

# 2016 Callan Institute Annual Report



Saint John of God *Hospitaller* Ministries

Hospitality | Compassion | Respect | Justice | Excellence



**Callan Institute, as part of Saint John of God Hospitaller Ministries, provides consultation and training services in Positive Behaviour Support (PBS) and in Raising Understanding and Awareness (RUA) about Oneself, Friendships, Relationships and Sexuality.**

**In Ireland, Saint John of God Hospitaller Ministries supports up to 7,000 children and adults with a range of needs including intellectual disability, mental health difficulties and problems associated with getting older.**

### **Message from the Co-ordinator**

Callan Institute specialises in Positive Behaviour Support (PBS) and Relationships and Sexuality, (through RUA) for children and adults with Intellectual Disability (ID).

In 2016, we made a commitment to facilitate easy access to our services. We ensured that we were available to individuals, families and staff requiring our support by providing a drop in consultation model; using practice support (for families and staff) and PBS clinics across our services. Our workshops in 'Positive Behaviour Support' and 'Relationships and Sexuality' were provided in all our services and as members of a variety of committees within Saint John of God Services we worked together to ensure that our services were provided where they were needed most. We also facilitated consultation, training and the sharing of resources with other voluntary and state funded services.

As disability services consider personalised budgets and individualised supports, we recognise an even greater need for circles of support (individuals, family members and staff) to be able to think and talk together. In 2016 we facilitated a number of Reflective Practice inputs for this purpose, and we plan to continue to provide this support as we embrace the change ahead.

I would like to thank Pdraig Walsh, Behaviour Specialist for his contribution to the team over his 2-year contract and welcome back Christina Doody from her post as Quality Advisor with the Programme, Quality and Safety Department of Saint John of God. We look forward to our new Director, Ms Teresa Mallon joining us in 2017. On behalf of the team can I say thank you to everyone for all your support in 2016 and we look forward to talking, thinking, reflecting and learning with you next year.



Caroline Dench (Co-ordinator)



### **Callan Institute Team 2016:**

**L-R:** Gillian Martin, Behaviour Specialist ; Pdraig Walsh, Behaviour Specialist; Helen Crowley, RUA Coordinator; Caroline Dench, Coordinator; Christina Doody, Behaviour Specialist; Carol May, Administrative Assistant and Adrienne Pullen, Administrative Assistant.

### **Our Mission:**

To support a Human Rights Based Approach (HRBA) to service delivery through the use of Positive Behaviour Support and positive approaches in the area of relationships and sexuality.

## Positive Behaviour Support (PBS):

PBS is based on the principle that all behaviours of concern have a message hidden in them. It is committed to ensuring that each person is living a meaningful life, shared with their friends, family and their community. Callan Institute uses the Multi-Element Behaviour Support (MEBS) Model of PBS. In 2007, Ireland recognised PBS in law as best practice.

## Raising Understanding and Awareness (RUA) about Oneself, Friendships, Relationships and Sexuality:



RUA advocates that individuals with extra support needs have the same human rights in friendships, relationships, sexual health and personal safety as everyone else. RUA assists professionals and families to be comfortable and skilled in providing Relationship and Sexuality Education (RSE) and support using the PLISSIT and High 5 Alive© models.

## OUR WORK:

### Supporting Individuals

Callan Institute now provides support to individuals and their families in a number of different ways: by working directly with an individual, their family and staff team; by supporting the staff (and family) to think together about what they can do to support the person they care about; by being part of a PBS Clinic where a combination of staff support, case work and meetings can occur; by providing educational support to staff members as they provide support to an individual(s) they are working with and lastly by offering Psychotherapy to a number of individuals who have been in receipt of PBS. This facilitated us to provide support to 364 individuals.

### Supporting Families

Our work with families this year has involved many workshops, talking groups and inputs. We have met with parents, grandparents and 'Just Dads' and talked together about 'Growing Up', 'Understanding Behaviour' and parenting. Through this input we talked together with 172 family members.

### Supporting Schools

School Wide Positive Behaviour Support (SWPBS) is being successfully implemented in two special schools in Saint John of God Services. This support

has enabled PBS to reach 120 children and 66 teachers/SNA's. In the last year we provided workshops on skills teaching, refresher inputs on PBS and weekly practice support to teachers accompanied by shared learning visits in the classroom and enjoyed the creativity of each school's SWPBS committee. In one school we also worked with the children's respite service to ensure continuity of supports for the children. These schools are leading the way in SWPBS and we hope they will have their first SWPBS Flag very soon!

### Supporting Staff

Workshops and Training Courses: Every year we find ourselves responding to new requests from our services; this year we were delighted to not only provide workshops, training courses and e-learning options but also provide reflective practice to staff teams embracing change. We presented on Reflective Practice to the Saint John of God Support and Advisory Committee and see the benefit of this for staff wellbeing, practice support and development.

We would like to congratulate the 755 students who completed workshops and courses with us in 2016 which includes the 4 students who received accreditation with Dublin Institute of Technology (DIT).

## Supporting Practices in Our Services

**Committee Participation:** Throughout our services we have the opportunity to work alongside local committees. Last year, we participated in two Positive Behaviour Support Committees (PBSC), a Sub-group of a PBSC, Human Rights Committees, and a Clinical Governance and Safety Committee. These committees provide strategic guidance and direction in relation to behaviour support needs and the promotion of an Individual's Human Rights in our Services.

In 2016 Callan Institute, along with two clinicians from North East Services provided 354 half hour practice support sessions for a total of 88 residents. This clinic provides support to staff in addressing behavioural concerns. It also directs and guides staff in the development of PBS plans. These plans are overseen by a local practitioner and a Callan Institute practitioner. In addition to this, Callan Institute developed, modified and reviewed the behaviour support plans for 53 of the 88 individuals who received support through the practice support clinic in this service.



**Policy Development and Review:** This year Callan Institute chaired the reviews of the Positive Behaviour Support, Sexuality and Intimate Relationships and the Human Rights Policies.

**Sharing and Learning Forums:** We continue to host Sharing and Learning Forums: the Behaviour Specialist Forum and Relationships and Sexuality (RUA Facilitator Forum) for staff in Saint John of God Services and external agencies. Both forums meet twice each year and provide opportunities to invite guest speakers, share good practice and learn together.

### Supporting Links and Projects within the Wider Community

Callan Institute is committed to developing and maintaining meaningful links beyond our own organisation. In 2016 we were delighted to work in the following ways:

**Dublin City University:** After a number of years of discussion, sharing and learning together, Dublin City University are now facilitating a Graduate Certificate in Relationships and Sexuality for people with disability (to include intellectual disability). This is the only post-graduate course in this area in Ireland. We are delighted with the development of this Graduate Certificate and consequently Callan Institute will no longer be delivering our 9 month module entitled Facilitating a Relationship Sexuality Education Programme (FRSEP). We are now focusing our efforts on the provision of practice support.

**Dun Laoghaire Rathdown County Council Libraries (DLCOCO):** Deansgrange Library once again hosted an exhibition of the entries to our annual art competition, Emerging Voices. This year's theme was 'My Ireland'. We received 50 entries, our largest to date. We had two categories: the Junior section winner was Jack Hempenstall from Saint Augustine's School and the Senior section winner was Patricia McCaffrey from Kerry Services. Congratulations to the overall winner Ciara O'Toole, Saint Augustine's School whose work features on the cover of this report. Many thanks to our judges Danny Kelly, Margaret Walker and Terry Black.



Ciara O'Toole, Saint Augustine's School whose work features on the cover of this report

### Sharing our Work

#### Social Media

Our social media presence has grown rapidly in 2016. As well as our website, E-learning platform and our Facebook page (300 new followers), we now have active Twitter and a YouTube account, and have been developing our Google Business profile. We have been developing our own content, such as video presentations and accessible cartoons explaining different aspects of Positive Behaviour Support. We have also been working on a 'new look' website which we are looking forward to launching in 2017. Last year alone we had over two and a half thousand views on one YouTube video. With thanks to a National Lottery grant have completed a number of videos on Positive Behaviour Support using Powtoon© an animation software package.

#### Regional and National Committees

Each year we enjoy working with colleagues around Ireland. In 2016 we participated in a National Policy Working Group – A Commitment to Restriction and Restraint Free Practice; participated in the Learning Disability Special Interest Group with Psychology Society of Ireland; and an interagency committee considering the needs of people with an intellectual disability who have been convicted of an offense.



### Third Level Institutions:

This year we had 2 students on placement; a Doctoral Student from University of Limerick and a Masters Student from Trinity College. We also presented a lecture in UCD and continue to have an interest in the Inclusive Learning Initiative in University of Maynooth and the Cooperative Learning Module in DCU.

### Conferences, Research and special events:

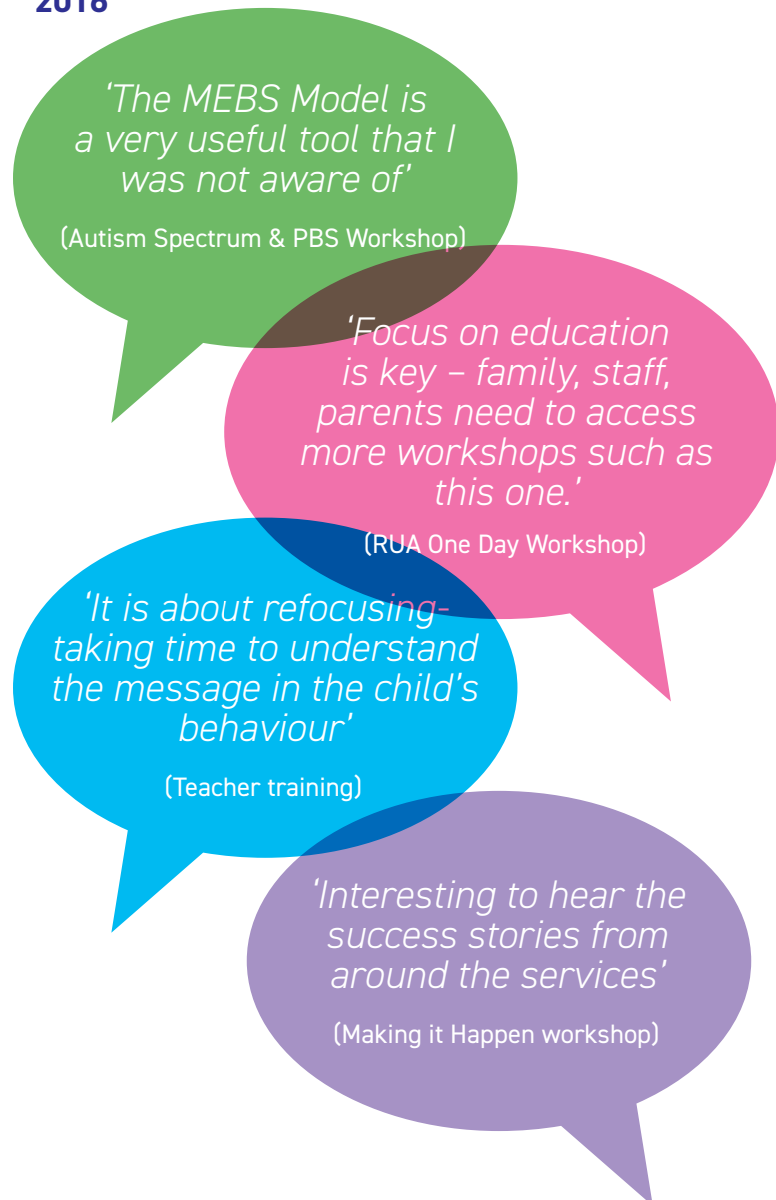
We continue to attend, present and engage in research activities to ensure that we are always learning. This year there were a number of highlights; namely, Callan Institute hosted a three day workshop 'Positive Behaviour Practice: From Core values to Core Practice'. Dr Elizabeth Hughes, Clinical Director of the Institute of Applied Behaviour Analysis delivered the workshop and 30 participants attend from a variety of services and disciplines in Ireland.

We participated in the delivery of a course entitled 'Understanding Dementia for Carers' and we hosted and presented a half day workshop called 'Making It Happen' which introduced new developments in PBS with a particular focus on the practical application of PBS within a 'Systems' approach.

### Number of People we engaged with in 2016

Area	Number
Supporting Individuals	364
Supporting Families	172
Supporting Teachers in Schools	217
Supporting Staff	755
Supporting Practices in Our Services	41
Supporting projects within the Community	103
Sharing our Work	73
<b>Total</b>	<b>1725</b>

### What participants said about our work in 2016



### 2017 goals:

- To increase awareness and use of the Wheel of Optimal Living;
- To facilitate a workshop on how to reduce the use of Restrictive Practices through PBS (the Multi-Element Model);
- To establish a SWPBS Learning and Sharing Community;
- To enable two Active Support informed initiatives;
- To develop two Webinar's for our new website;



**Springing from the Christian Values and holistic approach advocated and practised by its founder, Hospitaller Order of Saint John of God is dedicated to the provision of social, education, welfare and health services**

**The Saint John of God Values that guide our work are:**



Hospitality | Compassion | Respect | Justice | Excellence

Cover Illustration by Ciara O'Toole.

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