



3bigthings

Mind. Body. Environment.

PBS+ · POSITIVE BEHAVIOUR SUPPORT, EXTENDED

The hard part is not the assessment.
It's knowing what to do next.

Specialist Positive Behaviour Support for young people and adults whose situations have become complex, their whānau, and the teams around them.

0800 324 484
contact@3bigthings.co.nz

SPECIALIST BEHAVIOUR SUPPORT
REGISTERED PSYCHOLOGISTS

THE SITUATION

By the time someone reaches us, *a lot has already been tried.*

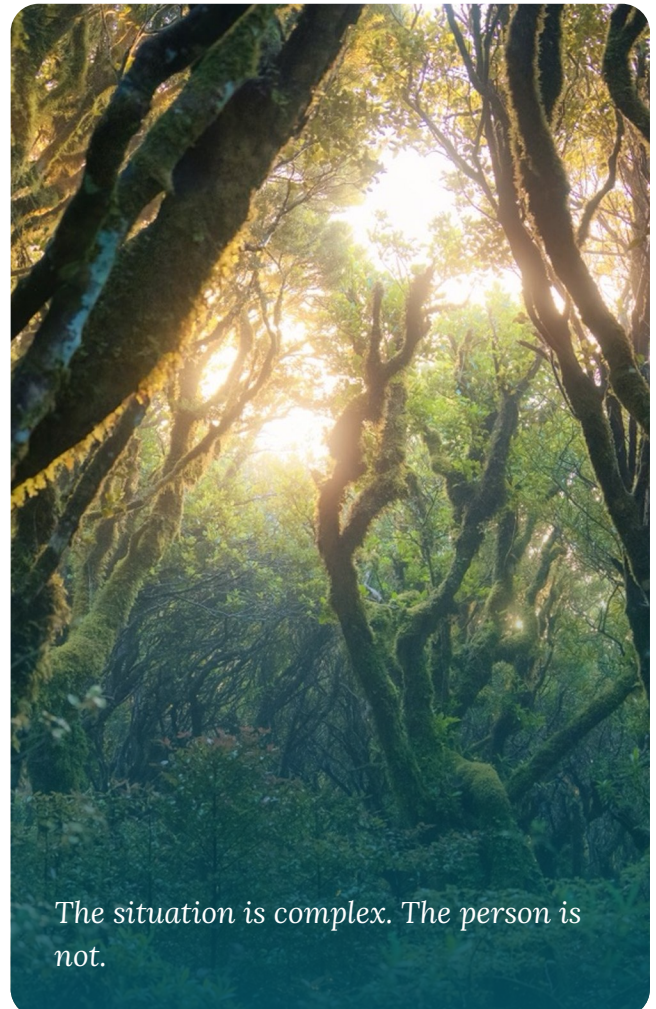
Plans have been written. Teams have been trained. Placements have been found, and some have ended.

The assessments have usually been done, and often they were good.

What is harder is knowing whether this person can change right now, whether the people around them can, and what the work is when the answer is no.

WHAT WE WILL TELL YOU HONESTLY

- Whether we can help, and how quickly we could start
- What it will take from the people around them to make a real difference
- Where we can make a difference, and where we cannot
- If someone else is a better fit than us
- What a good life could look like for this person, and what it would take



The situation is complex. The person is not.

WHAT IT IS

Behaviour is communication, *even when it's full on.*

Positive Behaviour Support is a respectful, evidence-based way of working with people whose behaviour challenges.

Behaviour is usually a sign that something is not working for the person: distress, pain, fear, unmet need, or a request they cannot make any other way.

WHAT WE TAKE ON

The work *other people have already tried.*

We work with people whose lives hold more than one hard thing at once. That often looks like:

- An intellectual or learning disability, or autism, alongside mental health needs
- Police, court, probation or forensic services involved, now or in the recent past
- Alcohol or drug use tangled up with everything else
- A placement that has broken down, or a provider who has given notice
- A support team that has run out of ideas, or run out of people

We will be honest, and quick, if we are not the right fit. Nobody is helped by us taking on work we cannot do well.

HOW THE WORK RUNS

Understand, plan, coach, and *stay alongside.*

1

Understand

A careful assessment of the person and the situations around them, including the history that has built up. We read the file, then we go and meet the person.

2

A plan, built with them

A practical plan made with the person and the people who know them, not written about them. What needs to change, what to do, and how everyone stays safe while it changes.

3

Training and coaching

We build the skill and confidence of the people who deliver it: whānau, support workers, residential teams, clinical staff. The best plan on paper does nothing if the people using it are not supported.

4

We stay

We review, adjust, and keep going. Complex situations do not resolve on a six-week contract, and we are there for the long part.

WHO DOES THE WORK

Registered psychologists who *understand complexity.*

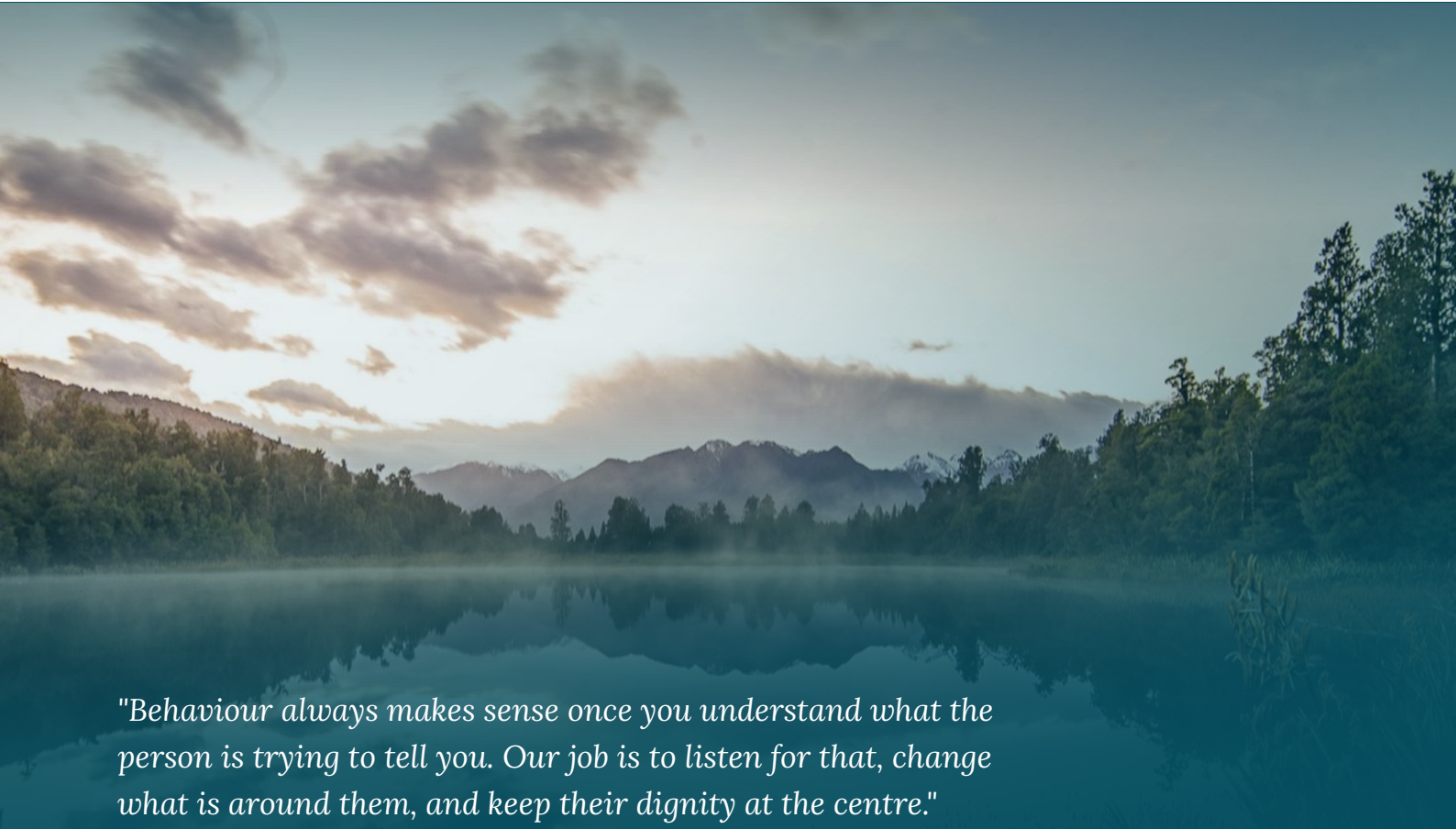
SAFETY PLANNING

When behaviour escalates, no one should be working out what to do in the heat of it.

We agree a safety plan in advance with the person and their team: the early signs, what to do in the moment, and the least restrictive way to keep everyone safe.

- **Across disability, mental health and forensic settings.**
In homes, residential services, and high and complex needs settings around Aotearoa.
- **We work with NASCs and Mana Whaikaha.**
And we consult to disability providers, so good practice spreads beyond any one person.
- **A New Zealand practice.**
We respect how whānau and culture shape what will work, and we keep the person, and a good life, at the centre.

The situation is complex. The person is not. Everything we write, and everything we ask a team to do, is built that way.



"Behaviour always makes sense once you understand what the person is trying to tell you. Our job is to listen for that, change what is around them, and keep their dignity at the centre."

FUNDING

How support *is funded*.

Depending on the person's situation, Positive Behaviour Support may be funded through:

Disability support funding

Arranged through a NASC or Mana Whaikaha.

A provider or agency contract

Where an organisation commissions the work directly.

Privately

Where none of the above applies.

Not sure which pathway fits? Ring us and we will help you work it out before anything formal starts.

Where *to start*.

IF THIS IS YOU, OR SOMEONE YOU SUPPORT**Start with a conversation.**

Talk to your coordinator and ask about a referral to 3 Big Things for Positive Behaviour Support. Or ring us first. No referral needed for a conversation, and no obligation.

0800 324 484contact@3bigthings.co.nz[READ MORE](#)**IF YOU ARE MAKING THE REFERRAL****Send us the situation, not a tidy summary.**

We will tell you within a week whether we can take it and what it would involve.

3bigthings.co.nz/contact
Positive Behaviour Support,
commissioning

[GET IN TOUCH](#)**OTHER WAYS WE
SUPPORT****Neurodiversity**

Assessment and support for autistic and ADHD young people and adults, with or without a diagnosis already in place.

3bigthings.co.nz/for-whanau/neurodiversity