

APPLICATION MATERIALS

Alternatives to Seclusion and Restraint Recognition Program



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

As a part of its mission to build resilience and facilitate recovery, the Substance Abuse and Mental Health Services Administration (SAMHSA) has set forth a vision to reduce and ultimately eliminate the use of seclusion and restraint (SR) practices for all age groups in behavioral health care settings. SAMHSA has a deep commitment to supporting the development of services, supports, and treatment environments that are trauma informed, that foster well-being, and that prevent the use of coercive interventions. To recognize the many hospitals and residential programs that have worked hard to achieve goals consistent with this commitment, SAMHSA has partnered with the National Association of State Mental Health Program Directors (NASMHPD) to develop an Alternatives to Seclusion and Restraint Recognition Program.

Eligible Applicants:

To be considered for the Alternatives to Seclusion and Restraint Recognition Program, the organization must have been involved with a successful initiative to prevent/reduce the use and duration of coercive interventions (e.g., restraint; seclusion; emergency medication) for a period of at least three years. The following types of programs will be considered: public and privately funded psychiatric hospitals serving all populations (e.g., civil; forensic; acute; long-term; child; adolescent; adult; and/or geriatric); and public and privately funded residential programs serving children and/or adolescents with behavioral and/or emotional challenges.

Recognition:

Honorees will be notified of their selection in the summer of 2009, and will be given an official commemorative certificate of achievement and recognition by SAMHSA to commend their success in promoting coercion-free care.

Review Process:

Applications will be reviewed by an independent external review committee. The following criteria will be considered in the review process:

Program Design and Implementation Strategies: Demonstrated use, for example, of sound asset-based, trauma-informed, recovery/resiliency-focused, prevention-oriented strategies, and the promotion of a non-coercive culture/environment that supports safety and healing.

Outcomes: Data that demonstrates a significant reduction of the use of seclusion and restraint, without increasing the use of emergency medication and the rates of injury for service users and staff.

Sustainability: Demonstrated ability to maintain SR prevention efforts for a period of at least three years.

SAMHSA's Promoting Alternatives to Seclusion and Restraint Initiative Seeks Successful Programs for Recognition!

A national recognition initiative will honor programs that are successfully preventing/reducing the use of seclusion and restraint.



**Apply to be recognized.
Due date July 15, 2009**

See next page for full Application Requirements. Completed applications must be e-mailed no later than July 15, 2009 to pat.shea@nasmhpd.org.

Hard copy applications (postmarked by midnight 7/15/09) may be sent to:
Pat Shea
NASMHPD/OTA
66 Canal Center Plaza,
Suite 302
Alexandria, VA 22314

To be considered, completed applications must be received by July 15, 2009

Application Requirements

Applications must not exceed 8 pages for Sections I-IV, and an additional 1 page for Section V (12 point font, single space, 1 inch margins), and all applications must include the following:

Note: Submission of an application or selection for an award is not associated with any other current or future funding by SAMHSA or other Federal agency.

I. Cover Page

- a. Name of agency/facility and program being nominated
- b. Name of CEO and program lead
- c. Name/title/contact information of person submitting application
- d. Type of agency/program (e.g. state funded, private, hospital, residential treatment facility, forensic, other)
- e. Project Abstract: a brief description of the agency/facility (not to exceed 250 words) that SAMHSA could use on its website, including details such as catchment area, numbers of beds/units, specialized service units, length of operation, and type/focus of SR reduction project

II. Program Description and Implementation Strategies

- a. Indicate the name of the SR reduction initiative, and the date the effort began
- b. Describe individual program areas (i.e. units/wards) within the initiative, including population(s) served, # of beds, and average length of stay [if only certain units in a facility are part of the initiative, explain how the initiative fits within the context of the larger agency]
- c. List and discuss: (1) major interventions/strategies/focus areas used to successfully prevent/reduce the use of SR (indicating for each strategy whether it was used during planning, implementation or both stages), and an indication of which were the most significant in achieving desired outcomes; (2) a timeline for when the activities occurred; (3) barriers encountered; and (4) methods used to address those challenges, indicating which were successful
- d. List any awards/recognitions that the program has received related to its efforts to reduce SR, or other information that may be relevant to this application

III. Outcomes

- a. Provide data on the number of manual restraints, mechanical restraints, and seclusions, the number of SR-related injuries to staff and consumers, and the number of IM stat meds used, by year, for each year of the initiative, as well as baseline data for the year prior to implementation. If certain practices are never used, please note this, along with the reason, [e.g. philosophy, not needed, state regulations, etc.]. For applicable youth programs, also include school-based data.
- b. Indicate the census of the facility/unit upon which those numbers are based
- c. Indicate the % reduction of seclusions and restraints since the initiative began (based on last full reporting year)
- d. If initiative is based on only one unit within a facility, provide data on the larger facility as well, and note reasons for any significant discrepancies

IV. Sustainability: Identify those strategies that the facility used to sustain program efforts for a period of at least three years

V. Optional: Honoree Information-Sharing Opportunity. Please indicate: (a) if you

would be interested in sharing lessons-learned (by teleconference, etc.) to representatives in similar types of programs who might benefit from your expertise; and (b) if you agree to participate in a phone interview to complete this part of the review process. If the answer to V.(a) and (b) is yes, please provide the following:

- i. Identify the staff (up to 2) who would serve in this capacity;
- ii. Describe successful consultation/training that the identified staff have provided in the past; and
- iii. Provide the names and numbers of at least 2 consumers, family members, and/or State P & A representatives that have first hand knowledge of your organization and its expertise in helping others.

