

# Hillcrest Children's Services

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**PI System/** STTRIDE—Support Techniques and Theory to reduce incidents and improve De-escalation Effectiveness

**Geographical Area Covered:** UK

**Who Is Training For?:** In house training for all Care and Education staff who work directly with children within the residential homes and schools

## Accredited Courses:

Course Code	Duration	Course Title
PITAS/10040/1	4 day	STTRIDE initial course programme
PITAS/10040/1a	1 day	STTRIDE refresher course programme
PITAS/10040/2	4 day	STTRIDE initial education course programme
PITAS/10040/2a	1 day	STTRIDE refresher education course programme
PITAS/10040/3	8 day	STTRIDE train the trainer course programme
PITAS/10040/3a	4 day	STTRIDE train the trainer refresher course programme
PITAS/10040/4	4 day	STTRIDE initial ASD course programme
PITAS/10040/4a	1 day	STTRIDE refresher ASD course programme
PITAS/10040/5	3 day	STTRIDE transition course programme

### General Approach to Teaching Physical Interventions

As an organisation we are constantly striving for the best possible outcomes for our young people. We understand that our young people come from a variety of backgrounds and often present with very complex needs and behaviour. This behaviour can often be challenging to those who support these young people and we wanted to ensure we were equipping the staff teams with a comprehensive training package that would meet their needs as well as the needs of the young people.

STTRIDE training programme aims to:

- Identify the context they work in and identify a shared understanding and value base towards behaviour that might challenge and restrictive practices
- Introduce concepts of last resort, rights and responsibilities and best interest criteria
- Identify behaviours that can be seen as challenging and pose a risk to the young people and to other people around them
- Develop awareness that trauma in early years can have significant impact on subsequent development and behaviour
- Examine the role of the RCW in working with young people whose behaviour may be seen as challenging
- Develop understanding that STTRIDE has a strong focus on reducing restrictive practices and through developing positive attachments and coping strategies we will see positive outcomes and results

The safety and welfare of our young people and staff teams is paramount. Restrictive physical intervention is only ever used as a last resort and if other less intrusive strategies have been unsuccessful. The STTRIDE course includes restrictive practice techniques but these will only be demonstrated in context and as a part of a wider, more comprehensive strategy for working with an individual young person.

This course is based on the reduction of restrictive practices through helping a young person to process their feelings and behaviour. We look to empower young people to use more socially acceptable coping strategies and hence look to reduce the use of Restrictive Physical Interventions. We believe that by equipping all staff, with a comprehensive understanding of positive behaviour support we will be improving the quality of lives of our young people and improving staff confidence, morale and retention.

### **Relevant Training Topics:**

STTRIDE consists of the following components:

- Value base
- Behaviour audit
- Setting events and triggers
- ABC charting
- IBSP and challenging behaviours
- Stages on an incident
- Primary prevention strategies
- Types of aggression
- Secondary prevention strategies
- Post crisis support
- Child development and attachment
- Trauma tree
- House model of parenting
- Law and legislation
- Risks relating to restraint
- Recording and reporting

# Accredited Trainers

## Hillcrest Childrens Services



**Bret Noades**

**PITAS/10040/001**



**Kerri McPhee**

**PITAS/10040/003**



**Kevin Morrell**

**PITAS/10040?004**

