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
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


Type in: Six Core Strategies
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