

Marklund Day School will employ Professional Crisis Management (PCM) as the crisis management system. PCM is a system designed to manage crisis situations effectively, safely and with dignity. Strategies utilized in PCM are based on scientifically verified principals and address a wide range of behaviors.

The following considerations that will proactively manage challenges are implemented during the four stages of PCM.

- a. *Biological strategies- health, physical communication, sensory, medication, or illness*
- b. *Setting strategies- places and objects, people, and proximity*
- c. *Organizational consideration- curriculum, schedule, and expectations*
- d. *Systematic motivational strategies- hierarchy of programmatic behavioral interventions*
- e. *Teaching perquisite skills- academic, social, vocational, and recreational*
- f. *Social praise- individual, group, and pivot, and rate of social interactions*
- g. *Goal setting and contracts- communication training, effective listening, promote reasonable thinking*
- h. *Prompting and redirection- gestural, verbal, and physical prompting*

The four stages of PCM are as follows:

1. **Crisis prevention**- the promotion of positive feels, productive behaviors, rational thinking, relaxed physiology.
2. **Crisis de-escalation** - decelerating behavioral and emotional responses that occur in pre-crisis situations.
3. **Crisis intervention procedures**- physical management (personal safety, transportation, and immobilization) of continuous behaviors that are continuously aggressive, continuously self-injurious or continuously of high magnitude disruption.

Physical restraint means holding a student or otherwise restricting a student's movements.

- I. A physical restraint shall not impair a student's ability to breath or communicate normally, obstruct a student's airway or interfere with their primary mode of communication.
- II. Physical restraint may be used when the following criteria are met
 - When the staff have reviewed and determined that there are no known medical or psychological limitations that contraindicate the use of physical restraint.
 - Staff deem the situation an emergency defined as a situation in which immediate intervention is needed to protect a student or other individual from imminent danger of causing serious physical harm to themselves or others
 - Less restrictive and intrusive interventions have been tried and proven ineffective in stopping the imminent danger.
 - Only performed by certified trained staff members.
 - During each crisis one staff member trained in identifying the signs of distress will be assigned to observe, monitor and record the student during the entire crisis and the procedures used
 - The restraint will end immediately when the threat of imminent serous physical harm ends or the student indicates they are unable to breath or the staff member supervising recognizes signs of distress, but in no event shall physical restraint lasts longer than 30 minutes.
 - If after 30 minutes of prone or supine restraints and the emergency has not resolved or if an additional emergency arises the same school day a school administrator in consultation with a behavior specialist must authorize the continuation of the restraint or an additional supine or prone restraint
 - The number of staff members involved in the physical restraint may not exceed the number necessary to safely hold them (23 Illinois Administrative Code 1.285, (B 1-6))

B. Physical Restraint

- i. Continuous aggression- repeated demonstration of behaviors that are potentially injurious to others. Examples include continuous hitting, kicking, head butting or use of any other part of the body or an object to injure another person.
- ii. Continuous self-injury- repeated demonstration of behaviors which are potentially injurious to oneself. Examples include head beginning, face slapping, eye-poking, etc.
- iii. Continuous high-magnitude disruption- repeated demonstration of behaviors that pose imminent danger of causing serious physical harm to himself, herself, or others. Examples include continuous hitting or toppling heavy objects such as chairs, tables, eloping, climbing, etc.

C. Physical Restraint Procedures

- i. Personal safety techniques- include blocking, hair release and bite release
- ii. Transportation procedures- one-person transport and two-person transport
- iii. Vertical immobilization- restriction of body movement in an upright position includes one- person, two-person, and three-person
- iv. Horizontal Immobilization-
 1. Briefly Assisted Required Relaxation (BARR)
 - a. Prone Physical Restraint means a physical restraint in which a student is held face down on the mat and physical pressure is applied to the student's body to keep the student in the prone position.
 - b. Supine Physical Restraint means a physical restraint in which a student is held face up on the mat and physical pressure is applied to the student's body to keep the student in the prone position.

D. Prone and Supine Restraint

- i. If a student requires restraint at a level more restrictive than a vertical immobilization, Marklund will implement the BARR. Trained staff will utilize this therapeutic hold when the following criteria are met:
 1. PCM required safety mat is available.
 2. At least two trained staff member are present.
 3. Ensure there are no known medical or psychological limitations that contraindicate the use of a prone or supine restraint.
 4. The situation is deemed an emergency, defined as continuous aggression, continuous self-injury, continuous high-magnitude disruption and the proactive strategies in their Behavior Intervention Plans (BIP) have been tried and proven ineffective in stopping the imminent danger.
 5. Prone and supine restraints are used only if it is deemed the least restrictive and intrusive interventions to address and stop the student from engaging in continuous aggression, self-injurious behavior, and/or high magnitude disruption.
 6. The prone and supine physical restraint ends immediately when the CASH behavior criteria (continuous aggression, continuous self-injury, or continuous high magnitude disruption) ends, but in no event shall prone physical restraint last longer than 30 minutes. If, after 30 minutes, the crisis has not resolved or if an additional crisis arises the same school day that meets the standards under subsection (b)(6) of 23 Illinois Administrative Code 1.285, a school administrator, in consultation with a social worker, nurse, or behavior specialist may authorize the continuation of the restraint or an additional prone restraint.

E. Effects of Physical Restraint

- i. Trained staff members will monitor students for physical signs of distress. Physical restraint shall not impair a student's ability to breathe or communicate, obstruct a student's airway, or interfere with a student's primary mode of communication.
- ii. During a prone or supine restraint, a school staff person trained in identifying the signs of distress will be assigned to observe the student during the entire crisis.

F. Communication During Physical Restraint

- i. If a physical restraint is imposed upon a student whose primary mode of communication is sign language or an augmentative mode, the student will be permitted to have his or her hands free of restraint for brief periods, unless the crisis team determines that this freedom appears likely to result in harm to the student or others (23 Illinois Administrative Code 1.285 (d)(7)).

G. Fading of Physical Restraint

- i. During physical restraint procedures, staff members provide feedback to students by fading physical prompts after three seconds of calm. The student shall be released immediately upon determination by the staff member administering the restraint that the student is no longer in imminent danger of causing physical harm to self or others.
- ii. The duration of a **single episode** in which physical restraint procedures are used should not exceed 15 minutes (with no attempts of fading). In the event that the restraint procedure lasts 15 minutes with no fade attempts, the staff members administering the restraint will release and the crisis team members will notify the PCM Trainer on staff or Marklund's Administrator to evaluate the situation.
- iii. If an additional crisis situations requiring the BARR arises the same school day, a school administrator, in consultation with a social worker, nurse, or behavior specialist may authorize the continuation of the restraint or an additional prone or supine restraint.

4. *Post-crisis strategies*- reintegration of the individual into existing teaching and treatment systems.

PCM has been developed out of more than 15 years of experience in dealing with individuals who are severely aggressive populations and has a track record of safety and success across hundreds of organizations. PCM utilizes strategies that are based on scientifically verified principals for the prevention or reduction of maladaptive behavior. It is important to note that PCM is NOT a treatment system and can only be used in settings that have existing treatment or academic systems, such as the Marklund Day School.

Physical restraints are only used to prevent a student from causing harm to him/herself or others when a student has met CASH criteria (continuous aggression, continuous self-injury, or continuous high magnitude disruption). PCM does NOT utilize physical restraint unless the above criteria are met. All other behaviors are addressed with non-physical prevention and de-escalation strategies.

When utilizing physical restraints, PCM requires the use of natural body positioning and a padded mat so as to minimize coercion and increase comfort. The level of physical restraint is guided by the level of resistance the student is engaging in and is gradually removed or faded every three seconds as the student continues to calm. All staff members who participate in restraint have to complete a rigorous training and certification course and are monitored for correct implementation of the procedures.

In accordance with 23 Illinois Administrative Code 1.285 (d), mechanical and or chemical restraint (i.e., the use of any device other than personal physical force to restrict the limbs, head, or body) will not be employed. Physical restraint shall take into consideration the safety and security of the student. Physical restraint shall not rely upon pain as an intentional method of control (23 Illinois Administrative Code 1.285 (d)(5)).

Any incidents requiring the use of physical restraint will be reported to Marklund Day School’s Administrator or Behavior Analyst by the end of the school day in which the restraint occurred. Parents/guardians will be notified within 24 hours after the use of physical restraint by a member of the crisis team. ISBE will be notified within 48 hours in the form and manor prescribed by the State Superintendent. In addition, data related to the use of restraint are recorded and monitored.

If the student is restrained in a prone and supine physical restraint in at least two separate instances within a 30-school day period, the school personnel who initiated, monitored, and supervised the incidents shall initiate a review of the effectiveness of the procedures used. The staff must review the following items; students Functional Behavior Analysis, behavior data, considering developing additional supports, considering actions to reduce the use of restrictive procedures and reviewing any known medical or psychological limitations that contraindicate the use of a restrictive procedure.

Marklund Day School places an emphasis on prevention by maximizing relationships, maximizing choice, and maximizing skills through positive programming. With an emphasis on prevention, the development of pre-crisis and crisis behaviors is minimized. Physical restraint will be implemented to maintain a safe and orderly environment for learning. In the event that physical management is required, I am aware of the physical restraint techniques that may be implemented by trained Marklund Day School personnel. These techniques are implement to prevent a student from causing physical harm to self or others and only when other non-physical methods are ineffective.

Parents will be notified within 24 hours after the use of physical restraint on the state form via email.

Student Name _____

Parent/Guardian Signature _____ Email address _____

Date _____