



The Sexually Harmful Behaviour Programme (SHB) has been specifically developed to achieve successful outcomes for young people aged 11 to 19 years with a range of learning difficulties who present with harmful or potentially harmful sexualised behaviours.

**Young people who would benefit from the programme include** those who are currently presenting with behaviours which, if left unchecked may lead to more serious behaviours. Alternatively they may have already carried out sexual offences. In most cases they will be known to the police and the criminal justice system.

The School offers a safe environment that ensure the safety of the rest of the community, whilst offering the young person expert interventions and ensuring a better quality of life than could be offered in alternative secure provision.

**Evidence shows** that this intervention, delivered over a number of years, in a consistent and stable environment like Aran Hall School provides the most durable behaviour change in young people, reducing the chance of SHB's re-emerging when the young person leaves the school. (see Pritchard et al., 2011 Managing sexually harmful behaviour in a residential special school. *British Journal of Learning Disabilities.*)

## Benefits of the Programme

- It is evidence based
- **An alternative to secure settings or custody**
- It fills the gap in existing provision available for this specific group of young people
- **Offers the young person the best quality of life without endangering themselves or members of their community**
- Functional Behavioural Assessments ensure intervention programmes meet individual needs
- **It can be adapted to work for young people with range of learning difficulties including those with limited verbal communication skills.**
- Reduces the need for medication in managing behaviours
- **Delivered in a safe and secure environment to ensure the protection of the whole community**
- The programme is delivered by a fully trained, experienced and dedicated staff team
- **Integrated interventions including:**
  - Cognitive Behaviour Therapy*
  - Achieve! Programme*
  - Social Stories*
  - Sex education*

**Continued.....**

## Our Approach–Key Features of the Programme

The programme comprises of a number of integrated key components: Cognitive behaviour therapy, counselling, Social Stories and an empirically validated behavioural programme.

### Functional Behaviour Assessment (FBA)

FBA's are conducted in order to plan effective interventions by identifying and analysing the function of the inappropriate behaviours e.g. is the behaviour for sexual gratification or is it attention seeking or the avoidance of demands. Assessments are completed by observations, reviewing case history and speaking with parents, carers and key individuals.

### Achieve! Programme

The Achieve! Programme is a points and level system which rewards young people for choosing appropriate behaviour such as using safe words and actions, staying in the right area, as well as also rewarding the completion of academic tasks and attending class on time. This helps the child to develop self control.

### Cognitive Behaviour Therapy/Counselling

Cognitive Behaviour Therapy is delivered by the school's own in-house therapist. The weekly sessions focus on staying safe, understanding public and private behaviour and respecting other people's personal space. Key learning objectives from these sessions are consent, public and private behaviour and relationships. The Therapist uses a variety of therapeutic interventions including painting, drawing, making collages and sharing stories.

### Sex Education

All young people, with the permission of their parents/carers or social workers, have weekly sex education lessons which are provided by the JIWSI Project, a specialist provider of sex education for children with learning disabilities and part of the Family Planning Association.



ARAN HALL  
SCHOOL

### Our Specialist Support Team includes:

- Clinical Psychologist
- Consultant Child & Adolescent Psychiatrist
- Educational Psychologist
- Speech and Language Therapist
- Cognitive Behaviour Therapist

### RESPECT Training Solutions®

Senior practitioner Duncan Pritchard teaches staff ethical approaches to the prevention and management of challenging behaviours through Respect® training which is validated by the British Institute for Learning Disabilities.

### To make a referral please contact:

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Alternatively contact:

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**Tros Gynnal** provide an independent advocacy service for our children and young people.

Through advocacy young people are helped to have their voices heard and ensure their views are respected.

