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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: Civil Sections and Forensic Centers; South Mountain Restoration Center (SMRC), and the Act 21 Sexual Responsibility and Treatment Program (SRTP) at Torrance State Hospital.

**PURPOSE:**

The purpose of this bulletin is to update and synthesize statewide policies and procedures for the use and monitoring of restraint, seclusion and exclusion in OMHSAS-operated facilities.

**BACKGROUND:**

OMHSAS espouses the belief that seclusion and restraint are not treatment of clinical interventions and reflect a 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 the use of these modalities in OMHSAS facilities since the first standardized policy was released in 1999.

This Bulletin synthesizes OMHSAS policies relating to seclusion and restraint developed since 1999, establishes additional controls on the use of restraint as a protective device, integrates the Centers for Medicare and Medicaid Services (CMS) and The Joint Commission requirements and adds evidence-based best practices regarding seclusion and restraint safety and reduction.

**DISCUSSION:**

The State Mental Hospitals, civil sections and forensic units; the SMRC, and the SRTP 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.

The Office of Mental Health and Substance Abuse Services (OMHSAS) has established the goal of minimizing the utilization of seclusion and restraints within the State mental hospital system, as delineated in the scope.

**OBSOLETE BULLETIN:** SMH-06-02 Use of Restraints, Seclusion and Exclusion in State Mental Hospitals and Restoration Center

**ATTACHMENT:** Use of Restraints, Seclusion, and Exclusion 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 Community and Hospital Operations, P.O. Box 2675, Harrisburg, Pa. 17105 –Phone # (717) 705-8152.