

# 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.

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

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.

“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, and other examples.
- Examples of how jurisdictions addressed challenges in areas of leadership, staff culture, behavior management, mental health, staff training, and data.
- How sites deal with reactive and non-compliant youth.
- Details about exactly what steps each site took, what worked and what didn't.
- Examples of how to change institutional culture.

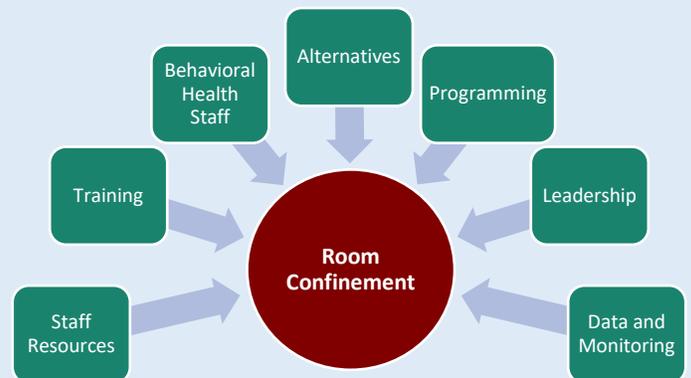
### Sample Tools & Forms

- Isolation Flow Chart
- DBT-Based Behavior Management
- Protocol for Conflict Resolution
- Exit Strategies
- Skill Development Coordinators
- Individual Support Plans

## 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;
- It must focus on safety and culture.



## Learn More and Get the Publication

*Not in Isolation* will be available at no cost online in **early June 2019**. Links to sample forms and reports will be included.

For more information go to [www.StopSolitaryForKids.org/not-in-isolation/](http://www.StopSolitaryForKids.org/not-in-isolation/)

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