

NOT IN ISOLATION:

Examples of Ways to Reduce Room Confinement While Increasing Safety in Youth Facilities

Specific EXAMPLES of ALTERNATIVES to Isolation

A Practical Resource for Facility Leaders & Staff

“Not in Isolation” is a practical guide to help juvenile facilities reduce room confinement by “telling the stories” of how real facilities did it and including ready-to-use resources. Successful and sustainable reduction in room confinement is a challenging task for any juvenile facility. This publication goes beyond just outlining broad strategies – it focuses on **specific examples of how to implement strategies**.

“We recognized that isolation was not solving anything - it doesn’t teach the kids anything. And we could see the impact it was having on youth, especially those with mental health issues.”

- Direct Care Staff

We worked with juvenile facilities and agencies, spent time inside those facilities, and interviewed administrators and staff. *Not in Isolation* features these places. They are not perfect models. But these jurisdictions are using promising strategies to reduce room confinement. Most of these jurisdictions use room confinement for **an average of less than 6 hours**.

- Colorado Dept. of Youth Services
- Massachusetts Dept. of Youth Services
- Shelby County Juvenile Detention
- Oregon Youth Authority

Reducing Room Confinement Makes Facilities SAFER for Youth and Staff

Reducing Room Confinement Helps Facilities

Each facility we interviewed had a “story” about why and how they reduced room confinement. Whether it was a series of suicides in room confinement, federal litigation, or new laws, the facilities had to respond quickly.

Staff told us that reducing room confinement also helped reduce violence against youth *and* staff, improve the youth-staff relationships, staff turnover, and institutional culture.

In one year, the Ohio Dept. of Youth Services reduced isolation by 89% *and* reduced violence by 22%.

“As we build programs to really have them engage in developing their own futures, we saw that their investment in gangs and contraband and the violence that happened, the numbers diminished significantly.”

- Facility Director

“Our big jumping off point was data. [We saw that] seclusion was actually making kids worse. The more time they spent in seclusion, the more violent they became. Each act more intensified and more violent than the last.”

- Agency Deputy Director

TOOLS and EXAMPLES from Other Facilities

How Can This Resource Help My Facility?

- Quotes and perspectives from interviews with facility and agency staff.
- Direct links to policies, sample forms and reports, training material, and other examples.
- Examples of how jurisdictions addressed challenges in areas of leadership, staff culture, behavior management, mental health, staff training, and data.
- Details about exactly what steps each site took, what worked and what didn't.
- Examples of how to change institutional culture.

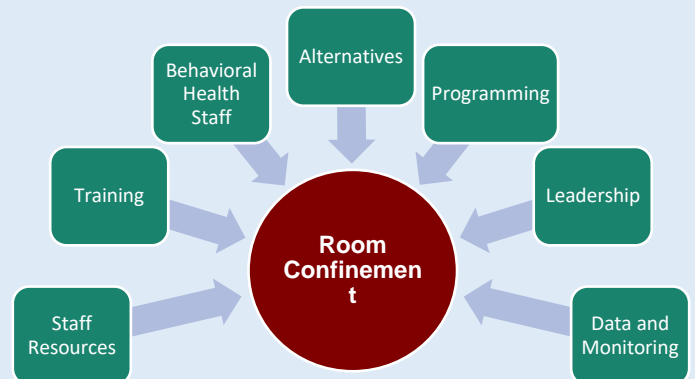
Sample Tools & Forms

- Isolation Flow Chart for staff
- Group Sessions Co-Facilitated by Staff
- Skill Development Coordinators to limit isolation and facilitate return to group.
- Individual Plans
- CARE Team used as 'first responders' with purpose to de-escalate, rather than first responders who respond to "resolve with force."

Room Confinement is CONNECTED to Culture & Other Facility Practices

Key Themes on Reducing Room Confinement

- It cannot be reduced overnight;
- It may be used temporarily when a youth is out of control;
- It is connected to many other facility operations;
- Staff safety and culture.



Learn More and Get the Publication

Not in Isolation will be available at no cost online in **Spring 2019**. We will circulate the publication through CJCA, ACA, and other sources. Links to sample forms and reports will be included.

For more information go to www.StopSolitaryForKids.org/not-in-isolation/

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Stop Solitary for Kids is a partnership between:

