

NATIONAL TECHNICAL ASSISTANCE CENTER

---

**Creating Violence Free and Coercion Free Service Environments  
For the Reduction of Seclusion and Restraint**

## **Seclusion/Restraint Prevention Tools**

*A Core Strategy ©  
(A Primary Prevention Tool)*

### *Objectives*

1. Understand the function, use, and development of crisis prevention plans that help reduce the use of seclusion and restraint.
2. Recognize the applicability of crisis prevention plans to service settings and the importance of prevention strategies.
3. Identify the 5 known and 2 “hidden” sensory experiences and strategies within each sensory dimension that can be used to teach self-calming and soothing.
4. Become familiar in the use of sensory modulation to assist with emotional self-management
5. Be introduced to examples of sensory and comfort rooms.

### *Outline*

- ✓ Crisis Prevention Planning
  - Plan components
  - Plan examples
- ✓ Making Environmental Changes
  - Sensory modulation
  - Sensory and Comfort Rooms
  - Examples