

Connecticut Restraint and Seclusion Prevention Initiative

August 8, 2013

Connecticut Restraint and Seclusion Prevention Initiative Partners

Connecticut Judicial Branch: Court Support Services Division (CSSD)

Department of Children and Families (DCF)

Department of Developmental Services (DDS)

Department of Mental Health and Addiction Services (DMHAS)

Office of the Child Advocate (OCA)

Office of Protection and Advocacy (OPA)

State Department of Education (SDE)

Introduction:

At the agency level, states are beginning to address the need to prevent and reduce the use of restraints and seclusions. In 2010, Massachusetts implemented an interagency restraint and seclusion prevention initiative that includes six state agencies. Other states have implemented restraint and seclusion prevention initiatives for state programs and specific agencies. These include Pennsylvania's prevention initiative with its state psychiatric hospitals and Maryland's initiative for its Developmental Disabilities Administration. Within Connecticut, individual state agencies have implemented initiatives to prevent the use of restraints and seclusion with their consumers.

The prevention of restraint and seclusion requires a state-wide initiative that focuses on creating a framework for safe and positive service environments across the life span. The creation of the Restraint and Seclusion Prevention Steering Committee, hereafter "Committee," representing all Initiative Partners, is an important step in this Prevention Initiative for Connecticut. One of the initial goals of the Committee is to hold a "kick-off" symposium in 2013 to introduce the Restraint and Seclusion Prevention Initiative to Partner staff, providers and other stakeholders. The Committee has reached out to the Substance Abuse and Mental Health Services Administration (SAMHSA), which has agreed, inter alia, to support the Initiative and participate in the symposium and other activities.

The Committee recognizes and respects that Initiative Partners may use different languages, serve different populations, are accountable to different regulatory and accreditation organizations and have different missions. Despite those differences, the Initiative Partners agree on and share the following vision, guiding principles and overall goals for this Restraint and Seclusion Prevention Initiative.

Vision:

- The shared goal of the Initiative Partners is the prevention of the use of restraint and seclusion with the children, youth, and adults who receive their respective services.
- All children, youth, and adults receiving services deserve to be treated with respect and dignity at all times.

Connecticut Restraint and Seclusion Prevention Initiative

- We acknowledge that the use of restraint and seclusion can be physically injurious and psychologically traumatic for the children, youth, and adults being restrained and secluded, as well as for the staff members involved.
- We firmly believe that services provided to children, youth, and adults should be positively focused on their strengths, and based on research or evidence.
- We believe that the staff who work with children, youth, and adults must have access to all needed tools and supports. Specifically, staff must be afforded proper training and supervision, adequate staffing, and full leadership commitment to foster a positive and supportive service environment and to prevent the use of restraint and seclusion.

Guiding Principles:

- The safety of the children, youth and adults supported by each Initiative Partner, and the staff who provide services to them, is the first priority and informs all practice and policy considerations.
- Initiative Partners and private agencies will collaborate with children, youth, adults, and their families in this Initiative. Each party brings assets to the effort that have equal importance to the success of the Initiative.
- Each Partner will implement this Initiative in a manner that is consistent with its own standards and practices, while remaining committed to the overall vision, guiding principles and goals of the Initiative.
- The provision of training, consultation and technical support opportunities will be the shared responsibility and commitment of all Partners in the Initiative.
- All levels of the system must be afforded reasonable time and opportunities to make the changes required by any revisions of Initiative Partner regulations or policies.
- Data, research, best practice and a framework of Continuous Quality Improvement informs all practice and policy changes to be implemented as a result of this Initiative.
- Recommendations and strategies implemented will focus on ensuring the sustainability of change over time.

Overall Goals:

- Increase the number of settings that have implemented an organizational change strategy which promotes a culture that utilizes best practice models, including evidence-based behavioral support practices leading to the reduction in the need for the use of restraint and seclusion across settings.
- Align and/or coordinate state-wide policies and regulations regarding the use of restraint and seclusion that reflect the intent and principles of this Initiative.
- Prevent and reduce the incidents of restraint and seclusion for all individuals served in educational, treatment and other service settings.

Connecticut Restraint and Seclusion Prevention Initiative

- Examine and, where appropriate, ensure that programs, facilities and schools engage individuals and their families in the development and ongoing review of behavioral support policies and practices.
- Provide resources and training for service staff to increase their capacity to implement best practice models, including evidence-based behavioral support practices, leading to the prevention and reduction of restraint and seclusion.
- Improve the educational, permanency and quality of life outcomes for children, youth and adults being served by all Initiative Partners.

The undersigned all agree to support this Restraint and Seclusion Prevention Initiative:

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