

# The Building Bridges Initiative (BBI): Advancing Partnerships. Improving Lives.

## CONNECTICUT RESTRAINT & SECLUSION PREVENTION INITIATIVE PARTNERSHIP SEPTEMBER 25, 2013

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# The SIX CORE STRATEGIES©:

The only evidence-based practice researched to achieve the culture change that is required to successfully prevent and reduce the use of restraint and seclusion.

The Six Core Strategies© utilize strength-based/recovery-oriented, trauma-informed and consumer/client & family-driven care as foundation principles for operationalizing practices that result in significantly reducing the use of Restraint and Seclusion.



# The Six Core Strategies© to Prevent Violence and S/R

- 1) **Leadership** Toward Organizational Change
- 2) Use **Data** To Inform Practices
- 3) Develop/Support/Empower Your **Workforce**
- 4) Implement **S/R Prevention Tools**
- 5) Actively recruit and include **service users and families in all activities**
- 6) Make **Debriefing** rigorous

# Leadership

- Examples include, but are not limited to
- Mission/Values based on best practices
  - Leadership PASSIONATE about & MODELS mission/values
  - Ensuring development & implementation of a strategic plan
  - Revising policies & procedures to be consistent w/ best practice values
  - Elevating the oversight of each R/S event



# Using Data to Inform Practice

- Examples include, but are not limited to
- Defining and tracking all coercive events (e.g., R/S; AWOLs; Police calls; Time-outs; medication use)
  - Comprehensive analysis of data –including day/shift/individual staff members/etc. – DRILL DOWN
  - Posting/sharing w/ everyone – simple/readable graphs – against last year, last week, all units
  - Celebrate improvements

# Develop/Support/Empower Your *Workforce*

Examples include, but are not limited to

- Revise staff hiring/job descriptions/orientation/ongoing training/supervision/evaluation protocols to be consistent w/ best practice values
- Focus on empowerment/support of staff, as well as accountability
- Strong staff supervision systems



# Implement *S/R Prevention Tools*

Examples include, but are not limited to:

- Tools to assess risk for Violence & high risk for death/injury
- Trauma assessments
- Individual Safety/Soothing Plans
- Person-first language
- Environmental Improvements – focus on creating soothing/healing environments
- A range of sensory modulation approaches

# Actively recruit and include *service users and families in all activities*

Examples include, but are not limited to:

- Hiring family advocates
- Hiring adult consumer/youth advocates
- Ensuring consumer/youth representation & strong voice and choice in every part of program – from board to executive to every committee/workgroup
- Meaningful family and consumer/youth advisory councils
- “Nothing about us without us” focus/passion



# Make *Debriefing* rigorous

Three goals of debriefing:

- Learn enough that will never happen again with the consumer/person involved
- Learn enough that the staff involved in event will not need to resort to R/S again;
- Change organizational practices/ procedures/documents based on what learned (e.g., training; supervision; use of tools)



# SAMHSA'S National Registry of Evidence-based Programs and Practices

[http://www.nrepp.samhsa.gov/View  
Intervention.aspx?id=278](http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=278)

Type in: Six Core Strategies





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