

FOOTHILLS GATEWAY, INC.

Restraints

POLICY:

It is the policy of Foothills Gateway, Inc. that physical or mechanical restraints shall only be used by employees or Independent Contractors who have been trained in the use of restraints. Restraints will not exceed fifteen minutes, wherever practicable.

PROCEDURE:

- Restraints are only to be used in emergency situations, when positive approaches have failed, and when the restraint is necessary to protect the person receiving services from injury to self and/or to others or severe property destruction and/or in accordance with an Individual Service and Support Plan (ISSP) with a Safety Control Procedure (SCP). Employees and Independent Contractors can refer to the “Supporting Persons with Challenging Behavior” procedure for additional information.
- If the situation is emergent, and prolonged (longer than fifteen minutes) restraint is absolutely necessary to protect the person receiving services from injury to self and/or others, additional trained staff must be available for backup to ensure the safety of the person receiving services and the staff involved. Staff are trained to attempt to release a restraint (after no longer than fifteen minutes) as soon as possible and assess the person’s ability to regain and maintain control.
- If physical intervention results in the person receiving services on the floor, it is required that staff let go and step back to allow the person the opportunity to regain control. Ongoing restraint once the person is on the floor/seated is prohibited, unless the person has a specific physical intervention need due to extremely dangerous and aggressive behavior. In this case, the person’s team may agree to utilize an approved technique that may involve physical intervention while seated on the floor. This technique is only to be used when other techniques outlined in the person’s SCP have not effectively interrupted the behavior, and the person, staff or others are at risk of injury. This technique is called “Seated Team Control”, which is a Crisis Prevention Institute (CPI) technique, and is only to be used with the person for whom it is approved. This technique is not to be used with anyone else. Staff are trained to use the “Seated Team Control” and are required to practice it on a regular basis.
- The staff will attempt to release the restraint at fifteen minutes and monitor the person’s behavior.
- The individual will be released as soon as the emergency situation no longer exists.
- No restraint shall place excess pressure on the back, stomach or chest of the individual or impede the person’s ability to breathe.

- During the restraint, the persons breathing and circulation will be monitored to ensure that these are not compromised.
- All details regarding the use of the restraint will be clearly documented in incident reports, including the least intrusive attempts at intervention.
- Prone (on the stomach) and supine (on the back) restraints are **prohibited by FGI and the State of Colorado**. If the person receiving services puts themselves on the floor/ground, staff are required to disengage and step away.

4/01; ... 5/16; 5/17; 5/18