Emergency Interventions

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Supportive Approaches to Intervention
Effective Communication
ABC’s of Behavior & Positive Behavior Supports
BTC Requirements + Provider Support
Collecting Behavioral Data

All trainings on the cmhcm website @
www.cmhcm.org > provider tab > Training
### Communication, Prevention, Early Intervention

<table>
<thead>
<tr>
<th>Brief Do’s</th>
<th>Rewards, “good behaviors, Positive Attitude, Be Proactive!</th>
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</thead>
<tbody>
<tr>
<td>Confrontation Avoidance</td>
<td>Prevention &amp; Early Intervention = De-escalation</td>
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<tr>
<td>Define Intervention</td>
<td>Decision to act to help people maintain/modify behavior</td>
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<tr>
<td>The Four A’s</td>
<td>Decision Steps for intervening: Awareness, Assess, Anticipate, Act</td>
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<tr>
<td>Non-Physical Interventions</td>
<td>Strategies to Help a person calm before a situation escalates</td>
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Intervention: Emergency Physical Intervention

Purpose:
To prevent or stop injury to self, others, or serious property damage.

When to Use:

When **ALL** other non-physical interventions have been tried and failed to work.
1. Emergency = injury to self, others, or serious property damage has or will occur **OR**
2. An approved Behavior Treatment Plan includes the use of physical intervention for specific target behaviors.
## Safety

<table>
<thead>
<tr>
<th>What Can Hurt You?</th>
<th>What Can Help You?</th>
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<tbody>
<tr>
<td>Stabbing?</td>
<td>1.</td>
</tr>
<tr>
<td>Slashing?</td>
<td>2.</td>
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<tr>
<td>Thrown Objects?</td>
<td>3.</td>
</tr>
<tr>
<td>Others?</td>
<td>4.</td>
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</table>
Cautions Emergency Physical Intervention

Physical Intervention is Not a magic bag of tricks
Should Not be used to make people follow the rules
Size and strength differences matter
Should Not be used as a consequence or as discipline
Should Not be used if you don’t know how the person will respond or
You Don’t know the person
Staff must be trained to implement emergency physical intervention

The Best Physical Intervention is…. Not ever having to use it!
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Two Categories of Techniques

1. Technics to protect yourself and others

   • Defensive physical maneuvers to keep yourself & others from being injured
   • Always used with Confrontation Avoidance, Proactive Options, & Non-Physical Interventions
   • Based on principles of body mechanics, balance, quickness, & protection of vulnerable body parts
Approved Emergency Physical Interventions

2. Techniques to transport and assist in regaining self control

- Intrusive technics—Intrusions into anyone’s space limits their rights to free movement and choice
- Technics that physically control increase the risk of injury to staff & person
- The use of physical control as a response to behavior has negative & unpredictable side effects

What are potential negative side effects?
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- Emergency Physical Interventions are the most restrictive of all interventions.
- Used as a last resort after all other less restrictive techniques have been tried and failed.
- Only used in an emergency.

Technics must:
1. Maintain the safety and dignity of the person and staff
2. Help the person regain and learn self control
3. Minimize the potential for misuse, abuse, and injury.
After Emergency Physical Intervention

Three D’s

1. Decompress- Take time as soon as possible after the use of emergency physical intervention to unwind/decompress.

2. Debrief- staff discuss and analyze the incident.

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Protective Techniques:

Blocks

Hands Prompt

One Person Come A Long- used to protect someone from falling when ambulating

Transporting and Assisting in Regaining Self Control:

Come A Longs- one person and Two person

Wrap Arounds- Front Wrap Around and Back Wrap Around
Process for Training

1. Contact Case Manager- Begin completing ABC Data
2. CM refers to BTC Team for consultation and feedback
3. If emergency intervention training and/or specific techniques are recommended. BTC/Madison/Deb will refer to me.
4. I will work with the provider to train/certify the home manager/lead staff.
5. I will continue to provide consultation & observation (in conjunction with the clinical team) of the training to assure the techniques are performed accurately.
Policies & Resources

MDHHS Behavior Treatment Plan Review Committee (BTPRC)

Frequently Asked Questions (FAQ) &

Behavior Treatment Plans Technical Requirement (Updated 6/28/23) available on the MDHHS website

CMHCM Provider Policies

www.cmhcm.org > Provider Tab > Policies > Chapter 2, Section 200, 001

Behavior Treatment

Each Provider Agency should have policies and procedures on the use of physical intervention.
Questions?