

# B-inspired

Training and Consultancy for people who care



**RRN Accredited PBS/Physical Intervention Model**  
for children & adults who have Autism, Mental Health,  
Learning Disability and / or Dementia

**Skills for Care Endorsed recognised provider**



**Restraint Reduction Network Approved**

## ABOUT US

We have qualified nurse clinicians, with over 35 years experience in the field of Learning Disabilities, Autism, Mental Health and Dementia for children and adults, incorporating 15 years' experience as BILD PITAS accredited trainers.

## MISSION STATEMENT

'Our mission is to inspire individuals and organisations, across Health & Social Care and Educational settings to deliver care to the highest standards'.

*'We strive to ensure individuals & organisations are committed to reducing restraint and restrictive practice, placing a strong emphasis on Person Centred PBS Principles, Proactive Support and Human Rights focused, Non-Restrictive, Primary, Secondary & Tertiary Interventions'*

'We pledge to offer personalised support to your organisation throughout our journey and maintain closer working relationships. We value, listen and respond to your feedback and are committed to continuous improvement'.

## B-INSPIRED-STAY INSPIRED-INSPIRE OTHERS!

We are members of RRN Network and have taken the Pledge to reduce restrictive practices.

## OUR TRAINING TEAM



## ARC ENTRY LEVEL COURSE DETAILS

This course will be delivered over 1, 2 or 3 days (contingent on Training Needs Analysis) and places a strong emphasis on Positive Behaviour Support and the principles of 'proactive support' 'least restrictive/last resort' strategies, including:

- Primary / Secondary / Tertiary interventions
- Trauma Informed Care
- Observations / record keeping
- Legal Aspects / Duty of Care / Duty of Candour
- Setting conditions - Environmental / Personal
- Human Rights / Rights based approach
- Person centred approaches
- Least restrictive approaches
- Reducing restrictive practices
- BILD PBSP Competency Framework
- Zones of regulation
- Personal Protection techniques
- Impacts of restrictive practices / Use of Safe Holding techniques
- Post incident reports



*"As the owner of a business dealing with extremely challenging behaviours and complex learning disabilities. I have found this model of positive behavioural support integral to the driving force behind our 100% success rate with crisis to re-enablement placements. The aftercare and support contained within it are second to none. An inspirational and insightful model delivered by inspirational people."*

**Simon Weldon** - Director, Domain Care North West

## ARC TRAIN THE TRAINERS

This 6-day programme prepares students to become trainers in the ARC accredited model of PBS, Personal Protection and Safe Holding techniques designed for children and adults. This course consolidates learning from ARC Entry level and includes the impact of restrictive practice on people with:

- Learning Disability
- Mental Health
- Dementia
- Autism
- Children

### THE PROGRAMME EXPLORES:

- The roles and responsibilities of an ARC trainer
- How to deliver a presentation on a specific topic relevant to PBS
- The underpinning knowledge about the prevention and management of challenging behaviour.
- Competency in teaching practical techniques.
- The risks associated with using the various techniques with children and adults
- Incident De-briefing (ARC 3)
- Trauma Informed Care
- Supported person's personal experience of the impact of restrictive practice



*"I believe the ARC model would be perfect for all age ranges, but in particular children/adolescents. Staff can restrain the distressed person as a last resort, but because the restraint is safe and doesn't inflict any pain, it maintains and promotes positive relationships between the patient/service user and the carer/support worker."*

**Ben Robinson** - Person Supported

## WHO DO WE TRAIN?

- Parents, Foster Parents, Carers & Personal Assistants
- Staff teams in Educational, Health & Social Care settings

## DELIVERY METHODS

- Group (Single agency)
- Consortium (Multi-agency)
- Individual (Bespoke)

## WHY TRAIN WITH US?

- We have a proven track record of increasing the confidence and competency of individual delegates and staff teams!
- We have supported many organisations to reduce restrictive practice and restraint!
- Our ARC model programmes offer organisations flexible training options that fit your service needs!
- We offer direct, familiar link support to all organisations, ensuring you have access to continued support prior to, during and after training delivery!

## OUTCOME MEASURES

Confidence levels increased on average by 107%.  
Pass rates 97.5%  
Quality assurance feedback on average rates as excellent.

## USP

- 1 trainer to every 6 delegates
- Provide direct 1:1 feedback to delegates during and post training
- Responsive to your training needs in your locality
- Promote and assess positive attitudes / values
- We provide safe modern training venues and equipment
- We review course evaluations following every course.
- We review curriculum content on a quarterly basis
- We ensure that all our ARC BILD/RRN Accredited Trainers are up to date with current legislation & research (PDP)

## WHAT PEOPLE SAY ABOUT B-INSPIRED

**“Supportive, extremely knowledgeable trainers”**

**Very effective teaching style which emphasised support, building confidence and positivity**

**I am motivated to incorporate the ARC model into my work place and as a result I know my service will be better equipped to grow and develop**

*‘As you know, I was very wary about the training and my confidence was very low in successfully completing the training and being able to deliver it in an effective and professional manner. The support I received off yourself and the other trainers: Mark, Mike and Alan was superb. You all took time to explain the techniques, gave me opportunity to practice them and provided constructive positive feedback which has enabled my confidence to soar. I particularly like the fact that the training constantly reinforces the need for de-escalation and how this can be achieved at all stages during the application of techniques.*

*I feel I am ready to deliver training to a high standard on behalf of the b-inspired model.’*

**Katrina Marsden RNMH RMN BSc**

Regional Clinical Lead  
Thornbury Community Services.

## CONTACT DETAILS

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