



STATE OF MARYLAND
DHMH

Maryland Department of Health and Mental Hygiene
201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – John M. Colmers, Secretary

Developmental Disabilities Administration

Michael S. Chapman, Director

MEMORANDUM

TO: All DDA Providers

FROM: Michael Chapman, Executive Director

DATE: March 4, 2009

SUBJECT: Plan for Eliminating Restraints

As you may be aware, the Developmental Disabilities Administration (DDA) in partnership with the Maryland Association for Community Services (MACS) has embarked on an initiative to eliminate the use of restraints in Maryland. A Task Force, which is co-chaired by MACS representative Arnold Dordick and DDA representative Diane Dressler, was established in August 2008 to study the issues related to the elimination of restraint use and to make recommendations to the DDA regarding the scope of the initiative and the resources needed to make the goal of eliminating restraints a reality. I would like to take this opportunity to update you on the status of the State's efforts to implement this initiative.

First and foremost, I want to dispel any myths regarding the initiative. It is my understanding that concerns have been raised about deadlines for the elimination of the use of restraints. I want to emphasize that no date has been set for the elimination of restraint use. In addition, no changes have been made in DDA policy or practice to eliminate the use of restraints.

The Task Force has been busy since September with establishing a plan for accomplishing its mission. A Town Hall meeting was held in October to provide a format for gathering information about the opportunities and challenges in eliminating restraints. Notes from the discussion sessions were distributed to the Town Hall meeting participants. Eight workgroups have been established to assist with developing recommendations, including: Leadership, Behavioral Health, Human Resources, Data, Quality, Advocacy, Training and Implementation Strategies. A list of Task Force members and workgroup members is enclosed. The Task Force is currently undergoing the work of defining restraints, researching best practices, gathering available data and forming recommendations. The target date for these recommendations is September 2009.

In an effort to keep everyone informed of the progress that is being made on this initiative, the Task Force will be also be engaging in several different activities to promote communication and the exchange of information:

1. Website: A *Restraint Elimination Information* section on the DDA website (www.ddamaryland.org) will be created to post existing and new information about the initiative. This information will include:
 - a. The Task Force vision and mission statement
 - b. Frequently Asked Questions regarding restraint reduction
 - c. A list of Task Force and work group members
 - d. Contact information for Task Force members
 - e. Updates on the progress of the Task Force
 - f. Event information
2. Regional Public Forums: Task Force members will be on hand at regional public forums where interested persons can receive information, ask questions, and offer input about the initiative. These meetings are planned to occur in the Spring of 2009.
3. Town Hall Meeting #2: A second town hall meeting will be held later this year to provide a format for discussing the findings of the workgroups.

The goal of eliminating the use of restraints in Maryland will not be easy to accomplish, but it can be done. Since announcing this initiative, I have heard from numerous providers in Maryland who have shared with me the success they have had with significantly reducing and even eliminating the use of restraints. I have also heard from providers who continue to struggle with reducing restraint use and are eager for new information on methods for reaching this goal. We need the expertise of those who have made great strides in this area, both in Maryland and nationally. We also need to better understand the challenges that lie ahead.

I recognize and sincerely appreciate all of the work you have done in Maryland to reduce restraint use. I also deeply appreciate the time and effort you have offered to this initiative. I urge you to continue with your efforts, to stay informed on the issues through the opportunities that will be provided, and to assist the Task Force in any way you can.

cc:

Renata Henry
Laura Howell
Audrey Cassidy
Catriona Johnson
Pete deFries
Regional Directors
Arnold Dordick
Diane Dressler
Bette Ann Mobley
OHCQ
Task Force Members

TRAUMA INFORMED CARE TASK FORCE

Arnie Dordick, Executive Director, Langton Green Task Force Co-Chair	410-269-1019 adordick@langtongreen.org
Diane Dressler, Statewide Training Coordinator, DDA Task Force Co-Chair	410-767-5568 dresslerd@dhmh.state.md.us
Jennifer Baker, OHCQ Co-Chair, Quality Workgroup	410-402-8089 jbaker@dhmh.state.md.us
Penny Brierley-Bowers, EdD, Consulting Psychologist Co-Chair, Behavioral Health Workgroup	443-286-1109 pbrierley-bowers@dhmh.state.md.us
Robert Claxton, Executive Director, MedSource Chair, Leadership Workgroup	301-249-0606 robertclaxton@gmail.com
Jane Conrad, Director of Training, Arc of Baltimore Co-Chair, Training Workgroup	410-296-2272 jconrad@arcofbaltimore.org
JK Ferrell, Director of Safety, Arc of Baltimore Co-Chair, Training Workgroup	410-296-2272 jkferrell@arcofbaltimore.org
Deborah Fischer, Psy.D., Deputy Director, JFGH Chairperson, Data Workgroup	301-984-3839 dfisher@jfg.org
Debra Goldberg, RN, MSN, Regional Nurse, SMRO	301-362-5100 DGGoldberg@dhmh.state.md.us
Lisa Hovermale, MD, Psychiatric Liason, MHA/DDA Co-Chair, Behavioral Health Workgroup	410-402-8461 LHovermale@dhmh.state.md.us
Laura Howell, Executive Director, MACS	410-740-5125 lhowell@macsonline.org
Vernadine Jones-Jackson, QA, SMRO Co-Chair, Quality Workgroup	301-362-5115 VJackson@dhmh.state.md.us
Renae Kosmides, Service Coordination Inc. Co-Chair, Advocacy Workgroup	410-235-8110 rkosmides@servicecoordinationinc.org
Bill Mojica, Director of Development & Public Relations Athelas Institute	410-964-1241 bmojica@athelasinst.org
Deb Munford, OHCQ Co-Chair, Implementation Strategies Workgroup	410-402-8078 dmunford@dhmh.state.md.us
Ian Paregol, Executive Director, CSSAC Chairperson, Human Resources Workgroup	240-912-2370 iparegol@csaac.org
Brent Saunders, Potomac Center Co-Chair, Implementation Strategies Workgroup	240-313-3550 BSaunders@dhmh.state.md.us
Teri Sparks, MDLC Co-Chair, Advocacy Workgroup	410-727-6352 teris@mdlclaw.org

TASK FORCE WORKGROUP MEMBERS

Leadership

Robert Claxton, Medsource - Chair
Lisa Cloud, Rosewood Center
Jamie S. Meikle, SMVI
Monica M.cCall, Creative Options
David Wamsley, eMerge

Human Resources

Ian Paregol, CSAAC, Chair
Matt Anderson, Community Living Inc.
Donalda Lovelace, Ardmere Enterprises
Aaron Parsons, Kennedy Krieger Institute
Karen Spence, Linwood Center

Behavioral Health

Penny Brierley-Bowers, Ed.D, Psychology Consultant – Co-Chair, Behavioral Supports
Lisa Hovermale, M.D., DDA/MHA – Co-Chair, Psychiatric Services
Barbara A. Allgood-Hill, Ph.D., Psychology Consultant
Michael R. Baum, Ph.D., Chimes
Breck Borcharding, M.D., Psychiatrist
Beth Eby, Creative Options
Deborah Fisher, Psy.D., Jewish Foundation for Group Homes
Karen Harvey, Ph.D., eMerge
Karen Hopkins, RN
Jennifer Kelley, M.A., BCBA
Ralph McBee, Ph.D., Potomac Center
Shirley F. Tibbs, M.A., Arc of Southern Maryland Behavioral Support Services
Danielle Weaver, Penn-Mar Organization

Training

Jane Conrad, The Arc of Baltimore – Co-Chair
JK Ferrell, The Arc of Baltimore- Co-Chair
Debra Cagle, Chimes
David Noy, Progressive Horizons
Mitch Neiburger, Shared Support
Beth Eby, Creative Options
Lisa Cloud, Rosewood Center
Karyn Harvey, Ph.D, eMerge
Hope Green, The Arc of Howard County
Doris Armoo, The Arc of Howard County

Advocacy

Renae Kosmides, Service Coordination, Inc. - Co-Chair
Teri Sparks, MDLC - Co-Chair
Joseph Anastasio, The Arc of Baltimore
Sarah Basehart, The Arc of Maryland
Ken Capone, Cross Disabilities Rights Coalition
Jane Chambers, Family Member

Data

Deborah Fisher, Psy.D., Jewish Foundation for Group Homes
Barbara Allgood-Hill, PhD, Psychology Consultant
Jamie Meikle, SMVI
Jannell Pace, Shore Haven
Patrick Graveline, Community Support Services
Shirley Tibbs, The Arc of Southern Maryland Behavioral Support Services
Stav Rose, PhD., Psychology Consultant
Yvonne Dunham, Creative Options
Kevin Gray, The Arc of Washington County

Quality

Jennifer Baker, OHCQ
Vernadine Jones-Jackson, SMRO
Mary Quigley, SMRO
Stephanie Bell, The Arc of Carroll County
Michele Dawson, Jos. P. Kennedy Center
Clarissa Mitchell, Ardmore Enterprises
Tia Cunningham, Charles County Resource Coordination
Kim Dennie, CSAAC
Ron Vaughn, New Horizons
Beverly Camper, Caroline Center

Implementation Strategies

Debra Munford, OHCQ – Co-Chair
Brent Saunders, Potomac Center – Co-Chair
Dawn Brodeur, eMerge
Jennie Vincent, Melwood
Buck Macht, CLI
Jennifer Fritsch, Mid-Atlantic
Beverly Camper, Caroline Center