

Supporting Psychological Wellbeing in Adults with Learning Disabilities

Specialist Practice Level

- Outcome 1 - Adults with Learning Disabilities who have complex or high-risk, challenging behaviour receive appropriate assessment
Resources
- <https://www1.bps.org.uk/system/files/Public%20files/DCP/cat-842.pdf>
 - <https://www.bapca.org.uk/>
 - <https://www.rcpsych.ac.uk/pdf/RethinkPHchecklist.pdf>
- Outcome 2 - Adults with Learning Disabilities who have complex mental health needs receive appropriate assessment
Resources
- <https://www.mencap.org.uk/learning-disability-explained/research-and-statistics/health-research-and-statistics/mental-health>
 - <https://www.nice.org.uk/guidance/ng54/chapter/recommendations>
 - <https://www.sciencedirect.com/science/article/pii/S027273589090074K>
 - <https://www.ncbi.nlm.nih.gov/pubmed/8461617>
 - https://www1.bps.org.uk/system/files/Public%20files/required_competences_for_clinical_neuropsychology.pdf
 - <https://www.prospects.ac.uk/job-profiles/clinical-psychologist> *****
- Outcome 3 - Adults with Learning Disabilities are supported by staff who have expertise in legislation as it applies to psychological interventions
Resources
- <http://www.knowledge.scot.nhs.uk/home/portals-and-topics/learning-disabilities-portal/resources/legislation.aspx>
- Outcome 4 - Adults with learning disabilities are supported by staff who can communicate very well with them in therapeutic interventions

Resources <https://www.hoddereducation.co.uk/getattachment/Subjects/Health-Social-Care/Series-pages/BTEC-Assessment-Guides/Series-Boxes/Sample-chapters/Unit-3-Effective-Communication-in-Health-and-Social-Care.pdf.aspx>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2846575/>

Outcome 5 - Adults with learning disabilities are supported by staff who are skilled in environmental and mediator analysis

Resources <https://www.kcl.ac.uk/sspp/policy-institute/scwru/news/2014/newsfolder/McGill-et-al-Capable-environments.pdf>

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

<http://www.ncmh.info/wp-content/uploads/2017/01/Learning-Disability-Information-Web.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2819368/>

https://www1.bps.org.uk/system/files/user-files/Faculty%20for%20Learning%20Disabilities%20CPD%20event/rai_turton_paper_a_review_of_an_approach_and_methods_of_assessing_risk_arising_from_behaviour_that_challenges.ppt

Outcome 6 - Adults with learning disabilities are supported by staff who are skilled in developing and applying reactive strategies

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

<http://www.challengingbehaviour.org.uk/learning-disability-files/2-What-does-good-support-look-like-for-adults-with-learning-disabilities-who-display-challenging-behaviour.pdf>

https://www1.bps.org.uk/system/files/user-files/DCP%20The%20Faculty%20for%20People%20with%20Intellectual%20Disabilities/public/national_id_professional_senate_guidelines_for_cldt_specialist_health_services_final_3_march_2015_with_references.docx

<https://www.whatdotheyknow.com/request/171646/response/424492/attach/8/FOI%202445%20Appx%205.pdf>

Outcome 7 - Adults with Learning Disabilities who have complex or high-risk, challenging behaviours have Behaviour Support Plans that are designed specifically for them

Resources <http://www.challengingbehaviour.org.uk/learning-disability-files/03---Positive-Behaviour-Support-Planning-Part-3-web-2014.pdf>
<http://www.skillsforcare.org.uk/Topics/Learning-disability/Positive-behavioural-support/Positive-behaviour-support.aspx>

Outcome 8 - Adults with Learning Disabilities who have complex or high-risk, challenging behaviours have behaviour Support Plans that are implemented and evaluated on an individual basis

Resources http://www.nes.scot.nhs.uk/media/570730/pbs_interactive_final_nov_12.pdf
<https://kentchallengingbehaviournetwork.files.wordpress.com/2012/05/how-to-write-a-behaviour-support-plan1.pdf>

Outcome 9 - Adults with learning disabilities with challenging behaviour receive support from services which are designed to optimise the effectiveness of Behaviour Support Plans

Resources http://brightonadults.proceduresonline.com/chapters/p_restrictive.html

Outcome 10 - Adults with learning disabilities with co-morbid or complex presentations have therapeutic care plans in place that are developed, implemented and evaluated on an individual basis

Resources

[\(PDF\) A Psychological Model of Mental Disorder](#)

<https://www.gov.uk/government/publications/assessing-and-managing-risk-in-mental-health-services>

Outcome 11 - Adults with learning disabilities have access to evidence-based individual and/or group therapy for complex presentation
Resources

Audrey Espie, Psychology Department, NHS Fife 2017

http://nes.scot.nhs.uk/media/3326029/matrix_-_learningdisabilitytables.pdf

https://www1.bps.org.uk/system/files/Public%20files/Policy/psychological_therapies_and_people_who_have_id_pdf_for_review.pdf

<https://www.psychologytoday.com/blog/in-therapy/200809/terminating-therapy-part-i-what-why-how>

Outcome 12 - Adults with learning disabilities are supported by staff who carry out an appropriate level of data analysis to enhance support

Resources <https://www.simplypsychology.org/qualitative-quantitative.html>

Tabachnick, B.G. & Fidell, L.S. (2007). Using multivariate statistics (6th edition). London: Allyn & Bacon.
Field, A.P. (2009). Discovering statistics using SPSS (3rd edition). London: Sage.

Outcome 13 - Adults with learning disabilities experience individualised outcome evaluation where appropriate

Resources <http://journals.sagepub.com/doi/abs/10.1177/030802260506800803>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4102275/>

Outcome 14 - Adults with learning disabilities have support from staff who can provide clinical supervision to others

Resources [http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/the-matrix-\(2015\)-a-guide-to-delivering-evidence-based-psychological-therapies-in-scotland.aspx](http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/the-matrix-(2015)-a-guide-to-delivering-evidence-based-psychological-therapies-in-scotland.aspx)

<http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/supervision-of-psychological-therapies.aspx>

Outcome 15 - Adults with learning disabilities are supported by staff who benefit from specialist supervision

Resources https://www1.bps.org.uk/system/files/Public%20files/inf224_dcp_supervision.pdf

Audrey Espie, Psychology Department, NHS Fife 2017

Outcome 16 - Adults with learning disabilities are supported by staff who can identify and support the training needs of other staff

Resources http://www.nes.scot.nhs.uk/media/3226173/roth_pilling_2008_supervision_competences.rtf
<http://www.marquette.edu/psyc/documents/CompetenciesRubric.pdf>

Outcome 17 - Adults with learning disabilities are supported by staff who know when and where to refer for specialist advice

Resources <https://www.england.nhs.uk/wp-content/uploads/2015/01/transform-care-nxt-stps.pdf>
<http://www.gov.scot/resource/0042/00424389.pdf>

Outcome 18 - Adults with learning disabilities who display challenging behaviour are supported by staff who meet the 'Higher Level Behaviour Specialist/Organisational/Consultant' competencies highlighted in the PBS Competence framework

Resources <http://pbsacademy.org.uk/pbs-competence-Framework/>
<https://www1.bps.org.uk/system/files/user-files/Division%20of%20Clinical%20Psychology/public/REP118%20Positive%20behaviour%20ID1961%20WEB.pdf>

Outcome 19 - Adults with learning disabilities receive psychological interventions from therapists who meet the requirements of relevant competence Frameworks for specific therapeutic approaches

Resources <http://www.ucl.ac.uk/pals/research/cehp/research-groups/core/competence-Frameworks>
<https://www1.bps.org.uk/system/files/user-files/Division%20of%20Clinical%20Psychology/public/REP118%20Positive%20behaviour%20ID1961%20WEB.pdf>

Outcome 20 - Adults with learning disabilities receive formulations drawn from a range of psychological models

Resources <http://psycnet.apa.org/record/2006-09805-000>

<https://www.amazon.co.uk/Case-Formulation-Cognitive-Behaviour-Therapy/dp/1583918418>

https://www.adhc.nsw.gov.au/_data/assets/file/0010/419914/Clinical-Formulation-Practice-Guide-A-collaborative-approach.pdf

Outcome 21 - Adults with learning disabilities with the greatest complexity and/or risk (including those where challenging behaviour is linked with complex mental health issues) have access to highly specialist psychological interventions

Resources <https://www1.bps.org.uk/system/files/Public%20files/DCP/cat-804.pdf>

<https://www1.bps.org.uk/system/files/Public%20files/DCP/cat-713.pdf>

Outcome 22 - Adults with learning disabilities who have severe and enduring or very complex needs are provided with highly specialist psychological therapy

Resources SEE ABOVE

Outcome 23 - Adults with learning disabilities have access to integrated therapeutic approaches where this meets their individual need

Resources http://findings.org.uk/PHP/dl.php?file=Constantino_M_1.cab&s=

Outcome 24 Adults with learning disabilities have access to creative formulation-based psychological therapy where the evidence base to meet their needs is currently limited. This includes careful monitoring and evaluation of the approach on an individual basis

Resources https://www.researchgate.net/publication/303952556_The_Single-Case_Reporting_Guideline_In_BEhavioural_Interventions_SCRIBE_2016_Statement