

Restraint Policy for Sturgis Charter Public School

Sturgis Charter Public School has developed a restraint policy that meets the requirements of all applicable Massachusetts state laws. You may review the current state laws at this link:

[603 CMR 46.00: Prevention of Physical Restraint and Requirements If Used](#)

Overview

Each Sturgis Campus has a “Restraint Team” that has been trained in how to apply safe, non weight-bearing restraints by a Sturgis Administrator (Restraint Team Leader). The Restraint Team Leader is also a certified instructor in the *Nonviolent Crisis Prevention* program administered by the Crisis Prevention Institute of Milwaukee, WI.

The team conducts annual refresher training in methods for preventing student violence and self-injurious behavior, including individual crisis planning and de-escalation of potentially dangerous behavior occurring among groups of students or with an individual student.

The Sturgis Guidance Department also conducts an annual staff training related to suicide prevention.

Communication with parents/guardians

If any students are ever identified as potentially needing physical restraint, the administration will communicate with parents and guardians regarding the preventative measures the staff will take, and that restraint will be solely an emergency procedure.

Focus on de-escalation and prevention

Our program emphasizes several de-escalation techniques designed as an alternative to physical restraint, such as letting the student “vent” and meet with a staff member they are comfortable with. Staff have been trained in active listening and how to identify the behaviors that often lead to “acting out” behavior that would lead to a need to use restraint.

Prohibited restraints

Sturgis Charter Public School prohibits the following types of restraint: “medication restraint, mechanical restraint, prone restraint unless permitted pursuant to 603 CMR 46.03(1)(b), seclusion, and the use of physical restraint in a manner inconsistent with 603 CMR 46.00.”

Staff training requirements, reporting requirements, and follow-up procedures

Sturgis Charter Public School requires that a certain number of staff are trained in CPI's *Initial Nonviolent Crisis Intervention* course and receive annual refresher training by the Sturgis Restraint Team Leader, who is also a certified CPI Instructor. This training is documented both by CPI and SCPS.

In any case where a restraint is applied, the principal or designee will notify the parent verbally as soon as possible (verbally within 24 hours), and by written report within 3 school working days. Students and parents must be allowed to comment after being notified.

Procedure for receiving and investigating complaints regarding restraint practices

Complaints regarding SCPS restraint practices may be directed to the building principal by phone or in writing. All complaints will be investigated by the Administration of SCPS.

Documentation on the use of physical restraints

All physical restraints will be documented and reviewed by the Restraint Team Leader under the direction of the building principal. The Restraint Team Leader will collect and annually report all physical restraints to the Department of Elementary and Secondary Learning within three school working days; and also report all restraint related injuries to the Department within 3 school working days.

A procedure for making reasonable efforts to orally notify a parent of the use of restraint on a student

In the event a restraint is used, the Restraint Team Leader, and/or Principal, will make every reasonable effort "to orally notify a parent of the use of restraint on a student within 24 hours of the restraint, and to send written notification to the parent within three school working days following the use of restraint to an email address provided by the parent for the purpose of communicating about the student, or by regular mail to the parent postmarked within three school working days of the restraint."