

# **Supporting Dysregulated Behaviour:**

## **Addressing Behaviours Of Concern In Your School**

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# Learning objectives

- Gain an understanding of behaviours of concern and why they occur
- Understand how to produce a support plan
- Understand the importance of recovery



# Agenda

- An introduction to today's training and support plans (15 minutes)
- Produce your own support plan – practical activity (25 minutes)
- Reactive interventions and recovery (20 minutes)



# House keeping

- Toilets
- Content/handouts provided
- Teas, coffees, refreshments
- Fire drill procedures



# Support plans explained

- Purpose of a support plan
- Informing the contents of a plan
- Reviewing a plan



# Support Plan Content

What information should be included in a plan?



# Background Information

Biological

Psychosocial

**What is the impact of these?**



# Baseline

- What do people like and admire about the child?
- What is important to the child?
- What is important for the child?
- What are the child's likes and interests?
- What makes the child feel anxious?



# Activity



# Proactive Support

- Interactions
- Communication
- Choices
- Engagement
- Predictability
- Friendships and relationships
- Personal and staying safe
- Sensory needs



# Triggers

Slow Triggers

Fast Triggers



# Escalation - the signs

Changes in facial expressions

Changes in body language

Changes in what they say

Changes in what they do



# De-escalation strategies

Communication

Environmental changes

Sensory needs



# Behaviour of Concern

- Verbal
- Physical
- Property damage
- Self-injurious
- Disruptive
- Sexual behaviour
- Other behaviour



# Reactive interventions: Non-restrictive

Communication

Environmental changes

Sensory needs



# Reactive interventions:

## Restrictive



# Recovery strategies

- Communication
- Interactions
- Environmental support
- Sensory support
- Activities and re-engagement
- Post-incident learning
- Repairing relationships



# Any questions?

Feedback is welcome on your reflective feedback sheets

