



Physical restraints decreased when use of Life Space Interviews increased

Time Period		% of Restraints with a Documented LSI	Total Number of Restraints	Number of Restraints per Care Day
Before Intervention Activities	3 rd quarter	Not Applicable	112	0.014
	2 nd quarter	Not Applicable	260	0.034
	1 st quarter	Not Applicable	248	0.031
	Average	Not Applicable	207	0.026
Intervention activities				
After Intervention Activities	1 st quarter	26%	113	0.015
	2 nd quarter	56%	80	0.010
	3 rd quarter	61%	106	0.013
	Average	46%	100	0.013

In 2012, leadership in an agency in the Midwest was concerned about the number and frequency (the number of restraints per care day) of restraints taking place. Agency staff were trained in TCI, but in studying the issue leadership and staff identified two problems: 1) “drift” in the application of core TCI concepts and 2) insufficient or ineffective use of TCI’s Life Space Interview (LSI) technique. The LSI is a powerful tool for teaching self-regulation skills and values. It uses children’s reactions to difficult situations as a way to help them gain insight and understanding into their own feelings and behaviors.

To reduce the use of restraints, a team from the agency identified steps to increase the use of the LSI. To do so, staff were retrained in the LSI technique, documentation of the completion of an LSI was required for every restraint that took place, and monthly reports of physical restraints and the accompanying LSI documentation were reviewed by site directors and supervisors. As indicated in the table below, the number of restraints decreased by 52% ((620-299)/620) and the frequency by 50% (0.013/0.026) after implementation of these steps.

Greenlee, S. (2014). Reports from the Field: Nexus/Onarga Academy. *refocus: The Residential Child Care Project Newsletter*, 19, 6-7.