



## **Request for Proposals: Evaluation of Seclusion and Restraint Reduction Project**

**May 30, 2008**

### **Project Description**

The use of seclusion and restraint to manage the behavior of people at risk of harming themselves or others is a complex, controversial issue that touches many agencies in Texas, including juvenile justice facilities, psychiatric hospitals, residential treatment centers and schools.

The Hogg Foundation for Mental Health seeks proposals to evaluate a statewide project to reduce the use of seclusion and restraint in these types of organizations. The evaluation specifically will:

- Analyze the effectiveness of seclusion and restraint reduction training provided by the foundation to a variety of agencies and organizations in Texas.
- Identify and evaluate the effectiveness of specific administrative, operational and policy changes made by entities that participated in the training.
- Document compelling examples and stories that demonstrate the importance of reducing seclusion and restraint and the effectiveness of alternative strategies.

The evaluation's findings may be shared with state and local agencies, policy makers, consumers, advocates and other stakeholders to spark a dialogue on administrative, operational and policy changes needed to reduce the use of seclusion and restraint in Texas.

### **RFP Process and Schedule**

The foundation will conduct a conference call with potential respondents to provide information and answer questions about the project and the RFP process. The conference call will take place at **3:00 p.m. Tuesday, June 10, 2008**. To join the conference call, dial **1-877-226-9790** and enter code **2758994** when prompted.

Proposals must be submitted online by **5:00 p.m. CDT on Monday, June 30, 2008** to be eligible for review. To submit a proposal, please complete the online form at [www.GrantRequest.com/SID\\_544?SA=SNA&FID=35018](http://www.GrantRequest.com/SID_544?SA=SNA&FID=35018) and upload a resume and written proposal.

The foundation may contact individual respondents to request additional information during the selection process. All respondents will be notified of such requests and will have the opportunity to respond.

Proposals will be reviewed by foundation staff. The winning proposal will be announced on or around July 31, 2008.

For more information about the RFP process, please email [Hogg-Grants@austin.utexas.edu](mailto:Hogg-Grants@austin.utexas.edu).

## **Background**

Research and experience show that the use of seclusion and restraint places both those applying and those receiving intervention at risk of psychological and physical harm. However, no evidence-based alternative treatment methods have been identified.

In 2004 the Hogg Foundation launched a collaborative initiative to encourage the use of safer, more effective treatment methods for mental health consumers in Texas. The foundation formed an expert advisory group with cross-agency representation and convened a statewide conference to identify promising alternative practices and develop strategies to employ those practices in a variety of settings.

Conference participants learned about safe, appropriate alternatives to seclusion and restraint from state and national experts, then developed practical guidelines for agencies and facilities to use these alternatives. Participants also created a change-management framework to help leaders bring about cultural change in their organizations. After the conference, the foundation published a training guide on alternatives that could be applied in a variety of home and facility-based settings.

In 2005 the foundation's collaborative approach was reinforced by the Texas Legislature's passage of Senate Bill 325. The legislation created a multi-agency Behavior Management Task Force to identify best alternative practices to seclusion and restraint and to propose universal regulations with uniform definitions, reporting requirements and training for juvenile justice and human services agencies.

In September 2006 the foundation sponsored a two and-a-half-day training session designed specifically for leadership teams seeking to reduce the use of seclusion and restraint in their organizations. Participating organizations sent leadership teams of up to 14 staff members to the training, with a total of 330 attendees from 29 private agencies, state agencies, and advocacy groups across Texas. Participants received training in the Six Core Strategies<sup>®</sup> curriculum developed by the National Association of State Mental Health Program Directors' National Coordinating Center to Reduce and Eliminate the Use of Seclusion and Restraint.

The teams included executive-level managers and staff such as chief executive officers, chief operating officers, staff development trainers, and directors of nursing, quality improvement, human resources and consumer affairs. Participants received training based on curriculum developed by the National Association of State Mental Health Program Directors and developed comprehensive reduction plans for implementation at all levels of their organizations.

In early 2007, the foundation launched a cross-agency Seclusion and Restraint Reduction Leadership Group to further support the gains made by Texas agencies. Comprised of mental

health consumers, family members, advocates, and representatives of private and public agencies, the group serves as a resource by providing leadership to support and guide culture change in Texas agencies.

This group also serves as advisors for a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to the Texas Health and Human Services Commission and Department of State Health Services. The grant's focus is on reducing seclusion and restraint at four Texas psychiatric hospitals and is being implemented through the State of Texas Alternatives to Restraint and Seclusion (STARS) project.

In June 2007, 23 of the 29 organizations returned for advanced training in workforce development, use of consumer voice in reduction strategies, and implementation of trauma-informed care. The conference provided a forum for attendees to share their successes in reducing the use of seclusion and restraint at their facilities.

### **Online Resources**

- Seclusion and restraint presentations, practical tools, policy and law-related resources, and recent research: [www.hogg.utexas.edu/programs\\_S&R.html](http://www.hogg.utexas.edu/programs_S&R.html)
- Conferences and seminars sponsored by the Hogg Foundation:
  - [www.hogg.utexas.edu/programs\\_S&Rconf.html](http://www.hogg.utexas.edu/programs_S&Rconf.html)
  - [www.hogg.utexas.edu/programs\\_RLS13.html](http://www.hogg.utexas.edu/programs_RLS13.html)
- Training:
  - Six Core Strategies<sup>®</sup> curriculum and materials: [www.hogg.utexas.edu/programs\\_S&Rtraining.html](http://www.hogg.utexas.edu/programs_S&Rtraining.html)
  - List of 29 state and local agencies that took part in the training: [www.hogg.utexas.edu/PDF/S&RReduction29TXOrgs.pdf](http://www.hogg.utexas.edu/PDF/S&RReduction29TXOrgs.pdf)
- Case study of alternatives to seclusion and restraint: [www.hogg.utexas.edu/PDF/HFNews\\_Dec2007.pdf](http://www.hogg.utexas.edu/PDF/HFNews_Dec2007.pdf)
- SB 325 Task Force report and supplemental progress report:
  - [www.hhsc.state.tx.us/news/presentations/SB325\\_report.pdf](http://www.hhsc.state.tx.us/news/presentations/SB325_report.pdf)
  - [www.hhsc.state.tx.us/reports/SB325\\_March2006.pdf](http://www.hhsc.state.tx.us/reports/SB325_March2006.pdf)
- STARS Project
  - Abstract: [www.hogg.utexas.edu/PDF/StarsProject.pdf](http://www.hogg.utexas.edu/PDF/StarsProject.pdf)
  - Grant news release [www.samhsa.gov/newsroom/advisories/070921rs\\_award3327.aspx](http://www.samhsa.gov/newsroom/advisories/070921rs_award3327.aspx)

## Project Scope of Work

Specific goals of the evaluation are to:

- Identify innovations used to reduce seclusion and restraint use and assess which appear promising and which appear unsuccessful.
- Identify organizational factors that are critical to the success of any innovations and factors that serve as barriers.
- Provide information relevant to policymakers and agencies wanting to reduce seclusion and restraint use statewide and within individual organizations.

The evaluation process must include the following components:

- Telephone interviews with stakeholders, including state policymakers, staff with the 29 agencies that participated in training, and staff with state regulatory agencies.
- On-site visits with a sub-sample of the 29 state and local agencies that participated in the training. Information about these agencies is online at [www.hogg.utexas.edu/PDF/S&RReduction29TXOrgs.pdf](http://www.hogg.utexas.edu/PDF/S&RReduction29TXOrgs.pdf).
  - A desired sub-sample will be identified during the project planning process and will represent the various types of participating organizations (i.e. juvenile justice, child welfare, public and private psychiatric hospitals, and state schools), geographic areas of the state, and populations served (i.e. children, adolescents, and adults).
- Evaluation of changes made by the 29 agencies to implement Six Core Strategies<sup>®</sup> defined in the training curriculum. These strategies include leadership toward organizational change, use of data to inform practice, workforce development, use of seclusion and restraint prevention tools, full inclusion of consumers and families, and rigorous debriefing.
- Collection and analysis of quantitative and qualitative data from the 29 agencies to determine the following:
  - The entities' success rate in implementing alternatives to seclusion and restraint.
  - Barriers to implementation of alternatives to seclusion and restraint.
  - Anecdotal evidence and case studies of agencies' experiences that demonstrate the successes and difficulties with using alternatives to seclusion and restraint.
- Consultation and coordination with the evaluator for the STARS grant to avoid duplication of effort.

## **Proposal Criteria**

Proposals must include the following information and design elements:

- Qualifications of the evaluator(s), including examples of work on similar projects.
- Proposal for developing and implementing an evaluation work plan.
- Proposed methodology for conducting quantitative and qualitative research and analysis, including:
  - Phone interviews and site visits.
  - Number of site visits proposed.
  - Method for indentifying and characteristics of sub-sample for site visits selected.
- Proposed budget.
- Proposed schedule.
- References.

The foundation and the agencies and organizations participating in the evaluation will work closely with the selected evaluator to develop a final work plan prior to beginning the evaluation.

## **About the Hogg Foundation for Mental Health**

The Hogg Foundation for Mental Health is dedicated to improving the mental health of all Texans. The foundation achieves this mission through grant-making, consumer involvement, research, public policy and education activities in Texas. The foundation was created in 1940 by Miss Ima Hogg, daughter of former Texas Governor James Stephen Hogg. The foundation is part of the Division of Diversity and Community Engagement at The University of Texas at Austin.

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