

# Crisis Prevention and De-escalation Training Guidelines

The [policy](#) on Positive Behavior Interventions and Support (PBIS) and Restraint and Seclusion outlines that each school district shall ensure an adequate number of personnel in each building are trained in crisis management and de-escalation techniques. While the Ohio Department of Education does not endorse a specific training program, there are key components that should be included in an appropriate crisis manage and de-escalation (physical restraint) training. The following document provides guidance for school districts to consider when selecting a training program.

Acceptable training in the administration of physical restraint should be evidence-based and should include, but is not limited to:

1. Proactive measures for preventing the use of physical restraint;
2. Directions for monitoring signs of distress during and following physical control;
3. Person-to-person training should be scheduled annually, which requires participants to demonstrate proficiency, and allow for a simulated experience of administering and receiving physical restraint;
4. Instruction and accommodation for age and body size diversity;
5. Education on the physiological and psychological impact of physical restraint on the student and family;
6. Direction for age-appropriate processing, re-establishing rapport and appropriately supporting the student to re-engage in learning; and
7. Guidance for staff on debriefing the event (e.g., escalation of the event, planning for future areas of improvement to foster restraint reduction and student engagement), properly documenting and communicating about the restraint with appropriate parties (e.g., parents, guardians, social worker).