

### **Time-Out Rooms and Therapeutic Restraint**

It is the policy of the SAD 3 Board of Directors not to operate or use time-out rooms. These are defined as rooms used specifically to bring dangerous behavior under control by isolating the student in a designated time-out room. In lieu of a time-out room acceptable behavioral interventions include: requesting a student to sit in a “quiet chair” within the classroom, sending a student to the principal’s office, to any staff member’s room, office or any other such setting, detention and in-school suspension.

The SAD 3 Board of Directors recognizes that occasionally therapeutic restraint is appropriate. Therapeutic restraint is the physical restraint of a student by trained personnel to prevent the student from injuring themselves or others. Such restraint may only be undertaken when the student has an individualized, written plan that specifically calls for therapeutic restraint. The Superintendent of Schools is responsible for developing procedures for the use of therapeutic restraint to the extent permitted by law, and in a manner consistent with state law and regulations.

Therapeutic restraint does not include interventions by school officials that would otherwise be governed by state law (20-A M.R.S.A. § 4009), including the use of a reasonable degree of force against a person who is creating a disturbance, when the school official believes that force is necessary to control the disturbing behavior or to remove the person from the area.

Legal References: 20-A M.R.S.A. § 4502 (5) (M) and accompanying regulations 20-A M.R.S.A. § 4009.

Cross References: IHBA Individualized Educational Plans  
JIC System-wide Student Code of Conduct  
JK Student Discipline  
JKF Disciplinary Removal of Students with Disabilities  
JKF Regulation Administrative Procedures for Removal of Students with Disabilities  
KLG Relations with Law Enforcement Authorities  
KLG Regulations Relations with Law Enforcement Authorities  
Administrative Procedure

First Reading: March 10, 2003  
Second Reading: April 14, 2003  
Adopted: April 14, 2003