

What is a Prohibited Practice?

Prohibited practices are restrictive procedures that are likely to cause harm and are often used as punishment, for staff convenience, or used instead of active treatment and engagement. Restrictive practices limit rights, belongings, events, activities, and/or the ability to move or access our environment.

Types of Prohibited Practices

Physical restraints include:

- When physical force or technique is used to restrict the movement of another individual and staff are not competently trained or certified to do so
- When restraints are used improperly or excessively and/or if the restraint is used for reasons other than to prevent imminent harm of self/others.

Physical Restraints



Chemical Restraints

Prescription or over the counter medications administered for behavioral control not part of a safety crisis and/or behavioral plan are chemical restraints.

Environmental

Restricting or limiting a person's movement in their own home in lieu of active behavioral support or restricting access to the outside is a prohibited practice.



Seclusion

Time out placement in a secured room/area and preventing the individual from leaving (e.g. safe-room) is prohibited.

Mechanical Restraints

Mechanical restraints include device, instrument, or object used to confine or limit freedom of movement whereby the individual can not move it (e.g., enclosed crib, barred enclosure, locking people in their home).



What do you do if you discover a Prohibited Practice?

You should report it. See [Guideline 85](#) for more information about the reporting process.



Want to learn more?

Scan the QR Code with your phone or click [here](#) to learn more about prohibited practices.

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