



Norris Inc. and  
The Association of  
Children's Residential Centers  
(ACRC) Present:



# The Holy Grail of Eliminating Restraints

## January 14, 2019 • 10am - 2:30pm • at Norris

Presenter: **Trish Cocoros**, Co-Executive Director, Youth Development Institute, Phoenix, AZ

While serving youth with acute mental health needs, programs/staff often resort to restraining young people to protect them, other youth and themselves. In recent years the push to reduce the use of restraints has been met with mixed reactions and results. ACRC board member Trish Cocoros made a profound decision to find a route to restraint elimination in her program, which serves over 100 youth in residential on any given day. Come engage in the conversation with ACRC and your colleagues. Let's consider what we see as barriers to elimination and what results you may expect should your program go restraint free.

*Youth Development Institute (YDI) had frequently embarked on initiatives to reduce restraints only to find, over time, that the number of restraints would increase along with rationalizations for each increase. Through the use of the Six Core Strategies and the paradigm shift of eliminating – not*

*reducing – restraints, YDI has sustained a consistent reduction in the use of restraints. Results progressed from an average of 37 restraints per month in June 2012, to less than one restraint per month starting in December 2013 and ultimately no restraints since July 4, 2017.\**

\*(as of Oct. 15, 2018)

\$25/person includes lunch • \$20 NASW CEUs



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