Supporting Psychological Wellbeing in Adults with Learning Disabilities

<u>Enhanced Practice Level</u>

Outcome 1 -   Adults with Learning Disabilities receive appropriate assessment of challenging behaviour and/or of mental health needs (does not include those with complex or high-risk behaviour).

Resources

Screening measures
http://www.bild.org.uk/resources/faqs/#What-is-a-learning-disability

 https://www.torbayandsouthdevon.nhs.uk/uploads/score-sheet-gad-7-anxiety-and-phq-9-depression.pdf

https://serene.me.uk/tests/wsas.pdf

https://www.mencap.org.uk/learning-disability-explained/learning-disability-and-conditions

https://91372e5fba0d1fb26b72-13cee80c2bfb23b1a8fcedea15638c1f.ssl.cf1.rackcdn.com/materials/mascopy_Jul_6_2016-11_44_32.pdf

https://www.nice.org.uk/guidance/qs142/chapter/Quality-statement-2-Assessment-by-a-professional-with-relevant-expertise

Outcome 2 -   Adults with Learning Disabilities are supported by staff who are knowledgeable about relevant legislation

Resources

http://www.knowledge.scot.nhs.uk/home/portals-and-topics/learning-disabilities-portal/resources/legislation.aspx

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Outcome 3 - Adults with Learning Disabilities are supported by staff who provide a service that is 'trauma informed'

Resources

http://www.chcs.org/media/ATC_whitepaper_040616.pdf

Outcome 4 - Adults with learning disabilities are supported by staff who communicate very well with them

Resources

http://www.challengingbehaviour.org.uk/understanding-behaviour/communication-sheet.html

Outcome 5 - Adults with learning disabilities are supported by staff who have enhanced understanding of the impact of their own and others behaviour on a person's behaviour and emotional state

file:///C:/Users/espiea/Downloads/Challenging-Behaviour.pdf

http://www.flyingstart.scot.nhs.uk/learning-programmes/reflective-practice/

Outcome 6 - Adults with learning disabilities are supported by staff who promote supportive relationships (including in relation to behaviour change and mental health)

Resources

https://www.england.nhs.uk/wp-content/uploads/2015/10/service-model-291015.pdf

Outcome 7 - Adults with learning disabilities are supported by staff who are competent in environmental and mediator analysis

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Resources

https://livingautism.com/create-autism-friendly-environment/

https://www.ncbi.nlm.nih.gov/books/NBK355381/

http://quantpsy.org/pubs/rucker_preacher_tormala_petty_2011.pdf

Outcome 8 - Adults with learning disabilities are supported by staff who are competent in developing and applying prevention strategies

Resources

https://www.nice.org.uk/guidance/ng11/resources/challenging-behaviour-and-learning-disabilities-prevention-and-interventions-for-people-with-learning-disabilities-whose-behaviour-challenges-1837266392005

http://www.brighthubeducation.com/special-ed-neurological-disorders/79002-tips-for-teaching-students-with-an-intellectual-disability/

Outcome 9 - Adults with learning disabilities are supported by staff who are competent in developing and applying reactive strategies

Resources

http://disability.publichealth.gsu.edu/initiatives/education-and-schools/positive-behavior-support-articles/interventions-preventive-reactive-strategies/

http://www.bild.org.uk/resources/factsheets/

http://www.skillsforcare.org.uk/Topics/Restrictive-practices/Restrictive-practices.aspx

Outcome 10 - Adults with learning disabilities who have (non-complex or high-risk) challenging behaviour have Behaviour Support Plans that are developed, implemented and evaluated on an individual basis

Resources

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http://www.nes.scot.nhs.uk/media/570730/pbs_interactive_final_nov_12.pdf

http://www.behavioradvisor.com/FBA.html

MCN resources when available?

Outcome 11 -   Adults with learning disabilities have care plans to support mental health needs that are developed, implemented and evaluated on an individual basis

Resources

http://www.corecarestandards.co.uk/EasySiteWeb/GatewayLink.aspx?alId=3487

https://www.mentalhealth.org.uk/learning-disabilities/a-to-z/p/person-centred-planning-pcp

Outcome 12 -   Adults with learning disabilities receive individualised advice to support and promote mental wellbeing

Resources

http://onlinelibrary.wiley.com/doi/10.1111/j.1468-3156.2004.00290.x/full

https://www.nationalelfservice.net/publication-types/qualitative/behavioural-activation-shows-promising-results-in-treating-depressive-symptoms/

Outcome 13 -   Adults with learning disabilities receive psychological interventions for discrete mental health issues from staff who are appropriately trained

Resources

http://onlinelibrary.wiley.com/doi/10.1111/j.2044-8260.1994.tb01140.x/full

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http://www.emeraldinsight.com/doi/pdfplus/10.1108/17530180200700013

Outcome 14 -   Adults with learning disabilities are supported by staff who are competent in data analysis

Resources

https://books.google.com/books/about/Introduction_to_Research_Methods_and_Dat.html?id=Gt9guS8G5s4C

Outcome 15 -   Adults with learning disabilities are supported by staff who ensure good records are kept about them

Recources

http://wikibon.org/wiki/v/Back_to_Records_Management_Basics

http://www.merseycare.nhs.uk/media/2256/guide-to-good-record-keeping.doc

Outcome 16 -   Adults with learning disabilities are supported by staff who can monitor and report on challenging behaviour and mental health

Resources

http://onlinelibrary.wiley.com/doi/10.1111/j.1468-3148.1994.tb00120.x/full

https://www.nice.org.uk/guidance/ng11/chapter/1-recommendations

http://www.skillsforcare.org.uk/Document-library/Skills/People-whose-behaviour-challenges/Supporting-staff-working-with-challenging-behaviour-(Guide-for-employers)vfw-(June-2013).pdf

Outcome 17 -   Adults with learning disabilities have their psychological support outcomes evaluated to agreed standards

Resources

http://onlinelibrary.wiley.com/doi/10.1111/bld.12020/abstract

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http://www.isdscotland.org/newsletters/ptwt/11/PT-HEAT-outcomes-response-v5.pdf

http://www.gov.scot/Topics/Health/Quality-Improvement-Performance/HealthCareImprovementScotland

Outcome 18 - Adults with learning disabilities have support from staff who are competent in supervision of the staff they manage

Resources

https://www.scie.org.uk/publications/guides/guide50/recommendations.asp

Outcome 19 - Adults with learning disabilities have support from staff who participate in appropriate levels of supervision for their own practice

Resources

http://www.skillsforcare.org.uk/Documents/Learning-and-development/Effective-supervision/Effective-supervison-in-adult-social-care-Summary.pdf

Outcome 20 - Adults with learning disabilities are assisted to access specialist support, advice and/or treatment for psychological needs

Resources

https://www.nationalelfservice.net/publication-types/guideline/nice-guidelines-mental-health-learning-disabilities/

Outcome 21 - Adults with learning disabilities who display challenging behaviour are supported by staff who meet the "Behaviour Specialist/Supervisory/Managerial Competencies" highlighted in the PBS Competence Framework

Resources

http://pbsacademy.org.uk/wp-content/uploads/2016/11/Positive-Behavioural-Support-Competence-Framework-May-2015.pdf

Outcome 22 - Adults with learning disabilities receive psychological interventions from staff who have generic therapeutic competencies

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Resources

https://www.ucl.ac.uk/pals/research/cehp/research-groups/core/pdfs/cbt/Backround_CBT_document_-_Clinicians_version.pdf

http://www.ucl.ac.uk/pals/research/cehp/research-groups/core/competence-frameworks

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