

Organisation	Behavioural Support Strategies (BSS)
Tel:	01224 575838
Fax:	01224 575838
Email:	Moira.seary@vsa.org.uk
contact:	PIMT: Moira Seary Covenor: Bob McDonald
address	3 rd Floor Voluntary Service Aberdeen 38 Castle Street Aberdeen AB11 5BB
PI System/model	BSS
geographical area covered	Scotland and Northern Ireland
Who is training for?	The BSS programme has been developed to meet a need within the care sector in Scotland for a recognised quality standard of practice and to provide a programme that complies with Scottish legalization and regularity framework. Training is for staff, carers and volunteers who support people who present a challenge to services. This can be within community residential and educational services. This may include people with learning disabilities, people who have autistic spectrum disorders, people who have aspergers syndrome, people with mental health problems and children with special educational needs.
Accredited Courses	Basic BSS course for staff working with adults 2 day basic BSS course for staff working with children 4 day instructors training course

General Approach to Teaching Physical Interventions

Behavioural Support Strategies (BSS) is an internationally recognised approach in supporting people who have challenging reputations.

The BSS approach offers training for Instructors in a step-by-step process for crisis prevention and intervention. The major objective of the BSS programme is to familiarise staff with ways of assisting and teaching children/ clients/users to maintain self-control and to train staff to use pro-active methods of behaviour change. Included within this is an awareness of the needs of people with learning disabilities, methods of preventing a crisis with an emphasis on the role of inter-disciplinary staff within the Care Setting and wider community and an awareness of methods of utilising verbal and non-verbal calming techniques.

BSS places most of its emphasis on crisis prevention and pro-active behaviour intervention. It does recognise that on some occasions, it is sometimes necessary to respond to a behaviour crisis with the use of Physical Interventions (restraint). BSS interventions fit well with the policy of the most Organisations i.e. minimal physical intervention for the shortest possible time.

The original programme was developed in New York by the Office of Mental Retardation and Developmental Disability (OMRDD). BSS remains the intellectual property of OMRDD.

Relevant Training Topics

Basic BSS

The BSS 2 day programme aims to improve the quality of life for the individual service users by providing staff with the necessary information and skills to provide the support that people need and want. To promote the development of effective strategies in the management of a crisis. To increase the competence and confidence of all who deal with crises

Course Objectives

By the end of this course, the participant will have an understanding of behaviour, understand why we do what we do, have an insight into the BSS Philosophy, demonstrate an understanding of Legal Issues and understand the importance of Proactive Approaches

BSS Principals

BSS believes in and bases their programme on a holistic approach, which is founded on the whole person.

To achieve this BSS uses different aspects of support, which prevents crises including, communication, person centred planning, the structure of the day, including meaningful day activities and leisure activities, the environment, relaxation and using community facilities.

Physical Interventions

Are taught to meet the assessed needs of individual service users and are used only if preventative steps are unsuccessful. After all other forms of intervention have been tried. "Restrictive techniques" are only employed to terminate or interrupt a truly dangerous situation where injury may occur.

Risk assessments must be completed as part of the individual support plan.

The course will be adapted to meet the needs identified in the pre course questionnaire; this results in a difference in the materials chosen and the type of exercises undertaken by participants e.g.

4 day BSS Instructors Programme

This is a theory and practice based course based on the OMRDD BSS programme.

This course is provided for staff who work across residential, community, day care respite and support services who support people with challenging reputations. To undertake Instructor training staff must meet the requirements of the BSS Instructor Specification.