children and adults to improve communication and relationships, continually develop independence skills and assist people to lead fulfilling lives and achieve the best possible outcomes.

iMap promotes an Intensive Interactive approach, so that all staff are trained and familiar with different techniques for working successfully with complex learners. We emphasise communication and empathy for service users and by drawing on SCERTS, PECS and Intensive Interactions staff within all of our supported living and residential care environments are able to provide structure, calmness and clarity to each service user to reduce their anxiety and promote their learning and development.

iMap provides:

- Intensive Interaction focused support to service users
- A SCERTS® informed approach to assist service users to build competence in Social Communication, Emotional Regulation and Transactional Support
- A total communication approach to speech and language therapy, including use of PECS, Makaton and social stories
- Music therapy
- Art therapy
- Multi-sensory experiences
- Behavioural support programme, informed by PROACT-SCIPr-UK® behavioural support techniques
- In house medical support and health liaison.

**Any further enquiries please contact us on 01606 301 514  
or visit our website at [www.imapcentre.co.uk](http://www.imapcentre.co.uk)**



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