



STATE OF MARYLAND

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Maryland Department of Health and Mental Hygiene

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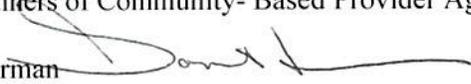
Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

Developmental Disabilities Administration

Frank W. Kirkland, Executive Director

Memorandum

To: Executive Directors of Community- Based Provider Agencies
Directors of State Residential Centers
BPS Trainers of Community- Based Provider Agencies

From: Janet Furman 
Coordinator of Autism and Behavioral Health Services

CC: Frank W. Kirkland
Barbara Hull-Francis
Leslie McMillan
Regional Directors
Regional Training Coordinators
Office of Health Care Quality
Statewide Behavior Supports Committee

Date: June 22, 2012

Re: Behavioral Principles and Strategies (BPS) – Updates

After careful review, the Statewide Behavior Supports Committee (SBSC) has made two updates to the current BPS curriculum. The changes, outlined below, will be effective July 1, 2012. All BPS trainers will be required to incorporate changes in teaching Unit four of the BPS training for new staff. In addition, BPS refresher classes are required to incorporate these changes in all classes for previously trained staff who require training in Unit four.

1. SBSC approved the use of “**the One-Arm Restraint**” **intervention technique** which has been incorporated into the Behavior Principles and Strategies (BPS) training curriculum. The purpose in approving the new technique is to provide staff with a less restrictive option, and to act as a bridge technique to the more restrictive, One-Person Basket Hold. The technique also has the benefit of not restricting the airway and gives the person time to regain self-control. While risk factors are also outlined in the description, the One-Person Basket Hold can be implemented easily, if needed.

All BPS certified trainers have been provided a copy of the pictorial and written instructions for implementing the techniques, and have seen the technique demonstrated in the 2010 update. Instructors are not required to receive additional training in the interventions, however, they have been provided with a list of resources for contacting Master Trainers should they desire technical assistance.

2. Restrictive techniques contained in Unit four will now be implemented with a **three-minutes or less time constraint**. Along the same lines as the approval of the One-Arm Restraint, the purpose of a time limit is to provide individuals with the right to a least restrictive intervention, while giving enough time to regain self-control.

Please inform your clinical/behavioral support staff and standing committee staff about these two changes in the BPS curriculum, and take into consideration when writing behavior plans. In addition, please ensure that the instruction pages for the new techniques are incorporated in the agency copy of the BPS manual.

Thank you for your assistance and cooperation with implementing this change in the BPS curriculum. Please contact your Regional Training Coordinator for additional information. Their contact information is as follows:

CMRO - Donna Will
1401 Severn St.
Baltimore, MD 21230
410-234-8262

SMRO - Vanessa Antrum
312 Marshall Ave., 7th floor
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301-362-5111

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