

# Quality Improvement

## QuickTip

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**Title: Restraint Reduction**  
**Levels of Care: All**

CBHNP recognizes the sensitive nature of using restraints to adequately address some Members' needs for physical protection due to their symptomology and complex treatment issues that are difficult to manage. At the same time, trauma informed care promotes an active interest in reducing and/or eliminating the use of restraints in the therapeutic setting due to their intrusiveness and the potential to result in emotional harm to the child or staff involved in the restraint.

All Providers are expected to report all incidents of restraint use on CBHNP Members. CBHNP reviews all reported restraints to detect trends in antecedent behaviors, attempted de-escalation techniques, type of restraint, length of restraint, attempts to end the restraint, and the debriefing afterwards. In addition, some CBHNP Counties and Oversight have initiated their own review process to monitor restraint use. It is expected that providers actively review their own data in a similar fashion in order to move towards reduction of the use of restraints. In some cases, this may lead to further review of provider policies and treatment philosophies to support restraint reduction efforts.

The following are some resources for providers to consider when looking at ways to reduce or eliminate the use of restraints:

- The Sanctuary Treatment Model: <http://www.sanctuaryweb.com>
- ACT: <http://www.dpw.state.pa.us/ServicesPrograms/MentalHealthSubstanceAbuse/ACT/>
- Massachusetts restraint and seclusion initiatives: [http://www.mass.gov/?pageID=eohhs2modulechunk&&L=4&L0=Home&L1=Government&L2=Departments+and+Divisions&L3=Department+of+Mental+Health&sid=Eeohhs2&b=terminalcont&f=dmh\\_p\\_rsri&csid=Eeohhs2](http://www.mass.gov/?pageID=eohhs2modulechunk&&L=4&L0=Home&L1=Government&L2=Departments+and+Divisions&L3=Department+of+Mental+Health&sid=Eeohhs2&b=terminalcont&f=dmh_p_rsri&csid=Eeohhs2)

Additional actions to be considered:

- Hold additional treatment team meetings to discuss issues and possibly revise the treatment plan to address antecedent behaviors noted in relation to previous restraints.
- Review the treatment plan to see if additional interventions are necessary to create internal controls or replace behaviors that are driving the need for restraints.
- Perform a trauma assessment and involve the Member in the process to reduce the need for restraints.
- Review and revise the individualized safety plan which includes specific behavior modification practices and strategies for preventing future restraints.
- Develop a restraint reduction plan with the Member if not completed already.
- Complete a Functional Behavioral Assessment (FBA) in order to determine antecedent conditions.
- Identify resources for routine restraint training to staff
- Provider Member/family education on restraint use to engage them in the process of reducing the need for restraints.

