

References for Building Capacity for Alternatives to Seclusion and Restraint

This is a list with links to reference documents and DVDs that we have compiled in conjunction with our State Incentive Grant from SAMHSA for reducing the use of seclusion and restraint in state facilities. The objectives for this grant address (i) leadership commitment to organizational change; (ii) the use of data to inform practice; (iii) developing the workforce to support the vision, mission, and values of our organization; (iv) the use of seclusion and restraint reduction tools; (v) increasing consumer roles in inpatient settings; and (vi) improving debriefing techniques to reduce the use seclusion and restraint. Although we have found many good resources on the web and elsewhere that address seclusion and restraint reduction, we have selected the following documents and DVDs to provide a general overview of topics we believe are relevant to our grant objectives.

- [Reducing the use of Seclusion and Restraint: Findings, Strategies and Recommendations](#), National Association of State Mental Health Program Directors' Medical Directors Council, July 1999.

This is one part of a series of technical reports developed by the NASMHPD Medical Directors Council. It provides specific recommendations for action and is intended as a tool for helping states prevent and reduce the overall need for seclusion and restraint. It also provides NASHMHPD's position statement on seclusion and restraint. (49 pages)
- [Safe and Appropriate Behavioral Interventions: Changing the Culture of Care](#). Hogg Foundation for Mental Health, 2006

This provides a series of vignettes with questions and analysis for exploring conflict and de-escalation strategies in treatment settings. It considers approaches for resolving situations in a safe and appropriate manner to prevent the use of seclusion and restraint and promote a more safe and therapeutic environment. (64 pages)
- [The Human Impact of Seclusion and Restraint](#). Presentation Paper prepared for the Alternatives to Seclusion and Restraint Recognition Program: Fostering Resilience and Promoting Recovery Through Coercion-Free Care at SAMHSA, Rockville Md. Lauren Spiro, M.A., Director National Coalition for Mental Health Recovery , March 31, 2010

This describes the personal experience of an individual recovering from mental illness who began working in a private mental health facility. The orientation for her new job included training on how to seclude and restrain patients. (3 pages)
- [Promoting Alternatives to the Use of Seclusion and Restraint, Issue Brief #1, A National Strategy to Prevent Seclusion and Restraint in Behavioral Health Services](#). US Department of Health and Human Services, SAMHSA, March, 2010

This is one of a series of issue briefs that consider the use of seclusion and restraint. The brief provides an overview of the history and context of the national focus on reducing and preventing seclusion and restraint in mental health and addictions inpatient treatment settings. (8 pages)

- [Promoting Alternatives to the Use of Seclusion and Restraint, Issue Brief #4, Making the Business Case](#), *US Department of Health and Human Services, SAMHSA, March, 2010*

The paper describes the systemic, organizational, and personal costs of the use of seclusion and restraint practices as well as projected cost savings related to reduction in their use. (8 pages)

- [The Business Case for Preventing and Reducing Restraint and Seclusion Use](#), *U.S. Department of Health and Human Services, SAMHSA, 2011*

This examines the economic base of restraint and seclusion and creates a business case for reducing their use. Concludes that substantial savings can result from effectively changing the organizational culture to reduce and prevent the use of restraint and seclusion. (32 pages)

- [Learning From Each Other: Success Stories and Ideas for Reducing Restraint/Seclusion in Behavioral Health](#). *American Psychiatric Association, American Psychiatric Nurses Association, National Association of Psychiatric Health Systems, 2003*

This is a collection of experiences and lessons learned about restraint and seclusion that has been developed with the input of behavioral health care providers throughout the country. It is an effort to share good ideas that have worked to reduce the use of restraint and seclusion. (43 pages)

- [Responding to Childhood Trauma: The Promise and Practice of Trauma Informed Care](#), *Gordon R. Hodas, M.D. Statewide Child Psychiatric Consultant, Pennsylvania Office of Mental Health and Substance Abuse Services, February 2006*

This paper builds on efforts of NTAC and NASMHPD and others to recognize the effects of trauma on individuals and to develop the concept of what is known as “trauma informed care.” It is intended to help providers recognize the pervasiveness of trauma in the lives of consumers of all ages and to meet the needs of children in treatment facilities without re-traumatizing them through coercive and restrictive interventions such as seclusion and restraint. (77 pages)

- [Sensory Approaches in Inpatient Psychiatric Settings, Innovative Alternatives to Seclusion & Restraint](#), *Tina Champagne, Med, OTR/L, and Nan Stromberg, MSN,RN, CS, September 2004.*

This article promotes the use of sensory-based approaches and multisensory rooms in inpatient settings. It explores the importance and efficacy of trauma informed approaches that are sensory supportive, address the individual needs, and strengthen the therapeutic relationship. This article was first published in the Journal of Psychosocial Nursing and posted on the Hogg Foundation for Mental Health website. (8 pages)

- [Creativity Cookbook, Creative Activities for Peer Specialists and Others Using Arts, Humor and Alternative Healing](#), Gayle Bluebird, January 2, 2010.

This is a guide and compilation of simple activities that involve creativity to be used primarily by peer providers (peer/recovery support/ specialists) who are employed in inpatient facilities, state-run institutions and/or peer- run programs. (37 pages)

- [Building Bridges: Mental Health Consumers in Intergenerational Dialogue](#), US Department of Health and Human Services, SAMHSA 2010

This summarizes the discussion of a group of mental health consumers about mental health services that they have received. It advocates self-help, peer support and recovery and promotes the mental health consumer movement. (62 pages)

DVDs

- [Healing Neen](#), Maryland Disability Law Center, 2010

<http://www.healingneen.com/contact.html>

This documentary tells the story of Tonier “Neen” Cain who has spent years living on the streets and had many incarcerations related to her addiction. She is now a nationally known speaker and educator on the effects of trauma and recovery. Her story shows that untreated trauma can lead to mental health problems, addiction, homelessness and incarceration.

Copies of the following DVDs are also available from the Office of Office of Quality Management or may be obtained by contacting the specified websites:

- [Behind Closed Doors](#), produced by Laura Cain and Diana Gross, Funded by a SAMHSA Grant, 2007.

This is a short documentary that tells the story of four women who were abused as children and experienced trauma in a psychiatric hospital setting. It has been incorporated into conferences and training conducted by National Association of State Mental Health Program Directors (NASMHPD) and many others to reduce the use of restraint and seclusion and create trauma-informed environments. Copies may be obtained by contacting the following website:
behindcloseddoorsthefilmsite.com

- [Paving New Ground, A dialogue with Peers & Family Members](#), Gayle Bluebird, 2006

This is an unformatted dialogue with peers working in various inpatient roles throughout the country.

<http://www.nasmhpd.org/consumernetworking.cfm>