

EDUCATIONAL VIDEOS ABOUT RESTRAINT AND SECLUSION

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Background

The Coalition Against Restraint and Seclusion (C.A.R.S.) is a group of stakeholders whose mission is to prevent the overuse of restraints and seclusions within the educational setting. As part of my training with the New Hampshire-Maine Leadership Education in Neurodevelopmental Related Disabilities Program (LEND), I completed a 70 hour leadership placement with C.A.R.S. and worked with a member of the coalition who is a special education advocate as well as a parent of child who has a disability. The purpose of my work was to assist them in updating their resources and parent education materials. During initial meetings, we determined that the most effective method in reaching parents would be to create videos for the internet. Our process for developing the content was:

- Identify** questions parents have regarding restraint and seclusion.
- Research** resources about preventative strategies and alternatives to restraint and seclusion available to both schools and parents
- Collaborate** with a special education advocate in identifying topics and providing accurate information for parents about Maine regulations regarding restraint and seclusion.
- Record** videos which address parent concerns about restraints and seclusions with special education advocate and myself.

Goals

- ◆ Educate parents about appropriate and incorrect uses of restraint and seclusion.
- ◆ Teach parents to work collaboratively with schools to ensure their child's behavior is being appropriately understood. Highlight the importance of exploring the function or meaning of behavior in order to respond in less restrictive alternatives.
- ◆ Provide resources which teach preventative strategies and alternative approaches and support a reduction in the use of restraint and seclusion.
- ◆ Once a restraint and seclusion incident has occurred, provide families with information to engage effectively in the debriefing process with the school and make the necessary adjustments to prevent restraint and seclusion from occurring again.



Deliverables

The C.A.R.S. educational videos are a series of short informational videos which will be accessed via the internet, in order to provide materials which are easily digestible and accessible for parents. The Center for Community Inclusion and Disability Studies at the University of Maine assisted in editing the videos and provided closed captioning. We have recorded five videos which provide information about the following topics:

- ◆ Definitions of restraint and seclusion
- ◆ Functional behavioral assessments
- ◆ What to expect after an incident of restraint or seclusion has occurred
- ◆ Additional resources which promote the use of positive intervention strategies

My Contributions

Concept: I assisted in developing the video concept, recording the videos, and editing the videos.

Subject Matter: As a parent with a child who has special needs, I was able to provide a necessary perspective in developing the subject matter of the videos.

Interview: My role in the recordings was to interview a special education advocate and develop questions which are pertinent to families who are interested in learning more about restraint and seclusion.

This project was a collaboration between the following participants: NH-ME LEND; University of Maine Center for Community Inclusion & Disability Studies; Deb Davis—special education advocate; and the Coalition Against Restraint & Seclusion.