

MOUNT OLIVET ROLLING ACRES
TRAINING PROGRAM

Behavior Crisis: Prevention & Interventions

This 6 hour class is intended for caregivers who support people with disabilities who may become aggressive and create risk of injury. You will learn many preventive techniques for reducing aggressive and dangerous behaviors. **In addition, you will learn safe, non-abusive interventions for times when the crisis could not be prevented.**

Goals

1. Learn ways to manage yourself, and increase self confidence, in high stress situations.
2. Learn how your actions can unintentionally escalate dangerous behavior.
3. Learn how to teach consumers self control.
4. Learn positive methods for calming (de-escalating) and crisis prevention.
5. Learn body positioning and verbal techniques for crisis interventions.
6. Learn safe release and blocking techniques.
7. Learn creative ways to protect yourself and others in violent situations, without resorting to restraint.
8. Learn safe, least restrictive, manual restraint techniques.
9. Learn to work as a team, during crisis intervention.
10. Learn techniques that are individualized to your work environment.
11. Learn the difference between positive interventions and punishment procedures.
12. Learn how to effectively intervene in aggressive situations without violating consumer rights and Rule 40 rules regarding emergency use of controlled procedures.

Most aggressive incidents resulting in injury can be avoided if caregivers have the right skills for both prevention and direct intervention. This training will help reduce injuries and 911 calls.

This class is competency-based. There will be a written test and skill demonstration requirement. Come dressed to participate in physical contact activities.

WHEN: 9am – 3pm (Lunch provided)

COST: \$80.00

WHERE: Mount Olivet Rolling Acres Campus, 7200 Rolling Acres Rd, Victoria, MN, 55386

INSTRUCTORS; Kim Whelan and Lee Lemke

Kim and Lee have had extensive training and experience as crisis intervention trainers. They have mastered the positive, realistic methods necessary for supporting vulnerable people in crisis.