

# 2017

## Callan Institute Annual Report



**Saint John of God Community Services clg**

Hospitality | Compassion | Respect | Justice | Excellence





**Callan Institute, as part of Saint John of God Community Services(SJOGCS) clg, provides consultation, training and supports in Positive Behaviour Support (PBS) and in Raising Understanding and Awareness (RUA) about Oneself, Friendships, Relationships and Sexuality. In Ireland, Saint John of Community Services clg. provides supports and services to approximately 3,000 adults and children with intellectual disability in CHO Areas 4,6,7 and 8. Saint John of God also provides services and supports to 5,613 children, adolescents and adults experiencing mental health illnesses in CHO Areas 6 & 7.**

### **Message from the Director**

I am delighted to present the 2017 Annual Report for Callan Institute and to acknowledge the on-going work of the Institute which is outlined throughout this document. Our special achievements this year include the provision of two new Practice Certificates, one in Multi-Element Behaviour Support (MEBS) and the other in Relationships and Sexuality (RUA).

We have developed a number of new workshops, one on the 'Wheel of Optimal Living' which uses an accessible booklet designed in collaboration with Liffey Region's Speak-Up Council and a workshop on 'Using MEBS to reduce restrictive practices and restraint'. Each workshop reflects our commitment to enabling a good life which is free from punishment and restriction.

Our learning and sharing Fora continue to be well attended and this year we have developed two new ones: a School Wide Positive Behaviour Support Forum and a Forum on De-escalation and Resolution. We continue to provide Practice Support to Saint John of God staff and this model is proving not only efficient but very effective. In fact, we plan to develop some research on this in 2018.

We continue to develop new resources, specifically Positive Behaviour Support toolkits for classrooms and 6 new animated videos (using Powtoon) are ready to be launched. We are delighted to be involved in "All About 'Dis", an award winning Podcast initiative that explores current themes related to intellectual disability. Lastly, we have a pilot initiative called Talk Space, which offers psychotherapy to individuals in our service who are in receipt of Positive Behaviour Support.

I hope this report gives you a flavour of the extent and range of the support provided in 2017. On behalf of myself, and the team in Callan Institute we would like to say a sincere 'thank you' to you, our colleagues for your continued support and collaboration.

**Teresa Mallon, Director**

#### **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 for children and adults with intellectual disability.**



## 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 supported to live 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

This year we provided consultation supports to 196 individuals. This work involved detailed assessments and the development of Positive Behaviour Support



plans. In addition, individual's circles of support were supported to implement the plans on an ongoing basis. We have also provided a therapy space for 12 individuals and one couple availed of couple coaching. Callan Institute provides regular staff specific 'Practice Support' sessions in a number of Saint John of God Community Services. This is an opportunity for staff to discuss their practice with a clinician. In 2017, clinician(s) from Callan Institute, along with other clinicians from another SJOGCS provided 369 half hour case work specific 'Practice Support' sessions, supporting a total of 147 individuals and many staff members.

#### What teams said:

"It gives an opportunity to reflect and see patterns that may have been missed"

"It gave me different ideas that I hadn't thought of"

## Supporting Children and Families in Early Services and Schools



School Wide Positive Behaviour Support (SWPBS) is up and running in two Saint John of God (SJOG) schools. In addition, we have been involved with other SJOG schools and 3 mainstream schools, each supporting children with Intellectual Disability. We have provided practice support for teachers/SNA's, developed classroom based PBS 'Toolkits', and provided input on PBS, skills teaching, Relationship and Sexuality Education and Autism Awareness. This year, we initiated the 'SWPBS Forum- A learning and sharing forum for school personnel'. We also provide input and support to staff, children and their families in early services and a school age outreach service on PBS, Growing Up and Speakeasy Plus Bite size. These initiatives have enabled support to reach 140 children, over 110 teaching and SNA staff and 53 family members.

#### What schools said:

"Lots of information and ideas"  
"A reminder of what we should be doing and why we are doing it"

### Supporting Staff

2017 saw new Practice Certificates launched for both Multi Element Behaviour Support and for RUA: Relationships and Sexuality Education. These replace our previous Longitudinal Courses, putting an emphasis on knowledge and skills in practice. Our E-learning Positive Behaviour Support Modules supported 93 students. Additionally we continue to provide workshops on a variety of topics. These include SJOG Policies in PBS and Sexuality and Intimate Relationships, Skills Teaching, Wheel of Optimal Living, Relationships and Sexuality, PBS, Restraint Free Practices and Understanding Autism. We would like to congratulate the 683 students who completed workshops and courses with us in 2017.

We have also facilitated monthly reflective practice groups for two staff teams (16 staff). Reflective practice provides a protected space to a team, facilitating time to think in a way that offers peer support and reflection on practices through shared learning.

#### What staff said:

"I'm more opened minded to this area"  
"I will see not only 'Behaviour' – I will see the message hidden behind the behaviour. This is the first and the most important step"

"Easy to grasp, interactive, comprehensive, room for questions very interesting and helpful"







## Supporting Practices in Our Services

**Committee Participation:** Our committee participation in Saint John of God Community Services has enabled us work closely with our colleagues as we consider policy implementation. Last year, we participated in: Two Positive Behaviour Support Committees (PBSC), a Subgroup of a Positive Behaviour Support Committee, a Human Rights Committee and two Quality and Safety Committees.

**Policy Development and Review:** This year, Callan Institute chaired a committee on a Restraint Reduction Policy, a review of the Positive Behaviour Support Policy, an interest group on Violence Harassment and Aggression and Human Rights-Elderly and Dementia. We also finalised the Sexuality and Intimate Relationships policy which was approved by the Board.

**Sharing and Learning Forums:** We continue to host the following Sharing and Learning Forums in Positive Behaviour Support: a Behaviour Specialist Forum, Relationships and Sexuality (RUA) Facilitator Forum for staff in SJOGCS and in addition two new Fora: School Wide Positive Behaviour Support and a Forum on De-escalation and Resolution (which brings together practitioners skilled in Positive Behaviour Support and the Management of Actual and Potential Aggression (MAPA) programme.) All Fora meet regularly throughout the year and provide opportunities to invite guest speakers, share practices and learn together.

**Professional Accreditation:** We are an Approved Continuing Education (ACE) provider and certified to provide supervision with the Behaviour Analyst Certification Board in the USA. We have hosted a number of continuing education events for Board Certified Behaviour Analysts and we have supervised three candidates in the last year.

**Supporting Links and Projects within the Wider Community** Callan Institute continues to recognise the importance of working with other agencies. In 2017 we worked together with:

**Disability Psychotherapy Ireland (DPI) Interest Group:** DPI aims to build the capacity of psychotherapists to offer services to children and adults with an intellectual disability. Callan Institute plays an active role on the DPI committee and each year DPI facilitates two series of three seminars that focus on best practice. A special highlight this year was the Alan Corbett Inaugural Memorial Lecture, delivered by renowned author Dr. Valerie Sinason in Saint John of God Hospitaller Ministries Conference Centre.

**“All About ‘Dis’”:** “All About ‘Dis’” has a simple aim of supporting a more inclusive, disability-friendly society through conversation and story-telling. This is a podcast series (on Soundcloud and iTunes), with a website ([www.allaboutdis.com](http://www.allaboutdis.com)). Callan Institute is delighted to work with Pádraig Walsh on this initiative as we explore together themes relevant to people with disabilities in Ireland today.

**Dun Laoghaire Rathdown County Council Libraries (DLRCOCO):** Deansgrange Library hosted an exhibition of the entries to our Annual Emerging Voices Art Competition. Those of you who know us, recognise the theme of ‘Emerging Voices’. This theme recognises our commitment to support individual’s with disability to be heard. This year 28 artists interpreted ‘My Family’. We had two categories: the Junior winner was Mathew Hayes and the Senior winner was Seamus McCabe.

Congratulations to the overall winner Hazel Pakenham whose work features on the cover of this report. Once again we would like to thank our judges: Mr Danny Kelly, Ms Margaret Walker and Ms Ciara O’Toole.

## Sharing our Work

**Social Media:** We continue to develop our social media platforms for disseminating information about events, our activities, distributing materials and highlighting issues pertinent to Intellectual Disability, PBS and Relationships and Sexuality. We currently have an online Callan Institute Community of 400 on Facebook (an increase of 25% in 2017) and a Twitter following of 176 with 3.3k impressions on this platform in the last quarter of the year. Our YouTube site now has an additional 6 videos ready to be launched on the ‘Wheel of Optimal Living’. This project was supported by funding received from the National Lottery, c/o Pádraig Walsh and a big thank you to Ms Edith Walsh, Research Assistant for working with us on this. Our existing YouTube videos have attracted over 12,000 views this year.

**Regional and National Committees:** We participated in the Learning Disability Special Interest Group of The Psychological Society of Ireland, Disability Psychotherapy Ireland and an interagency committee considering the needs of people with an intellectual disability who have been convicted of an offense.

**Student Placement and Volunteers:** We had 1 student on placement, a Masters Student studying Applied Behaviour Analysis. We also supported a volunteer accredited Psychotherapist for 6 months and plan to continue this voluntary placement opportunity on an ongoing basis.



## Conferences, Research and special events:

In 2017, we presented at conferences in Ireland, Poland and England. We also had the opportunity to lecture in a number of third level institutions and liaise with service providers internationally. We had the pleasure of providing a workshop here in Ireland, to a number of staff from a service in Finland. We also facilitated a site visit from a CEO of a Disability Service in New South Wales, Australia.

Our research programme continues to evaluate and measure the application of our work. This year, two research programmes have been in progress:

- **Measuring Person Centred Care in a Dementia Care Setting:** This is year three of examining how the implementation of The Butterfly Model of Care in tandem with Multi Element Behaviour Support has affected staffs' ability to provide person centred care.
- **A Review of Behaviour Practitioners in Posts:** Previous research we conducted explored the needs, licensing, priorities, duties and responsibilities of behaviour practitioners both in Ireland and more recently in the UK, in conjunction with UK researchers. This year, we are expanding this research to Australia with research partners there.

## Number of People we engaged directly with in 2017

Area	Number
Supporting Individuals	195
Supporting Families	53
Supporting Teachers in Schools	110
Supporting Staff	699
Supporting Practices in Our Services	136
Supporting projects within the Community	44
Sharing our Work	508
<b>Total</b>	<b>1745</b>

## Administrative Support:

Carol May and Adrienne Pullen provide the invaluable administrative support in Callan Institute. Although both part time, they had another busy year developing administrative processes for two new courses, case file management, organising the annual art competition and exhibition, website maintenance and participating in and supporting the health and safety, maintenance and operational processes involved in Callan Institute and Crinken House.

## Team:

Teresa Mallon, Director; Caroline Dench, Coordinator; Christina Doody, Behaviour Specialist; Gillian Martin, Behaviour Specialist; Helen Crowley, RUA Coordinator; Carol May, Administrative Assistant and Adrienne Pullen, Administrative Assistant.

## 2018/19 goals:

In addition to maintaining our current activities, Callan Institute plan to focus on some new areas for development in 2018.

These include:

- **Liaising with Services to establish how best Callan Institute can respond to and support changing /unmet needs;**
- **Supporting education to Services in the area of Self- Injurious Behaviour;**
- **Support the roll out of the new Restraint Reduction Policy;**
- **Write 1 paper on the Wheel Of Optimal Living;**
- **Continue to explore accreditation options;**
- **Develop 2 Webinars for online attendance and distribution.**



Callan Institute Founder Brother Benignus Callan (1903- 1990) entered the Hospitaller Order of Saint John of God in November 1922. He was elected Provincial in 1946 and as Provincial he encouraged the Irish Brothers to undertake pioneering work in the United States and Australia. As General Councillor from 1953 to 1965 he assisted the government of the Order world-wide. A deeply religious man with a sense of humour, tremendous patience and kindness, he had a quiet tenacity and perseverance when it came to getting things done. Callan Institute was founded in 1994 in memory of his spirit.

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



Hospitality



Compassion



Respect



Justice



Excellence

Illustration cover by Hazel Pakenham

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