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## Change is Possible

There are many benefits for consumers when programs avoid restraint and seclusion:

- Higher level of functioning at discharge
- More self-esteem, confidence, and independence
- Increased positive treatment outcomes
- Fewer injuries and stress reactions
- Shorter length of stay
- Less medication

**“I’ve walked into a room where a restraint was about to go down. A simple ‘how are you?’ to the person in crisis – and the relationship I had with them – could change the whole dynamic.”**

- Psychiatric hospital staff

Even more, organizations see benefits:

- Increased staff satisfaction and decreased turnover
- Stronger, collaborative relationships between staff and consumers/residents
- Reduced staff sick leave and staff injuries

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## Join Us

Join us to learn, contribute, or get support for your organization! We always have new projects, educational opportunities, and room for new voices in our work.

To join contact us at [LeadershipGroup@tnoys.org](mailto:LeadershipGroup@tnoys.org) or visit [www.tnoys.org/srr-leadership-group](http://www.tnoys.org/srr-leadership-group)

**Get involved to learn, lead, and help make a positive culture change across Texas.**

A Project of:

**TNOYS**  
TEXAS NETWORK OF  
YOUTH SERVICES



Peer Support Program



Hogg Foundation *for* Mental Health  
ADVANCING RECOVERY AND WELLNESS IN TEXAS

# Seclusion and Restraint Reduction Leadership Group



Founded in 2007, the Seclusion and Restraint Reduction Leadership Group envisions a culture of care in all Texas residential, community, and educational programs, where restraint and seclusion are unnecessary as trauma-informed care approaches become the norm.



**“Being restrained, or even watching others being restrained, was terrifying. It made me feel violated and taught me that I couldn’t trust anybody.”**

- Person with lived mental health experience

## Who are we?

The Seclusion and Restraint Leadership Group is a group of passionate individuals from a variety of vantage points and settings who are working to lead **organizational change, policy change, and widespread educational efforts** across Texas.

## Our Membership

- Shelters
- Foster Home Networks
- Basic Care Institutions
- Residential Treatment Centers
- State Hospitals
- Independent Living Centers
- State Agencies
- Universities and Research
- Community Organizations
- Special Interest Groups
- Individual Citizens
- Advocacy and Training Organizations

## Restraint and Seclusion Are Traumatic and Occur Every Day

Restraint and seclusion are traumatic for everyone involved: the students, clients, or residents who are restrained or put into isolation; the program staff involved; and others who are witnesses. These practices undermine healing and recovery. They can trigger responses to past traumas, such as abuse or neglect. Seclusion and restraint practices may lead to severe injuries and even deaths. Other costs:

- Expensive for programs! Up to \$354 per restraint and liability costs for work-related injuries
- Possible legal costs (in incidents of client injury or death)
- Power struggles, longer stays in treatment, damage to therapeutic relationship, and mistrust of program
- Staff stress, turnover, and low morale

## Best Practices

Texas' Seclusion and Restraint Reduction Leadership Group is working to increase awareness while advancing public policy and helping organizations transform their cultures and practices to work **in collaboration** with those they serve. This includes utilizing the following best practices:

- Trauma-informed care
- 6 core strategies to reduce conflict and violence
- Person centered recovery planning
- Peer support initiatives
- Recovery-based environments
- Positive behavior supports