

The Use of Restraint or Seclusion: What staff should know about Vermont State Rule 4500

Cabot School and Twinfield Union School promote the practice of Positive Behavior Intervention Supports (PBIS). When a child or student is displaying either anger or aggression toward peers or adults the goal is to work with the child to de-escalate and redirect the child without using physical restraint or seclusion. Only staff trained in an approved restraint program are permitted to restrain a child or student. If any staff person in an emergency situation uses physical restraint or seclusion, the new rule requires that they report the incident to the building principal as soon as possible, and no later than the end of the school day. If the principal deems that a restraint or seclusion was used, the staff person will be asked to fill out the Restraint & Seclusion Incident Report Notification. A copy of the Restraint & Seclusion Report must be sent to the Special Service Director when it is received by the school administrator, as certain Restraint & Seclusion events must be reported to the Secretary of Education.

Physical restraint

Does not include:

1. Momentary periods of physical restriction by direct person-to-person contact, accomplished with limited force and designed either to prevent a student from completing an act that would result in potential physical harm to himself/herself or another person; or to remove a disruptive student who is unwilling to leave the area voluntarily;
2. The minimum contact necessary to physically escort a student from one place to another;
3. Hand-over-hand assistance with feeding or task completion; or techniques prescribed by a qualified medical professional for reason of safety or for therapeutic or medical treatment.

Seclusion means the confinement of a student alone in a room or area from which the student is prevented or reasonably believes he or she will be prevented from leaving.

Seclusion **does not** include time-out where a student is not left alone and is under adult supervision.

All Staff are encouraged to become familiar with Rule 4500 regarding Restraint and Seclusion. Copies of the rule can be found in the main office or on the Department of Education Website. If you have specific questions about the new rule please contact by email: Mark Tucker, Special Services Director at mtucker@wnesu.org.

Crisis Prevention Intervention: WNESU Approved De-escalation and Restraint Training

When necessary, in accordance to State Rule 4500 4502.4, only staff trained in an approved restraint program are permitted to restrain a child or student. Physical restraint or seclusion shall only be imposed: (a) by school personnel or contract service providers who have been trained to provide the selected intervention **unless**, due to the unforeseeable nature of the danger of the circumstance (e.g. the imminent risk of harm to the student, another student, or staff member), trained personnel are not immediately available.

1. Washington Northeast Supervisory Union will insure that there is not less than one (1), and preferably two (2) trainers, trained in a Vermont Department of Education recommended physical restraint training program.
 - a.) WNESU has selected Crisis Prevention Institution (CPI) and has two trainers authorized (certified) to train other school personnel.

- b.) CPI Trainers are required to provide a minimum of eighteen (18) hours of trainings per year to maintain their certification and insure each school district sustains well-trained staff.
2. Each School district will maintain a Crisis Prevention Team consisting of no less than five (5) staff trained in CPI.
- a.) First-time Crisis Prevention Team members will be required to complete, at a minimum, twelve (12) hours of CPI training.
 - b.) Crisis Prevention Team members will receive annual recertification training two times a year of not less than four (4) hours each.
 - c.) Each School District Crisis Prevention Team is encouraged to meet on a regular basis for additional practice to maintain their proficiency.