



## Behavioral Crisis and Support Policy and Procedures

St. Elizabeth's Adult Day Care Center is committed to providing a safe, supportive, and dignified environment for individuals with challenging behaviors. This Behavioral Crisis and Support Policy aims to establish guidelines for the prevention, management, and resolution of behavioral crises while upholding the rights and dignity of our participants.

### Objectives:

- Promote a Safe Environment: Ensure the physical and emotional safety of participants, staff, and visitors within the Adult Day Care Center.
- Respect Dignity and Rights: Uphold the dignity and rights of individuals with challenging behaviors, fostering a culture of respect and person-centered care.
- Preventive Measures: Implement proactive strategies to prevent behavioral crises, considering individualized needs and triggers.
- Crisis Intervention: Provide staff with training in crisis intervention techniques, emphasizing de-escalation, and safe physical restraint as a last resort.
- Collaboration: Encourage collaboration among staff, participants, families, and external professionals to develop individualized behavioral support plans.
- Documentation: Maintain accurate and confidential records of behavioral incidents, interventions, and outcomes for continuous improvement and regulatory compliance.
- Regular Training and Updates: Ensure that staff receives regular training on behavioral support techniques, crisis management, and updates related to best practices and regulatory requirements.

### Procedures: Assessment and Planning:

- Conduct thorough assessments to identify triggers, antecedents, and patterns related to challenging behaviors.
- Develop individualized behavioral support plans in collaboration with participants, families, and relevant professionals.

### Preventive Strategies:

- Implement environmental modifications, structured routines, and positive reinforcement techniques to prevent challenging behaviors.
- Provide ongoing training to staff on recognizing early signs of distress and effective preventive measures.

### Crisis Intervention:

- Emphasize de-escalation techniques as the primary approach in managing behavioral crises.
- Train staff in safe physical restraint techniques, ensuring it is used as a last resort and in compliance with relevant regulations.



## **Behavioral Crisis and Support Policy and Procedures Continued....**

### **Communication and Collaboration:**

- Establish clear communication channels among staff, participants, families, and external professionals to share insights and address concerns promptly.
- Conduct regular case review meetings to evaluate the effectiveness of interventions and make necessary adjustments.

### **Documentation and Reporting:**

- Maintain detailed and confidential records of behavioral incidents, interventions, and outcomes.
- Report serious incidents to regulatory authorities as required by law.

This policy will be reviewed annually and updated as needed to incorporate the latest best practices, regulatory changes, and standards in behavioral support and crisis management.