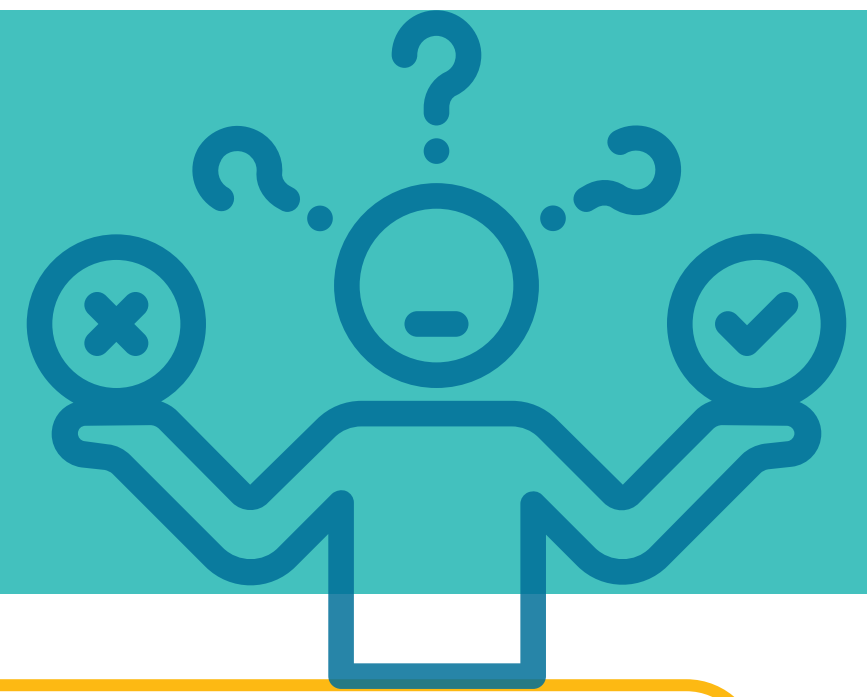


RESTRICTED PRACTICES AND PBSPS



What is a Restricted Practice?

A Restricted Practice (RP) refers to any practice or intervention that has the effect of restricting the rights, freedom or movement of a child, with the primary purpose of protecting the child or others from harm.

Restricted Practices should only be considered when all less intrusive options have been ruled out.

They may only be used when **consent** is provided by the persons/agency who has parental responsibility of the child (i.e. WCF). These practices should only ever be used as a last resort.

What are some examples?

Chemical Restraint

The use of **medication** or chemical substance for the primary purpose of influencing a person's behaviour/ mental state.

Seclusion

Exclusionary time out is when a child is removed from one setting and placed in another. **Non-exclusionary time out** is when attention is withdrawn from the child in order to stop the behaviour.

Physical Restraint

Using **physical force** to restrict or subdue a child. (Note: this does not include instances of preventing potential harm/injury)

Environmental Restraint

Restricting access to items, activities, or experiences, or **Response cost**: removing items or activities as a consequence of behaviour.

Mechanical Restraint

Using devices/ equipment to restrict or restrain.

PBSPs

Positive Behaviour Support Plans

When a restrictive practice is used, it should only be employed as part of a formal behaviour intervention as detailed in the child or young person's Positive Behaviour Support Plan with Restricted Practices (PBSP-RP).

PBSPs are developed by the Clinical Team, who should be informed as soon as possible if Restricted Practice approval is required. PBSP's identify non- restrictive behaviour management strategies to be used, with the goal to *fade out* the RP. PBSP's identify triggers and warning signs of behaviours, as well as behaviour management strategies for preventing, responding, and reconnecting.

What is a Prohibited Practice?

Restrictive practices must not be used for punishment or reasons of convenience, and doing so may be considered a Prohibited Practice, and may also be considered Reportable Conduct. Prohibited practices are considered to be illegal, as they are a violation of a child's rights. Prohibited practices may include: physical coercion, physical force as punishment, and **any unauthorised restricted practices**.

Reportable Conduct

WCF are required to investigate any allegations of a prohibited practice. All staff are also *Mandatory Reporters*.

WCF are required to report any allegations of reportable conduct to the NSW Office of the Children's Guardian. This applies to staff as well as carers.

Potential reportable conduct includes any behaviour that causes physical, emotional, or psychological harm to a child, including unauthorised use of restricted practices.