

Best Practices in Behavior Management: Preventing and Reducing the Use of Restraint and Seclusion

**2002 Technical Assistance Mental Health Block
Grant Conference**

**May 30, 2002
Washington, D.C.**

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GOALS

- To familiarize participants with the SAMHSA grant on restraint and seclusion
- To solicit input from participants regarding promising practices and recommendations for future activities

SAMHSA Develops RFP

- Total allotment of two million per year for three years
- Selected five demonstration sites and one coordinating center

Grant Goals

- Year One-Identify best practices for reducing restraint and seclusion use through:
 - Improved staff training with 293 days of technical assistance
 - Develop evaluation methodology and conduct multi-site evaluation to measure impact of training and organization climate variables

Grant Goals

■ Year Two- Reinforce staff training with organizational support

- Training curricula on Best Practices in Behavioral Management developed & field tested
- Organizational factors that effect training are identified and synthesized into a Manager's Desk reference
- Development of a plan for mass dissemination of the research findings

Grant Goals

■ Year Three-Dissemination of findings

- Convene national conference to publicize findings
- Develop a ‘training for trainers’ program to help assist with dissemination of research products:
 - Training manual, desk reference, and evaluation tools

Demonstration Sites

The Methodist Home for Children and Youth Macon, GA

- Private multi-service agency
- Multi-site residential treatment facility
- Serves approximately 85 children and youth

Demonstration Sites

Girls and Boys Town National Resource and Training Center

Boys Town, NE

A.B. and Jessie Polinsky Children's Center

San Diego, CA

- County-run, campus based emergency shelter
- Serves children ages 0-18 who have been abused or neglected
- Population ranges from 125 up to 250

Demonstration Sites

Lakeside Treatment and Learning Center

Kalamazoo, MI

- Private, campus-based residential treatment facility
- Serves approximately 60 children and youth ages 9-18

Demonstration Sites

University of Alabama Brewer Porch Children's Center Tuscaloosa, AL

- Multi-service agency operated by the University of Alabama
- Multi-site community-based residential treatment facility
- Serves approximately 100 children and youth

Demonstration Sites

Connecticut Collaboration for Training Excellence

Klingberg Family Centers, New Britain, CT

- Private multi-service agency
- Residential treatment facility
- Serves approximately 70 children and youth ages 6-16

Devereux Glenholme School, Washington CT

- Private residential treatment facility
- Serves approximately 100 children and youth ages 5-18

Riverview Hospital, Middletown, CT

- State operated psychiatric facility
- Serves approximately 100 children and youth ages 5-18

The Partnership

■ CWLA

- Technical assistance to sites
- Coordinate National Advisory Committee
- Coordination and communication
- Evaluation
- Dissemination

■ FFCMH

- Technical assistance to sites
- Participate on the National Advisory Committee
- Conduct focus groups
- Provide comprehensive report of focus group activities

Primary Interventions

- **Competency-based assessment and training for staff**
 - Crisis management
 - Positive programming with children
- **Developing organizational supports for positive interventions**
- **Intensive consumer involvement**
- **Professional certification of workers**
- **Training for supervisors**
- **Improving audit systems to monitor and review incidents**
- **E-learning modules**

Current Status

- Internal Review Board (IRB) approval for project sites and coordinating center for evaluation component nearly complete
- Initial policy assessments based on the CWLA “Best Practice” Guidelines
- FFCMH consultant providing TA on consumer involvement and conducting focus groups with youth and parents of youth in residential care
- Site consultants providing demonstration sites with ongoing TA
- Development of a standard set of evaluation definitions and indicators
- Development of an interactive website for Demonstration Sites and separate website to provide the field with project information and updates
- Ongoing consultation with Project’s Advisory Committee
- Data collection on baseline restraint and seclusion practices
- Evaluation Component starts June 1st, 2002

Data Continuity Issues

■ UNIFORMITY

- Common Definitions
 - Chemical Restraint or PRN - or “as needed” medication
- Common Measures
 - No uniform Crises Incident Report (CIRs)
 - Two sites using own org. climate measures
- Common Data Points
 - Recording debriefing activities, restraint types, injuries (severity)

■ COMPLEX DESIGN

- Multiple sites
- Multiple starting points
- Multiple interventions
- Time series design

Challenges

- Data collection worthiness - for the purposes of SAMHSA research
 - Tracking Restraint/Seclusion events only
- Over exposure
 - Risk Management
- Administratively Burdensome
 - Program Rigidity or Intrusive Research

Curriculum Differences

- **BREWER-PORCHE:** Satori Alternatives to Managing Aggression (SAMA)
- **RIVERVIEW:** Therapeutic Assessment Communication & Education (TACE)
- **GLENHOLME:** Crises Prevention Institute (CPI) & Devereux “New Directions”
 - e- distance learning incorporated
- **KFC:** Therapeutic Crises and Intervention (TCI)
- **METHODIST HOME:** Crises and Aggression Limitation Management (CALM) adopted from Scottish model
 - Only site with specific goal to assess safety of physical intervention types
- **LAKESIDE:** Handle With Care
- **POLINSKY:** Professional Assault Response Training (PART)
- **GO TO CWLA RESIDENTIAL CARE WEBSITE FOR MORE INFO**

Evaluation Indicators

- **INDIVIDUAL INCIDENT DATA**
 - For all restraints and all seclusions
- **AGGREGATED DATA INDICATORS**
 - Evaluated during specific time periods
- **ORGANIZATIONAL CLIMATE ASSESSMENT**
- **BASELINE RESTRAINTS & SECLUSIONS**
- **PRE & POST ASSESSMENT OF PROGRAM WRITTEN POLICIES & PROCEDURES**
- **QUALITATIVE MEASURES**
 - Reports to SAMHSA
 - Significant Events Time-lines
- **FOCUS GROUP SUMMARIES**

Anticipated Project Outcomes

- Agency assessment process
- Training models and curricula
- Models for organizational change
- Evaluation data on effective practices
- General information regarding promising practices
- Dissemination of project materials and information

Ordering Information

CWLA's "Best Practice" Guidelines for Behavior Management

\$14.95

1-800-407-6273

or

www.cwla.org/pubs

For Further Information

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