

**B. TRAINING IN USE OF RESTRAINT, SECLUSION, ISOLATION TIMEOUT  
COMPETENCIES CROSSWALK**

In order to help the Curriculum Review Committee evaluate your training program, please use this form to show where in your curriculum to find training content as outlined in published competencies for training for Restraint, Seclusion and Timeout. Each competency is listed on the left side below. On the right side of the form please indicate the name of your curriculum, and section(s) and page number(s) where content that addresses each competency can be found. Look to the end of this document for the contents of the application package and information on where to send it. You will receive notification that your curriculum is in the review and approval process.

<b>Competencies</b> <b>Use of Seclusion, Restraint, Isolation Timeout</b>	<b>Curriculum</b> _____ (Please indicate section(s) and page number(s) where content can be found.	<b>Approval</b>
<b>B.1a</b> Identify strategies for prevention and early intervention during behavioral escalation.		
<b>B.2a</b> Describe methods for assessing whether to attempt to diffuse the situation or to intervene physically.		
<b>B.2b</b> Recognize and assess signs of intent and capacity to harm.		
<b>B.2c</b> Recognize signals for imminent danger of injury to self and others.		
<b>B.2d</b> Assess what the behavior is communicating.		
<b>B.2e</b> Recognize triggers and indicators of increased emotional distress.		
<b>B.3a</b> Define and describe concepts of least restrictive interventions and incremental steps in an intervention.		

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<b>B.3b</b> Describe protections in law and Rules.		
<b>B.3c</b> Describe strategies for insuring the dignity and respect for the person with disabilities during and after the intervention.		
<b>B.4a</b> Define “health status check.”		
<b>B.4b</b> Describe how to monitor vital indicators, physical status and comfort.		
<b>B.4c</b> Describe how to monitor psychological status and comfort.		
<b>B.4d</b> Describe how to determine when to seek medical assistance.		
<b>B.5a</b> Identify and describe procedures prohibited by NC law and Rule.		
<b>B.6a</b> Perform techniques for safely avoiding or getting out of client-initiated holds.		
<b>B.6b</b> Perform techniques for safely implementing physical restraint, seclusion, isolation time out.		
<b>B.6c</b> Describe criteria and techniques for the safe and effective release of the person in seclusion, restraint, isolation time-out.		

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<b>B.6d</b> Describe responsibility, strategy and protocol for effective and immediate intervention when unsafe implementation of seclusion, restraint, isolation time-out is observed.		
<b>B.7a</b> Debriefing of caretakers involved in an incident: Describe goals for debriefing Describe methods for debriefing		
<b>B.7b</b> Debriefing of clients involved in or witnesses to an incident Describe goals for debriefing Describe methods for debriefing		
<b>B.8a</b> Demonstrate knowledge of what and how to maintain required documentation		

With your permission, we will post the outcome of your application on the Division web page.  Yes, you may publish the outcome of this application.  No, you may not publish the outcome of this application.

**Mail application package containing cover letter, completed crosswalk, and curriculum to:**  
 Communication and Training Section, DMH/DD/SAS, 3022 Mail Service Center, Raleigh, N.C. 27699-3022  
 For information, contact dmh.training@ncmail.net or 919-715-2780.