

## **Whitley County Consolidated Schools Seclusion and Restraint Plan**

This seclusion and restraint plan implements Whitley County Consolidated Schools (WCCS) Administrative Guideline 5630.01 - Use of Seclusion and Restraint with Students, the regulatory requirements of IC 20-20-40 et. seq., 513 IA, and the rules of the Indiana Commission on Seclusion and Restraint. WCCS mandates that all students are to be treated with dignity and respect and to be free from abuse. WCCS staff use prevention, positive behavior intervention and support, and conflict de-escalation to eliminate or minimize the need for the use of seclusion or restraint with students.

A copy of this plan shall be available to students and their families. At a minimum, this plan is available on the district's website at <http://www.wccsonline.com>.

### **I. Use of Restraint**

- A. Every effort shall be made to avoid the need for the use of restraint of a student.
- B. Physical restraint shall only be used when a student is displaying physical behavior that presents imminent risk of injury to the student or others.
- C. A student will only be physically restrained by a school employee who has received appropriate training by the school in the use of restraint procedures except in rare and clearly unavoidable emergency circumstances when fully trained school personnel are not immediately available. Untrained staff shall request assistance from trained staff as soon as possible. Upon arrival of trained staff, untrained staff will allow trained staff to intervene.
- D. Physical restraint of a student may only be used for a short period of time and shall be discontinued as soon as the imminent risk of injury to self or others has dissipated, usually a matter of minutes.
- E. While transporting a student on a moving vehicle, a bus harness or other safety equipment may be required and is permissible for safety purposes. The need and use of any bus harness or safety equipment used to restrain a student during transportation must be documented. Mechanical or chemical restraints are otherwise not authorized.
- F. The use of any drug, medication, or other chemical to control behavior or restrict freedom of movement (except as authorized by a licensed physician or other health care professional) is prohibited.
- G. A school employee may never give a student any drug or medication that is not a

standard treatment or dosage, or both, for the student's medical or psychiatric condition unless otherwise prescribed by a physician.

- H. Every instance in which restraint is used shall be carefully, continuously, and visually monitored to ensure the safety of the student, other students, and school employees.
- I. Immediately after the imminent risk of injury to self or others has dissipated, the student should no longer be physically restrained and the school nurse or designee, not involved with the restraint, shall examine the student to ascertain if any injury has been sustained during the restraint of the student.

## **II. When Restraint Procedures Shall NOT Be Employed**

- A. Physical restraint shall not be used unless the student's behavior poses imminent risk of injury to self or others and other less restrictive interventions are ineffective.
- B. A verbal threat or verbally aggressive behavior does not itself indicate an imminent risk of injury, and shall not result in restraint.
- C. Destruction or damage to property does not constitute a risk of imminent injury unless in so doing an imminent risk of injury to the student or others is created.
- D. When known medical or physical condition of the student would make restraint dangerous for that student (i.e. students with cardiac conditions, asthma, etc), physical restraint shall not be used.
- E. Restraint shall never be used as a punishment, or to force compliance with staff commands.
- F. Prone (student held down lying face down on a horizontal surface) or Supine (student held down lying face up on a horizontal surface) forms of restraint are not authorized and shall be avoided.
- G. Seclusion or restraint shall never be used in a manner that restricts a child's breathing or harms the child.

## **III. Use of Seclusion**

- A. Every effort shall be made to avoid the need for the use of seclusion of a student.
- B. Seclusion shall not be used except when used as a last resort and only when:

1. the student's behavior poses imminent risk of injury to self or others; and,
  2. other less restrictive interventions are ineffective.
- C. A student shall never be secluded by a school employee who has not received appropriate training by the school in the use of restraint procedures except in rare and clearly unavoidable emergency circumstances when fully trained school personnel are not immediately available. Untrained staff shall request assistance from trained staff as soon as possible.
- D. Seclusion of a student may only be used for a short period of time and shall be discontinued as soon as the imminent risk of injury to self or others has dissipated, usually a matter of minutes.
- E. Every instance in which seclusion is used shall be carefully, continuously, and visually monitored to ensure the safety of the student, other students and school employees.
- F. Immediately after the imminent risk of injury to self or others has dissipated, the student should no longer be secluded and the school nurse or designee, not involved with the restraint, shall examine the student to ascertain if any injury has been sustained during the physical restraint of the student.
- G. Time out does not constitute seclusion.

All seclusion environments shall be inspected and shall:

1. Be of reasonable size to accommodate the student and at least one adult;
2. Be of reasonable size to permit students to lie or sit down
3. Have adequate ventilation including heat and air conditioning as appropriate;
4. Have adequate lighting;
5. Be free of any potential or predictable safety hazards such as electrical outlets, equipment, and breakable glass;
6. Permit direct continuous visual and auditory monitoring of the student; and,
7. Shall meet current fire and safety codes.

#### **IV. When Seclusion Procedures Shall NOT Be Used**

- A. Seclusion shall not be used unless the student's behavior poses imminent risk of injury to self or others and other less restrictive interventions are ineffective.
- B. A verbal threat or verbally aggressive behavior does not itself indicate an imminent risk of injury, and shall not result in seclusion of a student.
- C. Destruction or damage to property does not constitute a risk of imminent injury unless in so doing an imminent risk of injury to the student or others is created.
- D. When known medical or physical condition (i.e. diagnosis of claustrophobia, etc.) of the student would make seclusion dangerous for that student, the student may not be secluded.
- E. Seclusion shall never be used as a punishment, or to force compliance with staff commands.
- F. Seclusion shall never be used unless a school employee can continuously monitor the student for visual or auditory signs of physiological distress and can communicate with the student.

#### **V. Time-Out**

Time-out is a behavior reduction procedure in which access to reinforcement is withdrawn for a certain period of time. Time-out occurs when the ability of a student to receive normal reinforcement in the school environment is restricted. Time-out shall be both developmentally and behaviorally appropriate and shall be short in duration. See Appendix A: Time-Out Best Practices for more information.

#### **VI. Reporting, Documentation, and Debriefing**

Immediately after the student has restored emotional and behavioral control following the use of seclusion or restraint the school nurse or designee not involved with the incident shall examine the student to ascertain if any injury has been sustained.

- A. The building administrator or designee shall verbally notify the parent/guardian by the end of the school day in which the seclusion or restraint occurred or as soon as practical, providing information on the student's current physical and emotional state.

- B. As soon as practical and after every instance in which seclusion or restraint is used on a student, the school administrator or designee shall do the following:
1. meet with at least one school employee who participated in the implementation, monitoring, and supervision of the seclusion or restraint to discuss whether proper seclusion or restraint procedures were followed, including the use of proper procedures to prevent the need for restraint or seclusion;
  2. direct a staff person, who was not part of the seclusion or restraint of the Student (if possible), to debrief the incident with the student in a manner appropriate to the student's age and developmental ability and to discuss the behavior(s), if any, that precipitated the use of restraint or seclusion; and,
  3. provide a copy of an incident report to the parent(s) or guardian(s) and offer the opportunity to request a meeting regarding the incident of restraint or seclusion.
- C. Every instance in which seclusion or restraint is used on a student shall be documented in order to record the events that led up the use of either seclusion or restraint.
- D. Documentation must be made on the form prescribed by the school and shall include the following:
- The student's name;
  - The date and time of the incident;
  - The duration of any seclusion or restraint or the beginning and ending times of the restraint or seclusion, or both;
  - A description of any relevant events leading up to the incident;
  - A description of the incident or student behavior that resulted in implementation of seclusion or restraint including a description of the danger of injury which resulted in the seclusion or restraint;
  - A description of relevant interventions used immediately prior to the implementation of seclusion or restraint;
  - A summary of the student's behavior during seclusion or restraint, including a description of the restraint technique or techniques used and any other interaction between the student and staff;
  - A description of any injuries to students, staff, or others or property damage;
  - A list of school employees who participated in the implementation, monitoring and supervision of the seclusion or restraint; and,

- If applicable, a statement that intervention used was consistent with the student's most current behavioral intervention plan or IEP.

## **VII. Training**

- A. Whitley County Consolidated Schools will provide all school employees with training on:
- Appropriate use of effective alternatives to physical seclusion and restraint,
  - Conflict de-escalation procedures,
  - Positive supports and behavioral interventions techniques,
  - The dangers of seclusion and restraint,
  - Procedures for contacting fully trained and certified staff when behavioral crises occur.
  - The safe use of seclusion and restraint.
  - Steps to avoid the use of seclusion or restraint.
  - Debriefing practices and procedures.
- B. This training will be recurrent and will be provided to new staff as needed.
- C. A core group of appropriate personnel will be trained in each building in crisis intervention techniques, which will include the use of seclusion and restraint procedures.
- D. Recurrent training will be provided to school employees on a regular basis.

## **IX. Annual Review, Planning Process and Oversight**

- A. The Whitley County Consolidated Schools' Safety Committee will be designated as the coordinator of data, planning, and oversight of the use of seclusion and restraint procedures in the corporation.

## DEFINITIONS

**Behavioral Intervention Plan:** A plan that is agreed upon by school staff or a case conference committee and incorporated into a student's plan or Individualized Education Plan (IEP) and that describes the following:

- The pattern of behavior that impedes the student's learning or the learning of others.
- The purpose or function of the behavior as identified in a functional behavioral assessment.
- The positive interventions and supports, and other strategies, to address the behavior and maximize consistency of implementation across people and settings in which the student is involved.
- The skills that will be taught and monitored in an effort to change a specific pattern of behavior of the student.
- The staff member(s) designated to teach appropriate behavior and skills.

The behavior intervention plan seeks to maximize consistency of implementation across people and settings in which the student is involved.

**Chemical Restraint:** The administration of a drug or medication to manage a student's behavior or restrict a student's freedom of movement that is not a standard treatment and dosage for the student's medical or psychiatric condition.

**De-escalation:** Causing a situation to become more controlled, calm and less dangerous, thus lessening the risk for injury to someone.

**Employee:** Any paid school staff, contract employee, consultant or any other agent of the school or corporation.

**Functional Behavioral Assessment:** A process that uses data to identify patterns in the student's behavior and the purpose or function of the behavior for the student.

**Imminent:** Likely to happen right away; within a matter of minutes.

**Mechanical restraint:** The use of a mechanical device, a material or equipment that is attached or adjacent to a student's body that the student cannot remove and that restricts the freedom of movement of all or part of the student's body or restricts normal access to the student's body. The term does not include a mechanical device, a material or any equipment that is used as authorized by a licensed physician or other qualified healthcare professional. The term also does not include a bus harness or other safety equipment that is used to restrain a student during transport when the harness or safety equipment is necessary for safety purposes.

**Physical Restraint:** Physical contact between a school employee and a student in which the student unwillingly participates and that involves the use of a manual hold to restrict freedom of movement of all or part of a student's body or to restrict normal access to the student's body. The term does not include (1) briefly holding a student without undue force in order to calm or

comfort the student, or to prevent unsafe behavior, such as running into traffic or engaging in a physical altercation, (2) physical escort, or (3) physical contact intended to gently assist or prompt a student in performing a task or to guide or assist a student from one area to another. The term does not include the use of a bus harness or other safety equipment that is used to restrain a student during transport when the harness or safety equipment is necessary for safety purposes.

**Positive Behavior Intervention and Support:** A systematic approach that uses evidence based practices and data driven decision making to improve school climate and culture, and includes a range of systematic and individualized strategies to reinforce desired behavior and diminish reoccurrence of problem behavior to achieve improved academic and social outcomes and increase learning for all students.

**Prevention and Conflict De-escalation Training:** Training which is provided broadly to school staff on how to prevent, defuse and de-escalate potential behavioral crisis situations without physical contact between a school employee and a student.

**Seclusion:** The confinement of a student alone in a room or area from which the student physically is prevented from leaving. The term does not include a supervised time-out or scheduled break during which an adult is continuously present in the room with the student.

**Time out:** A behavior reduction procedure in which access to reinforcement is withdrawn for a certain period of time. Time-out occurs when the ability of a student to receive normal reinforcement in the school environment is restricted.

## Appendix A: Time Out Best Practices

Effective time out procedures include multiple levels, with each level becoming more restrictive and exclusionary. It is important to note that for disruptive behavior requiring more restrictive interventions, once the behavior begins to de-escalate, transition to less restrictive forms of time out may make the return to regular classroom activities easier for the student.

### Level I.

- A. Planned Ignoring: Ignore the student as long as possible if he or she is out of place or seat, noncompliant but not otherwise disruptive.
- B. Be (or have someone) available to counsel, provide one-to-one instruction, or negotiate if the student is involved in a dispute.
- C. Modify/change student's assignment to get him or her reinvolved with learning. Select a task that will provide immediate success.
- D. Separate student from others (i.e. creative seat assignment).
- E. Send student out of room - on an errand, for a walk, to "cool off."
- F. Offer a "time-in" situation with a support person outside the classroom.
- G. Quietly praise other students for ignoring inappropriate student behavior.
- H. Use a first-then approach (first \_\_\_\_\_, then \_\_\_\_\_).
- I. When possible, talk to disruptive student out of classroom away from other students so that he or she can save face.

**Level II.** Level II time out is more restrictive than the first-level interventions. It is the exclusion of a child from positive reinforcing activities of the classroom without removing him or her from the room.

- A. Move student to different part of the classroom (i.e. closer to teacher, further away from audience).
- B. Increase the use of visuals in the classroom.
- C. Avoid lengthy explanations to student. Simply say: "Because you \_\_\_\_\_, you go to time out for \_\_\_\_\_ minutes." Avoid other interaction.
- D. Allow student to take their own time out.
- E. Keep time out period brief. (Time out periods longer than 15 minutes rarely serve their intended purpose - temporary withholding of positive reinforcement. For time out periods longer than 30 minutes, a supervisory staff person shall be consulted about the appropriateness of continuing the time out procedure.) In-school suspension or other out of class but in school interventions shall be considered.
- F. The student shall be supervised at all times during the time out period.
- G. The student shall be able to access any lesson or instruction being offered to other students in the student's classroom.