



FLINT

BEHAVIORAL HEALTH SECLUSION/RESTRAINT TREATMENT PLAN

Problem Definition:		
A seclusion and/or restraint episode		
Discharge Goal:		
The patient and others will remain free from injury		
Appropriate Patient	Short Term Goals	Target Completion Date
	Patient will be an active member in his/her treatment plan	
	Patient will attend group therapy daily per unit schedule	
	Patient will remain free from injury or attempts during hospitalization	
	Patient will remain in control of his/her action toward others	
	Patient will seek assistance from the clinical team prior to losing control of his/her behavior	
	Patient will be compliant with medication regimen	
	Patient reported goal:	
Appropriate Patient	Long Term Goals	Target Completion Date
	Patient will report medication regimen is effectively managing his/her behavior	
	Patient will verbalize increased insight into mental health	
	Patient will remain free from self-harm injury for ____ months	
	Patient will remain free from harmful act toward others for ____ months	
	Patient reported goal:	
Appropriate Patient	Interventions and Frequency	Responsible Discipline
	Staff will monitor patient's subjective and objective signs and symptoms of escalating behavior every shift	All
	Staff will administer medication as order by physician	Nurse
	Staff will assist with patient developing healthy coping skills	All
	Staff will provide emotional support during episodes of increased signs and symptoms acting out behavior	All
	Staff will educate patient on techniques to decrease anxiety: progressive relaxation, cognitive restructuring, assertiveness, and deep breathing	All
	Staff will provide activities and group therapy daily per unit schedule	All
	Staff will engage in therapeutic interaction by speaking calmly in respectful manner to decrease problematic behavior	All
	Staff will offer distractive behavior to redirect inappropriate behavior	All

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SECLUSION/RESTRAINT TREATMENT PLAN

M-17394 (6.19)



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PT.

MR./P

DR.