

Restraint & Seclusion

Using Restraint & Seclusion

Every effort is made to prevent the need for using seclusion and restraint techniques. We strive to keep the school environment structured and focused on positive interventions and supports that almost always eliminate the need to use restraint or seclusion.

Physical restraint and/or seclusion is only used:

- When a student's behavior presents a threat of imminent risk of harm to self or others and only as a last resort to protect the safety of self or others;
- By a staff member properly trained to safely use such a technique;
- To the degree necessary to stop the dangerous behavior;
- In a manner that causes no physical injury to the student, results in the least possible discomfort, does not interfere in any way with the student's breathing or ability to communicate with others, and does not place excessive pressure on the student's back or chest or that causes asphyxia; and
- In a manner that is directly proportionate to the circumstances and to the student's size, age, and severity of behavior.

Any room that is used for seclusion:

- Is free of any object that poses a danger to the student who is placed there;
- Has an observation window;
- Has a ceiling height and heating, cooling, ventilation, and lighting comparable to operating classrooms in the school;
- Is of a size appropriate to the student's size, behavior, and chronological and developmental age;
- Shall only be used by one student at a time; and
- When in use shall always have a school employee supervising the student and able to see and hear the student at all times.

Additionally,

- All school staff members are trained annually on how to create and maintain a structured school environment focused on positive interventions that diminishes the need for the use of restraint or seclusion.
- Select school staff members are trained annually on the safe and appropriate usage of physical restraint and seclusion. These are the only staff members who use restraint or seclusion.
- Seclusion and/or restraint are never used as a form of discipline or punishment; as a threat to control, bully, or obtain behavioral compliance; or for the convenience of school personnel.
- No student is ever subjected to unreasonable, unsafe, or unwarranted use of seclusion or physical restraint.
- No student is placed in seclusion or physically restrained if he/she is known to have a medical or psychological condition that precludes such action, as certified by a licensed health care provider in a written statement to the school.

- No student is subjected to mechanical restraints that restrict the student's freedom of movement.
- Any student placed in restraint or seclusion is monitored continuously. Such monitoring is documented at least every 15 minutes and adjustments are made accordingly based on the student's behavior.
- A student placed in restraint or seclusion is released as soon as the reasons justifying such action have subsided.
- Seclusion and/or restraint never involved a drug or medication to control behavior or restrict freedom of movement (except as may be prescribed by a licensed physician or other qualified health professional acting under the scope of the professional's authority under State law and administered as prescribed by the licensed physician or other qualified health professional acting under the scope of the professional's authority under State law).
- The documentation compiled for any student who has been placed in seclusion or physically restrained and whose challenging behavior escalates is reviewed at least once every three weeks.
- If a student with a special education designation is involved in 5 incidents in a single school year involving the use of restraint or seclusion, the student's IEP team will review and revise the student's behavior intervention plan to include any appropriate and necessary behavioral supports.
- The school's culture team regularly reviews restraint and seclusion documentation to determine if there are any students or staff members who required additional supports, interventions, and/or training.

Communicating and Reporting

After being engaged in an instance of restraint or seclusion, the school staff member will notify the principal and director of special education student (if the incident involved a special education student). The school will then notify the student's parent within 24 hours. Such notification will include:

- The date and duration of the restraint or seclusion;
- A description of the incident that warranted the use of restraint or seclusion;
- The names of all staff members involved in the incident.

Documentation of each incident of restraint or seclusion is also maintained in the school's student information system and reported to government entities as required.

Definitions

Physical Restraint: Physical Restraint is using bodily force to limit the movement of a student's torso, arms, legs, and/or head. This term does not include:

- Consensual, solicited, or unintentional contact;
- Momentary blocking of a student's action if the student's action is likely to result in harm to the student or any other person;
- Holding of a student, by one school employee, for the purpose of calming or comforting the student, provided the student's freedom of movement or normal access to his/her body is not restricted;

- Minimal physical contact for the purpose of safely escorting a student from one area to another; or
- Minimal physical contact for the purpose of assisting the student in completing a task or response.

Mechanical Restraint: A Mechanical Restraint is the use of any device or object used to limit a student's freedom of movement. This term does not include devices implemented by trained school personnel, or utilized by a student that have been prescribed by an appropriate medical or related services professional and are used for the specific and approved purposes for which such devices were designed, such as:

- Adaptive devices or mechanical supports used to achieve proper body position, balance, or alignment to allow greater freedom of mobility than would be possible without the use of such devices or mechanical supports;
- Vehicle safety restraints when used as intended during the transport of a student in a moving vehicle;
- Restraints for medical immobilization; or
- Orthopedically prescribed devices that permit a student to participate in activities without risk of harm; or

It also does not include any device used by a duly licensed law enforcement officer in the execution of his/her official duties.

Seclusion: Seclusion is an involuntary confinement of a student alone in a room or area from which the student is physically prevented from leaving. This procedure isolates and confines a student until he or she is no longer an immediate danger to self or others. It may be used on an individual basis for a limited time to allow the student the opportunity to regain control in a private setting. It is not used to address behaviors such as general non-compliance, self-stimulation, and academic refusal.

Seclusion Room: A seclusion room is a room or other confined area, used on an individual basis, in which a student is removed from the regular classroom setting for a limited time to allow the student the opportunity to regain control in a private setting and from which the student is involuntarily prevented from leaving. This term does not include a "timeout," which is a behavior management technique that is part of an approved program, involves the monitored separation of the student in a non-locked setting, and is implemented for the purpose of calming.

