

# Physical Restraint and Seclusion

Montgomery County Board of Education  
Committee on Special Populations

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# Outcomes:

By the end of the presentation, participants will have:

- Received an overview of physical restraint and seclusion in Montgomery County Public Schools (MCPS)
- Received an overview of staff member training and reporting
- Heard about next steps
- Had an opportunity to ask questions

# Physical Restraint

- The use of physical holding skills, without the use of any device or material, that restricts the free movement of all or a portion of a student's body.

# Seclusion

- The involuntary confinement of a student alone in a room or area from which the student is physically prevented from leaving.
- MCPS has seclusion spaces in 26 schools. All seclusion spaces have been reviewed to meet the state regulation.

# Physical Restraint and Seclusion

In compliance with state and county regulations, physical restraint and seclusion may be used in emergency situations to prevent a student or other person from imminent, serious, physical harm after less intrusive, nonphysical interventions have failed or been determined inappropriate.

# **Mrs. Jodi A. Chesman, M.Ed.**

## **Behavioral Support Teacher and Crisis Intervention Training Specialist**

- MCPS educator for 24 years
- Behavioral support teacher for Social Emotional Special Education Services (SESES) for 17 years
- Coordinated the MCPS Physical Restraint Training for the last 15 years
- A Crisis Prevention Institute (CPI) certified instructor for 9 years; currently oversees the CPI training in MCPS
- Member of the Maryland State Department of Education (MSDE) Behavior Steering Committee
- Member of the MSDE Task Force on Restraint and Seclusion
- Presented at state and national conferences on behavior management and crisis intervention training

# Required Professional Development

Staff members who are authorized to perform restraint and/or seclusion are required to have the following training:

- Trauma Informed Interventions
- Functional Behavior Assessments and Behavior Intervention Planning
- Cardiopulmonary resuscitation (CPR) and First Aid
- Seclusion
- Exclusion
- *CPI Nonviolent Crisis Intervention Training*, which includes training on symptoms of physical distress and positional asphyxia

# CPI Nonviolent Crisis Intervention in MCPS

- All schools are required to have a trained five-member team.
- Staff members in discrete special education programs are trained (Autism, SESES, Extensions, Learning for Independence, School-community Based, Learning Centers).

# Physical Restraint

MCPS has used *Nonviolent Crisis Intervention*® Training since 2011.

[www.crisisprevention.com](http://www.crisisprevention.com)

# ***Nonviolent Crisis Intervention® Training Overview***

With a focus on prevention, the core training program equips staff members with proven strategies for safely defusing anxious, noncompliant and argumentative, or violent behavior at the earliest possible stage.

# Concepts included in the *CPI Nonviolent Crisis Intervention® Training Program*

- Crisis Development Model
- Verbal and Nonverbal Communication Skills
- Verbal Escalation Continuum
- Key Concepts—Integrated Experience, Precipitating Factors, Rational Detachment
- Decision Making Matrix
- Disengagement and Physical Intervention Skills

# Documentation

- All incidents of restraint or seclusion are documented in the Online Administrative Student Information System.
- Staff members inform parents/guardians verbally and in writing.
- All documentation becomes part of the student's cumulative file.
- Staff members are required to debrief after incidents of restraint and seclusion.

# How MCPS addresses disproportionality in incidents of restraint and seclusion

- Debriefing requirement for discrete special education programs
- Crisis Intervention Training Specialist
- Reviewing data monthly
- Scheduling data review meetings with school teams
- Debriefing with specific schools after an incident
- Meeting with school teams to review practices regarding the use of restraint or seclusion
- Joining school teams for practice sessions

# Questions?

