

Talking Mats and Young People's Mental Health

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Talking Mats is 21
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Overview

- Embedding Talking Mats into a Healthcare Pathway
- Initial assessments
- Individual capacity assessments
- Exploring complex scenarios – case studies
- Wider working – linking with and learning from other skilled professionals locally

- Healthy Young Minds (HYM) = CAMHS!
 - Mini LD Team (moderate to severe LD)
 - Core team
- Children's Community Learning Disability Team (CCLDT)
- Joint focus and work
- Behaviour that challenges and mental health

HYMS/ CCLDT Care Pathway

- Care Pathways work, co-production with parents
- Bid - PBS Training, PBS Diplomas, Riding the Rapids, Talking Mats
- Promoting MDT working – NHS SLT attendance at our monthly referrals meetings, good links with specialist schools

Initial Assessments

- Engagement
- Breaking up the talking
- Empowering
- Capturing the voice of the child – what do they think the problem is?
- Assessing communication skills



Capacity Assessments / Best Interest Decisions

- Use all practicable steps in order to support someone to make the decision
- Opportunity to express their views
- Given some control over decisions
- Consider who is the best person to do the work?

'Nick'

- 17yrs old, LD and autism, verbal
- Highly aggressive behaviour towards parents, resulting in removal from the family home placement in a residential setting

How could Talking Mats be used in this situation?

'Nick'

- Process of using over 20 Talking Mats to identify triggers for aggression, proactive strategies to promote calmness and engaging in meaningful activities, where he would like to live, and what he would like to do in future
- Increased his willingness to use visual aids for other areas of his life

'Emily'

- 15 yrs old, complex neurodevelopmental disorder
- Psychogenic non-epileptic seizures which presented as her falling asleep

How could Talking Mats be used in this situation?


'Emily'

- A series of Talking Mats used to identify challenges/potential triggers within her environment and relationships, and how the 'seizures' impacted on her life
- Measures put in place to reduce potential triggers at school, leading to less sleeping

- Attendance at regular Voice of the Child network meetings for additional support / troubleshooting and to link with other professionals in Stockport using Talking Mats
- Closely linking with SLT in schools, start/continue Talking Mats work with someone they know in a familiar setting
- However there are limited resources so we are encouraging education staff to pursue training

Transforming Care Conference

- Developing workforce skills in Positive Behaviour Support
- Devised in conjunction with a parent of young person with complex needs



The Future of Challenging Behaviour Support Services for Children, Young People and young Adults using the Positive Behaviour Support Framework.

Friday 18th January 2019
Pinewood Education Centre, Stepping Hill Hospital

Stockport's Challenging Behaviour Support Services for people with learning disability and/or Autism have undergone a period of rapid change and improvement. Learning Disability Specialists have undergone extensive training in Positive Behaviour Support and new interventions are available like the 'Riding the Rapids' parenting intervention.

This Conference has been organised to update senior leaders, clinicians and teachers with these developments locally and nationally, and to help us implement Positive Behaviour Support across Health, Education and Social Care.

Key speakers confirmed

- Dr Nick Gore, Senior Lecturer in Learning Disability, Tizard Centre
- Nick Hodge, Professor of Inclusive Practice, The Autism Centre, Sheffield Hallam University
- Kelly Taylor, Strategic Case Manager for the North, Children and Young People, Learning Disability Programme, NHS England


Topics

- Positive Behaviour Support what is it?
- Riding the Rapids, the experience of professionals & parents
- The difference a PBS plan makes
- Least Restrictive Practice in Schools
- The National Transforming Care Programme

Workshops

- The nuts and bolts of a Positive Behaviour Support Plan
- Hidden Restrictive Practice... Creating Solutions

Tickets £85

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