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**Policy Regarding**  
**Prevention and Crisis Intervention/Physical Restraint**  
**for Safety Promotion**

**Intent**

The intent of these procedures is to ensure that every student attending the Chariho Regional School District is free from unreasonable and unnecessary physical restraint, including freedom from prone restraint, and that such an intervention is used only in emergency situations after other less intrusive alternatives have failed or been deemed inappropriate. These procedures include a prohibition of the use of corporal punishment. They promote the use of positive, preventive behavioral supports that significantly limit the need for physical intervention, restrict the use of physical force, and ensure that physical restraint is administered in the least intrusive manner possible. These procedures delineate appropriate practice in those instances where physical restraint is absolutely necessary to protect a student or students, staff and/or other school members from imminent, serious physical harm.

The Chariho Regional School District has established the procedures described in this document for the purposes of:

- (a) Promoting student safety and preventing student violence, self-injurious behavior and suicide, including de-escalation of potentially dangerous behavior that may occur with an individual student or among groups of students;
- (b) Establishing effective crisis intervention practices and, when necessary to ensure safety, appropriate physical intervention procedures;
- (c) Keeping all school members informed regarding these procedures as well as preventive interventions, de-escalation, types of restraints and related safety considerations, administering physical restraint in accordance with behavioral intervention plans and/or known medical or psychological limitations;
- (d) Identifying staff who are authorized to serve as a school-wide resource to assist other staff in proper administration of these practices, and provide these staff with advanced training beyond the basic information provided to all staff.
- (e) Reporting crisis intervention/physical restraint incidences to parents, the Chariho administration, and the Rhode Island Department of Education.

**Emergency Situations**

The Chariho Regional School District is committed to maintaining a safe school environment. While the procedures contained herein direct the use of crisis intervention/physical restraint, they do not prohibit any Chariho teacher, employee or agent from using reasonable force to protect students, other persons or themselves from imminent, serious physical harm.

**A. Keeping All School Members Informed****Annual Professional Development**

This policy shall be reviewed annually, not later than the first 30 days of each school year, with all staff. For staff hired after the school year begins, the review shall take place within the first month of employment. Others wishing to review a copy of this document can access it by contacting the Office of the Superintendent at 364-7575 or the District website: [www.chariho.k12.ri.us](http://www.chariho.k12.ri.us).

## **B. Methods for Promoting Safety and Preventing Violence**

### **1. Behavioral Intervention to Support Students Facing or Posing Behavioral Challenges**

To support productive relationships and learning and to enhance the connection to school for students who face or pose emotional or behavioral challenges, the following procedures are established:

- **Functional Behavioral Assessments**
- **Behavioral Intervention Strategies or Plans**
- **Specific building-based programs**

### **2. Crisis Intervention: De-escalation Procedures**

Despite the use of positive behavioral supports and interventions, there may be instances when the behavior of one or more students escalates beyond the student's immediate control, creating danger of violence or self-injury. Safety precautions considered, the first course of action should be the application of specific intervention strategies designed to diffuse the situation by addressing students' emotional needs and de-escalating the immediate behavior. The intent of de-escalation is to restore the student(s) capacity to control the immediate impulse/behavior and move toward safer or more constructive resolution of the immediate problem situation.

In the event of student behavior representing a crisis, the following de-escalation strategies should be employed:

- Identify student behavior level and employ appropriate staff response utilizing appropriate verbal, nonverbal, and paraverbal communication strategies (i.e., identifying precipitating factors of behaviors, limit setting, empathetic listening, respecting personal space, and utilizing appropriate body language)

### **3. Crisis Intervention: Physical Restraint**

#### **Restraint Procedures**

It is the policy of the Chariho Regional School District that physical restraint/crisis intervention is used only in the following circumstances:

- non-physical interventions were not or would not be effective; and
- the student's behavior poses a threat of imminent, serious physical harm to self and/or others; and, where applicable,
- a behavioral intervention plan is already developed for the student and the plan has been fully implemented as specified.

The Chariho Regional School District limits the use of such force to the amount and duration necessary and reasonable to protect a student or another member of the school community from assault or imminent, serious physical harm.

In the event that physical restraint becomes necessary:

- 1) Every attempt should be made to alert additional trained school personnel for observation or assistance.
- 2) Only the safest physical restraint methods are to be used.

- 3) Every effort should be made to isolate the restraint situation, to avoid prolonging or escalating the situation.
- 4) If the duration of a physical restraint is prolonged, or student becomes deliberately and dangerously assaultive, the students' parent(s) or guardian(s) must be notified to remove him/her from school as soon as possible to avoid further danger. Police may also be notified.
- 5) If the student exhibits suicidal or homicidal indicators, the district or school clinical personnel must be contacted for further intervention in accordance with district policy.
- 6) The student should be released slowly from the restraint, in stages, to ensure that she/he has regained self-control and no longer presents an apparent danger.
- 7) Any injury occurring during a restraint must be treated immediately by the appropriate medical personnel. Injuries will be recorded on the physical restraint report form.
- 8) As soon as possible following the incident, but no later than the next school day, the staff member(s) who administered the restraint will document the incident on the physical restraint report form and inform the building administrator. The report is then forwarded to Office of the Superintendent of Schools or designee where on-going records are maintained.
- 9) Follow-up steps include parent notification, review of restraint with student, staff involved and the appropriate administrator, and consideration of further action, including preventive behavioral interventions. The building administrator is responsible for the notification of parents/guardians as soon as possible, during the day of occurrence.

### **Restraint Prohibitions**

Physical restraint is prohibited in the following circumstances, consistent with Rhode Island Physical Restraint Regulations effective September 1, 2002 and Rhode Island General Law 42-158-1:

- (a) As a means of punishment;
- (b) As in any intervention which is designed to subject, used to subject, or likely to subject the student to verbal abuse, ridicule or humiliation, physical pain, or which can be expected to cause excessive emotional trauma;
- (c) As in any intervention which denies adequate sleep, food, water, shelter, bedding or access to bathroom facilities;
- (d) As in the use of prone restraint. The use of prone restraint is strictly prohibited by any service provider employed by or under contract with the Chariho Regional School District to provide support or care, residential support, education, health care, treatment, or direct supervision. "Prone restraint" is defined as a restraint or hold that limits or controls the movement or normal functioning of any portion, or all, of an individual's body while the individual is in a face-down position. Prone restraint does not include the temporary controlling of an individual in a prone position while transitioning to an alternative, safer form of restraint.
- (e) As in seclusion, unless under constant surveillance and observation when documented as part of a previously agreed upon written behavioral intervention plan;
- (f) As in any intervention that precludes adequate supervision of the student;
- (g) As in any intervention which deprives the student of one or more of his or her senses.

### **Restraint Safety Procedures**

The following safety procedures are in effect, consistent with Rhode Island Physical Restraint Regulations effective September 1, 2002 and Rhode Island General Law 42-158-1:

- (a) Restraint is administered in such a way so as to prevent or minimize physical harm. If, at any time during a physical restraint/crisis intervention, the student demonstrates significant physical distress, the student is released from the restraint immediately, and school staff are directed to take steps to seek medical assistance.
- (b) Program staff must review and consider any known medical or psychological limitations and/or behavioral intervention plans regarding the use of physical restraint/crisis intervention on an individual student.
- (c) Restraint is administered in such a way that the student is never at any time prevented from breathing or speaking. During the administration of a restraint, a staff member will continuously monitor the physical status of the student, including skin color and respiration. A restraint ceases immediately upon determination by the staff member administering the restraint that the student is no longer at risk of causing imminent physical harm to him or herself or others.
- (d) Following the release of a student from a restraint, the following follow-up procedures are implemented:
  - Appropriate staff will review the incident with the student, as appropriate, to address the behavior that precipitated the restraint;
  - The building administrator will review the incident with the staff person(s) who administered the restraint to discuss whether proper restraint procedures were followed and consider whether any follow-up is appropriate for the student and for students who witnessed the incident.
  - The building administrator will review the incident with the student and consider whether any follow-up is appropriate for the student and for students who witness the incident.
  - School personnel will determine whether the student requires a behavioral intervention plan as part of his or her education program, or, if one already exists, whether that plan needs to be modified or adjusted.

### **C. Authorized Staff**

Only trained personnel authorized by the Chariho Regional School District may administer physical restraint/crisis intervention with students. Whenever possible, the administration of a physical restraint/crisis intervention shall be witnessed by at least one adult who does not participate in the restraint. **This training requirement does not preclude any teacher, employee or agent of the Chariho Regional School District from using reasonable force necessary to protect students, other persons, or themselves from imminent, serious physical harm.**

### **D. Monitoring and Reporting Instances of the Use of Physical Restraint**

As soon as possible, but not later than the next school day, the staff member who administers a physical restraint must submit a written report to the building administrator, which is forwarded to the Superintendent or designee, using the appropriate reporting format.

The Superintendent or designee maintains and will engage in a systematic monitoring and review of an ongoing written record of all reported instances of physical restraint.

#### **E. Reporting Violations of this Policy**

All persons with knowledge of violations of this policy are to directly and immediately report such violations to the Superintendent of Schools.

#### **F. Procedures for Investigating Complaints**

Complaints regarding restraint practices must be submitted, in writing, to the building administrator within 48 hours of receiving said report. The building administrator will notify the Superintendent, investigate the complaint, and respond to the parent, in writing, within five workdays. If the satisfactory resolution of the complaint is not achieved at the building level, the complaint may be submitted to the Superintendent.

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