



DIVISION OF DEVELOPMENTAL DISABILITIES
Olympia, Washington

TITLE: RESTRICTIVE BEHAVIOR POLICY 5.12
MANAGEMENT PROGRAMS

Authority: 42 CFR 483.440, 483.450
RCW 74.42
DSHS Administrative Policies 7.02, 8.01
DDD Policies 5.06, 5.10, 5.11, 5.13, 7.03, 9.02

BACKGROUND

Residential habilitation services for persons with developmental disabilities provide appropriate training regarding basic skills, medical services, and behavioral support. An Individual Habilitation Plan (IHP) designed to promote maximum development, independence, and well-being is required for each person.

Positive approaches to habilitation shall be used. However, there are times when positive approaches are not successful in reducing serious behaviors which impede growth or present risks to the person and/or others, or otherwise interfere with the habilitation process. When positive approaches have been found unsuccessful in reducing such behaviors, a combination of positive approaches and restrictive techniques may be used as a reasonable therapeutic approach. Under some conditions, restrictive measures and techniques may represent the only means of assisting the person toward habilitation, and protecting others from harm. Such measures should be as non-intrusive and of the shortest duration possible.

When a restrictive procedure is necessary, safeguards must be taken to protect the person's safety, the safety of others, and to protect the rights of all. The benefits of any intervention procedure should outweigh its risks.

PURPOSE

This policy outlines the protocols to develop, review, and approve, a restrictive Behavior Management Program (BMP).

SCOPE

This policy applies to Residential Habilitation Centers (RHCs) and community Intermediate Care Facilities for the Mentally Retarded (ICF/MRs).

POLICY

RHCs and ICF/MRs shall take steps to protect the rights of clients and staff when it becomes necessary to use restrictive procedures with a person with behavioral management problems. Restrictive intervention procedures may only be used if the RHC or ICF/MR has documented that the benefits of such use clearly outweigh any potential risks or side effects.

A. Restrictive Procedures

1. Each RHC and ICF/MR shall have procedures which regulate restrictive behavior management programs including but not limited to:
 - a. The use of time-out rooms;
 - b. The use of mechanical/physical restraints;
 - c. The use of drugs to control inappropriate or severe behaviors; and
 - d. The application of painful or noxious stimuli.
2. Techniques for managing inappropriate behavior shall not be used for disciplinary purposes. The criteria for a behavior management program (BMP) does not include convenience of staff or a substitute for an active treatment program.

B. Protocol for the Development of a Restrictive BMP

Each RHC and ICF/MR shall have procedures for review of interventions to manage inappropriate client behavior. These procedures shall address the following:

1. The designation of a hierarchy of programs for interventions ranging from most positive (least intrusive) to least positive (most intrusive). This includes:
 - a. Documentation of positive and least intrusive programs that were tried but were ineffective;
 - b. Detailed criteria for determining whether programs using more intrusive or negative techniques can be effective;

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- c. Justification for treatment, including an analysis of risks and benefits of treatment;
 - d. A summary of the precautions and effects of treatment; and
 - e. A reduction or withdrawal plan for the prescribed interventions.
 2. A list of staff members who may authorize the use of specified interventions, including a training plan for these authorized staff;
 3. The mechanisms used for monitoring and controlling the use of such interventions, including:
 - a. Clear criteria for release from any prescribed mechanical device or time-out room;
 - b. Documentation of interventions;
 - c. Provisions for changing the BMP if such interventions are ineffective; and
 - d. Designation of the qualified professional staff to monitor the implementation of the BMP.
 4. Incorporating interventions to manage inappropriate behavior into the person's IHP. These interventions serve as adjuncts to IHP goals that provide for the replacement of inappropriate behavior with behavior that is adaptive or appropriate. The BMP shall include:
 - a. A stated behavioral outcome;
 - b. A projected completion date; and
 - c. The expression of each goal in behavioral terms that provides a measurable index of performance.
- C. Review and Approval of a Restrictive BMP

Each RHC and ICF/MR shall establish procedures for the process of reviewing and approving restrictive BMPs. These procedures shall include:

1. Initial review by an interdisciplinary team (IDT);
2. Review and endorsement by a Human Rights Committee (HRC);

3. Administrative review and authorization by the RHC Superintendent or designee or facility director; and
4. Consent by the client or the client's legal representative; and
5. Authorization by the DDD Director in the case of a BMP which includes the application of painful or noxious stimuli.

DEFINITION

- A. "Behavior management program" means plan and procedures to provide intervention and treatment for people with maladaptive behaviors which are designed to reduce or eliminate inappropriate behaviors.
- B. "Inappropriate client behavior" means behavior that impedes adaptive growth or behavior that is a risk to the health and safety of the person or others, or behaviors that disrupt the habilitation process.

SUPERCESSION

Policy Directive 340.4
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Approved: /s/ Norm Davis
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