

<b>TOPIC:</b> <b>Support Services</b>	<b>SUBJECT:</b> <b>Debriefing of Individuals</b> <b>Avenue II Supports</b>	<b>Code:</b> SS126
		<b>Date of Issue:</b> June 2004
		<b>Revised:</b> August 2006
		<b>Page</b> 1 of 2

**PURPOSE:** Debriefing of people we support is required when a physical restraint that is not an approved documented individual support strategy has been carried out by staff to prevent the individual from physically injuring themselves, others, or damaging property. It is also available for other traumatic support related incidents, such as death, accident, or abuse. It is not to replace use of a individual's normal counseling or the need thereof.

**DEFINITION:**

**Physical Restraint:** Is the physical control of a individual's movements by staff, safely restricting the movement of the individual using one of a variety of holding techniques approved by Non-violent Crisis Intervention.

**PROCEDURE:**

1. Debriefing for a physical restraint should be conducted with the individual involved within 48 hours after the incident, as per Ministry of Community and Social Services guidelines. All parties involved will be debriefed individually.
  - 1.1 For a individual to access debriefing, they or a staff must request the service through On-Call or a Manager.
  - 1.2 Where possible, the individual will be given a choice from a list of available debriefers.
  - 1.3 Management will call in the debriefer.  
Note: The debriefer must be called in by Management in order to be compensated.
  
2. Discussion will include:
  - a review of what occurred
  - a review of why physical restraint was used
  - how the individual is feeling

**Note:** The debriefing will be structured to accommodate the psychological, emotional, cognitive capacity and communication needs of the individual involved.

<b>TOPIC:</b> <b>Support Services</b>	<b>SUBJECT:</b> <b>Individual Debriefing</b>	<b>Code:</b> SS126
		<b>Date of Issue:</b> June 2004
		<b>Revised:</b> August 2006
		<b>Page</b> 2 of 2

3. The debriefer will ask the support team to monitor and note individual actions for two weeks after the physical restraint, specifically monitoring the occurrence of any one of the following:
  - changes in sleep patterns
  - irritability or outbursts of anger
  - difficulty concentrating
  - showing signs of obsession
  - exaggerated startle response
  - signs of depression (tired, feeling sad most of the time)
  - appetite changes
  - response/attitude to worker(s) involved in the physical restraint
  - anxiety

All responses are to be noted on an incident report and submitted as per policy.

4. Documentation that debriefing occurred and any outcome is to be made on the Incident Report. The Directors of Support Services or their designee will ensure debriefing has occurred.
5. The Directors of Support Services or their designee will complete the Debriefing Actions Chart for two weeks following the physical restraint. If actions observed indicate concern, a referral will be made to an appropriate community agency for services with the individual's consent.

The chart will be reviewed with the team at the next scheduled module/team meeting by the manager.

6. The person doing the debriefing should be familiar with the communication method the individual uses as well be someone that the individual knows, is comfortable with, and is best suited at the time.