

Physical Restraint, Time Out, and Isolated Time Out Progress Report for Mt. Zion CUSD #3

Progress Report:

Please review and report your district's physical restraint, time out, and isolated time out (RTO) data related to school year 2023-24:

Mt. Zion CUSD #3 did not meet their RTO goals of reducing incidents of RTOs by 10%, reducing the number of students experience RTOs by 10%, nor reducing the number of students experiencing five-plus instances of RTO in a 30-day period by 25% for the 23-24 school year. There was a total of 21 incidences of RTO in the district, including the following grade bands: High School Special (1), Elementary School (19) all of which were special education students. 1 student receiving RTO was a general education student. Among the special Education students, within a 30-day period, 1 student received restraints and/or time outs 9 times. Within another 30-day period, this same student received restraints and/or time outs 9 times. This student receives direct special education services under the eligibility of Developmental Delay, but additionally received ABA services and exhibits characteristics of Autism. He additionally has complex medical issues (epilepsy with focal seizures) and throughout the year underwent changes in medication. The IEP met formally 7 times in order to revise his programming, including involvement of the Macon-Piatt Behavioral Consultant Team, review of data collection and revision of his behavior plan, adopting changes in his schedule (full day to half day, as well as homebound instruction) to maximize his engagement in continuing to make progress on his IEP goals. Additionally, to maintain his current placement in the current instructional programming, the district supported an outside FBA from a certified BCBA to add additional perspective to determining the student's triggers and operational function of his behavior.

How has your district's school year 2023-24 RTO Reduction Plan supported improvements?

Mt. Zion CUSD #3's RTO reduction plan was supported by continuous learning and professional development for staff through the special education cooperative, including CPI (Crisis Prevention Institute). Additional consultation and support was provided throughout the year by Macon-Piatt Special Education's behavior team in support of deescalating challenging behaviors, working with students with Autism, and improving processes to develop appropriate behavior intervention plans.

What targeted areas for RTO reduction were not as successful (if any)? Please describe any factors that contributed to the unexpected results from your previous RTO Reduction Plan.

As explained in the data above, the factors that mainly contributed to the lack of success in meeting the RTO goals have been related to the complexity of the specific student's needs, as he accounted for nearly 87% of the district's total RTOs. The complexity of the medical issues the student had, combined with the parent's wishes and advocacy, required the team to place the student on homebound instruction for a period of time, making it challenging to transition the student back to the previous environment in which he received services. Additionally, given the student's developmental delays, changes in medication were a primary factor in the district not meeting their goals.



Reduction Plan

List the names and titles of members of your district restraint and time out oversight team:

Travis Friedrich, Assistant Director of Special Education, Macon-Piatt Special Education
Renea Smith, Mt. Zion CUSD #3 Special Education Director
Heather Ethell, McGaughey Elementary School Principal
Jill Driscoll, Special Education Teacher
Nikki Paulson, Special Education Teacher
Jessica Summers, Speech and Language Pathologist
Jennifer Fultz, Social Worker
Denise Toothman, Paraprofessional
Treena Freeman, Paraprofessional

List dates of oversight team meetings:

October 5th, 2023
March 8th, 2024

Goal Development: The plan's objective shall be centered around at least three reduction goals. The two required goals for every district are:



The plan shall include at least one goal selected by the district from the list of optional goals based upon district data. Select at least one of the following:

- Reduce the number of K-2 students experiencing RTO by 25%.
- Reduce the number of students of color experiencing RTO by 25%.
- Reduce the number of students experiencing five-plus instances of RTO in a 30-day period by 25%.
- Reduce the number of male students experiencing RTO by 25%.
- Reduce the number of incidents of RTO for students with autism by 25%.
- Reduce the number of students with an emotional disability experiencing RTO by 25%.
- Reduce the number of students with Individualized Education Programs (IEPs) experiencing RTO by 25%.



Required Components	Action Item	Steps to Complete Action Item	Timeline	Responsible Party
<p>Provide details of a plan to support a vision for cultural change that reinforces the following:</p> <p>A) Explain how the entity plans to adopt and utilize positive behavioral interventions and support rather than physical restraint, time out, and isolated time out;</p>	<p>Mt. Zion CUSD #3 will use a multi-tiered system of support that includes social and emotional learning and techniques that focus on preventative and proactive solutions to reduce physical management of students. Positive behavioral supports will be embedded as a central focus of MTSS.</p>	<p>Mt. Zion CUSD #3 will work with Macon-Piatt Special Education District (Cooperative) to ensure that staff members receive initial training and refresher trainings in CPI, with de-escalation techniques embedded into the training.</p> <p>Online professional development offerings will include training through the Center for Intensive Behavioral Supports (CIBS) through ISBE, Behavior Assessment Training (BAT) through SIU.</p> <p>In person trainings that focus on students with Autism and students with significant behavioral needs will be prioritized on a needs-basis through the cooperative's Behavior Team or through other professional partnerships.</p>	<p>Professional development to continue the reduction and elimination restraint and time-out will occur August 2024 through May 2025, both on-line options and in-person as needed to support the district.</p>	<p>Macon-Piatt Assistant Director of Special Education/Macon-Piatt District Special Education Administrator/Macon-Piatt Behavior Team/CPI Team/Mt. Zion CUSD #3 RTO Oversight Team</p>
<p>B) Identify effective ways/best practices to deescalate situations to avoid physical restraint, time out, and isolated time out;</p>	<p>Mt. Zion CUSD #3 will use trauma-informed practices as well as verbal and non-verbal de-escalation strategies embedded within MTSS to assist in continuing to minimize the need for physical management of students, including physical restraint, time out, and isolated time out.</p>	<p>Macon-Piatt Special Education Cooperative will host the specific professional development offerings through the 23-24 school year, in cooperation with the district.</p>	<p>Professional development to continue the reduction and elimination restraint and time-out will occur August 2024 through May 2025, both on-line options and in-person as needed to support the district.</p>	<p>Macon-Piatt Assistant Director of Special Education/Macon-Piatt District Special Education Administrator/Macon-Piatt Behavior Team/CPI Team</p>



	De-escalation training will be built into CPI and other relevant PD offerings designed to reduce/eliminate the use of physical restraint, time out, and isolated time out.			
C) Describe how the entity will utilize crisis intervention techniques as an alternative to physical restraint, time out, and isolated time out; and	Mt. Zion CUSD #3 will provide professional development and training on crisis techniques and utilize a crisis intervention protocol that includes using all nonrestrictive interventions first. Each school will have a crisis response team.	The CPI Team/Instructors from Macon-Piatt Special Education will host initial training sessions on preselected dates and refresher sessions in cooperation with Mt. Zion CUSD #3. Ongoing professional development in supporting staff in methods to address challenging behavior will be provided based on the district's needs. Additionally, the Macon-Piatt Behavior Team can provide consultative support in the development of behavior intervention plans through functional behavioral analyses.	Professional development to continue the reduction and elimination restraint and time-out will occur August 2024 through May 2025, both on-line options and in-person as needed to support the district.	Macon-Piatt Assistant Director of Special Education/Macon-Piatt District Special Education Administrator/Macon-Piatt Behavior Team/CPI Team
D) Describe the entity's plan to utilize debriefing meetings to reassess what occurred and why it occurred and to think through ways to prevent use of intervention the next time.	<p>Mt. Zion CUSD #3 will conduct debriefing meetings to assess what occurred, why it occurred, and to think through ways to prevent the use of the restrictive intervention the next time.</p> <p>Mt. Zion CUSD #3 will document debriefing meetings to audit the use of post-crisis intervention methods in the event that physical management as prescribed by CPI has been utilized.</p> <p>The RTO Oversight Team will</p>	<p>Team debrief meetings after each instance of restraint and time out (see Appendix 3 in RTO Reduction Plan).</p> <p>Ensure implementation of a post-crisis intervention with the student after each instance of restraint and time out.</p> <p>Schedule semester meetings (or optional quarterly meetings) for the RTO Oversight Team.</p>	<p>Each instance of restraint and time out will be reviewed by the Macon-Piatt Assistant Director of Special Education within 48 hours of the event.</p> <p>Additionally, the Macon-Piatt Behavior Team will review restraint and time out incidences on a quarterly basis to provide relevant feedback to Mt. Zion CUSD #3 Oversight Team.</p> <p>RTO Oversight Team meetings will occur at least once per semester.</p>	Macon-Piatt Assistant Director of Special Education/Macon-Piatt Behavior Team/ Mt. Zion CUSD #3 RTO Oversight Team



	meet at least 1 time per semester (or quarterly depending on the need) to debrief and determine whether or not district personnel require further training to meet the RTO goal.			
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Required Components	Action Item	Steps to Complete Action Item	Timeline	Responsible Party
E) Include action step(s) that describe procedures to ensure that appropriate school personnel are fully informed of the student's history, including any history of physical or sexual abuse, and other relevant medical/mental health information. Such disclosures of student information must be consistent with federal and state laws and rules governing student confidentiality and privacy rights.	Building Administrators, Special Education Administrators, IEP teams, and specialists will fully inform teams of student's history.	Notify teams at the beginning of the school year, when the student enrolls in the district, or when the information becomes available.	Beginning of the year, middle of the year, and as needed.	Building Administrators Macon-Piatt Special Education Administrator (as appropriate) Specialists IEP Teams
F) Identify steps to develop individualized student plans as required by PA 102-0339. Plans should be separate and apart from a student IEP or 504 Plan.	Mt. Zion CUSD #3 will create and implement individual student plans (see Appendix 1 in RTO Reduction Plan) for students that have experienced 5 or more instances of restraint and time out in a 30-day period.	Individualized plans (See Appendix 3 in RTO Reduction Plan) will be created for students that have experienced 5 or more instances of restraint and time out in a 30-day period. The plans will be created with input from an administrator, special education teacher,	The plan will be written at a team meeting held within 5 school days after the 5th incident in a 30-day period.	Assistant Director of Special Education Macon-Piatt Special Education Administrator (as appropriate) Building Administrators Specialists and other



		general education teacher, behavioral consultant, social worker, psychologist, and parents.		educators
G) Describe how the information will be made available to parents for review.	Mt. Zion CUSD #3 will notify parents and guardians that the plans and reports are available for review on the District web page.	Mt. Zion CUSD #3's RTO Reduction Plan will be available on the district web page.	Mt. Zion CUSD #3's RTO reduction plan will be posted on the District's web page in August 2023.	Superintendent Macon-Piatt Assistant Director of Special Education
H) Describe a modification process (as necessary) to satisfy aforementioned goals.	RTO data will be reviewed at each semester by the Mt. Zion CUSD #3's Oversight Team administration and the team members will determine if progress is being made and procedures are being followed according to the law.	Mt. Zion CUSD #3 RTO Oversight Team will meet at least one time per semester (quarterly if necessary) to discuss data trends to help make adjustments in support of the staff to the elimination of restraint and time out.	Modification will be made on a consultative basis from reviewing the data throughout the school year. Oversight Team meetings will occur once in each semester of the 2024-25 school year.	Mt. Zion CUSD #3 RTO Oversight Team

