

Cumberland School Department Policy Manual



STUDENTS RIGHTS AND RESPONSIBILITIES

J

Physical Restraint/Crisis Intervention

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INTENT

The intent of these policies is to ensure that every student attending the Cumberland Public Schools is free from unreasonable and unnecessary physical restraint, including freedom from prone restraint and to set parameters on the use of physical restraint as an intervention used to maintain a safe school environment. These policies delineate appropriate practice in those instances where physical restraint is absolutely necessary to protect a student or students, staff and/or other school members.

The Cumberland School Department has established these policies and procedures for the purposes stated within and to comply with the Physical Restraint Regulations promulgated by the Rhode Island Board of Regents for Elementary and Secondary Education and Rhode Island General Law 42-158-1, Freedom from Prone Restraint Act.

1.0 Physical Restraint Training

1.1 Required Training For All Staff. The Cumberland School Department shall designate personnel to determine a time and methods to provide all staff with training regarding the school's physical restraint/crisis intervention policies .

Training shall occur at least annually not later than within the first month of each school year. For employees hired after the school year begins, this training shall take place within the first month of their employment. Training shall include information on the following:

- (a) The program's restraint policy, including prohibition against prone restraint;
- (b) Training in the reduction/elimination of restraint and seclusion;
- (c) Interventions that may preclude the need for restraint, including de-escalation of problematic behaviors and the use of prevention tools, including positive behavioral interventions and de-escalation;
- (d) Types of restraints and related safety considerations, including information regarding the increased risk of injury to a student when an extended restraint is used;
- (e) Administering physical restraint in accordance with known medical or psychological limitations and/or behavioral intervention plans applicable to an individual student; and
- (f) Identification of program staff who have received advanced training pursuant to Regulation 4.3 in the use of physical restraint/crisis intervention;
- (g) The use of data to inform practice, Leadership towards organization change;
- (h) The inclusion of individuals, families and advocates; and
- (i) Debriefing techniques and outcomes

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1.2 Schedule of Training for All Staff

The Cumberland School Department will provide the following to all staff on an annual basis:

- (a) A copy of the School Departments Physical Restraint Policy;
- (b) access to the Rhode Island Board of Regents Physical Restraint Regulations;
- (c) professional development training on the district's policy and the Board of Regents Regulations for Physical Restraints; and
- (d) identification of staff within schools that have received advanced training on the use of physical restraint/crisis intervention.

1.3 Advanced Staff Training on the Use of Physical Restraint/Crisis Intervention.

At the start of each school year, The Cumberland School Department shall identify staff **that are authorized to serve as a school-wide based resource to assist other staff** in ensuring proper administration of physical restraint and crisis interventions. Designated staff shall participate in advanced training in the use of physical restraint/crisis intervention beyond the basic training offered to all staff. The School Department shall document the extent of such training.

1.4 Schedule of Advanced Training

- (a) At the start of each school year the Cumberland School Department will identify staff that are authorized to serve as a school-wide based resource to assist other staff in ensuring proper administration of physical restraint and crisis interventions.
- (b) The Cumberland School Department shall annually provide advanced training for identified and designated staff in the proper administration of physical restraint/crisis interventions.
- (c) The Cumberland School Department will maintain records on staff members receiving advanced training in the use of physical restraint/crisis intervention beyond the basic training offered to all staff.
- (d) The Cumberland School Department will adhere to the advanced training requirements as set forth in the Rhode Island Board of Education Regulations on Physical Restraints.
- (e) Staff will be trained in accordance with industry standards and appropriate certification requirements consistent with the Rhode Island Board of Education Regulations.

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1.5 Content of Advanced Training. The advanced training required in the proper administration of physical restraint/crisis intervention shall include, but not be limited to:

- (a) Appropriate procedures for preventing the need for physical restraint/crisis intervention, including the de-escalation of problematic behavior, relationship building and the use of alternatives to such restraints;
- (b) A description and identification of dangerous behaviors on the part of students that may indicate the need for physical restraint/crisis intervention and methods for evaluating the risk of harm in individual situations in order to determine whether the use of physical restraint and crisis interventions are warranted;
- (c) The simulated experience of administering and receiving physical restraint/crisis intervention, instruction regarding the effect(s) on the person restrained, including instruction on monitoring physical signs of distress and obtaining medical assistance;
- (d) Instruction regarding documentation and reporting requirements and investigation of injuries and complaints; and
- (e) Demonstration by participants of proficiency in administering physical restraint/crisis intervention.

2.0 Approved Use of Physical Restraint/Crisis Intervention.

The use of physical restraint/crisis intervention may be used only in the following circumstances:

- (a) Non-physical interventions would not be effective; and
- (b) The student's behavior poses a threat of imminent, serious, physical harm to self and/or others; and
- (c) If a behavioral intervention plan has been developed for the student, those various positive reinforcement techniques have been implemented appropriately and the child has failed to respond to those reinforcement techniques.

3.0 Limitations and Prohibitions against the Use of Physical restraint/Crisis Intervention

3.1 Limitations. Physical restraint/crisis intervention shall be limited to the use of such reasonable force as necessary to protect a student or another member of the school community from assault or imminent, serious, physical harm.

3.2 Prohibitions.

3.2.1 Prone Restraint. The use of Prone Restraint is strictly prohibited by any service provider employed by or under contract with the Cumberland School Department to provide support or care, residential support, education, health care, treatment, or direct supervision.

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"Prone restraint" means a restraint or hold that limits or controls the movement or normal functioning of any portion, or all, of an individual's body while the individual is in a face-down position. Prone restraint does not include the temporary controlling of an individual in a prone position while transitioning to an alternative, safer form of restraint.

3.2.2 Physical Restraint. The use of physical restraint/crisis interventions are prohibited in the following circumstances:

- (a) As a means of punishment;
- (b) As an intervention designed to, or likely to cause physical pain;
- (c) As in any intervention which denies adequate sleep, food, water, shelter, bedding or access to bathroom facilities;
- (d) As in any intervention which is designed to subject, used to subject, or likely to subject the individual to verbal abuse, ridicule or humiliation, physical pain, or which can be expected to cause excessive emotional trauma;
- (e) As in a restrictive intervention which employs a device or material or objects that simultaneously immobilize all four extremities, including the procedure known as prone containment, except that prone containment may be used by trained personnel as a limited emergency intervention when a documented part of a previously agreed upon written behavioral intervention plan;
- (f) As in seclusion, unless under constant surveillance and observation when documented as part of a previously agreed upon written behavioral intervention plan;
- (g) As in any intervention that precludes adequate supervision of the student;
- (h) As in any intervention that precludes adequate supervision of the student;
- (i) As in any intervention which deprives the student of one or more of his or her senses.

4.0 Proper Administration of Physical Restraint/Crisis Intervention.

4.1 Trained Personnel. Only personnel who have had training as outlined within these policies may administer physical restraint/crisis intervention with students. Whenever possible, the administration of a physical restraint/crisis intervention shall be witnessed by at least one adult who does not participate in the restraint. The training requirements contained within shall not preclude a teacher, employee or agent of a public education program from using reasonable force to protect students, other persons, or themselves from imminent, serious physical harm.

4.2 Use of Force. A person administering a physical restraint/crisis intervention shall use only the amount of force necessary to protect the student or others from physical injury or harm and shall discontinue the physical restraint/crisis intervention as soon as possible.

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4.3 Safety Requirements. Additional requirements for the use of physical restraint/crisis intervention are:

(a) No restraint shall be administered in such a way that the student is prevented from breathing or speaking. During the administration of a restraint, a staff member shall continuously monitor the physical status of the student, including skin color and respiration. A restraint shall be released immediately upon a determination by the staff member administering the restraint that the student is no longer at risk of causing imminent physical harm to him or herself or others.

(b) Restraint shall be administered in such a way so as to prevent or minimize physical harm. If, at any time during a physical restraint/crisis intervention, the student demonstrates significant physical distress, the student shall be released from the restraint immediately, and school staff shall take steps to seek medical assistance.

(c) Program staff shall review and consider any known medical or psychological limitations and/or behavioral intervention plans regarding the use of physical restraint/crisis intervention on an individual student.

(d) Following the release of a student from a restraint, the Public Education Program shall implement follow-up procedures. These procedures shall include reviewing the incident with the student, as appropriate, to address the behavior that precipitated the restraint, reviewing the incident with the staff person(s) who administered the restraint to discuss whether proper restraint procedures were followed, and consideration of whether any follow-up is appropriate for students who witnessed the incident.

5.0 Reporting Requirements.

5.1 Informing School Administration. The staff member who administered the physical restraint/crisis intervention shall inform the administration of any public education program of the use of a physical restraint/crisis intervention as soon as possible, and by a written report not later than the next working day. The administration shall maintain an ongoing written record of all reported instances of physical restraint/crisis intervention.

5.2 Informing Parents. The school administration shall have procedures to inform the student's parent(s) or guardian(s) of the use of a restraint as soon as possible, and not later than two (2) school days after each incident. Written documentation of this notification shall be maintained by the public education program.

5.3 Contents of Report. The written report required by these policies shall include:

(a) The names and job titles of the staff who administered the restraint, and observers, if any, the date of the restraint, the time the restraint began and ended, and the name of the administrator who was verbally informed following the restraint;

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- (b) A description of the activity in which the restrained student and other students and staff in the same room or vicinity were engaged immediately preceding the use of physical restraint/crisis intervention, the behavior that prompted the restraint, the efforts made to deescalate the situation, alternatives to restraint that were attempted, and the justification for initiating physical restraint/crisis intervention;
- (c) A description of the administration of the restraint including the holds used and reasons such holds were necessary, the student's behavior and reactions during the restraint, how the restraint ended, and documentation of injury to the student and/or staff, if any, during the restraint and any medical care provided;
- (d) Information regarding any further action(s) that the school has taken or may take, including any disciplinary sanctions that may be imposed on the student, and a behavioral intervention plan was developed or modified as a result of the restraint;
- (e) Information regarding opportunities for the student's parents or guardians to discuss with school officials the administration of the restraint, any disciplinary sanctions that may be imposed on the student and/or any other related matter.

5.4 Report to the R.I. Department of Education. The Cumberland School Department shall comply with the reporting requirements of the R.I. Department of Education.

5.5 Monitoring, Documentation and Review. The Cumberland School Department will engage in a systematic monitoring and review of documentation of reports and any further information available concerning the school departments use of physical restraint and seclusion, and prohibition against prone restraint.

6.0 Emergency Situations. These policies shall not create a barrier to maintaining a safe school environment and they do not limit the ability of school personnel or their agents from using reasonable force to protect students, other persons or themselves from imminent, serious physical harm.

7.0 Behavioral Intervention Plans. Once the use of physical restraint/crisis intervention has been employed on a student, school personnel shall determine if the student requires a behavioral intervention plan as part of the student's education program, and if one already exists, whether that plan needs to be modified or adjusted.

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