**COPING Method**

Although most incidents would not require non-violent physical restraint or seclusion, each should be documented using the COPING Method. The method is as follows:

**C**ontrolIs the person who acted out is back under emotional and physical control before discussing the incident. \_\_\_\_\_ Yes \_\_\_\_\_ No

Are they okay?

Do they need medical attention?

**O**rient: What happened? *Be nonjudgmental; Listen to the perspective of the staff and individual who acted out*. *What could have been done to prevent the crisis?*

**P**atterns: What triggers the behavior? *Look for a pattern of past behavior.*

**I**nvestigate: Are there any alternatives to the inappropriate behavior and resources that could be helpful in making behavioral changes? What could be done to prevent future seclusion/restraint for this student or others in similar situations?

**N**egotiate: Does the person understands what h/she can do instead of displaying inappropriate behavior. Include in your contract consequences for positive and negative behavior. Are there any precipitating factors we should know?

**G**ive: What support is needed? Were you able to build rapport and strengthen your relationship with the individual and restore dignity back? Were they able to go back to school?