



TCI decreases physical restraints

Time Period	Average Number of Holds (Restraints) Per Month
Quarter 1 (2000)	45
Quarter 2 (2000)	30
Quarter 1 (2001)	8.6

Over a 12 month period, a residential treatment center in New York reduced the average number of restraints per month by 80%. The agency provided TCI training for their staff along with implementation of the other components of the TCI System – committed leadership, focused supervision, clinical participation, and documentation that is regularly and systematically reviewed. Significant decreases in physical aggression, injuries, running away, and property damage were also observed.

Farragher, B. (2002). A system-wide approach to reducing incidents of therapeutic restraint. *Residential Treatment for Children & Youth*, 20(1), 1-14.