



HILLTOWN COOPERATIVE CHARTER PUBLIC SCHOOL

HCCPS Restraint Prevention and Behavior Intervention Policy

HCCPS follows 603 CMR 46.00 regulations to ensure safe, appropriate responses to student behaviors requiring immediate attention. The policy prioritizes prevention, de-escalation, and positive behavioral interventions while strictly limiting the use of physical restraint to emergency situations.

I. Methods for Preventing Student Violence, Self-Injurious Behavior, and Suicide

- Tiered Behavioral Supports:
 - Tier 1: Universal strategies, including classroom management, social-emotional learning, and restorative practices.
 - Tier 2: Targeted interventions, such as individualized behavior support plans.
 - Tier 3: Intensive interventions, including crisis response plans for students with significant emotional or behavioral needs.
- Crisis Prevention & Suicide Intervention:
 - Staff are trained in recognizing signs of emotional distress and assessing risk for self-harm or suicide.
 - The Response Team (including the Head of School, Director of Teaching and Learning, Behavior Support Coordinator, and Adjustment Counselor) intervenes immediately when student behavior poses a risk.
 - The school coordinates with mental health professionals and families for continued support.

II. Parent Engagement in Restraint Prevention and Use

- Proactive Communication: Parents are informed about behavioral support strategies and invited to collaborate on intervention plans.
- Incident Notification: If restraint is used, parents receive oral notification on the same day and written documentation within 24 hours.
- Parent Meetings: A follow-up meeting is scheduled to discuss the incident, assess interventions, and prevent future occurrences.

III. Alternatives to Physical Restraint & Emergency Use

HCCPS emphasizes de-escalation techniques and reserves physical restraint for situations where a student's behavior poses an immediate and serious risk of harm.

- Alternatives to Restraint:
 - Verbal de-escalation and active listening.
 - Allowing space and providing sensory breaks.



HILLTOWN COOPERATIVE CHARTER PUBLIC SCHOOL

- Engaging students in restorative problem-solving.
- Temporary removal to a quiet, supervised space.
- Physical Restraint Guidelines:
 - Used only when all other interventions have failed and a student's behavior presents an immediate risk.
 - Restraints are performed by trained staff and discontinued as soon as the student is safe.
 - Strictly prohibited: medication restraint, mechanical restraint, seclusion, and prone restraint (except in cases meeting 603 CMR 46.03(1)(b) requirements).

IV. Training, Reporting, and Follow-Up Procedures

1. Staff Training:
 - Staff receive annual training on de-escalation techniques, trauma-informed care, and emergency safety interventions.
 - Designated staff complete in-depth crisis intervention training to ensure safe restraint use.
2. Incident Reporting & Documentation:
 - Same-day oral notification to parents.
 - Written report within 24 hours, including event details and actions taken.
 - The Head of School reviews each incident and submits required state reports on restraint use.
3. Investigation of Complaints:
 - Parents can file formal complaints regarding restraint use.
 - The Director of Teaching and Learning investigates, documents findings, and determines corrective actions.

V. Use of Time-Out

HCCPS follows 603 CMR 46.02(5) guidelines for time-out procedures, ensuring they are:

- Used as a behavioral support strategy, not a form of discipline.
- Supervised by an adult, with continued monitoring.
- Limited in duration, with the goal of returning the student to the learning environment as soon as possible.