



# OREGON YOUTH AUTHORITY



## Policy Statement Part III – Youth Services (Community)

Subject:

### Use of Physical Intervention and Restraints in the Community

Section – Policy Number:

**A: General Administration – 8.0**

Supersedes:

**None**

Effective Date:

**07/25/2011**

Date of Last Review:

**08/07/2015**

**Related Standards and References:**

- [ORS 161.205 – 161.219](#) (Use of physical force)
- [ORS 419C.550](#) (Legal custodian of youth ; Duties and authority)
- [ORS 420A.010](#) (Creation and duties)
- [OYA policy: II-A-3.1](#) ( Transports)
  - I-E-1.0 (Director's Incident Notification and Report)
  - III-C-1.1(Field Custody)
  - III-A1.0 (Youth Incident Report [Field])
- [Attachment A: OYA Physical Intervention and Restraint in the Community Continuum Matrix](#)
- [Attachment B: OYA Physical Intervention and Restraint in the Community Continuum Circle](#)

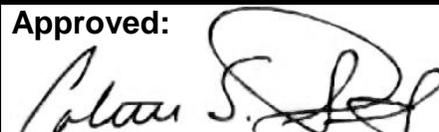
**Related Procedures:**

- None

**Policy Owner:**

Community Services Assistant Director

**Approved:**



Colette S. Peters, Director

### I. PURPOSE:

This policy provides OYA field staff instruction on using physical intervention and restraints on OYA youth supervised in the community.

### II. POLICY DEFINITIONS:

**Constant Supervision:** Staff must remain in direct visual and auditory proximity to assure a youth's safety and to intervene if any problematic or self-injurious behavior is observed. Closed circuit television monitoring is **not** considered constant supervision.

**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.

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

### **III. POLICY:**

Staff may use physical intervention and restraints on youth s as an emergency intervention used only when the potential danger of intervening is surpassed by the imminent danger of the youth's behavior. Physical intervention and restraint 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 and restraint by the OYA Training Academy may apply these interventions.

The Physical Intervention and Restraint Continuum Matrix (Attachment A) describes OYA's physical intervention continuum on youth s who are on supervision in the community. Staff must use the least and most reasonable amount of physical intervention measures necessary to maintain control of a youth.

Staff may use restraint devices on youth while providing secure transports in the community.

See OYA policy III-C-1.1 (Field Custody) regarding taking a youth into custody (comparable to adult arrest).

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

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

The purpose of any staff intervention is to:

1. Provide opportunity for the youth to self-regulate his/her behavior and learn prosocial behavior skills; and
2. Protect persons.

#### **B. Physical Intervention and Restraint**

1. Staff use of physical intervention and restraint is permitted on youth who are on supervision in the community under the following circumstances:
  - a) Self-defense; and
  - b) Protection of youth, staff, or others.
2. The Physical Intervention and Restraint Continuum Matrix (Attachment A) must be used as the guideline to the physical intervention and restraint measures authorized by OYA to use with youth on supervision in the community.
  - a) Staff presence: Used in response to a youth in the anxiety stage of crisis development. Staff will use an empathic nonjudgmental approach to alleviate anxiety.

Staff may include another staff member(s) or other person(s) to mediate or assist in alleviating the youth's anxiety.

- b) Verbal direction: Used in response to a youth in the defensive stage of crisis development. Staff will focus on verbal intervention and de-escalation of the situation through direct orders, counseling, and crisis intervention techniques.
- c) Physical intervention: Used to respond to a youth in the acting-out stage of crisis development. Staff will use safe physical restraint techniques to control the youth only until the youth can regain control of the youth's own behavior or law enforcement arrives. Physical intervention may include:
  - (1) Personal protection (self-defense); and
  - (2) Use of restraint holds and devices.
- d) Tension reduction: Occurs after a youth has acted out and has regained his/her behavior control.

Staff will focus on talking with the youth about what happened and how to prevent acting-out in the future.

- 3. Movement along the Physical Intervention and Restraint Continuum from a lesser to a more restrictive and severe option may become necessary, as determined by the youth's actions and behavior. Staff must use the least and most reasonable amount of physical intervention measures necessary to maintain control of a youth.
- 4. The staff member using physical intervention will also decrease the use of the intervention whenever a less restrictive or severe intervention is reasonably believed capable of stopping and controlling the youth's crisis behavior.
- 5. It is acknowledged that a youth's escalation, resistance, or change in crisis behavior may be sudden. When this occurs, the staff member is not required to sequentially progress through the lesser to more restrictive intervention options.
- 6. In compliance with OYA Professional Standards policy, inappropriate conversations (derogatory, demeaning, taunting, etc.) between staff and youth s is prohibited.
- 7. 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.
- 8. If physical intervention is used, staff will ensure that:

- a) The youth is examined by a medically trained person as soon as safely possible, whether or not injury is visible; and
  - b) A Youth Incident Report (YIR) is initiated and contributed to by each staff participating in the intervention, including staff who witnessed the incident.
9. The YIR must be reviewed and completed according to OYA policy III-A-1.0 (Youth Incident Report [Field]).
10. Incident Notifications
- a) Staff must notify their field supervisor of all uses of physical intervention or restraint.
  - b) Any incident that results in serious injury of a youth, staff, or other person that requires medical treatment beyond routine first aid warrants Director's Office notification. See OYA policy I-E-1.0 (Director's Incident Report and Notification).

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.

### **C. Authorized Restraint Devices**

- 1. Only restraint devices authorized by the OYA director may be used on youth s supervised in the community.
- 2. Staff may only use authorized devices issued by OYA. Staff are prohibited from using personal restraint devices on youth s.
- 3. The director has authorized security restraint devices for use on youth s in the community. Security restraints are designed to restrict and control individual movement during a physical intervention, and to prevent an escape during a secure transport or escort.

Security restraints include handcuffs, leg irons, belly chains, and transport belts.

### **D. Use of Restraint Devices**

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

- 1. When a youth is in acting-out crisis stage, staff may reasonably conclude that the appropriate intervention requires placing the youth in restraint devices until the youth regains control or law enforcement arrives, whichever happens first.

2. Youth placed in restraint devices by staff must be under constant supervision by staff until jurisdiction is changed to law enforcement or county detention.
3. Staff must notify law enforcement when a youth is not complying with the application of restraint devices.
4. Staff are not authorized to transport non-compliant youth s who are on supervision in the community regardless of restraint device application.
5. Restraint devices must be stored in a controlled, secure area.
6. The following restraint devices or techniques are prohibited:
  - a) Placing a youth in a prone position with arm(s) and leg(s) restrained behind the back (“hogtie” position);
  - b) Body positions or techniques that are designed to inflict physical pain, undue physical discomfort, or to restrict blood circulation or breathing;
  - c) Using restraints to punish youth s, or as a convenience or substitute for staff supervision; and
  - d) Chemical agents.

#### **E. Training**

1. All OYA staff that supervise or transport youth s in the community are required to have basic self-defense, physical intervention and restraint training offered through the Training Academy.
2. Only staff who have been trained by the Training Academy in physical intervention and restraint may use these interventions with youth s in the community.
3. Only staff who have been trained by the Training Academy in restraint device usage may use these devices with youth s in the community.
4. Training must include the warning signs and risks for Sudden Custody Death when restraining a youth.

Youth s who are overweight, have certain medical conditions such as asthma or take certain types of medications are at increased risk for Sudden Custody Death.

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

## Attachment A: OYA Physical Intervention and Restraint in the Community Continuum Matrix<sup>1</sup>

Youth Behavior – Crisis Development	Staff Attitude – Approach	Intervention Applied	Level of Continuum
<b>Anxiety</b> A noticeable increase or change in behavior (pacing, finger drumming, wringing of the hands, staring, posturing)	<b>Supportive</b> Empathic, nonjudgmental approach attempting to alleviate anxiety.	<b>Staff presence</b> , communication. May include another staff member(s) to mediate or assist in alleviating anxiety.	<b>Passive</b> countermeasures
<b>Defensive</b> Continued signs of unrest, belligerent, challenging authority, not responding to orders	<b>Directive</b> Staff member takes control of a potentially escalating situation by setting limits.	<b>Verbal direction</b> , verbal de-escalation using directives. May require third-party intervention.	<b>Passive</b> countermeasures
<b>Acting-out Youth</b> Loss of behavior control, aggressive behavior showing imminent physical threat to self or others.	<b>Controlling</b> Safe use of physical restraint techniques used to control the youth only until the youth can regain control of own behavior or arrival of law enforcement.	<b>Physical intervention</b> may include: 1. Personal protection (self-defense) 2. Restraint holds and device application	<b>Active</b> countermeasures
<b>Tension Reduction</b> Decrease in physical and emotional energy which occurs after a youth has acted out, characterized by the regaining of rationality and behavior control.	<b>Therapeutic Rapport</b> An attempt to re-establish communication with a youth who is experiencing tension reduction.	<b>De-escalation</b> techniques focused on talking about what happened and how to prevent acting-out in the future.	<b>Passive</b> countermeasures

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

