Preliminary Data
Study of Crisis Intervention Training Programs

These preliminary data are copyrighted and are subject to change. They are intended to provide vendors feedback, and an ability to compare their programs to others. Please do not copy or disseminate.

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http://k12engagement.unl.edu/study-crisis-intervention-training-programs
The Present Study

Questionnaire

- The Couvillon, et al. questionnaire was obtained, expanded and organized into 10 content sections or topics.
- Questions were refined with a mix of both closed and open ended responses.
- When completed it included 99 questions.
- Options created for electronic (Qualtrics) or hard copy or telephone interview completion.

Training Vendors

- Effort to identify all current training vendors providing training to schools through Internet searches and nominations.
- Only those providing training on restraints were included.
- 32 Initially identified, but 7 were no longer in business.
- Of the remaining 25, 6 declined or did not respond, two did not complete the questionnaire.
- Result was data from 17 vendors- 68% of total.
- Owner or lead trainer was contacted and asked to complete the questionnaire.
- Once completed the data was sent back to the vendor for verification.

17 Crisis Intervention Training Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Organization Name</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calm Every Storm, Crisis Intervention Training</td>
<td>Crisis Consultant Group, LLC.</td>
<td>crisisconsultantgroup.com</td>
</tr>
<tr>
<td>Management of Aggressive Behavior (MOAB)</td>
<td>MOAB Training International, Inc.</td>
<td>moabtraining.com</td>
</tr>
<tr>
<td>Nonviolent Crisis Intervention® Program</td>
<td>Crisis Prevention Institute</td>
<td>crisisprevention.com</td>
</tr>
<tr>
<td>Oregon Intervention System (OIS)</td>
<td>Alternative Service, Inc. - Oregon</td>
<td>ois.asi oregon.org</td>
</tr>
<tr>
<td>PMT</td>
<td>PMT Associates, Inc.</td>
<td>pmtassociates.net</td>
</tr>
<tr>
<td>Pro-ACT®</td>
<td>Pro-ACT, Inc.</td>
<td>proacctraining.com</td>
</tr>
<tr>
<td>Professional Crisis Management</td>
<td>Professional Crisis Management Association</td>
<td>pcma.com</td>
</tr>
<tr>
<td>Response</td>
<td>Response Training Program LLC</td>
<td>responsetrainings.com</td>
</tr>
<tr>
<td>Right Response</td>
<td>Service Alternatives Training Institute</td>
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<tr>
<td>Safe and Positive Approaches®</td>
<td>Devereux</td>
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</tr>
<tr>
<td>Safe Crisis Management</td>
<td>JKM Training Incorporated</td>
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<td>Safe Prevention Principle and Techniques</td>
<td>JIREH Training and Consulting LLC</td>
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<tr>
<td>Safety-Care</td>
<td>QBS, Inc.</td>
<td>qbscompanies.com</td>
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<tr>
<td>Satori Alternatives to Managing Aggression (SAMA)</td>
<td>Satori Learning Designs, Inc.</td>
<td>satorilearning.com</td>
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<td>The Mandt System</td>
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<td>mandtsystem.com</td>
</tr>
<tr>
<td>Therapeutic Aggression Control Techniques (TACT2)</td>
<td>SBP Consulting, Inc.</td>
<td>tact2.com</td>
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</tbody>
</table>
| Therapeutic Crisis Intervention (TCI)          | Residential Child Care Project, Cornell Univ.    | rccp.cornell.edu/tcimainpage.html
Training content by 8 global components*

Respondents were asked for % of training allocated to each

- General information and definitions
- Dangers and Risks
- Crisis De-escalation procedures
- Restraint procedures
- Procedures for monitoring
- Debriefing and follow up
- Seclusion
- Other topic areas

* Interpretations may vary based on differing terminology or understandings; use only for gross comparisons

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### Allocation of resources across general topics

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<thead>
<tr>
<th>Training Program Name</th>
<th>Total Basic Training Time</th>
<th>General Information/Definitions %</th>
<th>Dangers &amp; Risks %</th>
<th>Crisis De-escalation %</th>
<th>Restraint Procedures %</th>
<th>Monitoring Procedures %</th>
<th>Debriefing &amp; Follow-up %</th>
<th>Seclusion %</th>
<th>Other %</th>
<th>Total %</th>
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<td>5</td>
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<td>15</td>
<td>20</td>
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<td>10</td>
<td>5</td>
<td>5</td>
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<td>5</td>
<td>35</td>
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<td>5</td>
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<td>15</td>
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<td>25</td>
<td>15</td>
<td>2</td>
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<td>5</td>
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<td>40</td>
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</table>
Pie charts of all of the vendor training programs are provided to illustrate variations in time allocations across all eight topics. We pick a few as examples in discussing content topics.

**Selected topics to discuss today:**

- Seclusion and Other
- Crisis De-escalation procedures
- Restraint procedures
- Monitoring procedures
- De-briefing procedures
Seclusion

- Most training programs don’t include components on seclusion
  - Only 8 discuss & 4 train
- When included in basic training, no program spent more than 5% of overall time on seclusion; range 1-5%
- When comparing allocations of time this may explain some variation.

“Other” Topics

- Component interpretations vary
- Account for unique training aspects
- Many adoptions, extensions, or combinations of other components
- Topics included: protection techniques, incident prevention, mental health, trauma, relationships, leverage, and deflection and release techniques, etc.

Crisis De-escalation Procedures

- On average, biggest emphasis across programs
- 2/3 of the programs spend the most time on crisis de-escalation
  - Recognize signs of agitation
  - Identify and manage antecedents
  - Assess contributing factors
Types of Restraint Procedures

- Due to heightened risk, it takes a certain amount of time to teach physical holds adequately
- Programs moving towards using “holds” versus “restraint” for political correctness
- Programs coin terms and have special names for holds, spend time teaching this terminology
- Some populations may need more focus on restraint
- Many programs have moved away from prone (face down) or supine (face up) holds

Restraint Procedures Taught

<table>
<thead>
<tr>
<th>Training Program Name</th>
<th>Types of Restraints (#)</th>
<th>Physical Escorts</th>
<th>Basket Hold Restraint</th>
<th>Prone Floor Restraint</th>
<th>Supine Floor Restraint</th>
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<td>Yes</td>
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<td>Yes</td>
<td>No</td>
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<td>Yes</td>
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<td>Safety-Care</td>
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<tr>
<td>TACT2</td>
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<td>Therapeutic Crisis Intervention</td>
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<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>
Training Related to Restraint Procedures

- The % of overall time allocated to training on holds ranged from 8% to 50%
- Most programs dedicate between 12% -25% of their time to restraint procedures; the mean was 21%
- The number of different types of holds trained ranged from 2 to 27

Specific Types of holds:
- 4 of the 17 programs trained basket holds, 23.5%
- 8 of the 17 programs trained prone restraints, 47%
- 9 of the 17 programs trained supine holds, 53%

Monitoring

- All teach techniques for monitoring a student’s physical and emotional state
- All instruct how to identify signs of physical distress.
- Crucial to actively monitor the breathing rates of students placed in a restraint
- 14 programs actively teach participants to monitor breathing rate
- On average, relatively less time is spent on monitoring
De-Briefing

- Physical restraint procedures can result in emotional distress for all involved
- Majority of the programs teach participants how to debrief or follow up
- May include: assessing emotional state, problem solving, & documentation

Certification/lengths of training

- All certify
- Certification takes on 18 hours on average for basic training; range = 12 – 28
- Re-certification or annual update; on average 7 hours; range = 3 – 20 hours
- Training of trainer; varied requirements
  - Related experience
  - Career in related field
  - Related degree, etc.
Calm Every Storm

- Dangers & Risks, 5%
- Crisis De-escalation, 55%
- Seclusion, 5%
- Other, 5%
- Monitoring Procedures, 5%
- Restraint Procedures, 15%
- Debriefing & Follow-up, 5%

Management of Aggressive Behavior (MOAB)

- Crisis De-escalation, 20%
- Dangers & Risks, 15%
- General Information/Definitions, 20%
- Other, 5%
- Seclusion, 5%
- Monitoring Procedures, 10%
- Restraint Procedures, 20%
- Debriefing & Follow-up, 5%
Oregon Intervention System (OIS)

- General Information/Definitions: 15%
- Dangers & Risks: 10%
- Crisis De-escalation: 25%
- Restraint Procedures: 15%
- Monitoring Procedures: 2%
- Debriefing & Follow-up: 2%
- Seclusion: 2%
- Other: 29%

Pro-ACT

- General Information/Definitions: 5%
- Dangers & Risks: 4%
- Crisis De-escalation: 60%
- Restraint Procedures: 8%
- Monitoring Procedures: 7%
- Debriefing & Follow-up: 8%
- Seclusion: 3%
- Other: 5%
- Other: 29%
Safe Crisis Management

- General Information/Definitions: 5%
- Dangers & Risks: 5%
- Crisis De-escalation: 45%
- Restraint Procedures: 30%
- Monitoring Procedures: 5%
- Debriefing & Follow-up: 10%

Safe Prevention Principles & Techniques

- General Information/Definitions: 10%
- Dangers & Risks: 12%
- Crisis De-escalation: 38%
- Seclusion: 5%
- Restraint Procedures: 15%
- Monitoring Procedures: 5%
- Debriefing & Follow-up: 15%
End of Preliminary Data