

My name is Velandy Manohar, MD. I am a registered voter in the Town of Haddam  
SB 1060, Restraints and seclusion.

**I support this bill. It seeks to eliminate the use in schools of physical restraint and seclusion of children, many of whom have disabilities, including mental and behavioral health conditions. Seclusion is different from a therapeutic "time-out" or temporary removal from positive reinforcement.**

- Rather than reacting with physical control and punishment for behavioral problems, we should screen children to identify behavioral health issues and then address problem behaviors with planned interventions and supports.
- Research shows that restraint and seclusion is ineffective in improving children's behavior and can be traumatizing to children.
- We know better, evidenced-based strategies to improve behavior, such as Positive Behavioral Interventions and Supports, and the Six Core Strategies.
- We support the Office of the Childhood Advocate's recommendations in its February 2015 Restraint and Seclusion Report, including 1) offering more support, training, and capacity building for schools to meet the varied learning needs of children with and without disabilities; and 2) increase in monitoring and evaluation of restraint and seclusion in schools.

**The problems with use of restraints, isolation and scream rooms is still of major concern. If we are to achieve the goal of the July 2013 Report of the Office of Protection and Advocacy for Persons with Disabilities and the Office of the Child Advocate “No More “Scream Rooms” in Connecticut Schools.**

**I have been involved in the efforts to achieve this goal since 01 12 2012.** This is a summary of the scope of the problem from Pro Publica June 25, 2014. There is no national count of children who, like Carson, are injured during restraints or seclusions. But at least one state is keeping its own tally. [We working together made this possible in 2012. I remember working with Sen. A. Stillman.] **Connecticut schools reported 378 holds or isolations that resulted in injuries to children in the 2013 school year. Of those, 10 were classified as “serious” and required medical attention beyond basic first aid.** Restraints in Connecticut schools usually lasted less than 20 minutes, **but nearly 200 of them continued for more than an hour. A quarter of the students who were restrained experienced six or more holds during the year. Nineteen students were restrained more than 100 times. The State also found that 40 percent of disabled students who were restrained had an autism diagnosis. The same was true for half of those secluded.**

**In addition to ProPublica and the Report from Office of Protection and Advocacy for Persons with Disabilities and Office of Child Advocate, the Am. Association of School Administrators issued their report from the point of view of School Administration entitled, “Keeping Schools Safe-How Seclusion and restraint protects students and school personnel March 2012”**

I am adding attachments to support this Bill. In addition I have requested former Hon Rep and His Honor the Mayor of Middletown Mr. Paul Gionfriddo to speak in support of SB 1060 because we have been in touch about this and other weighty MH matters over the years. This what he wrote to me which resulted in my request to him to directly offer testimony. “If you've had the chance to see my book, “**Losing Tim**”, by now, you know that I called out Middletown for using scream rooms as recently as a couple of years ago. I'm appalled by this, and so grateful for your advocacy.” This from most recent e-mail from him.

I will endeavor to be present physically at the hearing. I will be at the LOB tomorrow with the members of the CSMS for Physician's Day on the Capitol.  
Velandy Manohar, MD