

PHYSICAL RESTRAINT AND CRISIS INTERVENTION WITH STUDENTS

I. PURPOSE:

This policy is established to ensure the safety and security of Bristol Warren students and staff and define the parameters of appropriate physical restraint and crisis intervention.

II. PHILOSOPHY:

Every Bristol Warren student shall be free from the unreasonable use of physical restraint and crisis intervention. Physical intervention, the use of manual or mechanical restraint or escort involving physical contact should only be used as a crisis intervention for the purpose of preventing harm or injury. The crisis intervention must not include procedures that intentionally cause pain, injury, trauma or humiliation. A physical restraint crisis intervention should not be used for the purpose of changing behavior in situations where no protection from harm or injury is needed. Only the least intrusive physical interaction needed to adequately protect the child or others shall be used and shall be terminated as soon as the need for protection has abated.

III. PROCEDURES

The Bristol Warren Regional School District (BWRSD) administration shall forthwith develop written procedures regarding appropriate responses to student behavior that may require the use of physical restraint/crisis intervention. Such procedures shall be annually reviewed and provided to school staff and made available to parents of enrolled students. Such procedures shall include, but not be limited to:

- (a) Methods for preventing student violence, self-injurious behavior, and suicide, including de-escalation of potentially dangerous behavior occurring among groups of students or with an individual student;
- (b) The BWRSD policy regarding intervention that provides a description and explanation of the BWRSD's method of physical restraint/crisis intervention, a description of the BWRSD's training requirements, monitoring and reporting requirements, internal review and follow-up procedures, and a procedure for receiving and investigating complaints regarding restraint practices.

A. Staff Training

Required Training

The BWRSD administration shall designate personnel to determine a time and methods to provide all staff with training regarding the School Department's Physical Restraint and Crisis Intervention with Students Policy. Such 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.

The training shall be approved by the Commissioner of Elementary and Secondary Education and shall include all required information including:

- (a) The BWRSD Physical Restraint and Crisis Intervention with Students Policy;

(b) Interventions that may preclude the need for restraint, including de-escalation of problematic behaviors;

(c) Types of restraints and related safety considerations, including information regarding the increased risk of injury to a student when an extended restraint is used;

(d) Administering physical restraint in accordance with known medical or psychological limitations and/or behavioral intervention plans applicable to an individual student; and

(e) Identification of School Department staff who have received advanced training in the use of physical restraint and crisis intervention as further set forth in this policy.

Advanced Staff Training

At the start of each school year, BWRSD administration 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. These staff members shall participate in advanced training in the use of physical restraint and crisis intervention beyond the basic training offered to all staff and the School Department shall document the extent of such training.

The aforesaid advanced training shall include, but not be limited to:

(a) Appropriate procedures for preventing the need for physical restraint and 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 include the need for physical restraint and 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 and 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 and crisis intervention.

B. Use of Physical Restraint Crisis Intervention

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;
- (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.

C. Limitations and Prohibitions on the Use of Physical Restraint

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.

Physical restraint crisis intervention 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 any 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 child;
- (h) Any intervention which deprives the individual of one or more of his or her senses;
- (i) As in the administration of medication for the purpose of restraint and any other form of chemical restraint;
- (j) All other forms of aversive interventions prescribed by law.

D. Proper Administration of Physical Restraint/Crisis Intervention

- (a) Only personnel who have had training in accordance with this policy 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 requirement as set forth in this policy shall not preclude a teacher, employee or agent of the School Department from using reasonable force to protect students, other persons, or themselves from imminent, serious physical harm.

(b) 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.

(c) Additional requirements for the use of physical restraint/crisis intervention are:

1. 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 immediately released if a student makes statements such as "I can't breathe." 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.
2. Restraints shall be administered in such a way so as to prevent or minimize physical harm. Prone restraint shall not be used. 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.
3. School Department 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.
4. Following the release of a student from a restraint, the School Department 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.

E. Reporting Requirements

(a) Informing School Administration – Immediately following, the staff member who administered the physical restraint/crisis intervention shall inform the BWRSD building administration of the use of a physical restraint/crisis intervention and provide a written report not later than the next working day. On the same day of the physical restraint, building administration will notify the superintendent of the physical restraint(s). Building administration will provide all written documentation regarding physical restraint to the superintendent. School Department administration shall maintain an ongoing written record of all reported instances of physical restraint/crisis intervention.

(b) Informing Parents –BWRSD administration shall have procedures to inform the student's parent(s) or guardian(s) of the use of a restraint on the same day of the event, and not later than two (2) school days after each incident. Written documentation of this notification shall be maintained by the School Department.

(c) Nursing assessment- After any physical intervention or restraint, students will be assessed by the school nurse. Nursing staff will document assessment on physical restraint form.

(d) Contents of Report – The aforesaid written report required by this policy shall include:

1. 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;
2. 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;
3. 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 student and/or staff, if any, during the restraint and any medical care provided;
4. Information regarding any further action(s) that the school has taken or may take, including and disciplinary sanctions that may be imposed on the student, and a behavioral intervention plan was developed or modified as a result of the restraint;
5. Information regarding opportunities for the student’s parent(s) or guardian(s) 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.

(d) Report to the Department of Education – The BWRSD shall provide the Rhode Island Department of Education a record of every incident of the use of physical restraint/crisis intervention on an annual basis.

F. Reporting Violations of this Policy

(a) All persons with knowledge of violations of this policy are to directly and immediately report such violations to the Superintendent of Schools.

(b) Complaints regarding restraint practices must be submitted, in writing, to the building administrator within five school days of receiving said report. The building administrator will notify the Superintendent, investigate the complaint, and respond to the parent/guardian, in writing, within five school days. If the satisfactory resolution of the complaint is not achieved at the building level, the complaint may be submitted to the Superintendent.

Cross Reference: Policy GBED
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