



Policy Number:

24

Effective: May 1, 2008

Revised:

Subject: Monitoring Positive Behavioral Interventions/Restraints

POLICY:

It is the policy of Camden County Developmental Disability Resources to ensure that agencies supporting consumers served by CCDDR utilize appropriate Positive Behavioral Support techniques when deemed necessary by the consumer's planning team; that agencies utilize proper crisis intervention techniques implemented by properly trained staff; and that the Rolla Regional Office Client Family Preservation Team be utilized as a resource in the development of all Behavioral Support Plans. Further, CCDDR Service Coordination staff, through the Service Monitoring and Plan Development processes, shall ensure that agencies serving persons with developmental disabilities are in compliance with guidelines and policies adopted by the Division of Developmental Disabilities and the Rolla Regional Office with regard to crisis intervention methods.

PROCEDURES:

I. Referrals To Client Family Preservation Team

The CCDDR Service Coordinator may make a referral to the Rolla Regional Office Client Family Preservation Team (CFP) under the following conditions:

- When the Service Coordinator and other members of an individual's planning team determine that the consumer's behaviors put the person at risk of losing placement status, dismissed from employment, dismissed from school, etc.
- When Performance Management Group at Rolla Regional Office has noted a pattern of behaviors from Event Reports;
- After attempts have been made to access other community services.

The following process shall be utilized in making a referral to the CFP Team:

- The CCDDR Service Coordinator shall contact the Rolla Regional Office Quality Assurance Specialist to determine if a CFP Team consult is required.
- The Behavioral Specialist shall contact the CCDDR Service Coordinator and the Service Coordinator shall complete a Rolla Regional Office Personal Plan Systems page to authorize the CFP Team services.
- If the consumer is in the Medicaid waiver, the Service Coordinator shall complete a revised Level of Care form.

- The CCDDR Service Coordinator shall complete a Pre-Assessment Questionnaire to initiate the CFP Team referral.
- The CCDDR Service Coordinator shall meet with the CFP Team and agency staff to determine expected outcomes of the CFP intervention. The CFP Team/Behavioral Intervention Tech shall gather as much information as possible from team members to complete an accurate and effective support plan.
- The Service Coordinator shall review the CFP Team Exit Summation/Behavioral Support Plan when this has been completed by Behavior Intervention Tech, and this is then presented to the agency and staff members.
- The Exit Summation shall contain the following content: reason for referral, expected outcomes, findings from assessment, recommendations.
- All resulting Behavioral Support Plans shall be incorporated into the consumer's current Person Centered Plan, and approved by guardian.
- All agency staff shall be trained in the consumer's approved behavioral support plan, and documentation of such training shall be available to CCDDR staff.
- Behavioral Support Plans shall be approved by the Rolla Regional Office PMAG committee due process review process per Departmental policy.

II. Agency Use Of Behavioral Interventions/Crisis Intervention Techniques

Per Division of DD guidelines and Rolla Regional Office procedures, agencies that support consumers served by CCDDR and the Division of Developmental Disabilities may adopt a curriculum of Positive Behavioral Support training, subject to Division and Rolla Regional Office approval. CCDDR Service Coordination staff shall ensure that agencies implement such behavioral intervention strategies in accordance with Division and Rolla Regional Office policy. The following general principles apply:

A. Physical Restraints:

In cases of imminent harm to a person or persons, agency staff may utilize physical restraint. Staff must first be trained in either Mandt (2-day training) or NCI. The Rolla Regional Office PMAG Committee shall review specific restraint techniques proposed to be used by agency staff during crisis situations. All specific instances of physical restraint must be documented in an Event Report form. Improper use of physical restraint techniques by agency staff or use of excessive force shall be considered abuse and cause for disciplinary action. Use of and authorization for physical restraints shall be documented in the individual's Plan by CCDDR Service Coordinator.

B. Mechanical/Chemical Restraints:

These techniques may be used to prevent a person from injuring self or others, and only after other less aversive techniques have been tried, and it has been documented in person's record by a QDDP that less restrictive alternatives do not work as a means of curbing aggressive behavior. The CCDDR Service Coordinator and other team members shall design such techniques which shall be incorporated into the person's Plan as

outlined in DOR 4.145. The Rolla Regional Office PMAG Committee must review/approve all plans that propose the use of Mechanical/Chemical restraints.

C. Time Out:

This may only be used under conditions set out in a written behavioral modification program (incorporated into Person Centered Plan), and shall meet guidelines set out in DOR 4.145. The Rolla Regional Office PMAG Committee shall review/approve all plans that propose time out as part of the due process review. The Rolla Regional Office PMAG Committee shall review all instances of restraint to assess the appropriateness of restraints.

CCDDR Service Coordination staff shall determine if the agency has a “no-restraint” policy, and if so, what emergency procedures are in place should a consumer served by the agency become a danger to himself or others.

III. Prohibited Behavioral Intervention Techniques

CCDDR Service Coordination staff shall ensure that agencies do not use techniques that are strictly prohibited per Division of Developmental Disabilities policy as methods of behavioral support.

The following is a general list of behavioral interventions *not approved* by the Division of Developmental Disabilities:

- Seclusion
- Seclusionary Time Out
- Denial of Basic Medication
- Restraints
- Corporal Punishment
- Overcorrection
- Mechanical Restraints
- Aversive Conditioning
- Any treatment, procedure, technique or process prohibited elsewhere by federal or state statute.

Certain physical interventions are prohibited. These include:

- Physical restraint techniques that interfere with breathing;
- Prone restraints;
- Restraints which involve staff lying/sitting on top of a person;
- Restraints that use the hyperextension of joints;
- Any technique which has not been approved by the division, and for which the staff person has not received division-approved training;

CCDDR Service Coordination staff, through Service Monitoring and review of Events Reports, shall determine if any of the above unauthorized methods are being implemented by agency staff as a means of crisis intervention. Referrals shall be made to the Regional Office Provider Relations Team as needed, or, if abuse or neglect is suspected by Service Coordinator, this shall be reported per CCDDR's Abuse/Neglect reporting policy.

REFERENCES

- CARF Standards Manual, Section 2A
- Division of DD CFP referral process
- Division of DD Approval Process For Positive Behavioral Support Curriculum
- Rolla Regional Office FOR/Restraints & Time Out
- DOR 4.145