

State of Texas Alternatives to Restraint and Seclusion (STARS) Project ABSTRACT

The State of Texas Alternatives to Restraint and Seclusion (STARS) Project is designed to advance evidence-based infrastructure improvements in four public psychiatric hospitals to reduce and ultimately end the use of restraint and seclusion (R/S) in the treatment of consumers with mental health disorders, including those with co-occurring substance abuse disorders and/or developmental disabilities. The Project will benefit consumers with serious mental illnesses or emotional disturbances across the lifespan, but focuses its efforts on the most vulnerable of these hospitalized individuals, including children, adolescents and the elderly. Its catchment area includes 254 Texas counties with one or more mental health populations comprising adults with serious mental illness (SMI) and children and adolescents with severe emotional disturbance (SED) who require inpatient psychiatric care.

The Project will be implemented by the Texas Health and Human Services Commission through its Department of State Health Services, which operates the four targeted hospitals: Austin State Hospital, San Antonio State Hospital, Big Spring State Hospital, and North Texas State Hospital.

The infrastructure improvements to increase system capacity proposed for implementation by the Project span workforce development and staff training, policy and procedure development, and changing participating hospitals' physical environments. Project goals and objectives relate to significantly reducing R/S incidents and their deleterious effects on consumers; achieving alignment of the hospitals' R/S policies/procedures with national standards; completing evidence-based modifications of the hospitals' facilities; integrating knowledge of trauma-informed care into the hospitals' workforces, particularly their direct care staff; securing significant improvement in all R/S-related data functions; achieving widespread dissemination of Project lessons learned and best practices; and substantially furthering the cultural appropriateness of all activities implemented to achieve R/S reductions or elimination.

Methods and strategies proposed are aligned with SAMHSA's *Six Core Strategies to Reduce Seclusion and Restraint*, with the addition of an enhanced emphasis on promoting the infusion of trauma-informed theories and consumer perspectives into each strategic initiative and all activities. Specific strategies to be employed include leadership development to promote policy and procedural change; curriculum development to support workforce training; the use of environmental assessments and consultant support to identify and complete useful physical modifications to inpatient environments; the alignment of all R/S data functions with national standards and models; and the involvement of consumers, consumers' families and a broad group of stakeholders to promote individualization, cultural competence and transparency across all Project efforts. An independent evaluation of outcomes and processes and attention to all performance measures are integral to its continuous quality improvement focus.