Comfort Box Program

Reducing Codes through early intervention
* The Comfort Box is a crate containing a variety of self-soothing and distracting tools for patients
* Each HBH unit has their own Box
* The boxes are stocked and maintained by the Behavior Therapy Committee
* Their purpose is to reduce H-Team and Code Violet incidents
* This is done by providing early intervention tools for agitated or escalating patients
Many patients have poor control of their emotions. They may not know how to express themselves appropriately and the negative emotion builds pressure. When the emotional pressure gets too strong, they become restless, agitated, or act out behaviorally. Interrupting the early parts of this cycle with distraction, appropriate self-expression, or positive emotions prevents the patient from working up too much steam.

*Why It Works*
* While personal contact is best, staff don’t always have enough time for individual sit-downs
* Tools from the box allow a patient to refocus their thoughts and emotions in healthy ways
* These ways include:
  * Self-soothing (eg: stress balls & weighted blanket)
  * Distraction (eg: cards, magazines, & puzzles)
  * Self-expression (eg: composition notebooks and coloring)
  * Reduce overstimulation (eg: noise-cancelling headphones & aromatherapy spray)
* These skills can then be used in the community as well

*How it Works*
* Use of Comfort Box items is voluntary for patients
* It is up to staff discretion on whether a patient is safe using a particular item from the box
* The earlier this intervention is used the more effective it will be in calming the patient
  * Suggest items as soon as a patient becomes restless or needs redirection
* Staff may suggest or patient may ask to use comfort box items

*Implementation*
* Stuffed animals
* Magazines
* Puzzle books
* Composition notebooks
* Adult coloring pages
* Markers (washable)
* Aromatherapy spray

* Playing cards
* Book of card games
* Weighted blanket
* Noise-cancelling headphones
* Disposable covers for headphones

* B-1 / B-2 / C-2 Units
* Stress balls
* Playing cards
* Book of card games
* Magazines
* Puzzle books
* Composition notebooks
* Adult coloring pages
* Markers (washable)
* Playing cards
* Book of card games
* Magazines
* Puzzle books
* Drawing pads
* Composition notebooks
* Adult coloring pages
* Markers (washable)
* Noise-cancelling headphones
* Disposable covers for headphones
* (D-2 only: stress balls)
A waterproof quilt with 15 lbs evenly distributed through it
Reduces anxiety for approx. 67% of adults
Indications for use:
  * Must be able to independently lift off blanket
  * Not for use with patients who are pregnant, are falls risks, or have poor skin integrity
  * Wipe down with standard unit disinfectant

*Weighted Blanket*
* Noise-reducing over-the-ear headphones
  * Removable short audio cord
* Indications for use:
  * Use sterile headphone covers and wipe with disinfectant after use

* Rose water / Rose hydrosol
* Non-toxic and alcohol free
* Indications for use:
  * Spray on patient’s pillow at their request
  * Do not let patients handle the bottle
* B1 - Seclusion ante-room
* B2 - Clothing room
* C1 - Seclusion ante-room
* C2 - Nursing station (under emergency pack)
* D1 - Seclusion ante-room
* D2 - Seclusion ante-room

Where is it?
* Fill out the boxes for:
  * Date
  * Time
  * Patient Initials
  * Reason (circle answer)
  * Item used

* How to fill out log
* This information is used to measure if the program has any effect on the number of codes called

* It keeps track of what things need to be replaced

* It measures what things are most useful
  * And also what things should be eliminated

* Purpose of the Log
The tracking logs are checked at the beginning of each month and the boxes re-stocked.

If certain items need to be replaced sooner, email L. McHone, Psy.D. at:

Laurel.A.Mchone@mha.ohio.gov

Or email any other member of the Behavioral Therapy Committee

Refilling the Box
* Please email any member of the Behavior Therapy Committee if you have suggestions or concerns

* Members:
  * Rajendra Misra, Ph.D. (Chair)
  * Laurel McHone, Psy.D.
  * Linda Ellis, LISW-S
  * Bethany Cavalier
  * Karen Greenawalt, LSW, LICDC-CS
  * Stephanie Wilson, LPCC-S, LICDC-CS
  * John Stocker
  * Lisa Huston, CPS, LSW

* How to Submit Suggestions
* We want to cut down on codes and potential injuries.

* Stopping someone’s escalation pattern means replacing their bad behaviors with good behaviors, which takes repetition.

* The boxes need to be used for the program to have an effect!

*Final Points*