

**PE1548/N**

PBS4 Email of 13 June 2015

Dear Mr Sharratt,

I am writing to you in reference to the petition for National Guidance on Restraint and Seclusion of Children led by Beth Morrison (PE01548). I am a Registered Learning Disability Nurse with MSc in Positive Approaches to Challenging Behaviour. I have worked in a variety of positions relating to the needs of children and adults with learning disabilities and challenging behaviours, including direct professional support and senior management positions in NHS and social care settings.

My key area of expertise is Positive Behaviour Support. I would like to recommend to you that the inclusion of Positive Behaviour Support should be a key element of any guidance and approach that is developed to address this very important issue.

Positive Behaviour Support is a multi-elemental framework underpinned by the science of Applied Behaviour Analysis. It understands that all behaviour has a purpose and challenging behaviour is no different. It will be serving a purpose for the person. It is our job to find out what this purpose is and enable the person to learn better ways to meet this function.

Traditional approaches to challenging behaviour have focussed on targeting the reduction of challenging behaviour. People with a disability in learning have, by definition, learnt fewer ways to express and meet their needs. This often leads to challenging behaviours being a form of expression. To take away a person's expression alone is to impoverish their existence. However, if we aim to teach functionally alternative skills we increase a person's repertoire for meeting their needs and challenging behaviours reduce as a naturally occurring side effect.

Additionally with a comprehensive understanding of a person's behaviour we can develop proactive risk management plans, such as planning how to avoid behaviours in the first place and how to respond to early warning signs.

Positive Behaviour Support is gaining increasing momentum in schools in America. The website [www.pbis.org](http://www.pbis.org) has some great examples of what they do and the results this has achieved. It is a core component of the code of conduct for physical intervention packages that meet the BILD Accreditation scheme. It has also been referenced in the majority of government documents in the UK for people with learning disabilities following the horrific abuses that were uncovered at Winterbourne View.

Using Positive Behaviour Support provides a framework for building skills in people who have a disability in learning and has been proven to increase quality of life and reduce long term costs. I can share research detailing this if you would like further information.

I hope you will consider this suggestion in support of this petition.

Best wishes

Jonathan Beebee  
Nurse Consultant