

Vermont State Board of Education Manual of Rules and Practices Series 4500 - Use of Restraint and Seclusion in Schools

Rule 4509 Recommended Physical Restraint Training Programs

This list contains recommended programs that provide physical restraint training, in alignment with rule 4509 in [Rule 4500: Use of Restraint and Seclusion in Schools](#). *NOTE: Physical restraint is permitted only as a last resort and only under specific circumstances. See Rule 4502.1 for those specific circumstances.*

The following physical restraint training programs have provided evidence that they:

- train on appropriate procedures for preventing the need for physical restraint,
- include an emphasis on positive support and relationship building,
- instruct on the alternatives to physical restraints,
- identify dangerous behavior that may indicate the need for physical restraints,
- offer methods for evaluating the risk of harm to determine if physical restraint is warranted,
- provide simulated experience in administering a variety of physical restraint techniques across a range of increasingly restrictive interventions,
- instruct regarding the effect of the physical restraint on the person restrained,
- reference the need for a physical exam as soon as possible following restraint, emphasizing the need to follow the state and local policy, practices, and procedures, and
- direct participants to the state rule (Rule 4507) regarding the investigation of injuries and complaints.

Contact Information:

If you have questions about this document or would like additional information, please contact:

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An asterisk (*) after the program name indicates at least six of the following eight Vermont Agency of Education-identified best practices are evident:

1. This program specifically addresses the needs of educational professionals working in a school setting, where the individuals being restrained are youth (ages 3-21). *NOTE: For 3, 4, and 5-year-old children in Universal Prekindergarten programs, contact the AOE [Early Learning Team](#) regarding the developmental appropriateness of restraint and seclusion.*
2. This program uses evidence and data to develop and refine its materials.
3. Training materials are regularly updated to reflect new research.
4. This program includes a meaningful, embedded discussion of implicit bias and its potential impact on disproportionate restraints based on gender, race, ethnicity, disability status, and other marginalized identities.
5. This program identifies prone and supine restraint as most restrictive and indicates they must only be used when student size and/or severity of behavior necessitate them, or when other forms of restraint have been unsuccessful in preventing risk of serious physical harm.
6. This program clearly distinguishes between procedures for moving, escorting, and transferring people compared to stationary restraints
7. Materials discuss best practices for debriefing a restraint incident with the student involved, the staff involved, the student's family, and the rest of a student's support team where appropriate.
8. Appropriate procedures for conducting a medical evaluation of a person after restraint has ended and when to seek outside medical assistance for a student or staff.

NOTE: This list of programs will be periodically updated. If an LEA is using a physical restraint training program not on this list, or a physical restraint trainer would like to be considered for inclusion on this list, submit the [Rule 4500 Recommended Physical Restraint Training Program Request for Inclusion](#).

Vendor and Website	Required Hours of Training for Initial Certification	How Often Recertification is Required and Required Hours	Training Available for Unique Situations or Contexts	Contact Information
Crisis Prevention Institute (CPI) *	<p><i>Instructors:</i></p> <p>Nonviolent Crisis Intervention® 2nd Edition with Advanced Physical Skills 26.5 hours</p> <p>Nonviolent Crisis Intervention® 2nd Edition 19.5 hours</p> <p>Verbal Intervention™ 8 hours</p> <p><i>Staff:</i></p> <p>CPI does not mandate training time for staff. The online content typically takes 1-2.5 hours followed by 2-12 hours in a classroom, depending on the program and content being taught.</p>	<p><i>Certified Instructors:</i></p> <p>Every two years as well as conduct and document four classes during that certification cycle and pay their annual membership fee.</p> <p><i>Staff:</i></p> <p>Annually, at a minimum, or in compliance with any applicable laws or regulations.</p>	<p><i>Certified Instructors:</i></p> <ul style="list-style-type: none"> • Classroom Culture • Autism Spectrum Disorder • Trauma • Mental Health 	<p>Amanda Walvoord, Senior Manager, Inside Sales 10850 W. Park Place Suite 250 Milwaukee, WI 53224 (414) 979-7067 awalvoord@crisisprevention.com</p>

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Handle With Care Behavior Management System, Inc.*	<i>Instructors:</i> 24 hours for full program 8 hours for Early Childhood program	<i>Instructors:</i> Annual re-certification required	Yes, technical support and additional training are available upon request.	Hilary Adler 184 McKinstry Road Gardiner, NY 12525 (845) 255-4031 Fax: (845) 256-0094 Hilary@handlewithcare.com
The Mandt System: Relational Conceptual Technical (RCT)*	<i>Instructors:</i> 16-32 hours plus 2 hours of online work depending on the level of instruction. <i>Staff:</i> Ranges from 7-16 hours, depending on the level of training, class size, and number of instructors.	<i>Instructors:</i> Every two years <i>Staff:</i> Annually	Yes, an advanced technical course is available for instructors and staff.	Mary McKenzie P.O. Box 831790 Richardson, TX 75083 (800) 810-0755 ext. 130 Mary@mandtssystem.com

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North American Family Institute (NFI) Vermont*	<i>Instructors:</i> 12-14 hours over two days	<i>Instructors:</i> Annually	No	Cara Capparelli 30 Airport Rd. South Burlington, VT 05403 (802) 658-0040 Ext. 1002 caracapparelli@nafi.com
QBS, provider of Safety-Care*	<i>Instructors:</i> 3-days <i>Staff:</i> 12-16 hours	Annually <i>Instructors:</i> 1 day <i>Staff:</i> 6-8 hours	Yes	Jill Tragno 49 Plain St., Suite 200 N. Attleboro, MA 02760 (855) 727-6246 info@qbs.com

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Therapeutic Crisis Intervention*	<p><i>Instructors:</i> 5-day course</p> <p><i>Staff:</i> Direct training for school staff is 20 hours with no physical interventions and minimum of 28 hours with all physical interventions.</p>	<p><i>Instructors:</i> Every 2 years.</p> <p><i>Staff:</i> At least every 6 months by their in-school trainers. Quarterly refreshers are recommended. Physical skills should be tested every 6 months. Knowledge should be tested annually.</p>	<p><i>Instructors:</i> Attend updates to use in refresher training for school staff.</p>	<p>Andrea Turnbull, LMHC, TCI Program Manager Cornell University/RCCP 3M207 MVR Hall 37 Forest Home Drive Ithaca, NY 14853 (813) 416-1009 ajt78@cornell.edu</p>