



Department of  
Mental Health

Ted Strickland, Governor  
Sandra Stephenson, Director

Dear Community Mental Health Provider:

*We heard you loud and clear...* This report was prompted by requests from providers for feedback and information about statewide trends in the use of restraint in community mental health settings. This is a first step in providing agencies with information that can be used for the purpose of benchmarking and identifying trends in various categories of incidents.

The report describes survey results for the six-month period from July 1 through December 31, 2008. *A note of caution...* As you know, the frequency and duration of restraint may be affected by many factors that were not evaluated in this survey (e.g., prevalence of serious mental illness, partial hospitalization and crisis services). These and other factors that impact the use of restraint should be considered by providers when interpreting these results.

Please contact me and let me know if you have comments or questions about the format or information in this report ([crane-rossd@mh.state.oh.us](mailto:crane-rossd@mh.state.oh.us) or 614-644-2182). I will try to incorporate your comments in future reports.

PI Survey #10 is now available on the following website:

<http://www.mh.state.oh.us/what-we-do/protect-and-monitor/licensure-and-certification/community-mental-health-agencies/performance-improvement.shtml>

Thank you for your continued dedication to improving the quality of mental health services to Ohioans with mental illness!

Sincerely,

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**Establishing mental health as a cornerstone to overall health**

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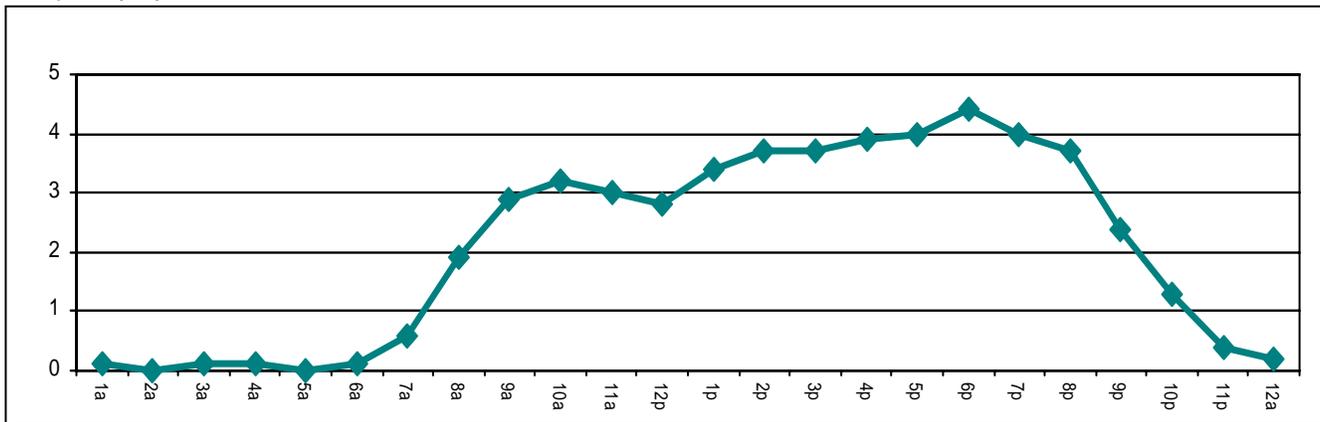
Ohio Department of Mental Health  
 Performance Improvement Survey Feedback Report  
 Restraint Indicators, July through December, 2008

Use of manual/physical restraint was reported by 21 of 23 organizations licensed by ODMH to provide youth residential services. The tables that follow include measures of frequency, duration and patterns of use. The frequency of restraint was related to hour of the day and day of the week. Restraints were most frequent during waking hours, from 7am to 10 pm, peaking at 6pm. Restraints were also most common during weekdays, with the highest levels occurring early in the week. There was no significant difference observed related to month.

Restraint Indicators for Youth Residential Services

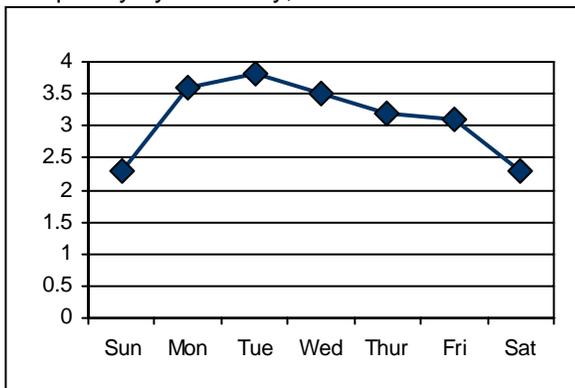
Measure	Number Reporting	Jul. thru Sep., 2008		Oct. thru Dec., 2008	
		Mean	Std Dev	Mean	Std Dev
<b>Restraints per 1000 client days</b>	23	36.3	32.3	36.4	31.0
<b>Restraint minutes per 1000 client days</b>	23	426.2	405.2	391.1	413.4
<b>Ave duration per restraint (minutes)</b>	23	8.6	6.4	8.0	5.1

Frequency by Hour in Youth Residential Services



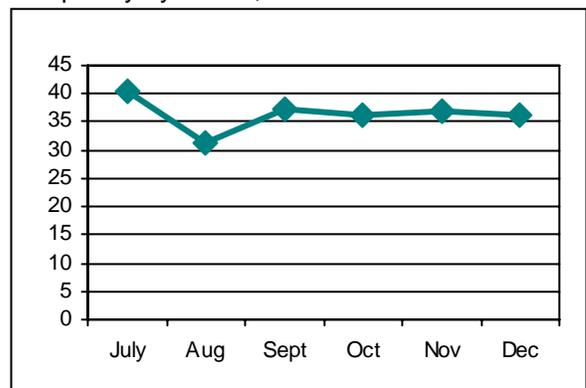
	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	12p	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p	12a
Mean	0.1	0.0	0.1	0.1	0.0	0.1	0.6	1.9	2.9	3.2	3.0	2.8	3.4	3.7	3.7	3.9	4.0	4.4	4.0	3.7	2.4	1.3	0.4	0.2
Std Dev	0.4	0.3	0.3	0.3	0.2	0.3	1.2	2.5	4.6	7.1	6.9	4.9	5.5	4.7	4.6	5.0	4.9	5.2	5.4	5.7	4.0	2.9	0.8	0.5

Frequency by Weekday, Youth Residential



	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Mean	2.3	3.6	3.8	3.5	3.2	3.1	2.3
St. Dev.	4.1	4.3	4.8	4.7	4.0	3.8	3.7

Frequency by Month, Youth Residential

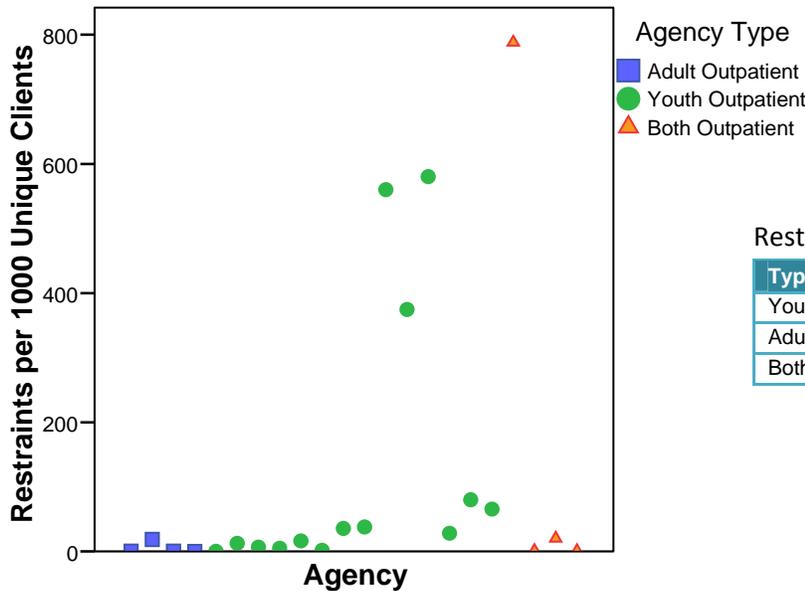


	July	Aug	Sept	Oct	Nov	Dec
Mean	40.6	31.3	37.2	36.1	36.9	36.2
St. Dev.	41.9	29.8	29.6	34.6	30.5	31.9

## Restraint Indicators for Outpatient Mental Health Services

The use of restraint was reported by only a small portion (7%) of outpatient mental health providers who responded to the PI Survey. A total of 22 outpatient providers reported use of physical restraint and three outpatient providers reported mechanical restraint. The following figures demonstrate the frequencies and total minutes of restraint among outpatient providers serving adults and children. Due to the large variability and small numbers in each category, conclusions cannot be drawn from means and standard deviations. Therefore, the results are depicted in scatter diagrams. While the identity of agencies is not disclosed, providers can use the diagram to determine where they fall in relation to other agencies.

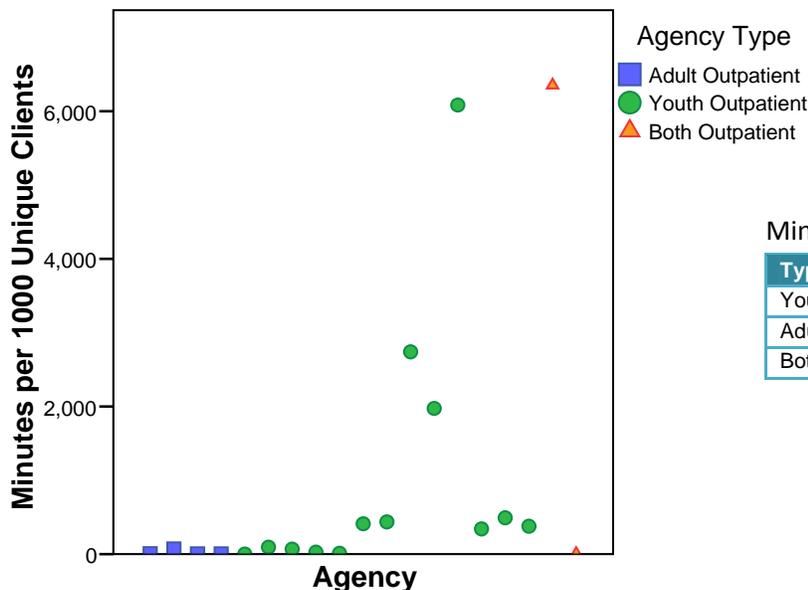
Restraint Frequency in Outpatient Services



Restraints per 1000 Unique Clients

Type	N	Mean	St Dev
Youth	14	128.9	206.0
Adult	4	5.0	8.4
Both	4	202.8	361.5

Restraint Total Minutes in Outpatient Services



Minutes per 1000 Unique Clients

Type	N	Mean	St Dev
Youth	14	1004.1	1701.1
Adult	4	19.5	30.6
Both	4	3179.0	3663.9