

RESTRAINT AND TIME OUT REDUCTION PLAN

A) Explain how the entity plans to adopt and utilize positive behavioral interventions and support rather than physical restraint, time out, and isolated time out.

- Action Item
 - Positive behavioral interventions that have been adopted include, but are not limited to PBIS teams and practices, Class Dojo, check in check out processes, behavior charts and case management, which support non-coercive environments.
 - Belle Valley will provide proactive, preventative and tailored positive behavioral interventions for students identified through informal/formal behavioral screeners, PBIS and/or special education referrals, or school problem solving teams.
 - Belle Valley will implement positive behavioral interventions through Tier 1, 2, and 3 programming.
- Steps to Complete Action Item
 - District administration and specialists (behavioral interventionist, school, psychologist, and social workers) will collaborate with school teams (including teachers, paraprofessionals, support staff, and building administration) for ongoing support in utilizing positive behavioral interventions. This may include review of school behavioral data, behavioral support expectations, recognition systems, and internal committee monitoring.
 - Belle Valley will provide professional development to reduce/eliminate restraint, time out, and isolated time out.
 - Belle Valley will provide training to select staff that focuses on behavioral and emotional regulation, which may include alternatives to hands-on approaches. Belle Valley will consider training through Ukeru or a comparable program.
 - Belle Valley will increase time allocated for training for staff that serve students with significant behaviors and mental health challenges to allow for more proactive interventions and services.
 - Belle Valley will continually review data of RTO interventions to inform staff support, training, and development needs based on information obtained about trends in use of RTO.
- Timeline: 1-3 years
- Responsible Party: District administration and specialists

B) Identify effective ways/best practices to de-escalate situations to avoid physical restraint, time out, and isolated time out.

- Action Item
 - Belle Valley will provide professional development and training in the following areas as needed: de-escalation techniques, behavior management strategies, trauma sensitive practices, implicit bias, special

education and Section 504 implementation best practices, and restorative practices.

- Steps to Complete Action Item
 - Belle Valley will develop/implement consistent training methods/materials and schedule for trainings.
 - Belle Valley will complete ongoing professional development/training, support, and collaboration as well as planning for onboarding for new hires
- Timeline: 1-3 years
- Responsible Party: District administration and specialists

C) Describe how the entity will utilize crisis intervention techniques as an alternative to physical restraint, time out , and isolated time out.

- Action Item
 - Belle Valley will provide professional development and training on crisis techniques.
 - Belle Valley will utilize a crisis intervention protocol.
 - Belle Valley will identify crisis intervention responders and roles for staff
- Steps to Complete Action Item
 - Belle Valley will develop/Implement consistent training methods/materials and schedule for trainings.
 - Belle Valley will complete ongoing professional development/training, support, and collaboration will occur as well as planning for onboarding for new hires.
- Timeline: 1-3 years
- Responsible Party: District administration and specialists

D) Describe the entity's plan to utilize debriefing meetings to reassess what occurred and why it occurred and to think through ways to prevent use of intervention the next time.

- Action Item
 - Belle Valley will conduct debriefing meetings to assess what occurred, why it occurred, and to think through ways to prevent use of the intervention the next time.
 - Belle Valley will use a proactive approach by holding regular team meetings to plan for students as well as utilization of the Individual Student Plan for any student that meets the criteria.
- Steps to Complete Action Item
 - Belle Valley will ensure staff are aware of and utilize debriefing procedures
 - Belle Valley will document debriefing efforts.
 - Belle Valley will ensure debriefing efforts are consistent with the requirements for reviewing and analyzing time out and restraint during extended instances or repeated instances of their use.
- Timeline: 1-3 years

- Responsible Party: District administrators, specialists, and staff
- E) Include action step(s) that describe procedures to ensure that appropriate school personnel are fully informed of the student's history, including any history of physical or sexual abuse, and other relevant medical mental health information. Such disclosures of student information must be consistent with federal and state laws and rules governing student confidentiality and privacy rights.
- Action Item
 - Belle Valley will develop/implement procedures for ensuring that appropriate school personnel are fully informed of the student's history, including any history of physical or sexual abuse, and other relevant medical mental health information.
 - Steps to Complete Action Item
 - Relevant information will be shared with appropriate school personnel at the beginning of the school year to the extent that it impacts behavior management, de-escalation, crisis management, etc.
 - When creating any individual student plans, teams will ensure that appropriate school personnel are fully informed of the student's history, including any history of physical or sexual abuse, and other relevant medical and mental health information.
 - When utilizing proactive regular team problem-solving meetings, special education meetings, or other meetings to plan for students, include relevant information about the student's history, including any history of physical or sexual abuse, and other relevant medical mental health information with appropriate school staff regarding the use of restraint and time out.
 - When debriefing the use of restraint or time out, include relevant information about the student's history, including any history of physical or sexual abuse, and other relevant medical mental health information with appropriate school staff.
 - Timeline: 1-3 years
 - Responsible Party: District administrators and specialists
- F) Identify steps to develop individualized student plans as required by PA 102-0339. Plans should be separate from a student IEP or 504 plan.
- Action Item
 - Belle Valley will develop, implement and determine procedures for reviewing individual student plans.
 - Steps to Complete Action Item
 - Belle Valley will develop individualized student plans as required by PA 102-0339.
 - Individuals involved in creating individualized student plans may include: behavior interventionist, teachers, social workers, school psychologist, school administrators, and parents

- Belle Valley will review and analyze individual student data related to RTO and current BIP.
- Belle Valley will document specific steps the team will take to reduce their use of these restrictive interventions.
- Belle Valley will ensure that appropriate school personnel are fully informed of the student's history, including any history of physical or sexual abuse, and other relevant medical and mental health information.
- Belle Valley will consider the committee review process by individuals not working with the student.
- Ongoing support, training, and collaboration will occur with the serving team as they work to implement the plan and review its effectiveness.
- Timeline: 1-3 years
- Responsible Party: Behavior interventionist, teachers, social workers, school psychologist, and school administrators

G) Describe how information will be made available to parents for review.

- Action Item
 - Belle Valley will post the District's Restraint and Time Out (RTO) Plan on the school website.
- Steps to Complete Action Item
 - The District will post the RTO plan on the school website.
- Timeline: by July 2022
- Responsible Party: District administrators

H) Describe a modification process (as necessary) to satisfy aforementioned goals.

- Action Item
 - District Administration and relevant specialists will review data annually to ensure the district is making progress towards goals and procedures are in line with all laws, recommendations, and directives.
- Steps to Complete Action Item
 - Belle Valley will establish oversight committee goals/timelines.
 - Belle Valley will conduct student data reviews related to RTO interventions to better understand use, trends, and student and staff development needs.
 - Belle Valley will review documentation for compliance auditing.
- Timeline: Annually
- Responsible Party: District administrators and relevant specialists