



## MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES BULLETIN

COMMONWEALTH OF PENNSYLVANIA \* DEPARTMENT OF PUBLIC WELFARE

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**SUBJECT:**

Use of Restraints, Seclusion and Exclusion in State Mental Hospitals and Restoration Center

BY:

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**SCOPE:** State Mental Hospitals and Restoration Center

**PURPOSE:**

To update and synthesize statewide policies and procedures for the use and monitoring of Restraint, Seclusion and Exclusion in OMHSAS operated facilities.

**POLICY:**

State mental hospitals and South Mountain Restoration Center shall adopt and implement the attached procedures and practices relating to the use and monitoring of Seclusion, Restraint and Exclusion, and shall revise local policies and procedures, staff training requirements and monitoring practices accordingly.

**GOAL:**

The Office of Mental Health and Substance Abuse Services has charged the State mental hospitals with the goal to totally eliminate the use of mechanical restraints and seclusion by January 1, 2006.

**BACKGROUND:**

It is the Office of Mental Health and Substance Abuse Services' belief that Seclusion and Restraint are not treatment but reflect treatment failure.

Since 1999, OMHSAS has become a recognized national leader in an emerging national movement to substantially reduce and ultimately eliminate these dangerous, emergency practices.

The attached policies reflect the substantial reduction in OMHSAS' use of these modalities since the first standardized policy was released in 1999, and take further steps toward the goal of ultimate elimination of their use.

This Bulletin synthesizes OMHSAS policies relating to seclusion and restraint developed since 1999, establishes additional controls on the use of restraint as a so-called protective device, integrates recent changes in CMS and JCAHO requirements and adds evidence based best practices regarding seclusion and restraint safety and reduction.

**OBSOLETE BULLETINS:** SMH-01-02 Use of Restraints, Seclusion and Exclusion in State Mental Hospitals; SMH-00-01 Use of Physical Restraint in State Mental Hospitals

COMMENTS AND QUESTIONS REGARDING THIS BULLETIN SHOULD BE DIRECTED TO: The Medical Director's Office at 717-772-2351 or Bureau of Hospital Operations, P.O. Box 2675, Harrisburg, Pa. 17105 –Phone # (717) 705-8152.