



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

* The Program

- * 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)

* C-1 Unit

- * 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)

 **D-Units**

- * 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

* Headphones & Aromatherapy

- * 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