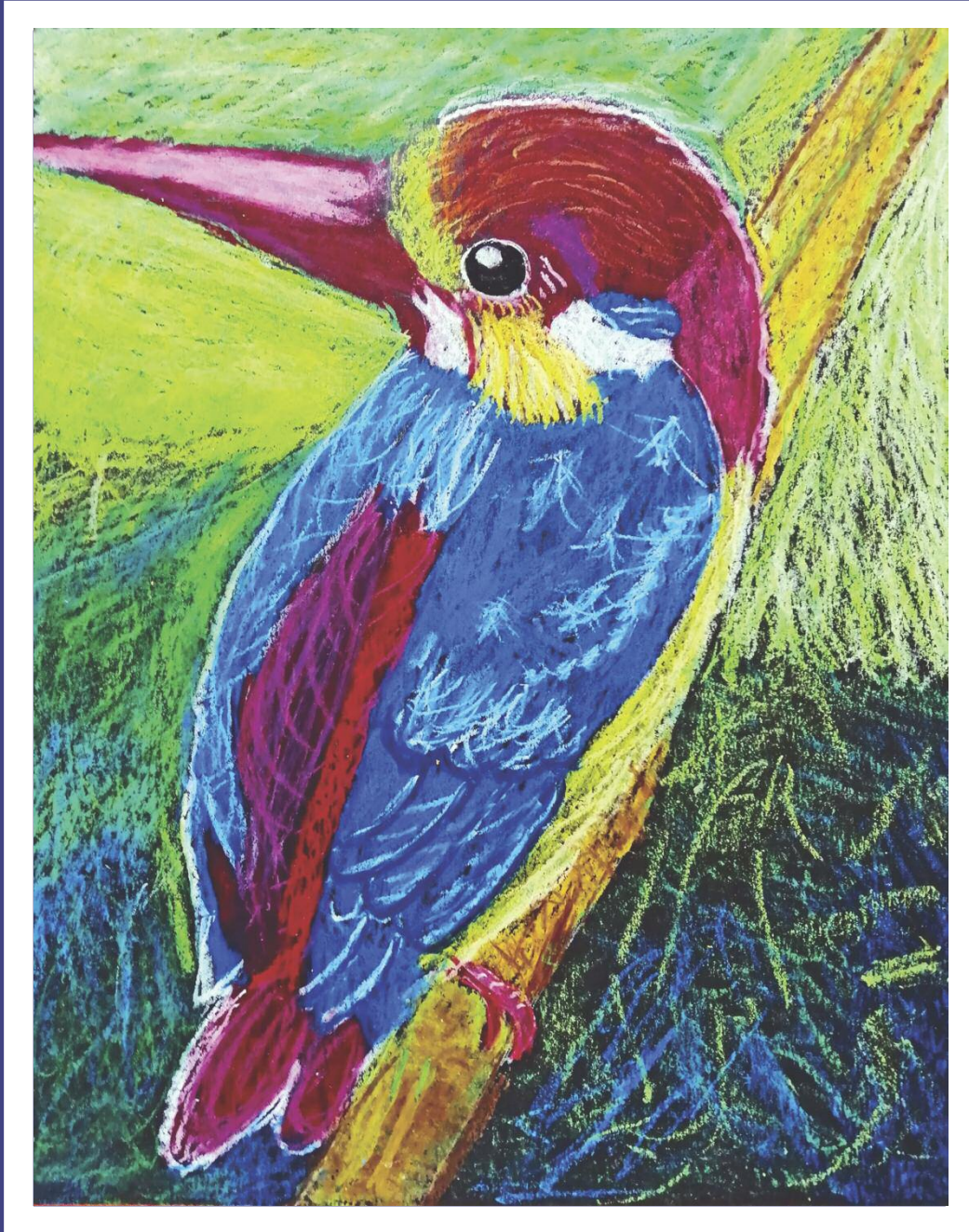


CALLAN INSTITUTE ANNUAL REPORT 2018



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. SJOGCS 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 2018 Annual Report for Callan Institute. Ireland's ratification of the Convention on the Rights of Persons with Disabilities on March 8th 2018 was a very important step forward for people with intellectual disability in our Services. Callan Institute's work and all we do is informed by a Human Rights Based Approach.

Last year, we provided support to children and adults, together with their circles of support, in the areas of Positive Behaviour Support and Relationships and Sexuality to 1,329 individuals. We developed our 9 principles for working in the area of Relationships and Sexuality-'AWARENESS' which is available to download from our website.

We conducted a literature review on Self-Injurious Behaviour and together with a sensory integration therapist have a day planned to discuss best practice in this area. The Restraint Reduction Policy which honours SJOGCS commitment to restraint free lives was approved and workshops were provided on this throughout the year. We participated in a Trust in Care review using the Multi-Element Model to guide the process which resulted in mutually beneficial outcomes for all.

We piloted a webinar on the Wheel of Optimal Living, which, although successful, requires ICT support to enable access to this platform on an ongoing basis, so we have a little more to do in this area before we can go live on the web!

We have continued to explore accreditation options for our courses with third level providers and although not yet finalised we hope to have news on this in 2019.

On behalf of both 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 commitment to these areas of work.

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):

Callan Institute uses the Multi-Element Behaviour Support (MEBS) model of PBS. This model is unique in its commitment to using functionally informed interventions, including the reactive strategies and the non-use of aversive strategies. In 2007, Ireland through the Health Act recognised PBS as best practice.



Mebby the mouse was designed and illustrated by artist Helen O'Keeffe and Callan Institute a number of years ago. Mebby stands for 'Multi-Element Behaviour' with the 'by' added for friendliness and fun! Mebby represents a quiet approach, using a large magnifying glass and a long tail for balance to find the 'message' hidden in an individual's story. Mebby helps us all remember what MEBS is about.

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 and RUA's 9 guiding principles - 'AWARENESS'.



OUR WORK:

Supporting Individuals

This year we provided case work in the form of direct consultation supports to 112 individuals. This work involved detailed assessments and the development, implementation and review of PBS plans. In addition, individual's circles of support were assisted to implement the plans on an ongoing basis. 'Talkspace' supported 4 individuals to attend therapy, a total of 100 sessions.

Practice Support in PBS is an effective and efficient model for providing staff mentoring and clinical input. Clinicians from Callan Institute, sometimes in conjunction with clinicians from local Services, provided 221 half-hour casework specific Practice Support sessions. A total of 133 individuals were supported and approximately 150 staff members mentored in these sessions.

Supporting Children and Families in Early Services and Schools

School Wide Positive Behaviour Support (SWPBS) is up and running in four Saint John of God (SJOG) schools. We have also been involved in a consultative way with other SJOG schools along with special and mainstream schools, each supporting children with an intellectual disability/ autism and/or emotional behavioural problem(s). Using the Team Implementation Checklist to guide us, we have provided Practice Support for teachers/SNAs, and participated in learning and sharing visits in classrooms. We have developed policies on 'PBS and Well-being' and on 'Restraint Reduction' based on a commitment to the non-use of restraint in a school environment. We also facilitated a parents coffee morning on 'self-care' and shared resources and materials with teachers on RSE for children with intellectual disability. The 'SWPBS Learning and Sharing Forum' for school personnel has supported a number of schools to learn more about SWPBS, leading in some cases to further consultation. The Demonstration Project worked in conjunction with the SWPBS approach in one school. We have provided input to children, their families and staff availing of respite and have hosted a number of parent evenings on Growing Up and Positive Behaviour Support. We were also a member of one school's Board of Management. These initiatives have enabled support to reach 140 children, over 511 teaching, SNA and frontline staff and many families.

What staff said: 'Looking at a whole school approach rather than a pupil based approach'

'Really helpful and enjoyable day, opens your eyes to breaking down behaviours and how to manage them.'

Supporting Staff

We continue to provide workshops, courses and mentoring on a variety of topics. These include SJOG policies in PBS and Sexuality and Intimate Relationships, Skills Teaching, Wheel of Optimal Living, Communication Skills and Dementia, Relationships and Sexuality practice support meet-ups, PBS introductory workshops, Restraint Free Practices, PBS for Children, and Understanding autism. We piloted one live Webinar on the Wheel of Optimal Living and we plan to develop this further in 2019. Our E-learning PBS Module supported 72 students. We would like to congratulate the 344 students who completed workshops, courses and mentoring with us in 2018.

What staff said: 'Great day, nice examples and realistic plans to move forward.' (MEBS)

'The open discussion of a sensitive topic in a very positive manner.' (RUA)

Supporting Practices in Our Services

Supervision:

Callan Institute clinicians provided monthly supervision to 5 PBS Practitioners all working in SJOGCS.

PBS Audit and Service Review:

Callan Institute chaired a review of the Behaviour Support Department in one region of SJOGCS. This review has mapped a course of action, in recommendations, for the continuation and further bedding down of MEBS processes and systems in the Service for the next three years.

Committee Participation:

Last year we participated in one region's working group as they implemented the policy on Sexuality and Intimate Relationships; we were a member of one PBS committee; chaired a Human Rights committee in one other region and also chaired a Human Rights committee in an external Service.

Policy Development and Review:

This year, Callan Institute participated in the review group for the Admissions, Discharge and Transfers Policy and chaired the Restraint Reduction Policy development group.

Sharing and Learning Forums:

We facilitated the following Forums in 2018: Sharing and Learning Forum in PBS, Behaviour Specialist Forum, Relationships and Sexuality (RUA) Facilitator's Forum, SWPBS Forum and De-escalation and Resolution (which brings together practitioners skilled in PBS and the Management of Actual and Potential Aggression (MAPA)) Forum.

The De-escalation and Resolution Forum had a very productive year. All our trainers in physical interventions are required to be skilled in the Multi-Element Model of PBS. Of note, the organisation's external training agency now requires a specific agreement to be in place. This agreement sets out evidence based standards for the governance of all training in physical interventions. We welcome this development and it ties in very nicely with SJOGCS new standalone policy on our commitment to Restraint Reduction informed by the Health Act 2007. These forums supported 64 staff.

What staff said:

'Interactive, engaging and practical applications.'

Professional Accreditation:

We continue to explore accreditation options for our Practice Certificates in PBS and RUA and hope to finalise this in 2019. We are an Approved Continuing Education (ACE) provider and certified to provide supervision with the Behaviour Analyst Certification Board in the USA. We hosted a number of continuing education events certifying 7 hours for Board Certified Behaviour Analysts and we supervised two candidates.

Supporting Links and Projects within the Wider Community

Callan Institute continues to recognise the importance of working with other agencies. In 2018 we worked together with the following:

Consultation papers:

This year we participated in leading and coordinating responses to the following consultation documents: Deprivation of Liberty, Safeguarding and Human Rights. The one thing these papers all had in common was the need to recognise in practice and in law the Rights of Persons with a Disability in Ireland. These consultation documents are as a result of the fact that Ireland ratified the Convention of Rights for Persons with Disabilities on the 8th March 2018 and it is now incumbent upon us to realise this convention.

Supporting policy development and practice in other Services:

We consulted with 4 Services as they developed their policy on Sexuality and Intimate Relationships. We also shared this policy with a number of other Services and practitioners.

We also shared our training resources under agreement with one agency providing training in the Multi-Element Model of PBS.

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. In 2018, we participated in their conference presenting on Trauma Informed Mindful Environments (TIME) and the Multi-Element Model of PBS.

Dun Laoghaire Rathdown County Council Libraries (DLRCOCO):

Deansgrange Library hosted our annual Emerging Voices Art Competition. The theme of 'Emerging Voices' recognises our commitment to support individual's with disability to be heard. This year 85 artists interpreted the theme of 'Colours'. The Junior winner was Abie Homan and the Senior winner was Mary Hurly. Congratulations to the overall winner Willow Murphy whose work features on the cover of this report. The Library also sponsored 3 additional awards and the judges highly commended the following artists; Mary Flynn, Terry Black and Mathew Hayes. Once again we would like to thank our judges: Mr Danny Kelly, Ms Natalie Pullen and Ms Hazel Pakenham.

Sharing our Work

Social Media:

 TWITTER: **123** WITH **1119** IMPRESSIONS

 FACEBOOK: **406**  VIDEOS **10,000** VIEWS

We currently have an online Callan Institute Community of 406 on Facebook and a Twitter following of 123, with 1119 impressions on this platform in the last quarter of the year. Our existing YouTube videos have attracted over 10,000 views this year.



Print Media Publications:

We published two articles in mainstream print media: 'Dementia: Keeping Friendships Alive when Memories Fade' in The Irish Times; and 'Who is Providing Positive Behaviour Support?' in Frontline Magazine.



Regional and National Committees:

We participated in the Learning Disability Special Interest Group of The Psychological Society of Ireland and Disability Psychotherapy Ireland.



Student Placement and Volunteers:

We had 2 students on placement, each a Masters Student studying Applied Behaviour Analysis.

Conferences, Research and special events:

In 2018, we presented at conferences in Ireland and England. We also had the opportunity to lecture in a number of third level institutions and liaise with service providers internationally reaching approximately 268 attendees. We had the pleasure of facilitating a week long site visit for two behaviour practitioners from Poland and a brief visit from an American academic.

This year, one research programme is in progress:

- A Review of Behaviour Practitioners in Posts: In 2018, we teamed up with researchers in Australia to extend our previous research looking at the roles, responsibilities and support structures for Behaviour Practitioners that we had already completed in Ireland and the UK. A total of 909 international participants have now participated in this study and it is being written up for presentation in 2019.

Administrative Support:

Carol May and Adrienne Pullen had another busy year providing administrative support to Callan Institute as well as operational support within Crinken House. A key piece of work this year was the implementation of the General Data Protection Regulations (GDPR) in May 2018. GDPR is a regulation in EU law on data protection and privacy for all individuals within the European Union and the European Economic Area. This legislation had implications for all areas of administration including case files, training records and the retention of all records within Callan Institute.

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.

Number of People we engaged directly with in 2018



Area	Number
Supporting Individuals	112
Supporting Schools and Early Services	651
Supporting Staff	466
Supporting Practices in Our Services	136
Supporting projects within the Community	39
Sharing our Work	282
Total	1686

2019 Goals:

In addition to maintaining our current activities, Callan Institute plan to focus on some new areas for development in 2019.

These include:

- Continuing Professional Development (CPD): To align all our workshops /courses for CPD eligibility
- Practice Support Clinics available in PBS and RUA
- To deliver the Practice Certificate in MEBS in SJOGCS Kerry
- To have a project specific collaboration with Programme, Quality & Safety Department of SJOGCS
- Present at an International forum
- Develop a Multi-Element Model Competency Framework
- Submit at least one funding application



Callan Institute is named in memory of Brother Benignus Callan (1903-1990).

Brother Benignus 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.



Hospitality



Compassion



Respect



Justice



Excellence

Illustration cover by Willow Murphy

CALLAN INSTITUTE

Saint John of God Community Services clg, Crinken House,
Crinken Lane, Shankill, Dublin D18 K2Y3.

Tel: +353 (1) 281 4139 or +353 (1) 533 3322;

Web: www.callaninstitute.org Email: callan@sjog.ie