Supporting psychological wellbeing for people with learning disabilities: the NES journey so far

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Aims

• Chart the journey of NES work (2010-17)
• Reflect on the journey so far
• Specifically discuss the ‘Improving Practice’ programme
• Look to the future?
• All discussed - as part of today's bigger unfolding narrative
Acknowledgement

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Why is promoting psychological wellbeing so important?

- People with Learning Disabilities (PWLD) are at greater risk of experiencing psychological difficulties
- The risk factors for psychological difficulties affect a greater proportion of PWLD than people without LD
- Medicalisation and attributions
- Diagnostic overshadowing
- **Human Rights and Health equalities**
Reflecting back

• **2011** - *Positive Behavioural Support* – Learning Resource and facilitators pack

• **2014** – *Thinking about me* – Essential Psychological Care

• **2014** – **17 Improving Practice**

• **2015** – *PBS Framework for Pre registration learning disability nursing programme*

• **Wider developments**
Reflecting back - implementation, evaluation and impact?
Reflecting Back – The ‘Improving Practice’ Programme

- Initial resource aimed at support workers
- Focus on Improving Practice through Positive Behavioural Support
- ‘Training for trainers’ approach’ (2014-16)
- 5 days over 5 months
- 2 cohorts totalling 60 trainers undertook the programme and trained 115 Support Workers during the programme.
The Structure

4 Units – book and online

- An introduction to values based care and behaviour
- Positive behaviour support
- Building blocks to a meaningful life
- Person-centred approaches to managing crisis

Trainers Toolkit
Evaluation

- End of day and programme evaluations
- Pre and post tests

Difference to practice?

“complete transformation”

“improved quality of life as result of Active Support Plan”

“increased opportunity to make choices and develop skills”

“we thought we were providing PBS but we were not”
Reflecting Back – The ‘Improving Practice’ Programme

2015/17

- Further support via Masterclasses
- Community of Practice
- Networking
- Evaluation
- Case Studies
Improving Practice - Case Studies

Aims
• understand the translation of learning into practice, including the barriers and enablers for implementation
• support local service level evaluation of the impact on the quality of life for people with a learning disability
• understand future learning needs.

Methods
• 4 ‘self-selecting’ Case Study sites
• 6 month period using surveys, telephone calls; email discussions, site visits, and individual and group interviews and workshops.
Looking forward – high level reflections on enablers and opportunities

- whole service system approach/philosophy
- multi disciplinaryagency approach
- managerial and organisational support
- supervision/reflection/modelling in practice
- maintaining valiancy and passion
- emphasis on rights and values based person centred care
- implementation plan
- sustainability
- evaluation framework and impact measurement
- potential for transformation
Looking forward

Equal Health
An Educational Framework on Health Equalities for People with Learning Disabilities for all practitioners working with people with learning disabilities: a human rights-based approach

Supporting psychological wellbeing in adults with learning disabilities
An Educational Framework on psychological interventions for practitioners working with adults with learning disabilities in Scotland
Looking forward

Inform the exciting narrative unfolding today!

Thank you