

Policy 5.10– Using Physical Restraints with Youth *Summary*

- Provides guidelines for application of mechanical restraints and physical restraint techniques in alignment with training.

Background:

In March of 2020, a global pandemic called COVID-19 was declared. JR leadership decided to minimize the number of policy changes so JR staff could focus on the many additional ways they need to protect and support the JR youth and young adults in our care.

The existing policy did not undergo the typical sunset review, but rather was extended until the spring.

Policy Summary

The policy sets expectations for staff who work with youth and young adults exhibiting physical or verbal aggressiveness, and staff must use non-physical interventions and de-escalating techniques prior to physical restraints. It includes training requirements, addresses situations where restraint techniques may or may not be used, requires that medical attention be offered to staff, youth and young adults directly involved in a physical restraint, and prohibits excessive force. The policy incorporates a practice and form in alignment with Juvenile Court Rule 1.6. It addresses the use of mechanical restraints in isolation and mechanical restraint programs, and clarifies the requirement for documentation in ACT for both physical and mechanical restraints. The policy also integrates RCW requirements regarding restraints for pregnant youth. Definitions were revised for clarity.

Changes from Current Practice

- There are no changes to current practice or timelines.
- The policy sunset review date is extended to April 1, 2021

Training Required: No

Policy Effective Date: June 1, 2016

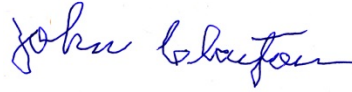
*Staff are responsible for reading and understanding the information contained in the full policy.
Review of this summary is not sufficient for full understanding.*

POLICY 5.10 USING PHYSICAL RESTRAINTS WITH YOUTH

Policy Committee Chair

Lori Kesl
Regional Administrator, Regions 1 & 2
Juvenile Rehabilitation

Approved



John Clayton, Assistant Secretary
Rehabilitation Administration
5/17/2016

Authorizing Sources

Court Rule JuCR 1.6
RCW 13.40.210 RCW
13.40.460 RCW
13.40.650 – 651

Information Contact

Andrea Ruiz
Policy, Planning & Lean Administrator
Juvenile Rehabilitation

Effective Date (*Technical Update 9/17/2020*)
6/1/2016

Sunset Review Date
4/1/2021

I. PURPOSE AND SCOPE

This document establishes policies and procedures governing physical restraint and the use of mechanical restraint devices with JR youth and young adults ¹(referred to as “youth” throughout policy). The policy incorporates national standards and best practices in order to improve consistency of practice and ensure staff use the least force necessary to keep staff and youth safe. This policy does not include the authorization for use of clinical (medical) restraints or restraint devices. The policy supports a safe and secure environment within JR conducive to appropriate treatment, education and skills development.

All staff, contractors, volunteers, and interns working in or for Juvenile Rehabilitation (JR) are responsible for reviewing and complying with JR policies.

II. POLICY

1. JR staff assigned to a juvenile residential facility or parole office work with youth who may exhibit physical and verbal aggressiveness due to complex needs.

- 1.1. Staff will take reasonable precautions to prevent physically dangerous situations.
- 1.2. Staff must use non-physical interventions and de-escalating techniques prior to physical restraints, unless there is an imminent risk of harm to self or others.
(PbS Standard SaP20, ACA 4F-2A-29)

¹ 9/17/2020 Technical Edit: Added “young adults” clarifying policy covers JR individuals ages 18+.

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- 2. JR staff must successfully complete approved training in the appropriate use of restraints and the approved continuum of force PRIOR to applying physical restraint techniques, if training is required by job class. (PbS SaP14)**
 - 2.1. Each residential facility and regional office is to provide staff with appropriate Dealing with Resistive Youth (DWRY) training or Community Safety Training (CST), based on job classification (Attachment A). Training will be documented in staff records.
 - 2.2. Training must address a continuum of response to disorderly behavior.
 - 2.3. Standards for DWRY and CST training and trainers are to be met.
- 3. Staff are authorized to use JR-approved physical restraint techniques and mechanical restraints consistent with their position description, job class and training. (See Attachment A)**
- 4. Physical intervention and restraints may be used in situations where a youth presents a danger to self, others, or property; is attempting to escape, or in an instance of justifiable self-defense, and then only as a last resort in accordance with statutory authority. (ACA 4F-2A-29)**
 - 4.1. Staff will document situations where physical intervention and restraints are used in a Restraint Record in the Room Confinement and Isolation Module in ACT within 24 hours. Staff will document the time the restraints were applied and when they were removed.
 - 4.2. CF and Community Parole staff are considered “hands off”. In most cases of self-defense and life or death situations, physical interventions may only be used to the extent of creating a more safe and secure environment. In any situation where staff physical intervention is applied, law enforcement will be contacted whenever possible.²
- 5. Physical restraint or mechanical restraint must not be used for the purpose of coercion, punishment, retaliation, or as a means of degradation. (ACA 4F-2A-17, 4F-2A-29)**
- 6. A physical restraint or mechanical restraint may be used only for the period of time necessary to ensure the youth is no longer a danger to self or others, property, or to escape.**
 - 6.1. CF and Community Parole staff may only apply mechanical restraints once the youth is compliant.¹
- 7. Staff must maintain constant and direct visual observation of a youth placed in mechanical restraints.**
 - 7.1. If a youth in mechanical restraints exhibits signs of distress, the restraints must be removed immediately. Medical attention must be provided immediately if distress continues after the restraints are removed.
 - 7.2. Staff will document observations at least every five minutes.

² 7/11/19 Technical Edit: Policy statements added to clarify restraints used in CFs and Parole.

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- 8. If a physical or mechanical restraint is used, a youth's head or airway must not be covered.**
 - 8.1. Use of "spit masks" must be pre-authorized by the Superintendent, Regional Administrator or designee based on the youth's history. Use of the spit mask must be documented.
- 9. Medical attention must be offered immediately to staff and youth directly involved in an incident requiring physical restraint. (ACA 4F-2A-29)**
 - 9.1. If youth requests to see a nurse, the request will be approved and the youth will be seen as soon as is safely possible.
 - 9.2. Staff must request medical attention on the youth's behalf when there is obvious injury, when a youth claims to be injured, or when staff believes a youth may be injured.
- 10. Excessive force is prohibited in the use of physical restraint or the application of mechanical restraints (PbS SaP13).**
 - 10.1. Staff will use only the force necessary to protect the safety and security of staff, youth and others.
 - 10.2. Physical force used will be consistent with Dealing With Resistant Youth training.
- 11. Management must take all allegations of excessive force seriously. All reported incidents will be investigated in a timely manner. If an investigation concludes excessive force was used, corrective or disciplinary action will follow. (PbS SaEP16)**
- 12. Medical restraints are prohibited.**
- 13. Use of chemical agents and use of the restraint chair are prohibited in JR facilities.**
- 14. Youth may submit complaints regarding restraints in accordance with Policy 2.10, *Handling Youth Complaints*.**
- 15. Staff are required to report conduct that violates this policy to a Supervisor, Program Manager or an administrator.**
- 16. JR must inform the court and the detention staff upon arrival of youth who may meet criteria for restraint in the courtroom in accordance with Juvenile Court Rule (JuCR 1.6) using Notice to Detention Staff (DCYF Form 20-308).**
- 17. Use of mechanical restraints during transportation must be consistent with Policy 5.40, *Transporting JR Youth*.**
- 18. If a physical or mechanical restraint is used during or following an assault of staff by a youth, refer to Policy 5.80, *Reviewing and Reporting Staff Assaults by Youth*.**
- 19. If a youth is in mechanical restraints after being placed in an isolation room, the restraints must be removed as soon as the youth makes a commitment to not harm self or others, or the restraints can be removed without the risk of harm.**
 - 19.1. The Superintendent, Officer of the Day (OD) or designee must be notified immediately if a youth is placed in isolation while in mechanical restraints.
 - 19.2. The Superintendent or designee will determine further action if the use of mechanical restraints in isolation continues beyond 20 minutes.

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20. Youth will be restrained during routine transportation in accordance with Policy 5.40, *Transporting JR Youth*.

21. Use of physical or mechanical restraints must be documented in the Automated Client Tracking (ACT) system in accordance with Policy 1.32, *Reporting Incidents*. (ACA 4F-2A-29)

21.1. Documentation will be completed immediately. If the documentation cannot be done immediately, it must be completed before the involved staff leave shift.

21.2. The incident report must include:

21.2.1. A detailed description of the incident including the sequence of events leading to, during and following the use of physical restraint, injury to staff or youth, provision of medical assistance to the youth (and staff, if applicable) and any less intrusive intervention attempted;

21.2.2. The reason physical restraint was used;

21.2.3. The staff directive given to the youth;

21.2.4. The names of staff and youth involved;

21.2.5. A detailed description of any physical evidence recovered and the steps taken to secure it. Staff must follow established evidence preservation techniques and ensure the integrity of the chain of custody.

21.3. The Superintendent, Regional Administrator or designee will review these reports within three working days to ensure the requirements of this policy were met.

22. JR Community staff will be authorized to arrest a youth on parole supervision. (RCW 13.40.210)

22.1. Staff authorized by position must complete JR Community Safety Training prior to an arrest.

22.2. Arresting staff will use compliant handcuffing techniques during an arrest.

22.3. Prior approval from a supervisor is required before a planned arrest of a youth on a parole violation warrant.

22.4. Two trained staff must be present for an arrest.

22.5. Counselor Assistants do not have authority to arrest, but may be present to assist.

RESTRAINING PREGNANT YOUTH

23. Any time restraints are used on a pregnant youth, the restraints must be the least restrictive available and the most reasonable for the circumstances (RCW 13.40.650)

24. No youth known to be pregnant is to be placed in ankle restraints or a waist restraint.

25. No youth in labor or delivery may be placed in any mechanical restraint, except medical restraints by the order of the treating physician.

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26. Determination of pregnancy, trimester, labor, and postpartum period is made by the youth's treating physician in accordance with Policy 4.30, *Providing Health Care to JR Youth*.
27. JR staff are authorized to employ physical (non-mechanical) restraint with pregnant or postpartum youth as approved and taught in DWRY/CST only to prevent a pregnant youth from escaping or from injuring herself or others.
28. Any use of mechanical restraints on a pregnant or postpartum youth must be immediately documented in an incident report in ACT. The report must indicate why mechanical restraint was necessary, the type of restraint used, and why this type of restraint was considered the most appropriate and least restrictive. (RCW 13.40.650)
29. Restraints on pregnant youth being transported by JR are addressed in Policy 5.40, *Transporting JR Youth*.
30. Pregnant youth must be provided a copy of "Use of Restraints Limited for Pregnant JR Youth" in accordance with RCW 13.40.651.

DEFINITIONS

Chemical agents: Usually pressurized devices which deliver (as a stream, spray or fog pattern) small amounts of irritants directly to an individual or group.

Medical Restraint: A therapeutic intervention initiated by medical or mental health staff using devices or chemicals designed to safely limit a patient's mobility.

Community Safety Training (CST): Authorized JR training program

Dealing with Resistive Youth (DWRY) Training: Authorized JR training program

Excessive Use of Force: Use of force that exceeds the procedurally authorized response to the behavior or event that is being managed. In some instances excessive use of force is the use of a force technique that exceeds the procedurally authorized and trained response. (PbS Standards)

Physical Restraint: Direct physical contact where force is applied by staff to a youth. The force is applied either to restrict movement or mobility or to disengage from harmful behavior.

Mechanical Restraint: Device used to physically restrain youth to assist in behavioral intervention. This includes, but is not limited to: handcuffs, ankle restraints, waist chains, leather cuffs, PADS (special leather locking restraints) or capture pad or soft shield. It does not include clinical (medical) restraint.

Routine Transportation: Transportation provided per Policy 5.40, *Transporting JR Youth*. Transportation may be provided by a JR Transportation Unit staff, parole staff when transporting youth to a more secure environment, or residential security staff when transporting to community appointment or another JR facility.

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IV. REFERENCES

Standards (ACA, NCCHC, PbS)

Juvenile Court Rule (JuCR) 1.6, 2014

V. RELATED JR POLICIES

Policy 2.10 - Handling Youth Complaints Policy

Policy 5.40 – Transporting JR Youth

4.30 – Providing Health Care for JR Youth

Policy 5.80 – Reviewing and Reporting Staff Assaults by Youth

Policy 5.20 – Assigning Security Classification Levels for JR Youth

FORMS AND DOCUMENTS

Document Title

Available In ACT

Link to Paper form

Standards for DWRY and CST (Attachment A)

Use of Restraints Limited for Pregnant JR Youth

DCYF JR_0009

JuCR Notification to Detention Staff

DCYF Form 20-308

Juvenile Rehabilitation Standards
Dealing with Resistive Youth (DWRY)
Institutions

JR staff, identified by job class, must actively participate in and successfully complete the minimum standards of the JR DWRY training program.

Minimum Technique & Training Standards

- Verbal De-escalation,
- Safety, Security and Rehabilitation,
- Security Management

AND

Two of the following techniques:

- Gooseneck counter joint
- Straight arm bar takedown
- Wrist out turn

Identified Job Classification

- Juvenile Rehabilitation Residential Counselor
- Juvenile Rehabilitation Residential Counselor Assistant
- Juvenile Rehabilitation Supervisor
- Juvenile Rehabilitation Coordinator
- Juvenile Rehabilitation Security Officer 1, 2 and Manager
- Juvenile Rehabilitation Program Manager 1, 2
- Recreation Specialist 1, 2, 3, 4

Training Hour Requirements

- Initial training: 40 hours
- Annual Refresher: 8 hours

DWRY optional techniques

DWRY optional techniques may be used with successful completion of specific training in those techniques by a qualified instructor.

- | | |
|-----------------------------|------------------------|
| • Reverse Gooseneck | • Finger locks |
| • Straight Jacket Hold | • U-Hold |
| • Spin to the Wall | • Figure 4 |
| • Z- Hold | • Far-hand cross face |
| • Wrist Out | • Yoshida Come Along |
| • Straight Wrist Twist Lock | • Near-hand cross face |

Juvenile Rehabilitation Standards
Dealing with Resistive Youth (DWRY)
Community Programs and Community Facilities

JR staff, identified by job class, must actively participate in and successfully complete the minimum standards of the JR Community Safety Training program.

Minimum Training Standards

- Verbal De-escalation,
- Safety, Security and Rehabilitation,
- Security Management,
- Community and Office Safety

Identified Job Classification

- Juvenile Rehabilitation Community Counselor
- Juvenile Rehabilitation Community Counselor Assistant
- Juvenile Rehabilitation Residential Counselor Assistant
- Juvenile Rehabilitation Program Manager 1
- Juvenile Rehabilitation Program Manager 2
- Juvenile Rehabilitation Residential Counselor
- Juvenile Rehabilitation Supervisor
- Juvenile Rehabilitation Security Officer
- Juvenile Rehabilitation Coordinator

Training Hour Requirements

- Initial training: 24 hours
- Annual Refresher: 8 hours

**Juvenile Rehabilitation Standards
Dealing with Resistive Youth (DWRY)
*Support Staff in Residential and Community Programs***

All JR staff, identified by position, must successfully complete the minimum standards for DWRY for support staff program.

Minimum Training Standards

- Verbal De-escalation,
- Safety, Security and Rehabilitation,

Identified Job Classification

- Clerical/fiscal
- Maintenance
- Health care
- Food service
- Other non-custodial staff

Training Hour Requirements

- Initial training: 16 hours
- No required refresher