

Learning Disability Crisis Response Intensive Support Team (CRIST) Positive Behavioural Support 12 week intensive support model

What is CRIST?

The CRIST service provides short-term, intensive support for individuals with a Learning Disability (LD) whose behaviours place them and others at risk of placement breakdown or hospital admission.

Our goal is to understand why someone is needing to use these behaviours. Once we understand this, we can help the patient and their care team find and use strategies, so the patient doesn't have to rely on these behaviours to get their needs met.

Working Together

We work closely with:

- The person themselves
- Their family and carers
- Their GP
- Social workers or placement commissioners

Our goal is to support everyone involved so they can understand the behaviour and help create positive change.

The Support Team

Depending on the person's needs, different professionals may be involved, such as:

- Nurses and LD Practitioners – to lead on the assessment
- Speech and Language Therapists – to assess communication and determine the best ways to support effective communication.
- Occupational Therapists – to support with sensory needs, daily routines and activities of daily living
- Psychiatrists – for medication reviews, if needed
- Psychology - to help think about trauma informed approaches
- Healthcare Support Workers - to support with assessments and interventions



Referrals

Referrals to CRIST are screened by the LD Access team.

Contact details are:

LD Access Team, Tel: 0116 295 4528, Email: ldpt.ldaccess@nhs.net

What Happens After a Referral is accepted?

Step 1: Triage

All referrals into CRIST are triaged. This is a first check to make sure:

- The person has seen their GP
- Any physical health problems have been ruled out as a cause of the behaviour

Step 2: Reviewing the Person's History

We look at the person's notes. If we've helped them before, we might be able to offer advice straight away.

Understanding the Behaviour

We will use a mixture of **formal assessments** and **observations** to gather the full picture.

We spend time with the person and the people who care for them to find out:

- What is happening before the behaviour
- What happens after
- What the person might be trying to tell us by using that behaviour

We also visit the person at home, college, day services, or any work placements. This helps us understand their day-to-day life.

Creating a PBS Plan

After the assessment, we write a Positive Behavioural Support Plan. We will share this with you to ensure you are happy with the plan.

This includes:

1. Proactive Support

- Spotting triggers (what makes the person anxious or upset)
- Avoiding or managing those triggers
- Making everyday life easier through routines, sensory activities, or new communication tools
- Training carers if needed (e.g. in PBS or autism awareness)

2. Active Support

- Helping the person when they start to feel anxious
- Preventing the situation from getting worse

3. Reactive Support

- What to do if the person shows behaviours that challenge
- Keeping everyone safe

Putting the Plan into Action

We'll meet with the patient, the family, and support staff to:

- Agree on the best changes to start with
- Decide how often we'll support and in what way
- Make sure everyone knows their role

Monitoring Progress

We check:

- How confident carers feel using the plan
- Whether the behaviours are happening less
- If the person is feeling less anxious
- If their quality of life has improved (e.g. going out more, feeling happier, joining in more)

Completing the Plan

Once we see positive changes have lasted for a few months, we will:

- Step back from our involvement
- Send a letter with clear advice on how to keep things going
- Make sure support is in place for the future

Useful contacts

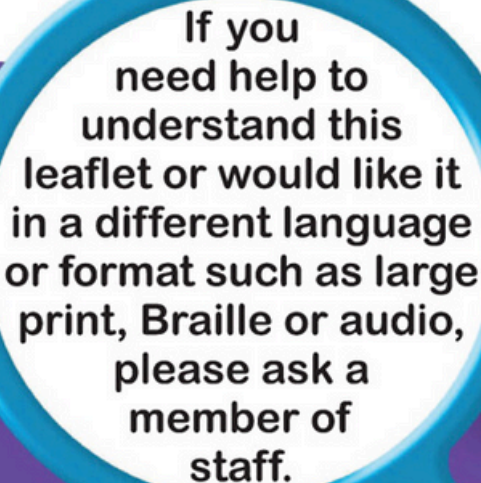
- Adult Mental Health Central Access Point - contact **NHS 111** - 24hours/7 days a week.
- Challenging Behaviour Foundation: <https://www.challengingbehaviour.org.uk>
- Restraint Reduction Network: <https://restraintreductionnetwork.org/>
- British Institute for Learning Disability: <https://www.bild.org.uk/>
- PBS Academy: <https://pbs-academy.com/>

Contact us:

CRIST

0116 295 3231

Open 7 days a week including bank holidays 8am - 9pm



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