

## Six Core Strategies© Virtual Training Program: Reducing Risk and Preventing Violence, Trauma, and the Use of Seclusion and Restraint

The Six Core Strategies© is an evidence-based practice to prevent violence, trauma, and the use of seclusion, restraint, and other coercive practices. The Building Bridges Initiative (BBI) is a national initiative to promote partnerships between all residential stakeholders, especially families, and youth, and to support the use of program practices and staff skills that align with the research on improving long-term sustained positive outcomes post-residential discharge for the youth and families served by residential interventions.

BBI is often called upon by different state, county, and city jurisdictions to support the implementation of residential best practices. When the specific request involves preventing/reducing the use of coercive practices, such as restraint, seclusion, police calls, and promoting trauma-informed approaches, BBI contracts with Six Core Strategy© faculty to provide training, virtual and/or on-site reviews, and other types of technical assistance (TA). The Six Core Strategies© and BBI interface with their commitment to best practices that align with the research to improve outcomes for youth and families, and with common values, such as family-driven, youth-guided, trauma-informed care, cultural and linguistic competence, and individualized and strength-based approaches.

It is our great hope that this Six Core Strategy© training will assist all of us to move closer to a service system that is based on the emerging science of trauma-informed care and is defined by the values of respect, collaboration, best customer service, and true partnerships with those we serve.

Sincerely,

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**Six Core Strategies™**



**Building Bridges  
INITIATIVE**

Advancing Partnerships. Improving Lives.

# Six Core Strategies© for Reducing the Use of Restraint and Seclusion

The Six Core Strategies© are evidence-informed approaches effective in reducing seclusion and restraint events.



1

**Leadership Towards Organizational Change** - emphasizing that efforts to create a violence-free environment are most successful when facility executives provide guidance, direction, participation, and ongoing review of the project, beginning with assuring that the facility's mission, philosophy of care and guiding values are congruent with this initiative

2

**Full Inclusion of lived experience**- providing full and formal inclusion of consumers and family members in a variety of decision-making roles in the organization

3

**Using Data to Inform Practice** - monitoring performance and sharing data

4

**Workforce Development** - reshaping hiring, training and job performance practices to promote trauma informed, recovery-oriented, non-coercive care.

5

**Use of Seclusion/Restraint Reduction Tools** - including trauma assessment, primary prevention and de-escalation strategies, and calming environments.

6

**Debriefing Strategies** - analyzing restraint/seclusion events to mitigate further trauma and to gain knowledge that informs policy, procedures and practices

