

Pembroke Public Schools
Physical Restraint Procedures
Massachusetts 603 CMR 46.00 Preventing Physical Restraint

Behavior Support Plan

This district wide Behavior Support Plan is designed for all students in accordance with Massachusetts Law 603 CMR 46.00 and Pembroke Public Schools Physical Restraint Policy. This plan is designed to prevent the use of physical restraint; and is progressive in nature. Should a student require a physical restraint, the building level Behavioral Support Team should be contacted. The Behavioral Support Team consists of staff that have received PMT Training.

_____ 's Behavioral Support Team members are:
 _____;
 _____;

The protocol for contacting the Behavioral Support Team is:

 _____.

<p><u>1.)Prevention</u> Prevention includes using proactive steps before a behavioral crisis occurs. It also involves assuring staff has training; appropriate staffing; policies/procedures in place including behavioral support plans; appropriate programming; ability to recognize individuals strengths, weaknesses and triggers.</p>	<p>*Interrupting Interrupting is the first thing to do when trying to break a chain of behaviors, distracting the individual to another topic or something in the environment.</p> <p>*Ignoring Ignoring is used during the early stages of negative behavior in which the behavior is not visibly responded to, in order to avoid inadvertently reinforcing it. It does not mean that early danger signs are truly ignored and does not mean that dangerous behaviors are ever ignored.</p> <p>*Redirecting Redirecting is used to manage a potentially dangerous behavior by deflecting or redirecting the behavior, and then reinforcing a more appropriate behavior by rewarding the individual for displaying the more appropriate behavior.</p>
<p><u>2.)Alternatives</u> Alternatives include less intrusive behavior interventions and supports.</p>	<p>*Positive behavioral interventions *Verbal directive to cease behavior *Opportunity for a break (at seat and motor) *De-escalation techniques including self- calming strategies (stress ball; music; remove task; preferred item) *Loss of earned tokens/rewards/privileges</p>
<p><u>3.)Time Outs</u> Time-outs are a behavioral support strategy in which a student temporarily separates from the learning activity or the classroom, either by choice or by direction from staff, for the purpose of calming.</p>	<p>*During time-out, a student must be continuously observed by a staff member. *Staff shall be with the student or immediately available to the student at all times. *The space used for time-out must be clean, safe, sanitary, and appropriate for the purpose of calming. *Time-out shall cease as soon as the student has calmed. *<u>Any time outs over thirty (30) minutes must obtain principal approval.</u></p>

<p><u>4.)(BRIEF) Physical Prompts, Assists and Escorts</u></p>	<p>*Physical Prompt or Assists A Physical Prompt or Assist is used when the upset person is moving forward but with little resistance. Staff has hands on the individual, but individual is not displaying assaultive behavior or significantly resisting. Intention of this assist is to move the individual from one place to another and to release him/her upon arrival at desired location. Physical assists must be <u>brief in nature</u>.</p> <p>*Physical Escort A Physical Escort is a temporary touch or holding, without the use of force, of the hand, wrist, arm, shoulder or back for the purpose of inducing a student who is agitated or upset to walk to a safe location. Physical Escorts must be <u>brief in nature</u>.</p>
<p><u>5.)Physical Restraints</u></p> <p>Physical restraint is defined as direct physical contact that prevents or significantly restricts a student’s freedom of movement. Physical restraint does not include: brief physical contact to promote student safety, providing physical guidance or prompting when teaching a skill, redirecting attention, providing comfort, or a physical escort. Physical restraint shall only be used when needed to protect a student and/or a member of the Pembroke school community from assault or imminent, serious, physical harm. Furthermore, any such physical restraint shall be administered so as to prevent or minimize any harm to the student.</p> <p>Physical restraint shall <u>not</u> be used as a means of discipline or punishment; if the student cannot be safely restrained due to medical contraindications which have been documented by a licensed physician and provided to the District; as a response to property destruction, disruption, refusal to comply with rules or staff directives, or verbal threats when those actions do not constitute a threat of assault or imminent, serious, physical harm. Physical restraint shall not be used as a standard response for any individual student. Physical restraint is an emergency procedure of last resort.</p> <p>All physical restraints must terminate as soon as the student is no longer an immediate danger, or if the student indicates that he/she cannot breathe, or if the student is observed to be in severe distress. If any physical restraint approaches twenty (20) minutes, staff will obtain the approval of the building Principal to continue the restraint based upon the student’s continued agitation.</p>	<p>*Passive Protective Holds Passive Protective Holds are used by one or two staff to facilitate a short term emergency physical intervention. The individual is potentially causing harm to self/others or is engaged in major property destruction that could potentially lead to harm to self or others.</p> <p>*Transports Transports are used to move an upset individual from one area to another area. This is used when the individual is not cooperating and may be aggressive/assaultive. Individual must have their feet on the floor. Purpose of a transport is to move the individual from danger to safety, not from danger to destination.</p> <p>*Immobilization Holds Immobilization Holds prevent the individual from moving freely and involve immobilizing head, arms and legs.</p>