

Round Table 3 September

R301 “oi you” ; anti-bullying dvd for people with learning disabilities

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This is a DVD for people with learning disabilities living in Birmingham (UK). The DVD is a service user led initiative involving multi-disciplinary and multi-agency collaboration. People with learning disabilities are a vulnerable group and up to 88% are subjected to bullying / abuse at some point in their lives and incidents of hate crime amongst this population are on the increase (Mencap, Living in Fear, 2000). Despite these figures, there is however, very little easily accessible information about bullying/hate crime targeted specifically at people with learning disabilities.

A number of service user focus groups will be set up in order to plan the content and format of the DVD. Next we will engage with a professional DVD agency around filming and production. Feedback will be gained from service users and other professionals during the process so changes can be made before the final version of the DVD is produced. The content of the DVD will focus upon four main topics: Knowledge: information about bullying, the roles of bully and victim; Skills; confidence building, the 'as if' principle; Support: how to access appropriate agencies and Safety: practical tips and strategies to avoid been bullied. The DVD will reflect the multi-cultural diversity of the city in which it was produced and will be made available in different languages. The DVD will be distributed to Colleges, GP surgeries, residential homes and day services for people with learning disabilities and amongst the Community Learning Disability teams.

It is hoped that the production of this DVD will help to raise awareness about the issue of bullying / hate crime amongst the learning disability population and empower people with learning disabilities to make informed choices and combat and reduce incidents of bullying / hate crime in their lives.

“oi you!” anti-bullying group for people with learning disabilities

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Up to 88% of people with Learning Disabilities are bullied at some point in their lives (Mencap, Living in Fear, 2000). A considerable number of referrals to Community Learning Disability Teams are related to issues around bullying/abuse /hate crime. As a response to this a bullying group was set up as a collaboration between nursing and psychology services. This paper outlines the development, process, and outcome of the first anti-bullying group carried out in Birmingham, United Kingdom.

The four main principles of ownership, peer support, flexibility and feedback underpinned the group. The group material focused on Knowledge, which identified the different roles of bullies and victims; Skills, which included confidence building and the “as if” principle; Support, including how to access appropriate agencies; and Safety, which emphasised practical tips to avoid being bullied.

An important part of the process was the opportunity for people to learn and develop as part of a group. This is in keeping with Vygotsky's theory of social learning and the development of cognition (Vygotsky, 1978) The evaluation of the group was based on individual assessments at the beginning and end of the group which included self-esteem and assertivness scales. The results suggested that there was an improvement on both of these factors although there was some variability. The difficulties around the validity of evaluating groups for people with LD were highlighted.

R308 Shifting the scope in ID services: From behaviour focused caregiving to an integrative approach focussing on secure relations and behaviour

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Recent findings provide reasons for more optimism regarding the plasticity of attachment development in persons with multiple disabilities, even in adolescents with a long-term history of disrupted relationships. Attachment-based intervention may help children with multiple disabilities and unfavourable past experiences to cope with challenges to their mental health. This has been found in clients for whom, in the past, no other therapies and interventions had proven successful.

The aim of the roundtable is to initiate discussions and reflections regarding the implications of an attachment-based perspective for caregiving and services. Some questions we would like to discuss are: How can a behaviour focused caregiving system for children and adults with ID be transformed to an integrative approach with a focus on relations (stress reduction) and behaviour? How can a network of secure relations be stimulated in the daily caregiving environment? How can we stimulate the shift of attention away from focusing on challenging behaviour towards secure relations, thus, towards improving the client's mental health? In sum, we would like to discuss the possibilities and challenges of attachment-based ID services, themes for future research and possible joint efforts.

Round Table 4 September

R302 The development of disability psychotherapy

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This is a round Table discussion on Disability Psychotherapy, which has become established in the UK and now needs to be disseminated more across Europe. The aim of the discussion will be to explore how to do this. The introduction to the discussion will include a brief history of how the discipline has developed and the role of the EAMHID in helping to make this happen, from the last meeting in Amsterdam. There are training courses available which will soon be available on-line for the theory component, reducing the need to travel except for the experiential sections. More information will be made available.

R303 Implementation and experiences with the Guidelines

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Martin van den Berg, De Swaai, BEETSTERZWAAG, The Netherlands
Anton Došen, University, NIJMEGEN, The Netherlands

During the 6th European Congress in Zagreb in 2007 the European Guidelines were promoted. The aim of this roundtable is to exchange experiences in implementation and practical use of these guidelines. Some countries have translated them. An outcome might be suggestions how to implement and perhaps some kind of evaluation in different countries of the guidelines. There should be more collaboration in order to develop the Guidelines as an useful instrument in the MH of people with ID.

R306 Developing a European Charter on the Right of Mental Health for People with Intellectual Disabilities

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A good mental health and good behavioural adaptation is known to be a major predictor for successful social inclusion of people with intellectual disabilities. The high prevalence rate for mental health disorders and problem behaviour has been well documented for this population. However, in many regions of Europe services for supporting a good mental health, as well as access to qualified interventions in cases of mental health disorders and problem behaviour is not secured for this population. On the basis of a first draft of a European Charter addressing issues of rights for mental health for people with intellectual disabilities (based a.o. on the UN Convention on the Rights of People with Disabilities, entry in force May 2008), participants of this workshop will contribute to the development of this document. The output of the Amsterdam conference 'The Amsterdam Draft' will there upon be presented to major European NGOs in order to amend and support this document during the year following the Amsterdam congress with the final Charter to be adopted and presented officially at the MHID conference in 2012.

Round Table 5 September

R307 SIRG Mental Health/Challenging Behaviour-European perspectives on intellectual disabilities and mental health

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Frans Scholte, s Heeren Loo, APPELDOORN, The Netherlands

Roger Banks, Central Area of North Wales NHS Trust, RHYL, United Kingdom

The interlinked presentations will discuss policies and approaches to people with learning disabilities first and those with learning disabilities and challenging behaviour second. The presenters, all specialists in intellectual disabilities will draw from recent advances in legislation and practice to describe aspects of care for people with intellectual disabilities in Europe. The settings range from the well established structures of England to the nascent policies in Romania. Recently, Bulgaria and Romania became members of the European Union. This will have important implications for the organisation of (medical) care for persons with intellectual disabilities in those countries and the wider systems attitudes. Furthermore, impressions of visits to Sibiu and Targu Mures in Romania and to Varna in Bulgaria, combined with official reports of the European Commission and non-governmental organisations will illustrate our understanding of changes for the people with intellectual disabilities.

In England, the development of a National Strategy Group for Challenging Behaviour rewrote the guidance on treating challenging behaviour. The approach taken related to the creation of a Charter for People with Intellectual Disabilities who present with behavioural challenges. Finally, we will present an ethical overview under a value based perspective which will consider service user rights and professional practice.