

Physical Restraint, Time Out, Isolated Time Out Reduction Plan

RTO Reduction Goal: The plan's objective shall be to maintain five or fewer uses of physical restraint, time out or isolated time out over a 12-month period.				
Required Components	Action Plan	Steps to Complete Action Plan	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>	Niles ESD 71 has adopted and will continue to implement positive behavior interventions such as the district wide PBIS system, CHAMPS, Calm Classroom, verbal de-escalation strategies and techniques, and provide social emotional support to students identified through the IEP or MTSS process.	<ul style="list-style-type: none"> ● Provide new staff (teachers, paraprofessionals and school service personnel) with CHAMPS training ● Provide existing staff with opportunities to attend CHAMPS training ● Retrain staff on district wide Positive Behavior Interventions and Support ● Retrain staff on implementation of Calm Classroom ● Retrain staff in use of verbal de-escalation strategies and techniques ● Identify students who require tier 2 or tier 3 level social emotional support 	<ul style="list-style-type: none"> ● August & September ● August & September ● August & January ● August ● November ● Throughout the year 	Oversight Team
B) Identify effective ways/best practices to de-escalate situations to avoid physical restraint, time out, and isolated time out;	Niles ESD 71 will de-escalate situations by remaining calm, asking the student to take a break, using sensory tools, transitioning to an alternate location to discuss/process feelings, clear the classroom, or contacting parents, and, when applicable, reviewing students' behavior intervention plans.	<ul style="list-style-type: none"> ● Provide training for staff to recognize how to stay calm, recognize that their behavior influences students' behavior, develop communication skills, and respond to defense behaviors ● Have sensory tools available for staff and students ● Provide office spaces/classrooms for staff and student(s) to transition to ● Provide parent contact information through PowerSchool SIS ● Review existing behavior intervention plans with teachers 	<ul style="list-style-type: none"> ● November and as needed throughout the year ● August and ongoing ● August and ongoing ● August and ongoing ● August 	Oversight Team
C) Describe how the entity will utilize crisis intervention techniques as an alternative to physical restraint, time out, and	Niles ESD 71 will implement trauma sensitive practices, behavior management strategies, identify crisis	<ul style="list-style-type: none"> ● Implement consistent trauma sensitive practices including critical factors such as building relationships, teaching coping skills, and providing space for 	<ul style="list-style-type: none"> ● School year 2022-2023 	Oversight Team

isolated time out; and	intervention responders and roles for staff, and, if necessary, clear classrooms.	self-regulation <ul style="list-style-type: none"> ● Review positive behavior management strategies ● Review crisis intervention team and roles ● Provide office spaces/classrooms for staff and student(s) to transition to 	<ul style="list-style-type: none"> ● August and ongoing ● August ● August 	
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.	Niles ESD 71 crisis response team will meet to discuss significant student behavioral incidents; reviewing and analyzing the situation, determining if patterns are present, and, if appropriate, revising the plan to better address the needs of the student and/or revising the staff response for the future in order to prevent use of intervention.	<ul style="list-style-type: none"> ● Review a form to consider behavior of student and staff during behavioral crisis intervention ● Make necessary revisions to the plan ● Inform all necessary staff of revisions to the plan ● Inform parents of revision to the plan 	<ul style="list-style-type: none"> ● As necessary 	Oversight Team
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 student confidentiality and privacy rights.	Niles ESD 71 social workers, school psychologist and/or administration will meet with staff to share historical information about students, such as physical or sexual abuse and other relevant medical mental health information.	<ul style="list-style-type: none"> ● Schedule meetings at the beginning of the first quarter to share relevant historical information ● Schedule team meetings throughout the year, if relevant new information is received about a student 	<ul style="list-style-type: none"> ● August through October ● Throughout the year, if necessary 	Oversight Team
F) Identify steps to develop individualized student plans as required by PA 102-0339. Plans should be separate and apart from a student IEP or 504 Plan.	Niles ESD 71 will develop individualized student plans for students who require 5 or more incidents of physical restraint, time out or	<ul style="list-style-type: none"> ● Based on current data, this is not necessary at this time. ● If required based on data, the crisis team will meet to analyze student data regarding behavioral incidents. 	<ul style="list-style-type: none"> ● Not Applicable at this time 	Oversight Team

	isolated time out in a 30 day period.	<ul style="list-style-type: none"> ● If required based on data, the crisis team will develop and implement a plan to decrease use of physical restraint, time out or isolated time out that is separate from the BIP and/or IEP ● If required based on data, the team will hold a meeting with parents (with 10 days notice of the date, time and location) to discuss antecedents, behaviors, and consequences of the 3 incidents as well as review information from the debriefing session. Parents' information will be considered and discussion may lead to a revision of the individualized student plan. Notes will be provided to parents following the meeting and all meeting documentation will be added to the student's school record. 		
G) Describe how the information will be made available to parents for review.	Niles ESD 71 will post this plan to the district website.	<ul style="list-style-type: none"> ● Post plan on website following submission to ISBE 	<ul style="list-style-type: none"> ● July 	Oversight Team
H) Describe a modification process (as necessary) to satisfy aforementioned goals.	Niles ESD 71 crisis team will review data each semester to determine if this plan requires revisions.	<ul style="list-style-type: none"> ● Student data will be reviewed each semester by crisis team ● If necessary, revisions will be drafted and shared with oversight team 	<ul style="list-style-type: none"> ● February ● June 	Oversight Team