

# ***SANILAC COUNTY COMMUNITY MENTAL HEALTH AUTHORITY***

## **ADMINISTRATIVE POLICY**

**NUMBER: RR017**

**NAME: RESTRAINT, SECLUSION & PHYSICAL MANAGEMENT**

|                        |            |   |
|------------------------|------------|---|
| INITIAL APPROVAL DATE: | 06/12/2002 | BY: Administrative Committee            |
| STAKEHOLDERS REVIEW:   | 09/17/2024 | BY: Recipient Rights Advisory Committee |
| (LAST) REVISION DATE:  | 06/20/2017 | BY: Recipient Rights Officer            |
| (LAST) REVIEW DATE:    | 10/17/2024 | BY: Policy Committee                    |
| DISCONTINUED DATE:     | N/A        | REPLACED BY: N/A                        |

### **I. PURPOSE:**

To establish standards regarding the restraint, seclusion and the physical management of individuals receiving mental health services.

### **II. APPLICATION**

Populations: All

Programs: Direct: All

Contracted: All

### **III. POLICY**

The use of restraint and seclusion is prohibited in all agency programs, sites or residential settings directly operated or under contract with Sanilac County Community Mental Health Authority. Clients shall not be placed in physical restraint except in the circumstances and under the conditions set forth in this section or in other law.

The Sanilac CMH Office of Recipient Rights will review the restraint and seclusion policies of all contractual inpatient providers and child caring institutions for compliance with all applicable federal and/or state statute, regulations and guidelines, including the Michigan Mental Health Code and MDHHS Administrative Rules.

### **IV. DEFINITIONS**

Physical Management: A technique used by staff as an emergency intervention to restrict the movement of an individual by direct physical contact in order to prevent the individual from physically harming himself, herself, or others. Physical management shall only be used on an emergency basis when the situation places the individual or others at imminent risk of serious physical harm. The term "physical management" does not include briefly holding an individual in order to comfort him or her, or to demonstrate affection, or holding his or her hand. Physical management as defined here may only be used in situations when a recipient is presenting an imminent risk of serious or non-serious physical harm to himself or herself or to others, and lesser restrictive interventions have been unsuccessful in reducing or eliminating the imminent risk of serious or non-serious physical harm. Both of the following also apply: physical management shall not be included as a component in a behavior treatment plan; and prone immobilization of a recipient for the purpose of behavior control is prohibited unless implementation of physical management techniques other than prone immobilizations is medically contraindicated and documented in the individual's plan of service.

Protective Device: A device or physical barrier to prevent the recipient from causing serious self-injury associated with documented and frequent incidents of the behavior. A protective device as defined in the subdivision and incorporated in the written individualized plan of service shall not be considered a restraint.

Restraint - Means the use of a physical device to restrict an individual's movement. Restraint does not include the use of a device primarily intended to provide anatomical support.

Seclusion: The temporary placement of individual receiving services alone in a room from which egress by the individual receiving services is prevented by any means.

Therapeutic De-Escalation: an intervention, the implementation of which is incorporated in the individualized written plan of service, wherein the individual receiving services is placed in an area or room, accompanied by staff who shall therapeutically engage the individual receiving services in behavioral de-escalation techniques and debriefing as to the cause and future prevention of the target behavior.

Time Out: A voluntary response to the therapeutic suggestion to a recipient to remove himself or herself from a stressful situation in order to prevent a potentially hazardous outcome. [AR7001(q)]. For purposes of this policy, a time out intervention program as defined herein is not a form of seclusion [AR.7243(10)].

## **V. STANDARDS**

The use of restraint or seclusion is prohibited in all Sanilac County Community Mental Health Authority programs or sites directly operated or under contract to the Agency. Exceptions include inpatient providers and child caring institutions where permitted by federal and/or state statutes and regulations.

In inpatient facilities and child caring institutions where restraint is permitted by federal and/or state statute, regulations or guidelines, the provider will submit a copy of their policy to the Sanilac CMH Office of Recipient Rights for compliance review. This policy also includes services to children/adolescents and person with special needs. For purposes of this policy, a time out intervention program as defined herein is not a form of seclusion.

The use of prone immobilization is prohibited unless other techniques are medically contraindicated and documented in the record. The use of physical management is strictly prohibited except in situations when an individual is presenting an imminent risk of serious or non-serious harm to himself, herself, or others. Less restrictive interventions must be used before the initiation of physical management to reduce or eliminate the risk of harm. Physical management shall not be included in the behavior treatment plan.

## **VI. ATTACHMENTS**

None

## **VII. REFERENCES**

Mental Health Code 330.1700, 1740, 1752, 1755.  
Department of Mental Health Administrative Rules 330.7001; 330.7243.  
Federal Register Vol. 64, No. 127 and Vol. 66, No. 99