



PROGRAMME SPÉCIALISÉ TROUBLE DU COMPORTEMENT (TC) ET TROUBLE GRAVE DU COMPORTEMENT (TGC)

Présentation du programme

Services are provided to individuals of all ages with an intellectual disability or an autism spectrum disorder who have a behavioural disorder or a severe behavioural disorder.

These behaviours can have significant impacts on the person themselves and those around them.

Behavioural disorder (BD)

An action or set of actions that are deemed problematic because they deviate from social, cultural, or developmental norms and are detrimental to the person or their social or physical environment¹.

Severe behavioural disorder (SBD)

Behaviours that actually or potentially endanger the physical or psychological integrity of the person, others around them, or their environment, or that compromise the person's freedom, integration or social ties².

Objectives

The *programme spécialisé TC-TGC* aims to provide the user and their loved ones with strategies or interventions to prevent problematic behaviours by addressing the underlying causes. It also aims to support the person in the use of appropriate alternative methods to improve their quality of life.



¹ Tassé et Al., 2010



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Specific objectives of the 6-step program:

1. Prevent an increase in problematic behaviours.
2. Identify the causes, functions and factors of the person's problematic behaviours.
3. Reduce the consequences and impacts, and support the person in learning alternative behaviours (methods and strategies).
4. Intervene with varying intensity and frequency according to the user's needs.
5. Support family, friends or partners through the adjustment process, as needed.
6. Support the user during various life transitions (e.g., new school, transition from elementary to high school or from school to work, a move).

Services provided

- Observe the user in their various environments (home, school, etc.).
- Assess and intervene with the user, in collaboration with them and their network, in accordance with the program's clinical guidelines.
- Reduce problematic behaviours and help the user to manage them in all spheres of their life by working on prevention strategies.
- Develop and monitor the intervention plan.
- Implement preventive interventions with the user in their living environments and help them to apply the recommended interventions (learning alternative behaviours, implementing preventive conditions, etc.).
- Develop interventions and tools for the user and their loved ones to prevent the onset and escalation of behaviours.
- Develop interventions and tools for the user and their loved ones to intervene in crisis situations.
- Teach the user ways to decrease the use of problematic behaviours and to develop autonomy and self-determination.
- Monitor the interventions implemented as part of the intervention plan.
- Maintain or re-establish meaningful relationships and social participation (school, work, social life), among other things, through knowledge of and access to community resources.
- Offer a level of service that corresponds to the user's needs.
- Share knowledge about the causes and functions of the behaviours and the interventions required. This can be achieved through one-on-one coaching.
- Offer access to transitional residences with continuous assistance (RAC), as needed, until the behaviours stabilize. RACs are part of the BD-SBD continuum.



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Service episode

The specialized service episode represents the period of time needed to implement specialized interventions to reduce disability situations related to a lifestyle habit (needs).

The episode is limited in time according to the criteria for the start and end of the specialized services. These steps require the involvement and commitment of the user and their loved ones, where applicable, in the adjustment and rehabilitation process.

The service episode involves the following steps :

1. Intake
2. Assessment and analysis
3. Development of the IP and implementation of interventions
4. Measurement of results
5. Closure of the episode, recommendations, referrals



Criteria for ending the service episode

The service episode will end once there is a significant decrease in and stability (for at least three months) of the following:

- The frequency, intensity and duration of the user’s problematic behaviours;
- The impacts and consequences of the BD-SBD on the user and their network.

Moreover, the user must have begun to acquire alternative behaviours and maintain the adaptive skills learned. The user’s network, where applicable, is able to continue implementing the interventions. At that point, the clinical team will recommend ending the program.

The BDC-SBD service episode may also be ended for a variety of other reasons, for example, if the user or their loved ones are showing a lack of involvement, if the user is refusing to accept the services, or if the user’s needs no longer fit with the program.

The user may then be redirected to another, more suitable program, or the services may be terminated completely. Once a file has been closed, the user may apply to reopen it, as needed, within one year of the closing date.

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

- The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:
- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
 - its willingness to question and improve its professional, clinical, and administrative practices;
 - its appreciation of its personnel and the implementation of human resource management practices;
 - its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.