



**OREGON YOUTH AUTHORITY**  
**Policy Statement**  
**Part II – Youth Services (Facilities)**



*Subject:*

**Physical Intervention in OYA Facilities**

*Section – Policy Number:*

**B: Order – 1.1**

*Supersedes:*

II-B-1.1 (7/17)  
II-B-1.1 (1/12)  
II-B-1.1 (1/11)  
II-B-1.1 (3/05)  
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Info Letters:  
II-B-1.1.a (3/05)  
II-B-1.1.b (8/06)  
II-B-1.1.c (8/07)  
II-B-1.1.d (9/10)

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**Related Standards and References:**

- [ORS 161.205 – 161.219](#) (Use of physical force)
- [ORS 420A.010](#) (Creation and duties)
- [OAR 416-490](#) (Use of Time-out, Room-lock Other, Isolation, Safety Programs, Physical Intervention, and Restraint in OYA Facilities)
- Performance-based Standards (PbS), *Juvenile Correction and Detention Facilities*; Order; Safety; Justice
- American Correctional Association, *Standards for Juvenile Correctional Facilities*; 4-JCF-2A-17 (Restraints not Used for Punishment); 4-JCF-2A-18 (Four/Five-Point Restraints); 4-JCF-2A-29 (Use of Physical Force)
- [OYA policy](#): I-E-4.0 (Incident Reviews)
  - II-A-3.0 (Interactive Supervision of Youth)
  - II-A-3.1 (Facility Youth Transports and Escorted Trips)
  - II-B-1.2 (Use of Time-out, Room-lock Other, Isolation, and Safety Programs in OYA Facilities)
  - II-D-2.2 (Suicide Prevention in OYA Close-custody Facilities)
  - I-E-1.0 (Director's Incident Notification and Report)
- [Attachment A: OYA Facility Physical Intervention and Restraint Continuum Matrix](#)

**[Related Procedures:](#)**

- FAC II-B-1.1.a. Use of Restraint Chairs
- FAC II-B-1.1.b. Planned Physical Removal of Youth from an Area
- FAC II-B-1.1.c Safe use of Transport Blankets
- FAC II-B-1.1.d Physical Intervention Reviews
- FAC I-E-4.0 Youth Incident Reports

**Policy Owner:**

Facility Services Assistant Director

**Approved:**

Joseph O'Leary, Director

## I. PURPOSE:

This policy provides direction and guidelines for staff to safely physically intervene with youth when other interventions are not effective or reasonable.

## II. POLICY DEFINITIONS:

**Constant supervision:** When a youth is within direct visual and audio proximity to staff to assure the youth's safety and to intervene if any problematic or self-injurious behavior is observed. Closed circuit television monitoring must not substitute for constant visual face-to-face supervision.

**Defensive tactics:** A system of controlled defensive and offensive body movements used to respond to a subject's aggression while protecting others and the person performing the tactics.

**Designated manager:** Superintendent, camp director, officer-of-the-day, or onsite management-level staff member in charge of daily facility operations.

**Excessive force:** A type or amount of force beyond that which is reasonably necessary to control the situation; or the continued use of physical intervention after it is no longer reasonably necessary.

**Intervention:** The means by which a youth's inappropriate behavior is redirected to a more acceptable level. Staff interventions are designed to alter the environment to allow the individual youth to gain self-control and choose the way in which to change. The type of intervention used will directly correlate to the type of behavior needing change.

**Officer-of-the-day (OD):** A person designated by a facility superintendent/camp director to perform the duties of the superintendent/camp director during nights, holidays, and weekends.

**Physical intervention:** Direct physical contact where reasonable force is applied to a youth to either restrict movement or mobility or to disengage from harmful behavior.

**Restraint chair:** A system of security restraints designed to safely restrain a youth in a sitting position with all four limbs and torso restrained to the chair.

## III. POLICY:

Maintaining a safe and secure facility environment sets the foundation for positive human development, youth and staff safety, and protecting the public.

If a youth is becoming, or is, threatening and aggressive, staff are expected to base de-escalation efforts on caring and supportive relationships previously developed with the youth. Staff will respond in a thoughtful, strategic manner using available resources and avoid physically intervening whenever possible to maintain a safe environment. Staff are expected to remain professional during physical interventions. Unprofessional behavior (e.g., demeaning, taunting, or derogatory remarks) between or among staff and youth is prohibited.

Physical intervention is used as a last resort when a youth presents a danger to self or others. Only staff who have been trained in physical intervention by the Training Academy may use this intervention within OYA facilities.

Staff must use the least and most reasonable amount of physical intervention measures necessary to maintain control of a youth.

Staff have a duty to intervene when another staff member is not following the standards in this policy while performing a physical intervention or restraint.

#### **IV. GENERAL STANDARDS:**

##### **A. Situational Assessment**

Reminder: De-escalation techniques must be attempted whenever possible before physically intervening with a youth.

Before physically intervening with a youth, staff must assess –

1. The threat;
2. Themselves; and
3. Their surroundings.

##### **B. Physical Intervention**

1. Staff must delay the use of physical intervention until another staff member is able to assist and perform a planned team intervention, excluding situations that are life-threatening, in self-defense, or to prevent a youth from escaping.
2. The use of physical intervention is permitted in OYA facilities in these situations, using best practice techniques trained by the Training Academy.
  - a) To prevent substantial physical plant damage or serious compromise to facility operations.

Staff may physically intervene or restrain a youth to -

- (1) Remove a nonreceptive, noncompliant youth from an area when the youth is significantly disrupting youth activities or programming;
  - (2) Stop a youth from creating an unsafe environment by substantially damaging property, building structure(s), or equipment;
  - (3) Prevent losing functional control of an area; or
  - (4) Regain functional control of an area.
- b) To protect youth, staff, or others.

Staff may physically intervene or restrain a youth to –

- (1) Stop a fight or an assault;
- (2) Stop self-harm or a suicide attempt; or
- (3) Move a youth who is, or is threatening to be, physically combative from one area to another.

c) In self-defense.

A staff member may physically intervene or restrain a youth to stop the youth from injuring that staff member.

d) To prevent escape.

Staff may physically intervene or restrain a youth who is in the act of escaping from an OYA facility, or from physical custody while in the community.

3. Defensive tactics

Staff may use defensive tactic techniques trained by the Training Academy to prevent loss of life or serious injury by –

- a) Creating space to escape from or stop a physical attack; or
- b) Assisting another person to create space to escape from or stop a physical attack.

4. The following types of physical interventions are prohibited:

- a) Physical intervention used as coercion, punishment, or retaliation; and
- b) Physical intervention techniques that are applied for the purpose of inflicting physical pain, undue physical discomfort, or to restrict blood circulation or breathing.

5. Staff must use the least and most reasonable amount of physical intervention measures necessary to maintain control of a youth.

6. The staff member using physical intervention will decrease the use of the intervention whenever a less restrictive or severe intervention is reasonably believed capable of stopping and controlling the youth's behavior.

7. If prohibited or excessive force is used during a physical intervention, staff must either stop or attempt to stop the event from continuing. Staff must report such use of force immediately to the manager on duty or OD.

8. It is acknowledged that a youth's escalation, resistance, or change in behavior may be sudden. When this occurs, the staff member is not

required to sequentially progress through the lesser to more restrictive physical intervention options.

9. If physical intervention is used, staff will ensure that:
  - a) The youth is examined;
    - (1) If a facility nurse is on duty, the youth must be examined by the nurse as soon as safely possible, whether or not injury is visible.
    - (2) If a nurse is not on duty, an onsite manager or OD must be notified to determine:
      - (i) If the youth will be transported off site for medical care;
      - (ii) If a facility nurse will be called in to assess the youth; or
      - (iii) If the youth will be assessed when the facility nurse is on duty.
  - b) Any visible youth injury is photographed, in color; and
  - c) A Youth Incident Report (YIR) is initiated and contributed to by each staff participating in the intervention, including staff who witnessed the incident.
10. A manager must ensure staff who were involved in a physical intervention are offered an opportunity to seek off-site medical attention, if needed.
11. The YIR must be reviewed by facility administrative staff. If any incident appears to violate OYA training, rules, or policy, administrative staff will further investigate or cause an investigation be completed. See OYA Facility Services procedure [FAC I-E-4.0](#) (Youth Incident Reports).
12. Incident Notifications
  - a) Staff must notify the superintendent/camp director and OD of all uses of physical intervention.
  - b) Any incident that results in serious injury of a youth or staff requiring medical treatment beyond routine first aid warrants Director's Office notification. See OYA policy [I-E-1.0](#) (Director's Incident Notification and Report).

Examples of **serious** injury include, but are not limited to, a break in skin requiring suture, bruising accompanied by swelling or extreme pain, broken bones, or internal injury.

### 13. Incident Review

All incidents of physical intervention require an incident review as described in OYA policy [I-E-4.0 \(Incident Reviews\)](#), and Facility Services procedure [FAC-II-B-1.1](#) (Physical Intervention Reviews).

## C. Authorization of Restraint and Control Devices

1. Only restraint and control devices authorized by the OYA director may be used in OYA facilities.
  - a) Workgroups may review additional restraint or control devices and make recommendations to the director about their uses.
  - b) No other restraint or control devices may be used until approved by the director.
2. Staff may only use authorized devices issued by OYA on youth. Staff are prohibited from using personal restraint or control devices on youth.

## D. Restraint Devices

Restraint devices are secured to a youth's body to assist in controlling the youth's movement during physical interventions, or to prevent escape during youth escort or transport.

The director has authorized the following types of restraint devices for use in OYA facilities.

If prohibited or excessive force is used during a restraint, staff must either stop or attempt to stop the event from continuing. Staff must report such use of force immediately to a manager on duty, or OD.

### 1. Security restraints

Security restraints are designed to restrict and control individual movement for the purpose of preventing escapes during transports or escorts.

- a) Staff may conclude that the appropriate physical intervention requires placing the youth in restraint devices.
- b) For compliant youth, security restraints include handcuffs, leg irons, belly chains, and transport belts.
- c) For non-compliant youth, soft arm and ankle restrainers, soft leg restraints, and back straps may be used in addition to the security restraints listed above.
- d) Youth placed in restraint devices must be under constant supervision by staff.
- e) The following restraint devices or techniques are prohibited within OYA facilities:

- (1) Placing youth in a prone position with arms(s) and leg(s) restrained and connected behind the back ("hogtie" position).
  - (2) Body positions or techniques that are designed to inflict physical pain, undue physical discomfort, or to restrict blood circulation or breathing;
  - (3) Using restraints to punish youth, or as a convenience or substitute for staff supervision; and
  - (4) Chemical agents or restraints.
- f) The superintendent or camp director may designate who may carry restraints while on facility grounds, and must designate where restraints are stored.
  - g) Restraint devices must be stored in a controlled, secure area.

## 2. **Temporary or disposable restraints**

Temporary or disposable restraints may only be used as an alternative to security restraints in the following instances:

- a) In medical situations on the recommendation of medical staff (see OYA policy [II-A-3.0 Interactive Supervision of Youth](#) regarding use of restraints during off-site medical trips);
- b) Emergency situations when it is necessary to supplement security restraint supplies.

Emergency situations are those in which a significant number of youth must be evacuated from a facility or moved (such as during an environmental situation or major disturbance) and the available supply of security restraints cannot meet the demand.

## 3. **Spit socks/shields**

Spit socks/shields are apparatuses designed specifically to prohibit youth from biting or spitting on persons during or after a physical restraint, or during transports.

- a) The two types of spit shields authorized by OYA are the Stearns-style spit sock hood (spit sock) and the RIPP-style protection mask (spit shield).
- b) A spit sock may be applied to a youth when the youth threatens to spit or spits during the application of restraints or while restrained.
- c) A spit shield may be applied to a youth when the youth destroys or compromises the ability of a spit sock from performing its intended purpose. The spit sock hood must be removed prior to the application of a spit shield.

- d) A spit shield may be applied to a youth when the youth has a history of spitting or biting during a restraint or while restrained.

#### 4. **Restraint Chair**

A restraint chair is a system of security restraints designed to safely restrain a youth in a sitting position with all four limbs and torso restrained to the chair.

- a) The Prostraint Chair is authorized for use in OYA facilities.
- b) A padded helmet may be properly placed on the youth's head for self-protection or to protect others, while in a restraint chair.
- c) Restraint chairs may only be used in extreme instances of youth violent or self-harming behavior that endangers the youth, staff, or others; and only when other types of restraints have proven to be ineffective.
- d) Restraint chair use may be authorized by a designated manager only when both medical and mental health staff are on site.
- e) Only the superintendent or OD may authorize restraint chair use when nursing or mental health staff are not on site.
- f) Only the Facility Services OD may authorize placement in the restraint chair for more than one hour.
- g) Restraint chair placement must not exceed four hours, unless re-authorized by the Facility Services OD **and** the superintendent/OD.
- h) Staff must follow facilitywide procedure [FAC II-B-1.1.a](#) (Use of Restraint Chair) when using a restraint chair.

#### E. **Control Devices**

Unlike restraint devices, control devices are not **secured** to a youth's body.

- 1. Control devices may be used to control a youth that is in aggressive-and-assaultive-behavior level of crisis development.
- 2. Control devices may only be used as an aid during, or while escorting a youth immediately following, a physical intervention response to an aggressive-and-assaultive behavior crisis.
- 3. Staff must cease using the control device once the youth is successfully controlled or escorted.
- 4. Control devices may only be used by staff who are trained by the Training Academy in their proper uses.
- 5. The director has authorized the following types of control devices for use in OYA facilities.



a) **Shield**

A shield is a control device specifically manufactured to pin and control a person.

A shield may be used under these circumstances:

- (1) To assist in controlling a youth in a room as delineated by OYA Facility Services procedure ([FAC II-B-1.1.b](#) Planned Physical Removal of Youth from an Area); or
- (2) During an immediate physical intervention when a youth has a weapon and is threatening self or others.

b) **Transport blanket**

A transport blanket is a device specifically manufactured to control a person while escorting the person.

- (1) The transport blanket may be used to move a non-compliant or combative youth within facility grounds.
- (2) Staff must follow facilitywide procedure [FAC II-B-1.1.c](#) (Safe use of Transport Blankets) when using a transport blanket.

**F. Staff Personal Protective Equipment (PPE)**

Use of PPE during physical interventions is authorized as follows:

1. Disposable gloves and protective eyewear during any physical intervention; and
2. Helmets, body pads, coveralls, during a room removal team intervention. (See OYA Facility Services procedure [FAC II-B-1.1.b](#) Planned Physical Removal of Youth from an Area).

**G. Training**

1. OYA facility staff
  - a) All facility staff whose positions require physical intervention as described in their Position Descriptions (YA 8122) are required to complete defensive tactics, physical intervention, and restraint training offered through the Training Academy.
  - b) Facility staff who are not required to perform physical intervention as described in their Position Descriptions (YA 8122) are required to complete the self-defense segment of physical intervention training, and training on how to respond to physical intervention incidents, offered through the Training Academy.
2. Only staff who are trained by the Training Academy in physical intervention and restraint may use these interventions within OYA facilities.

3. Only staff who are trained by the Training Academy in restraint device and control device usage may use these devices within OYA facilities.
4. Training must include the warning signs of and risks for positional asphyxia when restraining a youth.

Youth who are overweight, have certain medical conditions such as asthma, or take certain types of medications are at increased risk for positional asphyxia.

**V. LOCAL OPERATING PROTOCOL REQUIRED: NO**

## Attachment A: OYA Facility Physical Intervention and Restraint Continuum Matrix

Youth Behavior – Crisis Development	Staff Attitude – Approach	Intervention Applied
<b>Threatening and Aggressive Behavior</b> Escalating loss of behavior control, aggressive behavior showing imminent physical threat to self or others; threat of escaping, substantial physical plant damage that may create an unsafe environment, or serious compromise to facility operations.	<b>Controlling</b> Safe use of physical intervention techniques used to control the youth only until the youth can regain control of own behavior.	<b>Physical Intervention</b> may include: <ol style="list-style-type: none"> <li>1. Planned team physical intervention</li> <li>2. Restraint holds and device application</li> <li>3. Use of Personal Protective Equipment (PPE)</li> </ol>
<b>Aggressive and Assaultive Behavior</b> Total loss of behavior control showing immediate physical threat to self or others, active escape, active aggression with resistance; escalated or continual aggression; actively assaultive.	<b>Controlling</b> Safe use of physical intervention techniques used to control the youth only until the youth can regain control of own behavior.	<b>Physical Intervention</b> may include the above-listed physical interventions and: <ol style="list-style-type: none"> <li>1. Forced application of restraint device(s)</li> <li>2. Planned room removal team intervention</li> <li>3. Placement in restraint chair</li> <li>4. Defensive tactics</li> </ol>
<b>Behavior Re-regulation</b> Decrease in physical and emotional energy which occurs after a youth has acted out, characterized by youth regaining rationality and behavior control.	<b>Therapeutic Rapport</b> An attempt to re-establish communication with a youth who is experiencing behavior re-regulation.	<b>De-escalation</b> techniques focused on talking about what happened and how to prevent acting-out in the future. Usually occurs within two hours of youth regaining rationality and behavior control.

<sup>1</sup> Description of youth behavior and staff attitude are based on training material provided by the Crisis Prevention Institute, Inc. (CPI©)