

Interventions and Incident Report Forms

The items listed below are some examples of interventions (verbal and restrictive) that CPI trained individuals utilize to assist an individual in crisis. When completing an incident report form - please be sure to identify the steps taken during your crisis situation as well as any and all verbal/restrictive interventions.

Types of Verbal De-escalation Interventions utilized to assist the individual in crisis:

Supportive Interventions:

- Focus on breathing
- Compassion
- Connection
- Communication: body language, paraverbal, etc.
- Use of the supportive stance
- Offer something: i.e. water, food, information, etc.
- Change environment: i.e moving locations, dimming the room, go on a walk, etc
- Validating
- Listen with Empathy
- Provide Personal space

Defensive Interventions:

- Giving a rational response to an individual questioning/seeking information
- Downplaying any challenges. Sticking to the topic.
- Use of Limit setting to redirect the person's focus and attention to the desired outcome.
 - Types of Limit Setting that could be used:
 - Interrupt and Redirect
 - When and Then
 - If and Then
 - Fail Safe Choice
- Offer choices/gives options
- Clear the 'audience' - remove bystanders, etc.
- Establishing Therapeutic Rapport to re-establish the relationship.

Types of Restrictive Interventions utilized to assist the individual in crisis demonstrating risk behavior:

Disengagements:

*(*If the disengagement was performed the risk level should be identified as well (i.e. low, medium, or high)*

- Strikes
- Grabs/Holds
- Wrist
- Clothing
- Hair
- Neck
- Body
- Bite

Restrictive Interventions should be: reasonable, proportionate, and least restrictive to maximize safety and to minimize harm. Physical restraint is only to be used as a last resort when the student demonstrates an imminent danger to self or others.

**If a restrictive intervention was performed the risk level should be identified as well (i.e. low, medium, or high)*

- Holding in the seated position
- Holding in the standing position
- High-Level Holding position
- Children's Control Position

NURSE CHECK: Have nurse examine student for any possible injuries - Indicate on form