



Useful information about the services
offered by Bis-Net

2023-24
Addition

Welcome to Bis-Net

This booklet has been created to tell you more about the Behaviour Intervention Support Network, known as Bis-Net .

Bis-Net is a service delivered by Exeter based charity, CEDA. CEDA, has been providing a range of opportunities for disabled adults, children and young people from all across Devon since 1988.



BIS-net was founded in 2013, thanks to a 5 year grant from the National Lottery Reaching Communities Fund. It was created to provide more support for children and young people with Neurological differences and their families.

The service was shaped by a steering group made up of parents and young people, as well as information collected from several consultation events, to ensure the service was as user led as possible.

What is Bis-Net?

OUR PURPOSE

- To support families and professionals caring for children and young people with Neurological differences such as Autism and ADHD/ADD.
- To support individuals with Neurological differences.
- To keep ourselves informed in the latest understanding of Neurodiversity, developments in Neuro Science and sharing it's importance and value to the community.

"Bis-Net offer some great services and support for families, especially through the pandemic which has caused so much mental health problems and increased so much uncertainty for our children/young people." Payne family

Bis-Net services

Behaviour Support Consultation

Who for?

Families supporting any young person with distressed or unsafe behaviour and Neurodiverse traits such as Autism and ADHD. Who attends is established on a case by case basis. Support is person centred and flexible around the needs of the family and can include long term 1 to 1 support with the child/young person. Families can self refer or may be directed through children's services.

Aspirations

To be bespoke! Wherever possible Bis-net hope to create conditions where parents and young people can feel safe, in control and able to set their own outcomes. Bis-net recognise that the pathway to regulation comes through improving an individuals self-awareness and in turn help them to create a roadmap of support. The support intends to make a significant difference to participants,

- Health & Wellbeing
- Being Safe
- Confidence & Self Esteem
- Education
- Communication & Interaction



There is no one size fits all. Bis-net are adopting modern regulation supports and approaches for neurodivergent learners and the families around them. These include some of the following:

Relational, Low Demand, Trauma Informed, Co-regulation, Declarative language, informing and building understanding around Interoception and Alexithymia and Cognitive processing differences.

We hope these approaches empower parents to recognise they are the experts in their children's lives and become great advocates for them. We hope young people can become great advocates for themselves.

Provision

Consultation is priced at **£53 / hour**. We recommend a minimum of 10 sessions, but will assess and advise families on an individual basis. There is no maximum limit.

Attendance can take place on a weekly or monthly basis.

Appointments take place over phone or video call. Whilst there are restrictions we do try to offer some outreach to meet face to face.

Attend meetings alongside families, including Child in Need, EHCP review.

Bis-net, Early Help family support

Who for?

For parents, carers, who are supporting children/young people with distressed or unsafe behaviour and have been referred through Devon Children and Families Partnership, Early Help.

Aspirations

- **Improve Health and Wellbeing**

To help parents, carers take a moment to press pause. Help them describe, validate and reflect on their experiences supporting distressed, unsafe behaviour. To help them move away from '**Crisis Mindset**'. This can be characterised as...

- Feeling frantic and/or desperate
- Operating in a day-to-day survival mode
- Feeling like you must try everything
- Only able to focus on the short-term

Additional Outcomes

The parents and family will be asked to focus on **one** of the following outcomes to work towards

- **Being Safe:** Parents will be guided on how to de-escalate and support 'meltdowns'.
- **Increased Confidence & Self Esteem:** Parents will learn how to create conditions that help them feel more connected with their child.
- **Education:** Parents will develop further understanding in their child's diagnosis or traits. Parents will be signposted towards modern emotional regulation supports for neurodivergent learners.
- **Communication & Interaction:** Parents will discover optimal communication supports for their child

Provision

The course is priced at **£350**. This allows families

- Up to **6 hours** of contact time with your consultant
- Weekly appointments conducted over phone or video call
- One optional 'check in' meeting that can be booked flexibly
- By arrangement, attendance to x1 TAF meeting
- Summary report shared with Team Around the Family through Rights4Children platform

Bis-Net services

'Check in'

£20 per session (30 minutes)



Whilst not as bespoke as our other options we hope this allows parents, carers , young people an opportunity to get in touch. At a reduced rate and for a shorter 30 minute meeting here are some of the enquires we expect to be able to help with.

- **I need help supporting distressing / unsafe behaviour. Where do I start?**
- **I need someone to reflect and debrief with following an episode of distressing / unsafe behaviour.**
- **It's the holidays, help!**
- **I'd like to check back in with my Bis-net consultant. Update on progress and discuss what may still be challenging.**
- **I've been on waiting lists for all sorts of services. I could really do with some advice right now.**
- **There's little help. I feel I am not being listened to by professionals or our education setting**

Visit the following link to find our booking system. Here you can select an appointment up to 48 hours in advance plus make payment on booking.

<https://outlook.office365.com/owa/calendar/CEDABisNet@cedaonline.org.uk/bookings/>



Your Bis-Net journey

1



Contact us to find out more and receive our information pack. Congratulations, you have already done this step and you are reading this.

2



Decide which service you would like to access and how this is going to be funded. Please complete the referral form included in this pack and return to us.

bisnet@cedaonline.org.uk

3



Our service is very personal and can get busy, depending on your needs you could be placed on our waiting list. Wait times vary and you may have to wait **3 - 6 months**. Once you are at the top of the list, we will contact you with available slots that match those you tick on the referral form. If you can be flexible, the wait time may be reduced.

Whilst you wait please feel free to check out our 'Check in' service.

<https://outlook.office365.com/owa/calendar/CEDABisNet@cedaonline.org.uk/bookings/>

5



Services can start. Depending on which service you access you will work with your consultant to try and improve the outcomes outlined in your referral form or by the referrer.

6



Services will be complete. You will receive a final report which will cover the work that has been completed and include recommendations for the future, including continued support if required.

Information for organisations referring a family to Bis-net

E.g. Early Help, School SENCO, Children's Integrated Services and GP's



We can:

- Confirm receipt of receiving a purchase order from you
- Estimate a waiting period for family to start services. This is from point of receiving a purchase order and referral information
- Contact families directly if we have received our referral form, RFAS or CYP100
- Access and upload information to Rights for Children platform if we have been invited to do so
- Attend TAF's, Child In Need and other meetings remotely using video call
- Signpost families to organisations that can help fund our consultation
- Recommend other partner organisations whose services may be accessed sooner than ourselves or have expertise in a more specific field

We can not:

- Offer services without confirmation of payment
- Track down family contact details from a purchase order. This requires referral form, RFAS or CYP100
- Offer services directly in family home
- Offer time to help families access funding other than in a signposting capacity
- Liaise with other professionals around the family unless this time can be funded

"BIS-Net have successfully supported many Exeter families as part of the Early Help support plan over the last couple of years. The service has given families that are struggling with behaviour of their child, the tools and techniques to effectively parent and reduce escalation into Children's Social Care." Laura Syree Early Help Exeter

Who's who in Bis-Net?



Howard Hoskins brings a wealth of experience following a career providing children and adults access to sports and activities. Developing inclusion and an eye for observing individual development has led to specialist support for those with neurological differences.

He has been a qualified RDI (Relationship Development Interventions) Consultant. Howard uses his experience and training to share his knowledge within CEDA.

Looking to the future, Howard hopes to continue expanding his knowledge of Neurological Difference and in turn, develop further therapeutic best practice for both individuals and their families.

By phone: 07789 647392 By email: howard.hoskins@cedaonline.org.uk



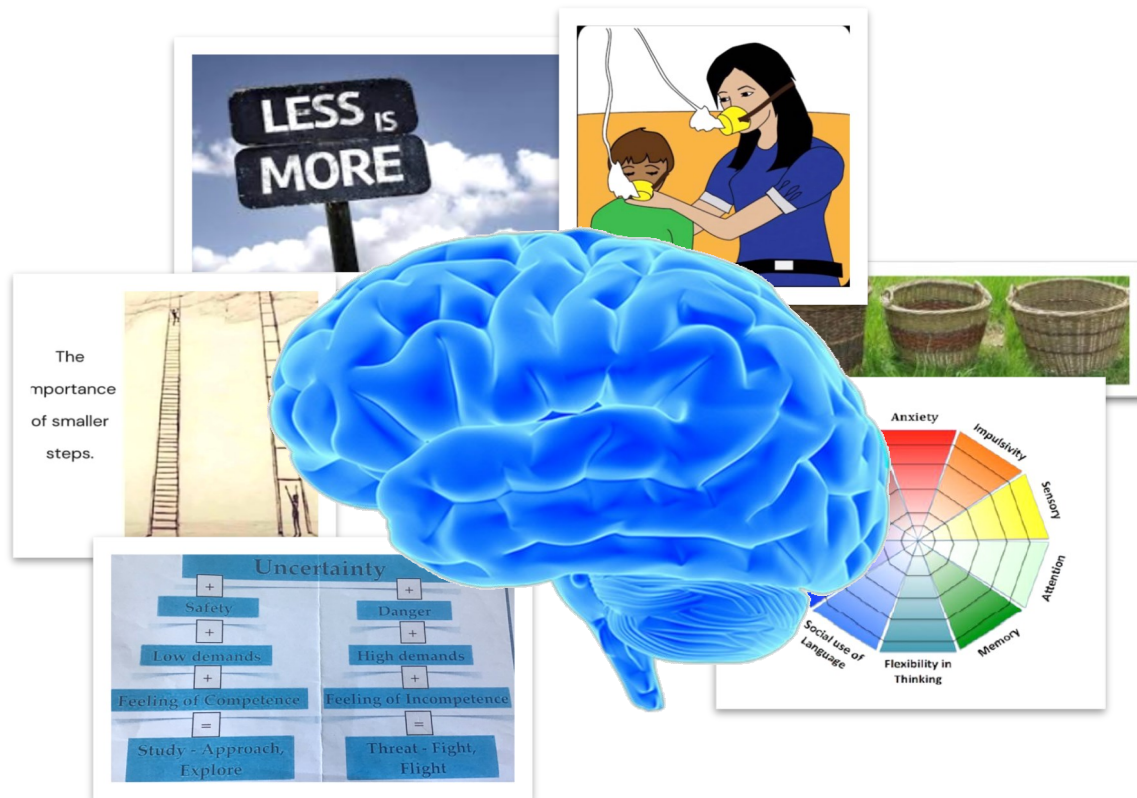
Jennifer Levey started her working career teaching music in secondary school. Later, as a busy Mum of four children, she worked as a TA at Primary level: In that time she worked as a 1-to-1 TA with children with complex needs, a class TA and a Pastoral TA focussing on the social, emotional developmental needs of the children.

Through the Enhanced training programme provided by Babcock, she trained as an Autism Practitioner for her school with a special focus on PDA and then studied and trained to be a Counsellor with Devon Counselling College.

Jennifer has experience of supporting children, young people and adults, and is passionate about improving equality and provision for Neuro-diversity in society, particularly mental health and well being.

By phone: 07789 647180 By email: jennifer.levey@cedaonline.org.uk

“We like the way that Bis-net consultants are never fixed in their professional opinions; they are always happy to learn, as new evidence comes to light, and in turn pass their broader knowledge onto parents and carers.” Squire family



Contact information

By Post

The Clare Milne Centre
Emperor Way
Exeter Business Park
EXETER
EX1 3QS

Online

www.cedaonline.org.uk/bis-net

By Phone

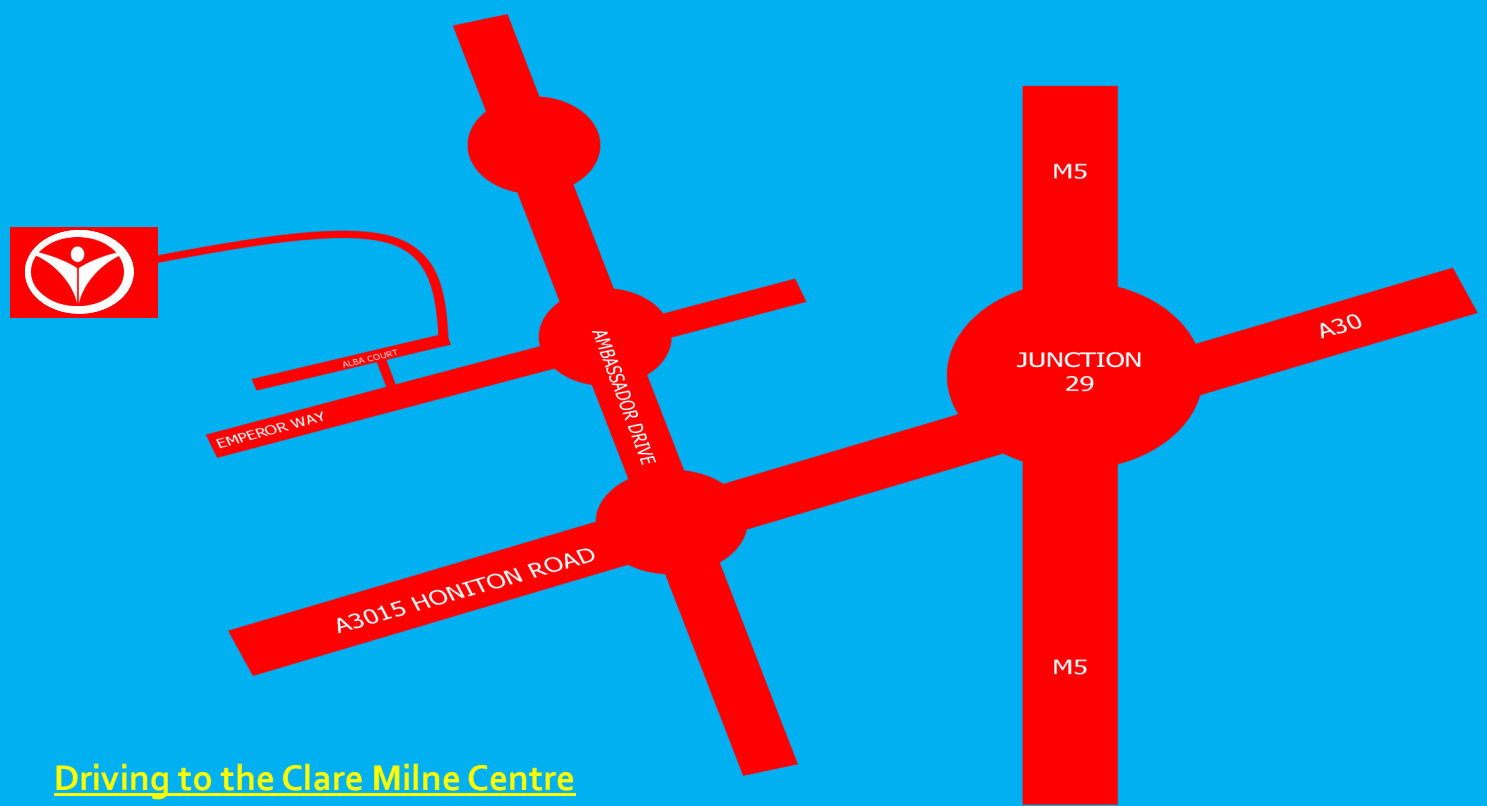
01392 360645—ext 4

Social Media

www.facebook.com/CEDABisNet

Email

bisnet@cedaonline.org.uk



Driving to the Clare Milne Centre

Our offices based at The Clare Milne Centre are conveniently located off Junction 29 of the M5. We are on the Exeter Business Park just off from the Sowton Industrial Estate. There are a few bus stops within walking distance of The Clare Milne Centre. The Met Office is a good landmark, it is important you follow the black traffic signs for the Met Office to get into Emperor Way.



bis-net

behaviour intervention
support network

www.cedaonline.org.uk

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