



## **ACLD's Policy on the Use of Time Out and Physical Restraint**

**(A) Use of Time Out and Aversives:** ACLD will not use Time Out, or Aversive actions as part of our management of challenging behaviors.

**(B) Physical Restraint:** For purposes of this subdivision, physical restraint means a situation in which immediate intervention involving the use of reasonable physical force pursuant to NYSED guidelines. In accordance with state legislation, a certified staff member may use a physical restraint only in the event that a child is in immediate danger of harming self/and or others.

ACLD has contracted with *Handle With Care Behavioral Management Systems, Inc.* to provide ongoing training regarding the implementation safe and effective physical restraint procedures in accordance with state regulations. Handle with Care was selected as it provides specific and appropriate therapeutic interventions a preschool population. It provides an integrated system, including many proactive crisis/behavior prevention techniques in addition to hands on intervention strategies.

- (1) The use of physical restraint will be used as a last resort, and only when the child is in immediate danger of harming self and/or others, when all other intervention and strategies have failed. Families will be notified in all cases when a physical restraint is used.
- (2) In accordance with ACLD's philosophies regarding providing an "enviable life" for individuals, ACLD's Children's Services along with *Handle With Care, Inc.* embrace the following beliefs:
  - (i) There is no dignity in allowing a child or adult to hurt himself or someone else.
  - (ii) A child needs to be protected from the physical and emotional consequences of their challenging behavior.
  - (iii) In order to act in the child's best interest, the classroom teacher/therapeutic staff need to be in control of their own feelings and behavior.
  - (iv) A child may be aware that he/she is out of control and expects the adult to demonstrate the capacity to help bring him/her under control safely.
  - (v) The skillful application of a physical restraint may be a critical extension of the therapeutic relationship when the safety of the child, or others is eminent.