



Focusing on **one** target behaviour within the CBC can help fill your toolbox with the tools needed to successfully understand and manage complex behaviours. These tools can then be applied to various different scenarios and behaviours.

Outcome

- Some brief notes will be taken and a report will be sent to you and involved professionals, summarising your time in the clinic. Anything you don't want included in this report can be discussed.
- During the clinic, a behaviour support plan will be developed for the young person. This plan will then be shared with the family at the final appointment.
- Respecting your privacy is important to us. All information disclosed will only be discussed with other professionals if you agree to it, or if is essential for an individual's safety.
- We hope to have considered how best to support the young person and their family in moving forward, following completion of the six CBC sessions.
- Understanding parents and carers experience of attending our Complex Behaviour Clinic is important to us. Therefore, we may ask you to complete a feedback form during your last session and attend a further follow-up session around 6 months later.

CAMHS

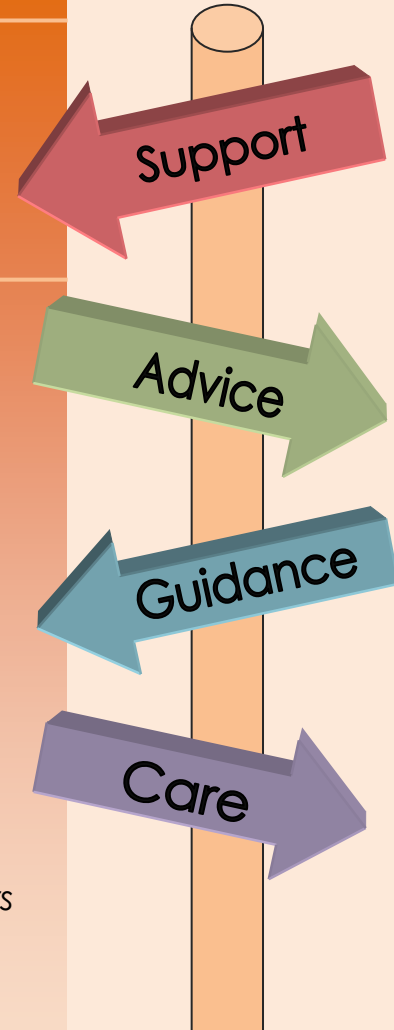
Child and Adolescent Mental Health Services



Learning Disability
& Autism Service

Complex Behaviour Clinic

Information for Parents and Carers



All behaviour is a communication of need.

What is the Complex Behaviour Clinic?

The Complex Behaviour Clinic (CBC) forms part of the service offered by the CAMHS Learning Disability and Autism team. Our team consists of Clinical Psychologists, Nurse Practitioners, and Assistant Psychologists who regularly work with young people with learning disabilities and/or autism and their families.

On occasion, it is identified that a young person may benefit from their parents and/or carers receiving direct input in relation to managing complex/challenging behaviours. In these instances, their families are invited to attend a block of sessions with our team at the Complex Behaviour Clinic (CBC).



What do we aim to help with?

Complex/challenging behaviours are “messages” which often occur either to obtain something or to escape/avoid something. We aim to help families identify what their child may be trying to communicate through their behaviour.

We aim to help you consider how best to support someone with complex/challenging behaviours. This may be through the introduction of helpful strategies to prevent and/or respond to these behaviours.

During the clinic we will focus on one particular behaviour, as chosen by you, which is currently occurring. By providing you with the tools to support your child with this target behaviour, we hope that these transferrable tools can then be applied to various other scenarios and behaviours.

What can I expect?



Structure

- You will attend a single block of six planned appointments. These will be fortnightly sessions.
- Appointments will last approximately 1 hour.
- Primarily these sessions will be attended by the family and/or carers of the young person, who will meet with 2-3 members of the CBC team.
- However, during your CBC block we hope to meet with the young person at least once. This will be arranged during your appointments.
- You will be invited to attend a follow-up session around 6 months following the completion of the CBC.

Content

- Initially, we ask about various things (e.g. family life, worries, school, and things that are going well) which can help us understand the difficulties your family and child may be experiencing.
- We will also ask you to complete various questionnaires throughout your CBC block. We may also visit your child in school or at home to help us gain a better understanding of any difficulties.
- We will help you to identify your target behaviour.
- Each session will focus on a different topic, such as how to make positive changes within your child's environment and how to support your child to regulate their emotions.