

Beacon of Hope

Child Restraint (containment) Orientation

1. Who can place you in a physical containment?

A restraint can only be done by your foster parents. No other child in the home can place you in a physical containment. No adult children of your foster parents can place you in a containment. Your Beacon of Hope casemanager or any other employee of Beacon of Hope may place you in a containment.

2. What will your foster parents do to prevent a physical containment?

Your foster parents will attempt to calm you down by talking to you, giving you a time-out, separating you from the situation, giving you time and space, and giving you options.

3. What type of behavior will lead to a physical containment?

You may be placed in a containment if you are hurting yourself. For example, you are hitting yourself, scratching or cutting on yourself, banging your head on the wall, punching or kicking walls or windows, pulling your hair, etc.

You may be placed in a containment if you are hurting others. For example, you are hitting someone with your fist or an object, you are kicking, pulling hair, throwing objects at someone, biting, etc.

4. What type of physical containment can be used by my foster parents?

You may be escorted to your room by your foster parent or you may be placed in a baskethold until you are calm and willing to comply with expectations.

5. How and when will you be released from a physical containment?

You will be released as soon as you are calm. You will be asked if you are ready to be released. You will be released from a containment if you are having trouble breathing or you are hurting in any way.

6. What do I do when I have a complaint about the physical containment?

If you think that a containment was not justified or you have a complaint about the way the containment was done, you may file a grievance with your Beacon of Hope casemanager. The grievance can be verbally given or it may be given in writing. Your casemanager can help you with the grievance procedure.

7. How do you calm yourself when you are upset?

Foster Child

Child Placement Staff