



CALM EVERY STORM[®]

Learn How. Know When.
CRISIS CONSULTANT GROUP, LLC

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**National Association of Mental Health Program Directors Six Core Strategies
for Reducing Seclusion and Restraint Use & Crisis Consultant Group, LLC**

6 Core Strategies	CCG Response
1. Leadership toward Organizational Change	In order for organizational change to occur leaders of the organization must first support and be involved in initiatives aimed at reducing and eliminating seclusion and restraints in their facilities. CCG trains all course participants to embrace the concept and practice that seclusion and restraint are only to be used when there is imminent risk of harm to self or others. Interventions use a strength-based, person-centered, trauma informed care approach. At CCG we help participants focus on the attitudes or beliefs that may be influencing the escalation or de-escalation of individuals in crisis.
2. Use of Data to Inform Practice	In order for organizations to begin to make changes in reducing seclusion and restraint they must begin with an analysis of current trends. CCG helps organizations to develop internal tracking forms so that the information being gathered is useful and can be transformed into policies and procedures aimed at reducing S/R episodes.
3. Workforce Development	At CCG we know that when staff feel safe, supported, have access to effective training opportunities, and feel empowered to report concerns to management that they are better able to create a therapeutic milieu where the consumer is able to grow and learn in order to meet treatment goals. All of our courses have a strong emphasis on understanding the self in order to continue to professional

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	<p>develop and appropriately intervene during crisis in order to work to prevent the need for any type of seclusion or restraint. All course curriculums are based on the primary principles from the recovery and resiliency model, trauma informed care, as well as person centered/driven treatment planning. We teach course participants how to provide choices and alternatives throughout an escalating situation. CCG recommends all staff receive at a minimum, annual training in the area of crisis intervention and de-escalation with refresher trainings every 3 to 6 months. CCG does NOT teach any prone or supine restraint positions. Furthermore, the physical hold does not use any groin-to-groin contact thus reducing the risk for further trauma to the individual. Again, CCG only teaches the use of restraint if an individual has become an imminent risk to harming themselves or others.</p>
4. Use of Seclusion/Restraint Prevention Tools	<p>One of the primary prevention tools is comprehensive training on recognizing the risk factors that increase the likelihood of violence or aggressive actions. At CCG, we teach participants how to assess and monitor for potential acts of aggression, violence, or self-harm as well as the corresponding verbal crisis intervention techniques to work in conjunction with the consumer in order for them to remain safe and in control. In circumstance when restraint is necessary to prevent injury, CCG recommends full debriefing that</p>

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	include staff, management, as well as consumers and their identified supports.
5. Consumer Roles in Inpatient Settings	Paramount in CCG's courses is the individual's right to make choices throughout an escalating situation. CCG encourages organizations to adopt comprehensive recovery plans that include a list of supportive interventions and individuals identifies by the consumer for when they are in crisis. Whenever possible consumers, family members, Peer Specialists, Advocates, Staff and other key players should be involved in evaluating policy and procedures aimed to reduce or eliminate the need for seclusion or restraint.
6. Debriefing Techniques	CCG recommends that debriefing occur following all incidents where physical restraint is utilized. Debriefing should occur with the staff involved as well as with the individual. When possible support persons, advocates and other stakeholders should be a part of the debriefing process in order to develop strategies to prevent another restraint from happening. CCG has several debriefing tools that organizations can use to guide them through a successful debriefing. Multiple debriefing meetings may be needed to identify and strategize for individuals requiring multiple therapeutic holds or restraints in order to effectively join with the individual and create a comprehensive restraint diversion plan.

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