CENTRA WELLNESS NETWORK

Board Adopted Procedure			
Policy	03.30	**Policy Title: 3.0 Enrollee Rights**	
Effective Date: 2/10/2011		**Subject: Restraint and Seclusion**	
Review Cycle:			
Approval Validation Record			
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CENTRA WELLNESS NETWORK
PROCEDURE 03.30 RESTRAINT AND SECLUSION

I. PURPOSE STATEMENT:

Centra Wellness Network's (CWN) Governing Body establishes and evaluates policies and related procedures as required by statutory and contractual obligations.
CWN reserves the right in its sole discretion to adopt and implement policies and procedures that ensure a safe, functional and professional workplace that operates with integrity using person-centered focus and planning, trauma informed practices and respect of others, cultural sensitivity and transparency in communication and practice. Organizationally and in practice, CWN is responsive to the needs of clients, community and staff.
Any statements and procedures are subject to review and/or unilateral change, modification, suspension or cancelation in whole or in part of any published/unpublished policies or procedures without notice and without having to give cause, justification, or consideration to any employee. Recognition of these rights and prerogatives of CWN is a term and condition of and maintaining employment.
Policies and Procedures are approved by the Board and/or upon recommendation by the Executive Director or his/her designee.

II. APPLICATION:

Agency Wide.

III. DEFINITIONS:

Anatomical Support: Body positioning or a physical support ordered by a doctor, physical therapist, or occupational therapist for the purpose of maintaining or improving a recipient's physical functioning.

Protective Device: A device or physical barrier to prevent the recipient from causing serious self-injury associated with documented and frequent incidents of the behavior. A protective device as defined in this subdivision and incorporated in the written individual plan of service shall not be considered a restraint as defined by "restraint".

Restraint: The use of a physical device to restrict an individual's movement. Restraint does not include the use of a device primarily intended to provide anatomical support.

Seclusion: The temporary placement of a consumer alone in a room, where egress is prevented by any means.

Therapeutic De-Escalation: An intervention, the implementation of which is incorporated in the individualized written plan of service, wherein the recipient is placed in an area or room, accompanied by staff who shall therapeutically engage the recipient in behavioral de-escalation techniques and debriefing as to the cause and future prevention of the target behavior.

Time Out: A voluntary response to the therapeutic suggestion to a recipient to remove himself or herself from a stressful situation in order to prevent a potentially hazardous outcome.

IV. POLICY STATEMENT:

The intent of this procedure is to prohibit the use of seclusion and restraint in CWN service locations other than those sites, such as inpatient units, permitted by statute and in accordance with laws and regulations.

V. PROCEDURES:

A. Recipients shall not be restrained by binding or tying. Physical restraints are

prohibited in all of the service locations except in those contract provider sites where restraint is permitted by statute, such as inpatient units. Postural supports as indicated in the individual plan of service shall not be considered restraints.

B. Recipients shall not be placed in seclusion in any of the Board's programs or community residential facilities. Seclusion may be used in contract provider inpatient settings in accordance with laws and rules.

C. A time out or therapeutic de-escalation program, as defined in R330.7001, is not a form of seclusion.

D. The Office of Recipient rights will review the restraint and seclusion policies of all contractual providers of inpatient services and child caring institutions to assure consistency with Administrative Rules and Mental Health Code requirements, as well as all applicable state and federal standards.

VI. EXHIBITS:

N/A

VII. REFERENCES:

Authority and Related Directives Trace	
Federal	
State	MHC 300.1701, MCH 300.1740, MHC 300.1742; AR 300.7001, AR 300.7243
NMRE	
County	Interlocal Agreement 1992 Section I (x)j
CARF	CARF 2026 Behavioral Health Standards
Other	Board By-Laws