



A New Venture

Inside this issue:

Who we Are	2
Article Review	2
Groups	3
Call out for writers	4
What's Happening	4
Question of the Month	4

Hello everyone and welcome to the first edition of our newsletter! We hope you will find the following pages informative, thought-provoking, but most of all... useful. We hope to build on the scope and content in subsequent editions. Much of the success of this endeavour will be determined by your enthusiasm, feedback and contributions. We welcome any input you may have and would appreciate your support in facilitating participation from people who receive supports and family members. All perspectives are important and valued. So... read on, then get in touch with the editor to share your ideas

Thanks so much. Keith Anderson, Manager, HBBS



What's New

Quality Assurance Measures

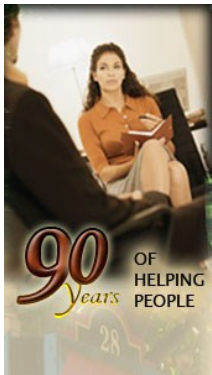
On January 1, 2011 the Quality Assurance Measures Regulation 299 replaced regulation 272 (The Developmental Services Act) for all developmental service agencies in Ontario. These regulations support Bill 77, introduced in 2008, The Services and Supports to Promote Social Inclusion of Persons with a Developmental Disability Act. These regulations are important to all persons with a developmental disability above the age of 18 receiving supports for residential or community living and participation.

Why is this important? The Quality Assurance Regulations were brought into effect as a result of MCSS responding to concerns of self-advocacy groups for individuals with developmental disabilities. They are intended to increase the knowledge, skills, and safety of people with developmental disabilities when receiving supports in the community.

Some of the highlights of these regulations are:

- Requirements to increase training in the area of abuse prevention and reporting for both individuals with disabilities and support staff. Agencies must now immediately report abuse to the police.
- Training for all staff and volunteers on individual behaviour support plans – including a focus on positive behaviour, communication, and adaptive skills.
- Written contracts between agencies and third parties whom they have purchased support services from that ensures they will also follow these quality measures.

More information on the Quality Assurance Measures is available at: www.qamtraining.net or http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_100299_e.htm



"Mental illness is nothing to be ashamed of, but stigma and bias shame us all."

~Bill Clinton



WHO WE ARE

Hamilton Brant Behaviour Services (HBBS) and The Family Counselling Centre Of Brant (FCCOB) are both community-based services; with HBBS serving adults and FCCOB serving children and adolescents with developmental disabilities and significant behavioural/emotional challenges, Under the supervision of a registered psychologist, our Behaviour Consultants work with individuals and their primary care and/or service providers, teaching practical ways to promote healthy behaviours.

Potential Goals for a Person-Directed Behaviour Support Plan are:

- ◆ Learn to make changes designed to enhance quality of life.
- ◆ Learn new and socially appropriate ways of behaving while maintaining dignity.
- ◆ Promote positive relationships between caregivers and the individual to make these changes.
- ◆ Ensure that the individuals have the opportunity to work through social and emotional issues.

Article Review

Increasing Rapport

A study by McLaughlin and Carr (2005) suggests some ways caregivers can work with individuals with developmental disabilities to build and improve upon rapport. The study found that poor rapport between caregivers and individuals led to higher levels of problem behaviour when demands were placed. Good rapport can decrease the aversiveness of tasks at hand and reduce escape-related problem behaviour. Here are some suggestions for improving rapport with others based on the findings in the article:

- 1) Identify items, activities, and topics that individuals highly prefer and try to pair yourself with one of these at least once daily and others occasionally (e.g. bringing in a movie they like, making their favourite breakfast food, sharing a story about a topic they like, etc.).
- 2) Consider all of the ways an individual communicates needs and wants (actions, facial expressions, gestures, vocalizations, and speech) and follow the **3-A Rule** when it comes to communicating with individuals:
 - Acknowledge all attempts to communicate
 - Assess the reason for the communication (What is it they are looking for?)
 - Address needs/requests whenever possible (Help the person to access what they need)
- 3) Use turn-taking and reciprocity within activities that the individual prefers (e.g. take turns getting coats, sharing conversation, opening doors, etc.).

*McLaughlin, D.M., & Carr, E.G. (2005). Quality of rapport as a setting event for problem behaviour: assessment and intervention. *Journal of Positive Behavior Interventions*, 7(2), 68-91.



Groups Offered at HBBS

- * **Circles:** This 10 week group focuses on teaching individuals from grades 4-12 about relationship boundaries. Throughout this course participants will learn to identify the various types of relationships in their lives and determine specific ways to interact with them within safe and appropriate boundaries. It will equip group participants with the skills to have healthy social and personal relationships.
- * **Social Learning Group 1:** This group is presented to individuals who are 18 years of age and older and have an intellectual delay. It is designed to educate participants on topics surrounding anger management, problem solving, and relationship boundaries.
- * **Social Learning Group 2:** This group is presented to individuals who are 18 years of age and older and have an intellectual delay. It is designed to educate participants on topics pertaining to dating and sexuality. Group participants will be given opportunities to share experiences, explore choices, have peer discussion, and receive feedback. They will also practice skills in a safe environment through role playing and modeling from group facilitators.
- * **Care for Caregivers- :** This group offers an opportunity for care providers to connect and be supported as they learn or refresh skills in order to support a loved one who has a developmental disability.
- * **Women's Friendship Group:** This group is presented to women who are 18 years of age and older and have an intellectual delay. This group is designed to increase knowledge and present practice opportunities on topics surrounding friendships/ boundaries, feelings, and problem solving.
- * **Men's Friendship Group:** This group is presented to men who are 18 years of age and older and have an intellectual delay. This group is designed to increase knowledge and present practice opportunities on topics surrounding friendships/ boundaries, feelings, and problem solving.
- * **Footsteps to a Healthy Life:** This group is appropriate for people who have made serious errors regarding relationships and intimacy. People may or may not have had contact with the criminal justice system as a result of these errors or choices. Group topics include: healthy sexuality and relationships, boundaries, triggers, choices, feelings, behaviour cycles, danger zones, and right touching.
- * **DBT: WHAT IS DBT?** It is a treatment that helps people to increase their skills at managing and coping with difficult situations. Topics include: learning to focus on "the now" and not let worries about the past or future take over your thoughts, coping with intense emotions and feelings, learning or improving strategies that help to make difficult moments better, and increasing skills to help you get what you want, while keeping positive relationships with people important to you.

For information on any of these groups, please contact Hamilton Brant Behaviour Services at 905-527-5151



Don't Forget!

On Sunday March 13th, 2011 clocks are to be turned



We're on the web!

www.fccb.ca

CALL OUT FOR WRITERS

If you would like to contribute a piece of writing to our quarterly newsletter, please submit it to the following email address

jnichols@fccb.ca, pass it on to someone you know from HBBS or mail it to:



Newsletter Submissions
Hamilton Brant Behaviour Services
1024 Upper Wentworth St., Unit 4
Hamilton, Ontario
L9A 4V9



This could be a success story, a poem, a letter, a creative piece, etc. Try to keep it between 175 and 225 words.

Hamilton Brant Behaviour Services
1024 Upper Wentworth St.
Unit 4
Hamilton, Ontario
L9A 4V9
Phone: 905-574-515
Fax: 905-574-5155

[The Family Counselling Centre Of Brant](#)

54 Brant Ave
Brantford, Ontario
N3T 3G8
Phone: 519-753-4173
Fax: 519-753-9287

Affiliated with:



Question of the Month

What do you do to help build rapport with someone? What helps in getting to know someone and helps someone in getting to know you? Respond to this question by e-mail at jnichols@fccb.ca or in writing to the address above. A collection of answers will be in the next issue.



Upcoming Events in Hamilton and Brantford

Sweet Taste of Spring Maple Syrup Festival - Westfield Heritage Village, Sundays in March

It's a Family Affair - Dundurn National Historic Site and Hamilton Military Museum, March 13-21st.

Mental Health Week 2011

The Canadian Mental Health Association's 60th Mental Health Week takes place May 1st through 7th. The national awareness week provides Canadians with many opportunities to find out more about the importance of mental health, and how to achieve it in our daily lives. For more information contact: Kismet Baun at kbaun@ontario.cmha.ca.

"Families Caring, Families Sharing" - is an ongoing support group for families dealing with mental health issues. The group is facilitated by family members who face the same challenges. The group provides families with coping strategies and provides a support network. The group is held on the 2nd

Tuesday of every month from 7:00 p.m. - 8:30 p.m. at Sydenham United Church, Fellowship Room, 120 Sydenham Street, (corner of Dundas & Sydenham St) Brantford. Please note: Meeting locations may be subject to change. Please call 519-752-2998, ext. 112 for dates or visit;

<http://www.cmhabrant.on.ca/events.htm>

