

Physical Restraint, Time Out, Isolated Time Out Reduction Plan
 Elwood School District #203
 2023-2024

RTO Reduction Goal: 25 percent reduction in the use of physical restraint, time out, and isolated time out over a 12- month period for students experiencing five-plus instances in a 30-day period.				
Required Components	Action Item	Steps to complete action item	Timeline	Responsible party
<p>Provide details of a plan to support a vision for cultural change that reinforces the following:</p> <p>A) Explain how the entity plans to adopt and utilize positive behavioral interventions and support rather than physical restraint, time out, and isolated time out.</p>	<p>The Discipline and Safety Committee will Participate in PLCs using the CHAMPS classroom management model including classroom management strategies, classroom behavior charts, a school-wide reward system, and individual behavior charts for struggling students.</p>	<p>The Discipline and Safety committee will review portions of the CHAMPS books and determine which components will be utilized on a building wide, classroom, and individual student basis.</p>	<p>September 2023-December 2023</p>	<p>Special Education Administrator, Principal, Safety and Discipline Committee (including teachers, social workers, psychologist and paraprofessionals), Building Leadership Team, Social Worker, paraprofessionals</p>
	<p>Elwood teachers and support staff members will receive professional development on the adopted components of CHAMPS.</p>	<p>Professional development for teachers and staff</p>	<p>January 2024 - May 2024</p>	
	<p>PBIS and CHAMPS visuals will be added to hallways and classrooms throughout the building.</p>	<p>Visuals will be purchased and provided to teachers.</p>	<p>January 2024 - May 2024</p>	
	<p>The teacher assistance team will be revamped to include behavioral interventions using the CHAMPS resources. As students struggle with behavior and are referred to the MTSS team, a parent meeting will be held and an individual positive behavioral chart (with incentives) will be put in place (and data will be collected and shared with parents).</p>	<p>Teacher assistance team will include behavioral interventions and will include parent meetings. These meetings will be held and behavior charts will be put in place for struggling students.</p>	<p>September 2023 - May 2024</p>	
	<p>Crisis team will meet monthly to analyze data.</p>	<p>Data will be analyzed every 4 weeks.</p>	<p>September 2023 - May 2024</p>	

<p>B) Identify effective ways / best practices to de-escalate situations to avoid physical restraint, time out, and isolated time out.</p>	<p>Students will be trained on de-escalation strategies including: cool down strategies, mindful strategies, positive self talk, and breathing techniques.</p> <p>Staff members will be trained on seeing signs of escalation including changes in typical behavior, defensiveness, or risky behavior. Staff will learn strategies to de-escalate including supportive strategies, directives, and safety interventions.</p> <p>Students will continue to participate in weekly mental health conversations with other students and staff members.</p> <p>Elwood will continue a teacher-student mentor program</p>	<p>The school social workers will meet with teachers to train them on options for behavioral intervention strategies. The teachers and social workers will then train students.</p> <p>Professional development on CPI de-escalation strategies for special education staff and social workers</p> <p>Staff members will hold weekly check in groups with students</p> <p>Mentors and students will meet biweekly</p>	<p>September 2023-ongoing</p> <p>October 2023</p> <p>September 2023-ongoing</p> <p>October 2023-ongoing</p>	<p>Special Education Administrator, Principal, Safety and Discipline Committee</p>
<p>C) Describe how the entity will utilize crisis intervention techniques as an alternative to physical restraint, time out and isolated time out.</p>	<p>Elwood School will continue to use the Crisis Prevention Model to de-escalate situations to avoid physical restraint, time out, and isolated time outs.</p> <p>Crisis team members will be trained yearly on Crisis Prevention Intervention strategies and all staff will receive training on de-escalation techniques.</p> <p>Teachers and staff will continue to de-escalate situations using the CPI crisis development model following the CPI guiding philosophy: Care, welfare, safety, and security for all students.</p>	<p>Crisis team members will be CPI trained yearly by a certified CPI trainer.</p> <p>Teachers and support staff will receive professional development on de-escalation techniques and using the PBIS model in classrooms, school-wide, and with individual students.</p> <p>Professional development for staff will teach levels of Crisis Development/behavioral levels:</p> <ol style="list-style-type: none"> 1. Anxiety 2. Defensive 3. Risk behavior 4. Tension Reduction <p>Staff Approaches and strategies will include:</p>	<p>October 2023 and yearly trainings</p> <p>October 2023-ongoing</p> <p>October 2023-ongoing</p>	<p>Special Education Administrator, Principal, Safety and Discipline Committee</p>

		<ol style="list-style-type: none"> 1. Supportive 2. Directive 3. Safety Interventions 4. Therapeutic Rapport 		
D) Describe the entity's plan to utilize debriefing meetings to reassess what occurred and why it occurred and to think through ways to prevent use of intervention the next time.	<p>The Elwood School District Crisis team meets weekly to discuss individual students who are struggling or are on behavior intervention plans. If a time out, physical restraint, or isolated time out occurs, the crisis team will meet as an oversight team within 2 days to debrief. The team will utilize the following steps:</p> <ol style="list-style-type: none"> 1. Review incident that occurred 2. Determine why incident occurred 3. Determine a plan to prevent further incidents from occurring 4. Meet with family and create an individual crisis plan with interventions and positive behavior supports. 	<p>Schedule weekly crisis team meetings to discuss individual students in crisis and debrief after time outs or restraints occur. The physical restraint, time out, and isolated time out oversight team will meet within 2 days after an incident occurs. The team will include the building principal, social worker, involved teachers, involved paraprofessionals and the school nurse.</p>	September 2023-ongoing	Special Education Administrator, Principal, Safety and Discipline Committee (including teachers, social workers, psychologist and paraprofessionals)
E) Include action step (s) that describe procedures to ensure that appropriate school personnel are fully informed of the student's history including any history of physical or sexual abuse, and other relevant medical mental health information. Such disclosures of student information must be consistent with federal and state laws and rules governing students confidentiality and	<p>At the beginning of the year, school administrators will inservice appropriate teachers, social worker and psychologist on specific needs and relevant social and physical history information. Information will only be shared with staff members that work with these individual students, and all information will be confidential.</p> <p>The school social worker will receive relevant information about a student's history and will conduct a meeting with families as needed.</p> <p>The principal will review cumulative files when students move in and will inservice</p>	<p>Inservice between administrators, teachers, and staff members at the beginning of the school year.</p> <p>Meetings between the social worker and families</p> <p>Inservice between administrators, teachers, and staff members when students</p>	<p>August 2023</p> <p>August 2023-ongoing</p> <p>August 2023-ongoing</p>	Principal, Special education Administrator, Social Worker, School Psychologist, Teachers

privacy rights.	appropriate teachers, social worker, and psychologist on specific needs and relevant social and physical history information. Information will only be shared with staff members that work with these individual students, and all information will be confidential.	move into the district.		
F) Identify steps to develop individualized student plans as required by PA 102-0339. Plans should be separate and apart from student IEP or 504 plan.	The crisis team will meet weekly to discuss struggling students, review behavior plans, and analyze data. The team (including parents) will develop individualized student plans. The plans will include the following: <ol style="list-style-type: none"> 1. Present level of performance (including any present data) 2. Behavioral goals 3. Detailed interventions and positive reinforcement measures 4. Accommodations and modifications 5. Crisis plan 6. Data tracking 	Crisis team will meet weekly and create individual student plans as needed. Parents will attend meeting to write individual student plans.	September 2023-ongoing	Special Education Administrator, Principal, Social Worker, Psychologist
G) Describe how the information will be made available to parents for review	Elwood District #203 will post this plan on the school website for parent review.	Technology director will attach this plan to Elwood School's website.	September 2023	Technology Director, Principal
H) Describe a modification process (as necessary) to satisfy aforementioned goals.	The crisis team will review this plan annually and to review data from time outs and physical restraints. Changes will be made as needed.	Crisis team will meet annually and update the plan as needed.	May 2024	Crisis team, Principal, Special Education Administrator, Psychologist, Social Worker