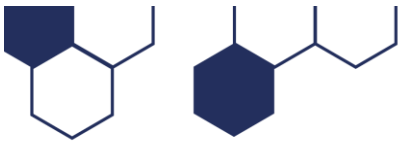


Health
Innovation
Manchester

Paediatric Autism Communication
Therapy (PACT)
Implementation Resource Pack
March 2021



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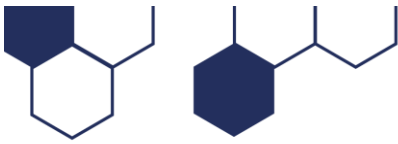
1 PURPOSE

- 1.1 This document brings together key resources for the implementation of PACT as a reference guide.



2 BACKGROUND

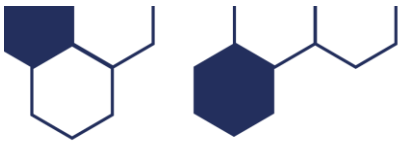
- 2.1 Paediatric Autism Communication Therapy (PACT) is an evidence-based intervention in which therapists work with parent/carers to enhance social communication with their young child with autism spectrum disorder (ASD).
- 2.2 PACT is the first autism intervention to have shown long-term reduction in autism symptom severity¹: in a large clinical trial, the group of children receiving PACT pre-school, when compared to usual care, showed improvements in social communication and a reduction in level of restricted and repetitive behaviours that were sustained into middle childhood, six years after the end of treatment.
- 2.3 Health Innovation Manchester has worked with the Greater Manchester Health and Social Care Partnership and the PACT team at the University of Manchester to undertake a barriers and enablers capture. Key findings from the barriers and enablers capture are included in this resource pack along with other useful materials for implementation.

¹ <https://researchoutreach.org/articles/working-parents-carers-help-autism-development/>



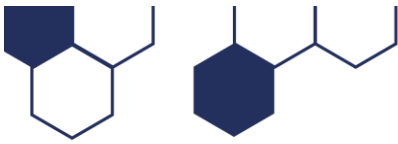
3 HOW THE PACT INTERVENTION WORKS

Detail	Resource
<p>Explanation of the intervention</p>	<p>Paediatric Autism Communication Therapy (PACT) is an evidence- based intervention in which therapists work with parent/carers to enhance social communication with their young child with autism spectrum disorder (ASD).</p> <p>PACT is the first autism intervention to have shown long-term reduction in autism symptom severity: in a large clinical trial, the group of children receiving PACT pre-school, when compared to usual care, showed improvements in social communication and a reduction in level of restricted and repetitive behaviours that were sustained into middle childhood, six years after the end of treatment. In other studies, PACT has also been applied successfully in children up to 10 years of age.</p> <p>PACT is a partnership between professionals and the parent/carer - enhancing the knowledge and skills of those who know the child best, while working with professionals who have specialist knowledge and skills in autism. The therapist uses specific video feedback techniques to help parents recognise, respond to and enhance your child’s communication. They will also work to support and empower parents to embed these communication techniques into daily family life. In this way, children are supported to develop their interaction and communication skills in their natural environment, which is one of the most effective ways of ensuring enduring improvements in social communication skills.</p>
<p>Information for parents</p>	<p>https://www.pacttraining.co.uk/information-for-professionals/</p> <p>https://issuu.com/hogrefeltd/docs/pact_parents_flyer_issuu?fr=sNzMzMzI3MDA4NQ</p>
<p>Videos and flyers</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>PACT PARENT flyer 2019 IMPACT approve</p> </div> <div style="text-align: center;">  <p>PACT professionals flyer_2020_issuu.pdf</p> </div> </div>
<p>Training information</p>	<p>Therapist</p> <p>https://www.pacttraining.co.uk/about-pact-training/</p> <p>Commissioners</p> <p>https://www.pacttraining.co.uk/information-for-commissioners/</p>
<p>Evidence base</p>	<p>https://researchoutreach.org/articles/working-parents-carers-help-autism-development/</p>

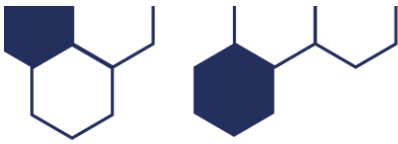


4 FINDINGS FROM BARRIERS AND ENABLERS CAPTURE

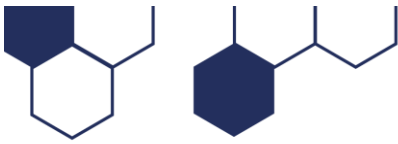
Theme	Details	Suggestions
<p>Supporting the workforce</p>	<p>A common theme arising throughout all aspects of the exercise was the need to support the workforce to be able to effectively deliver the intervention. PACT professionals require the full support of their managers and executives, backed with funding and backfill and with established peer support networks. The workforce also needs to be supported with funding to complete their training, the autonomy to manage their own diaries and with adequate resource of trained professionals within their locality to manage the workload.</p>	<p>Developed peer support networks</p> <p>Throughout this exercise, it is clear that peer support networks are one of the most powerful tools to the development of the professionals, and the PACT team already does well at facilitating these. It is recommended that these continue in their current format and are expanded where appropriate. Possible options for expansion are networks by region or locality, from training groups, those at a similar level of experience and those by improvement theme.</p> <p>Access to the PACT manual</p> <p>It is suggested that a current version of the PACT manual is available to all trained practitioners. Although there were benefits to the e-manual, such as regular updated, a majority of the therapists spoken to prefer the use of a hard copy, which is easier to locate and can be personalised with notes.</p> <p>Provide of backfill and funding</p> <p>A recommendation that is of course easier said than done, however backfill and funding is vital to a successful implementation. Alternative and innovative options for funding could be looked at, such as national, regional and local bidding opportunities, to fundraising and financial arrangements with commissioners.</p> <p>Education sector engagement</p> <p>It was cited a number of times within the parent and carer survey that teachers were unaware of PACT principles once their child started to attend school, which hindered the development of the</p>



		<p>child and made them confused with the different approach taken. It is suggested that outreach to schools in particular which have PACT children is commenced, and that teachers are provided with a short document or video which details basic PACT techniques. The next phase of the project could look to embed the therapy within schools and nurseries.</p>
<p>Family centred, evidenced based approach</p>	<p>Another recurring theme was that the intervention is family centred and has an evidenced based approach. The robust evidence base gives greater confidence in the intervention, resulting in increased engagement, both with families and managers and executives. The culture and approach were endorsed by the majority of practitioners; many noted that it was refreshing and a successful change from standard off-the-shelf offerings within autism. However, due to the impact of COVID 19 on people’s everyday lives, some families were not ready to engage. It was also suggested that in order to improve the approach, consideration needs to be given to how it could be adapted to be culturally relevant in different contexts</p>	<p>Maintain culture and approach</p> <p>The culture and approach of the PACT intervention is held in high regard both by the professionals and parents, carers and child. It is recommended that this is not diluted as the intervention grows and it is maintained, just as it has done throughout the time it has been active. The users and providers benefit from taking part in something that is so unique and innovative, and it is one of the key drivers of success.</p> <p>Develop number of trained therapists per locality</p> <p>As expected, one of the biggest challenges around growing PACT is the number of therapists that are able to deliver the intervention. It is suggested that the PACT look into solutions for expanding training options and availability. This could be through more training sessions, building up a network of train the trainer, to financial support and solutions to increase access to NHS services and providers that are currently financially constrained.</p>
<p>Alignment with the wider system</p>	<p>Analysis indicated that PACT should be embedded as part of the wider system. Awareness of the intervention and its benefits could be increased, both within Learning Disability & Autism (LD&A) and the wider system as a whole. There are policy levers and incentives that could be utilised to support embedding the intervention. Thought is needed about how PACT fits</p>	<p>Build awareness of PACT across GM</p> <p>The PACT team have noted that there have been continual efforts to build awareness of PACT through different avenues. Accessing professional communications and public relations support can help the team. It is suggested to engage with comms and PR leads from organisations such as</p>






	<p>within the pathway. There was also a suggestion that further consideration is needed about how to select the families that will benefit most.</p>	<p>GMHSCP, UoM and NHS Digital for advice and support.</p> <p>Drivers and leaders within the system</p> <p>Another area that would build awareness of the intervention is identify, engage and utilise the drivers and leaders in the system to propel and prioritise PACT.</p> <p>Develop the patient journey</p> <p>The journey of the patient should be what is the most effective, and this should be built around PACT. It is suggested that where possible, pathways are redesigned with PACT at the heart of them, which would prioritise what is effective and what the evidence points towards.</p> <p>Education Setting</p> <p>As suggested earlier in the report, embedding PACT into the education setting is complex and a big task. The PACT team have already been looking into this, and it is suggested that research continues in this area. Once a child who has undertaken PACT moves into school or nursery, it is important that educational professionals have the tools and knowledge to continue implementing the relevant techniques.</p>
<p>Putting in place practical processes to ensure effective delivery</p>	<p>There is a need to make sure there are practical processes in place to enable PACT to be delivered effectively. Processes include; information governance, administration and recruitment, but also touches on aspects such as marketing to make sure it is ready for the next stage of growth. Further consideration also needs to be given to ensuring the intervention is financially sustainable, including working out processes to gain funding and put in place backfill.</p>	<p>Develop IG processes</p> <p>Due to the varying IG regulations within each locality of GM, there is not a one-size-fits-all approach to information governance. However, there was greater success with the teams that were able to gain approval to use digital systems that were familiar with parents and carers, such as WhatsApp. It is recommended that a locality about to implement attempts to engage their IG team and push for using WhatsApp, that is as safe as possible.</p> <p>Admin support to therapists</p>





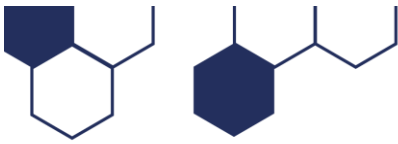
		<p>Another major barrier was the spare time therapists had to complete their admin. If the team is off a sufficient size, the availability of admin support will free up time for therapists to focus on their cases and where appropriate, increase caseload availability to avoid them feeling overwhelmed.</p>
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5 PROJECT MANAGEMENT RESOURCES

Detail	Resource
<p>Template project plan</p>	 IMPACT PROJECT GANTT
<p>Financial costs/budget template</p>	 GM project budget breakdown.xlsx
<p>Information Governance video consent template</p>	 PACT video consent clinical future use .doc




6 COMMUNICATIONS RESOURCES

Detail	Resource
<p>Flyers</p>	 PACT PARENT flyer 2019 IMPACT approve  PACT professionals flyer_2020_issuu.pdf
<p>PACT social media accounts</p>	<p>https://www.facebook.com/PACTinternational/</p>



Online resources and websites	https://www.pacttraining.co.uk/
PACT Symposium	<i>Please contact the PACT team for access to materials from the Symposium if required.</i>

7 KEY STUDIES AND EVIDENCE FOR PACT

Detail	Resource
Autistica evidence review	 Autistica-evidence-summary-Parent-led-vid
Grant Thornton review	 GMHSCP - Service review for CYP with Co  GMHSCP - Health service review for LAC

8 EXEMPLAR SUCCESS STORIES

These examples have been illustrations of how different areas have approached PACT.

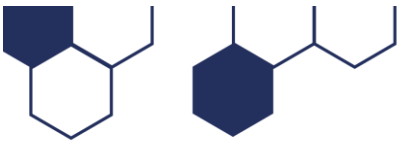
Stockport

Stockport started implementing PACT on completion of the first trial in 2010.

PACT is embedded in their core service delivery as part of the pre-diagnostic and post-diagnostic pathway. Stockport has 7 PACT certified speech and language therapists. They deliver 11 PACT sessions per week; 6 PACT sessions per day and have moved to online teleconference PACT during COVID-19. Online delivery has been more efficient than face-to-face implementation, PACT sessions are 1 hour per session).

In January to July 2019 - 115 children received PACT; in 2018-19 - 166 children received PACT. The volume of referrals for PACT has increased each year.

Stockport received additional commissioner funding for PACT training and have prioritised PACT over other interventions following positive feedback from parents and professionals. Local PACT supervision takes place every 6-12 months; fidelity maintenance as part of supervision. Professionals support includes peer supervision frequently in the office.



Commencing pre-diagnostic intervention is considered according to parental readiness and some parents need time to adjust before engaging in PACT intervention.

North West Wales

Our journey

Staff working with children with Autism in the Betsi Cadwaladr University Health Board in North West Wales first heard about PACT at a local conference in 2011 where Catherine Aldred presented the outcomes of the original PACT trial. Following this funding was sought to train some staff and in 2012 a group of 10 psychologists, SLTs and education staff received PACT training. Staff went on to deliver PACT in their core roles. PACT was also delivered as part of a grant-funded project between 2012 and 2017. Following the success of this trial, funding was sought from the Welsh Government to form a small multi-disciplinary team to deliver PACT. We were originally granted 3 years of funding that was extended to run to the end March 2022.

Aims of the service

We aim to deliver PACT to children identified as having social communication difficulties, often prior to assessment and diagnosis. We take referrals from a range of health and education professionals.

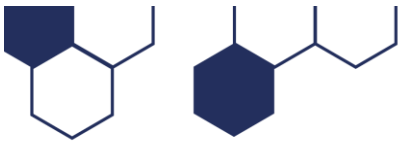
An important part of remit of the team is to provide training to staff working directly with children with social communication difficulties in educational settings. We have trained hundreds of staff in how to work with children in a 'PACT informed' way.

The team

The team is currently made up of one full time psychology assistant, one full time speech and language technical instructor, 4 sessions of Band 7 Speech and Language Therapy, 3 sessions of Band 8A Clinical Psychology time (one CP has 2 sessions and one has 1 session). There was also funding for a member of staff from education in the original proposal.

What has helped us implement PACT in our area.

- The well-documented evidence base for PACT
- Funding from the Welsh Government has given us freedom to design and deliver a service which places delivering PACT for families at its core.
- Collaboration and support from the PACT team in Manchester when we started out and now the IMPACT social enterprise. This has included opportunities for staff to become IMPACT associates and to train to be PACT trainers which will allow for local training of staff to happen
- We have gathered service user feedback to inform delivery. We have had two trainee clinical psychologists carry out qualitative research projects on PACT delivery and implementation.
- We report to managers and the Welsh Government through regular quarterly reporting of our progress and outcomes
- We have established our own structure to support PACT therapists locally by providing regular peer supervision groups facilitated by experienced team members. We also provide



individual supervision, monitor service provision and support each other to improve the service.

- We have adopted a flexible approach to PACT delivery involving multidisciplinary, multiagency working. We have linked in with interested others, supporting ‘PACT champions’ in different professional groups and settings (psychologists, SLTs, specialist teachers), offering training within a child’s setting on request.

The future

Our funding has been extended to run until the end of March 2022. We hope by then to embed the PACT delivery in core services and are working towards this aim.

Warwickshire

Warwickshire have trained 3 PACT trained therapists trained in 2018-20 and are piloting a PACT service in their ASD pre- and post-diagnostic pathway.

London

PACT leads based at Guy’s St Thomas’ Hospital, (GSST) London trained a group of 20 professionals from health and education sectors; 13 achieved PACT certifications in 2019-2020. GSST provide PACT as part of their post-diagnostic pathway implemented by two PACT therapists.

8 FAQ'S

What equipment do I need for PACT?

Materials and equipment required include a video camera (e.g. camcorder or pad), memory card, screen for video play back (e.g. laptop), secure video storage (e.g. encrypted external hard drive) and a range of toys. The list of suggested toys is contained in the PACT manual.

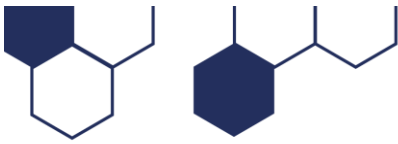
Are the PACT sessions carried out at the family home or in a centre?

PACT may be delivered in the home, at a centre/clinic, or other caregiver setting. PACT practitioners are advised to consider home factors that assist the PACT sessions e.g. an appropriate space/ room, considering creating a quiet, calm setting, managing distractions (e.g. TV, video, radio off).

How do I deliver PACT in a low resource setting?

In low resource settings play may include available every day or household items, e.g. cooking utensils, large boxes, food, fabric, a ball, bubbles. The child's motivation is considered when selecting suitable play material.

Can PACT be delivered online?



PACT can be delivered through live online methods. Please see our PACT teleconference guidance:

PACT Teleconference adaptations 150320

What if the child is not motivated by toys?

For children who are not motivated by toys, interaction and play with no toys is included in PACT e.g. songs, music, rhymes, actions, interaction games.

Post-course supervision

Why do I need to complete post-course work?

PACT requires practice in implementing the clinical competencies and PACT techniques e.g. using cascading probes in therapist feedback, developing therapeutic alliance with parents/ carers, observation skills and video analysis, selecting video clips, setting social communication goals and measuring progress through the stages. Training in these clinical competencies is progressive from the 2-day live training course through supervised post-course clinical practice to gain PACT accreditation.

What is the timescale for completing the post-course work?

This depends on how quickly the trainee can find the practice cases. If parents have agreed to practice sessions prior to the professional attending the 2-day PACT course, the practice usually takes 3 months. Where trainees need time to identify practice cases and may require more practice, post-course fidelity may extend to 6 months. It is recommended post course work commences within 1 month of completing the 2-day live PACT training. You may submit your two practice videos of the same family or two different families.

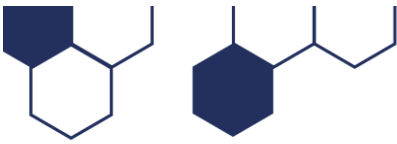
What do I need to submit for post-course supervision?

You will need to submit:

- A video of a full PACT session including review, adult-child play session, feedback and goal setting.
- A copy of the written programme.
- A translation of the session into English, where applicable. Please email info@pacttraining.co.uk to confirm whether a translation is needed.

Can I practice PACT with more than 2 families and chose 2 cases to submit 2 videos for fidelity rating?

Trainees may choose to practice with more than 2 families. The IMPACT senior trainer will view two case videos (including the parent-child play, therapist's feedback session with the



parent, setting home goals and a copy of the written home programme). The senior trainer provides supervision and feedback once one video has been viewed, the trainee continues to practice, and then submits the second case video for fidelity rating. Once trainees pass the fidelity, they receive a PACT certificate. The trainee may be asked to submit a further case video if they do not pass fidelity initially.

What is the timescale for completing the post-course work?

This depends on how quickly the trainee can find the practice cases. If parents have agreed to practice sessions prior to the professional attending the 2-day PACT course, the practice usually takes 3 months. Where trainees need time to identify practice cases and may require more practice, post-course fidelity may extend to 6 months. It is recommended post course work commences within 1 month of completing the 2-day live PACT training. You may submit your two practice videos of the same family or two different families.

Is PACT post-course supervision individual or in a group?

Post course supervision is usually delivered individually where the senior lead PACT views and rates individual trainee videos. In some circumstances, where we offer the 'train the trainer' programme, the lead champion may deliver local group supervision with a group of 4-5 PACT trainees. Lead champions submit 1 post course video for senior IMPACT review to check consistency of fidelity rating.

Is the post-course work face to face or online?

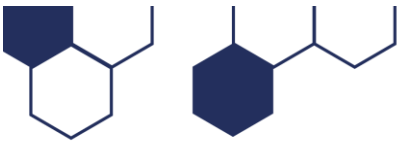
Trainees send the case video using a secure web link or on an encrypted memory stick for senior trainer review. Feedback and supervision is provided online and a written summary provided by email. For centres becoming PACT centres of excellence, a local PACT lead may review trainee post course videos in face-to-face supervision sessions.

Do I need to share videos with IMPACT?

You will need to obtain consent from families to share videos, in line with your local policies. We use a secure platform to share videos; these are only accessible to yourself and IMPACT. All IMPACT associates meet GDPR requirements.

How do I complete post-course practice during social distancing?

During times of restricted face-to-face contact, you may record the parent-child play and your PACT practice feedback session with the parent using the record button on the online platform and submit your video recording of your practice PACT session. When you click 'record' on the online platform, the recording is automatically saved on your computer (usually in documents). Parents have the choice of sending 2-3 2-minute pre-recorded home-made clips of parent-child play or you may record the parent-child play using the online platform. You can save the recording on your computer, then click 'share screen' to



watch the full video and review the two best 1-minute video clips whilst delivering PACT feedback with the parent. PACT supervisors are only observing your practice and demonstration of PACT techniques.

If I gain accreditation, can I then provide supervision for colleagues who have attended the 2-day training?

Only PACT associates and local PACT leads can provide post-course supervision. Please see 'Developing a PACT service' for further details. Please email info@pacttraining.co.uk if you wish to become an associate or local lead.

Developing a PACT service

I am an accredited PACT therapist; how can I train and supervise others?

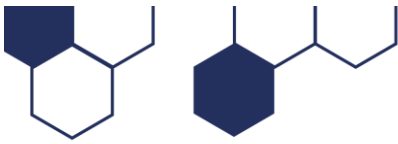
A professional wishing to become a PACT trainer gains experience of 5 clinical cases after achieving accreditation. Following this, they may become a PACT trainer by co-training on a Level 2 training course and co-rating two post-course supervision videos with a senior IMPACT trainer. In the UK, PACT trainers are associates for IMPACT. All training courses are arranged and advertised through IMPACT. If you would like further details, please email info@pacttraining.co.uk to express an interest in becoming a PACT trainer.

Are you looking for NHS SLT departments that are keen to use PACT with the aim to pilot PACT and carry out implementation trials in their community services?

We have a number of implementation trials to test PACT in different communities, countries, cultures. We support local communities piloting and delivering local implementation trials by gaining feedback from users and parents (e.g. measuring changes in parent self-efficacy, family life questionnaire, parental values and aspirations) to inform help inform local service delivery and feedback social values to our IMPACT social enterprise. Several UK based PACT services have gained NHS funding based on quality measures of this kind.

Would an experienced and capable band 6 professional be able to implement PACT after accessing the training or do you feel a higher level of clinical experience is necessary?

Qualified professionals with experience in working with children with autism and families is required to be able to train in PACT. A minimum of 5 years clinical experience including 2 years' experience of working with children with autism and their families is required to be eligible for accredited PACT training. Professionals below band 6 may complete the PACT level 1 e-learning course.



Please direct any queries to info@pacttraining.co.uk

<u>Name</u>	<u>Title</u>
Jonathan Green	Director - IMPACT
Catherine Aldred	Director - IMPACT