

Restraint is not a behavior intervention; it's an EMERGENCY intervention and shall only be used with extreme caution!

Staff using restraint processes must be trained!

Definition of Emergency

- Serious, probable, imminent threat of bodily injury to self or others with the present ability to effect such bodily injury
- Includes situations in which the student creates such a threat by abusing or destroying property

Mechanical, physical, or seclusion restraint can be built into the IEP or, if the student is not identified for special education, some other document (plan) and agreed to by the parent.

- Even if the restraint is built into a agreed upon plan, each instance must be documented and the parent notified the same day (follow the typical process for any restraint situation)
- **Physical Holds** that are less than 5 minutes are not a restraint but should still be documented and reported to the parent (when in doubt, fill a form out!)
- **The 5-minute rule only applies to physical holds, not chemical or mechanical restraints or seclusion**

Follow up after restraint occurs:

- **Fill out the district approved restraint documentation** form the same day of the incident and provide it to building administration within one calendar day.
- **Verbally notify parent(s)** by the end of the same school day during which the restraint occurred.
- **Conduct an internal review within five (5) calendar days**, which includes but is not limited to:
 - All staff review of the incident at a team meeting by staff involved in the restraint, whether administering or observing
 - Follow up communication with the student and his/her family
 - Review of the documentation to ensure the use of alternative strategies
 - Recommendations for adjustment of procedures, if appropriate
 - Written reports of the restraint used
- **Written documentation report is sent to the parents** within five (5) calendar days of the restraint and after the school team has reviewed the restraint at the team meeting.