



## **Health Leadership High School**

### **Restraint and Seclusion Plan – Staff & Parent Summary**

This summary is designed to inform staff and parents/guardians of Health Leadership High School's policies regarding the use of restraint and seclusion. These interventions are used only in situations where a student poses an imminent danger of serious physical harm and only when less restrictive options have failed.

#### **When May Restraint or Seclusion Be Used?**

- Only when a student's behavior presents an imminent danger of serious physical harm.
- Only when less restrictive interventions are insufficient.
- Never as punishment, discipline, or convenience.

#### **How Are Students Monitored During These Events?**

- A staff member must visually monitor the student at all times.
- The intervention stops as soon as the danger is no longer present.

#### **Who Can Use These Techniques?**

- Only trained staff may implement restraint or seclusion.
- In emergencies, untrained staff may act if waiting would increase danger.

#### **Safety First**

- Techniques must never block breathing or speaking.
- Restraint must be age- and condition-appropriate.

#### **Parent Notification**

- Parents will be notified verbally or in writing on the same day.
- If not possible, notice will be given within 24 hours.
- A written report will follow including:
  - What led to the behavior
  - Description of the behavior and intervention
  - Duration of restraint or seclusion

#### **Ongoing Review and Support**

- If restraint or seclusion is used more than once in 30 days:
  - The team will meet to adjust the student's behavior plan.
  - A reintegration strategy will be developed.

#### **Training and Prevention**

- Staff are trained in de-escalation, trauma-informed care, and safe physical techniques.
- Our goal is always to prevent the need for restraint or seclusion.

If you have questions or concerns, please contact the school administration.