

## PROCEDURES FOR SECLUSION AND RESTRAINT FOR ALL STUDENTS

### PURPOSE

The purpose of these procedures is to provide a system for the use of seclusion and restraint for all students in our school system. These procedures will include definitions, as well, to provide consistency in understanding among all involved parties.

### GENERAL STATEMENT OF PROCEDURES

Dothan City Schools will comply with all state and federal laws, regulations and rules regarding the use of seclusion and restraint.

### DEFINITIONS:

1. **Chemical Restraint** - Any medication that is used to control violent physical behavior or restrict the student's freedom of movement that is not a prescribed treatment for the student's medical or psychiatric condition. Use of chemical restraint is prohibited in Alabama public schools and educational programs.
2. **Mechanical Restraint** - The use of any device or material attached to or adjacent to a student's body that is intended to restrict the normal freedom of movement and which cannot be easily removed by the student. The term does not include an adaptive or protective device recommended by a physician or therapist when used as recommended by the physician or therapist to promote normative body positioning and physical functioning, and/or to prevent self-injurious behavior. The term also does not include seatbelts and other safety equipment when used to secure students during transportation. Use of mechanical restraint is prohibited in Alabama public schools and educational programs.
3. **Physical Restraint** - Direct physical contact from an adult that prevents or significantly restricts a student's movement. The term physical restraint does not include mechanical restraint or chemical restraint. Additionally, physical restraint does not include: providing limited physical contact and/or redirection to promote student safety or prevent self-injurious behavior, providing physical guidance or prompting when teaching a skill, redirecting attention, providing guidance to a location, providing comfort, or providing limited physical contact as reasonably needed to prevent imminent destruction to school or another person's property. Physical Restraint that restricts the flow of air to the student's lungs- Any method (face-down, face-up, or on your side) of physical restraint in which physical pressure is applied to the student's body that restricts the flow of air into the student's lungs. Use of this type of restraint is prohibited in Alabama public schools and educational programs.
4. **Seclusion** - a procedure that isolates and confines the student in a separate, locked area until he or she is no longer an immediate danger to himself/herself or others. The seclusion occurs in a specifically constructed or designated room or space that is physically isolated from common areas and from which the student is physically prevented from leaving. Use of seclusion is prohibited in Alabama public schools and educational programs.
5. **Time-out** - A behavioral intervention in which the student is temporarily removed from the learning activity. This 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.

## PROCEDURES/REQUIREMENTS

### Use of Seclusion

Seclusion shall not be used in Dothan City Schools. Seclusion does not include situations in which a staff member trained in the use of de-escalation techniques or restraint is physically present in the same unlocked room as the student, time-out as defined in paragraph (l.)(vi) of this rule, in-school suspension, detention, or a student-requested break in a different location in the room or in a separate room.

Use of **Time-out** is permissible and appropriately used when:

- The non-locking setting used for time-out is appropriately lighted, ventilated, and heated or cooled.
- The duration of the time-out is reasonable in light of the purpose of the time-out and the age of the child; however, each time-out should not exceed 45 minutes.
- The student is reasonably monitored by an attending adult who is in reasonable physical proximity of the student and has sight of the student while in time-out.
- The time-out space is free of objects that unreasonably expose the student or others to harm.

### Use of Restraint

1. The following types of restraint are prohibited in Alabama public schools and educational programs:
  - The use of any method of physical restraint that restricts the flow of air to a student's lungs
  - The use of mechanical restraint
  - The use of chemical restraint
2. Physical restraint is limited to those situations in which the student is an immediate danger to self or others and the student is not responsive to less intensive behavioral interventions including verbal directives or other de-escalation techniques.
3. All physical restraint shall be immediately terminated when the student is no longer an immediate danger to self or others or if the student is observed to be in severe distress.
4. Restraint shall only be employed by staff members who have received crisis intervention training by the school in the use of restraint procedures with the following exception:  
Other school personnel may employ restraint procedures only in rare and clearly unavoidable emergency circumstances when fully trained school personnel are not immediately available, and the student is in immediate danger to self or others after no success with less intensive behavioral interventions. Untrained staff shall request assistance from trained staff as soon as possible.
5. Restraint of a student shall be conducted in a manner consistent with the techniques prescribed in the crisis intervention training program.

6. Every instance in which restraint is used shall be carefully, continuously, and visually monitored to ensure the appropriateness of its use and safety of the child, other children, teachers, and other personnel.
7. In some instances in which a student is an immediate danger to self or others, the school must determine when it becomes necessary to seek assistance from law enforcement and/or emergency medical personnel. Parents must then be promptly informed.
8. Physical restraint shall not be employed for the following occurrences:
  - Restraint shall not be used unless there is imminent risk of injury to self or someone else by the student.
  - A verbal threat or verbally aggressive behavior does not itself indicate an imminent risk of injury, and shall not result in restraint.
  - Destruction or damage to property does not constitute a risk of imminent injury unless in so doing a risk of injury to the student or others is created.
  - When known medical or physical condition of the student would make the restraint procedures dangerous for that student (e.g. students with heart or circulatory conditions, asthma, etc.) they shall not be employed.
  - Restraint shall never be used as punishment, or to force compliance with commands.

### **Informing Parents/Guardians, Documentation, and Training**

1. Written parental notification when physical restraint is used to restrain their child within a reasonable time (not to exceed one school day from the use of restraint) shall be provided.
2. When a student is identified with a disability under the Alabama Administrative Code, the use of possible restraints must be included as part of the student's Individualized Education Program.
3. The use of physical restraint shall be documented, and staff participating or supervising restraint shall be debriefed. A copy of documentation with ANY student will be faxed to the DCS Department of Exceptional Students. (See attached form.) Use of physical restraint, and the documentation of its use, will be reviewed and analyzed.
4. Dothan City Schools must ensure that staff and faculty (who may provide restraints) are trained in the proper use of physical restraint. This training shall be provided as a part of a program which addresses prevention and de-escalation techniques as well as positive behavioral intervention strategies. Records of this training and participants will be made available to the Alabama Department of Education or any member of the public upon request.



Name of Student \_\_\_\_\_

Check one that applies to this restraint:

- Therapeutic Hold for **NON-COMPLIANCE**
- Therapeutic Hold for **LOSS OF CONTROL**

\_\_\_\_\_ required use of a Therapeutic Hold on \_\_\_\_\_ (date). The Therapeutic Hold started at \_\_\_\_\_ (time) AM PM and lasted until \_\_\_\_\_ (time) AM PM. The Therapeutic Hold was carried out by \_\_\_\_\_ and was witnessed by \_\_\_\_\_.

The Therapeutic Hold was required due to: Physical Aggression against Self  
 Physical Aggression against Objects  
 Physical Aggression against Others

Was there verbal aggression prior to physical aggression?  Yes  No

Location where Therapeutic Hold Occurred: \_\_\_\_\_

Describe: \_\_\_\_\_ behavior just prior to Therapeutic Hold was  
 \_\_\_\_\_  
 \_\_\_\_\_

Describe what behavior triggered use of the Therapeutic Hold:  
 \_\_\_\_\_  
 \_\_\_\_\_

Describe \_\_\_\_\_ behavior during the 30 minutes after the Therapeutic Hold was  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_ Staff Signature

\_\_\_\_\_ Parent Signature