**Incident Report Intervention Reference Sheet**

**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 - Validating

- Compassion - Listen with Empathy

- Connection - Provide Personal space

- Use of the supportive stance

- Communication: body language, paraverbal, etc.

- Offer something: i.e. water, food, information, etc.

- Change environment: i.e moving locations, dimming the room, go on a walk, etc

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