

Alternative “Cool Out” (aka “Time out”) Area (Response to Elimination of Pod Time Out Room)

Verbal Intervention/De-escalation: When a resident is displaying minor problem behavior staff shall talk to the resident one-on-one to try and determine whether the resident is acting out because the resident is experiencing other problems that need to be dealt with immediately.

If there are other problems, staff should tell the resident that his/her behavior is not the proper way to resolve the problem; instruct the resident of the correct way to resolve the problem and inform the youth of efforts that staff will take to assist in resolving the problem. Staff also shall inform the resident that, if the minor negative behavior continues, the resident will fail to earn a behavior point, and possibly receive a “cool out” and/or a Behavior Fine.

Note: A verbal warning is part of an intervention. It involves good listening skills, and giving the resident positive solutions of how to solve their problem(s).

Staff shall maintain a profile that demonstrates active interest and involvement in the resident’s activities and emotional status. Consistent verbal intervention shall be utilized in detailing rules and procedures in an effort to prevent unwarranted behavior. The following tools of staff intervention shall be used in dealing with unacceptable resident behavior. In every instance, consistent with Rule 412, and unless warranted by repeated inappropriate behavior, staff should initiate the least intrusive (Verbal Intervention/De-escalation) form of discipline and progress, when necessary, to the next level.

“Cool Out” (aka “Time Out”): The removal of a resident from close proximity to other residents for 1 to 20 minutes as a result of displaying minor negative behavior. A time-out is a neutral time for the resident(s) to “cool off” or “calm” themselves to the point that they can display positive or appropriate behavior.

A time-out will last no more than the 20 minutes maximum. The staff monitoring the resident on a time-out will determine when to end a time-out prior to the 20 minutes.

When staff believes the resident’s behavior is calm and appropriate, the staff may end the time-out and return the resident to his group or group activity.

If a resident, as the result of a “cool out”, is out of an activity/class after 1/3 of the activity/class period has passed, they will not be able to earn at least one of the allotted points for that activity or class. If resident is returned to the activity/class from a time-out less than 1/3 of the allotted time, the resident may earn all possible points depending on participation and behavior once returned.

A resident placed on a “cool out” is allowed to verbalize anger during the calming or cooling off process. Staff shall not discipline the resident for venting during a “cool out” unless the resident uses profanity directed towards another person, or displays any of the Major I or Major I Violations. Staff may talk to the resident while they are on “cool out” as long as the conversation appears to help calm the youth.

A resident may request a “cool out” if the resident needs some time to calm himself/herself or

to just think. Staff shall approve the requested “cool out” if the resident has a good reason (such as returning from a court hearing and resident is upset about the outcome of that court hearing; receiving bad news about family; receiving bad news from their social worker or attorney; or is about to lose control of self and become hostile/aggressive towards another person) however staff are not required to allow a requested time-out. **Resident should not be allowed to have a requested “cool out” to get out of participating in activities/classes. All requested “cool out’s” shall last the full 20 minutes.**

A resident may be allowed 3 “cool out’s” per shift. Residents will receive a Behavior Fine for displaying minor problem behavior after they have used all 3 “cool out’s” for any additional displaying of minor problem behavior.

Prior to issuing any time-out, staff is required to verbally explain the reason for the Behavior Fine/time-out to the resident.

Resident receiving a time-out must have an opportunity to explain or discuss his/her behavior leading to the restriction, immediately with the staff that is recommending the discipline.

Note: When a resident is placed on a “cool out” staff shall inform the resident that the duration of the “cool out” is 20 minutes; however, the resident may assist in determining whether the duration is less than 20 minutes by remaining calm and regaining control of behavior in less than the 20 minutes. If the resident is still displaying minor problem behavior(s) at the end of the 20 minutes allotted per “cool out”, the staff will issue the resident another “cool out”. There are no extended “cool out’s”. Residents that refuse to accept a “cool out” when offered by staff shall receive a Behavior Fine for Minor problem behavior.

“Cool Out” Locations (Least Intrusive to Most Restrictive)

- Color Line-On the Pod
- Off the Pod De-escalation
- Courtyard De-escalation
- Youth Room
- YSC Admissions Area (Designated room after consultation between Team Leader or ATL and Watch Commander/Shift Commander. A “cool out” log is to be maintained in Admission consistent with Jerry M. requirements)

KEEP IN MIND THAT “COOL OUT” IS NOT CONFINEMENT AND SHOULD NOT BE TREATED AS SUCH!