

Restraint, Seclusion and Time-out ***Definitions***

The Missouri Planning Council for Developmental Disabilities (MPCDD) supports the position of banning seclusion, prone restraints or other methods of restraint that can cause suffocation and that these terms are clearly defined in proposed legislation or rules that are subsequently promulgated. This information is highlighted in the National Disability Rights Network (NDRN) report, *School is Not Supposed to Hurt.*

"Seclusion or Forced Seclusion" means removing the student from an educational environment, involuntarily confining the student in a room or area, and preventing the student from leaving the room or area if achieved by locking the door or otherwise physically blocking the student's way, threatening physical force or other consequences, or using physical force. The term does not include placing a student in time-out.

"Prone restraint" is where an individual is held face down. This type of restraint has the potential to suffocate the individual being restrained.

"Manual physical restraint" means use of physical restraint techniques that involve physical force applied by a teacher or other staff member to restrict the movement of all or part of a student's body. Manual physical restraint may only be used when there is an imminent and significant threat to the physical safety of the student or others. Teachers and staff who implement this method must be trained in the appropriate application of such techniques.

"Time-out" means to place a student who has displayed a well-defined and articulated behavior in a less reinforcing environment (with supervision) for a period.

The Council also supports requiring school districts to use evidence based best practice such as positive behavior supports when addressing children's behavior. In the rare instances when such methods do not appear to work, the Council advocates that the student's IEP team be reconvened and the continuum of supports be reviewed.

The Missouri Planning Council for Developmental Disabilities (MPCDD) is a federally funded, 23-member, consumer-driven council appointed by the Governor. Its mandate is to plan, advocate for, and give advice concerning programs and services for persons with developmental disabilities that will increase their opportunities for independence, productivity, and integration into communities.

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