

## **Safety Care Overview**

Safety-Care® Behavioral Safety Training program provides the skills and competencies necessary to effectively prevent, minimize, and manage behavioral challenges with dignity, safety, and the possibility of change. Safety-Care provides the tools you need to be safe when working with behaviorally challenging individuals. Using up-to-date and effective technologies from Applied Behavior Analysis (ABA) and Positive Behavior Interventions & Supports (PBIS), the Safety-Care program will provide your staff with strategies for preventing and managing behavioral challenges, and teaching replacement behaviors. These strategies are appropriate for individuals experiencing developmental, neurologic, psychiatric, and other impairments. Safety-Care promotes a positive reinforcement based approach, and the development of new skills, resulting in fewer restraints.

### **We can help you:**

- Understand how and why crisis events happen, and how we may inadvertently contribute to them.
- Prevent crises using a variety of supportive interaction strategies.
- Apply simple, evidence-based de-escalation strategies.
- Respond appropriately and safely to dangerous behavior.
- Prevent the need for restraint.
- Intervene after a crisis to reduce the chance for reoccurrence.

### **Core Principles of Safety-Care**

- Respectful, humane, non-coercive interventions.
- Emphasis on prevention over management.
- Consistent standards that reduce risk.
- Evidence-based procedures as the basis of intervention.
- Positive reinforcement is embedded throughout the course.
- Staff learn a series of interventions that can be flexibly adapted to a variety of circumstances.
- Physical procedures are designed to be simple, effective, safe, and have minimal abuse potential.
- Restraint must be used only when there are no other safe options and must end as quickly as possible.

Additional information can be found at:

<https://www.qbs.com/safety-care/>

