



September 6, 2016

Dear Colleagues:

We, your faculty for the Six Core Strategies© event, would like to welcome you to this training titled “Six Core Strategies© to Prevent Violence, Trauma and the Use of Seclusion and Restraint in Behavioral Health Settings”. This work started over 14 years ago with the support of the National Association of State Mental Health Program Directors’ (NASMHPD) Office of Technical Assistance (OTA) (2002) and our partner, the Substance Abuse and Mental Health Services Administration (SAMHSA), under the direction of Dr. Robert Glover and Charles Curie, respectively.

The year 2000 defined a new focus on evidence-based practices regarding the use of seclusion and restraint. The Hartford Curreant released its award-winning series of newspaper articles regarding the use of seclusion and restraint, in the US, in 1998. Following that explosive expose, the US Governmental Accountability Office released its report on the use of seclusion and restraint in 1999. These publications all noted that children, adolescents and adults were being seriously traumatized and injured by the use of seclusion and restraint and many were dying in restraint. These two publications were followed by many other national reports that were then followed by governmental mandates to reduce the use of these kinds of coercive interventions. These mandates were highlighted across the US and internationally and affected most behavioral health inpatient and residential providers.

In follow-up to these mandates, in 2001, NASMHPD’s Office of Technical Assistance held a series of three nationwide focus groups to find out what strategies could be effective in reducing the use of seclusion and restraint. Through those focus groups, funded by SAMHSA, the Six Core Strategies© emerged as a model that was best practice. The original training curriculum was developed in 2001-2002, and has been continuously updated to date, to assist you to successfully reduce the use of restrictive measures and to facilitate the



creation and maintenance of safer and more therapeutic treatment environments for all. The Six Core Strategies© model, after over 8 years of research, was accepted as an evidence-based practice in 2012.

The development of this curriculum included many of our current behavioral health experts. Kevin Ann Huckshorn was the Director of the NASMHPD Office of Technical Assistance at that time and Janice LeBel, Ph.D. and Beth Caldwell, MS were founding faculty and key experts who also comprised the relatively small group of initial partners and authors. Kevin, Janice and Beth wish to acknowledge the leadership and support we received, early on and for over a decade, from the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS).

Together, Kevin Ann Huckshorn, Ph.D., R.N., M.S.N., ICRC and Stephen J. Karp, D.O., former chief psychiatric officer, Office of Mental Health and Substance Abuse Services (PA), provided the initial, collective vision that guided the development of this national initiative from its inception. And we thank the founding members of the National Executive Training Institute faculty who assisted in the initial development of the training modules and the format of the curriculum.

This training curriculum and training institute is dedicated to our colleagues and to the people served in inpatient and residential behavioral health treatment environments. It is our great hope that this curriculum will assist all of us to move closer to a behavioral health service system that is based on the science of trauma-informed care and is defined by the values of respect, collaboration, customer service, and true partnership with those we serve.

Sincerely,

Kevin Ann Huckshorn, Ph.D., MSN, RN, ICRC  
Janice LeBel, Ph.D., APPB

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## Reducing Risk and Preventing Violence, Trauma, and the Use of Seclusion and Restraint

### BIOGRAPHICAL INFORMATION

**Kevin A. Huckshorn, PhD, RN, MSN, ICRC**

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Kevin Huckshorn is CEO of a behavioral health consulting business, Kevin Huckshorn & Associates, Inc. that she initiated in December of 2014. This woman-owned business has expertise in organizational analysis and development; behavioral health administration (community and hospitals); substance use disorders/addictions; meeting facilitation and organizational mediation; recovery-oriented systems of care; trauma-informed practice integration including the reduction of seclusion and restraint; peer-run program implementation; behavioral health workforce development; and ADA/Olmstead services implementation

Dr. Huckshorn is the past Director for the Division of Substance Abuse and Mental Health in the state of Delaware. She is also the former Director of the Office of Technical Assistance for the National Association for State Mental Health Program Directors (NASMHPD) and the National Coordinating Center for Seclusion and Restraint Reduction. Dr. Huckshorn is a licensed and certified mental health nurse and substance abuse clinician with practical knowledge from 28 years of professional frontline experience working in a variety of public and private mental health organizations and substance abuse programs. She has extensive experience in both in-patient and outpatient program development including peer-run projects; psychiatric rehabilitation treatment programs for persons with serious mental illness; and recovery-based mental health and substance abuse services. Dr. Huckshorn is a frequent speaker at national conferences related to behavioral health and also works internationally on such issues as the prevention of violence and the use of seclusion and restraint in mental health settings. Dr. Huckshorn has also published articles on violence, treatment adherence, and workforce development; serves on the editorial boards of two U.S. peer reviewed mental health journals; and has published a book with William Anthony, PhD on "Principled Leadership in Mental Health Systems and Programs" (2008).

**Janice LeBel, PhD, ABPP**

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Dr. Janice LeBel is a licensed, Board-Certified Psychologist with more than thirty years' experience in the public sector working primarily in mental health but also with child welfare, juvenile justice, and intellectual and developmental disability populations. She oversees a statewide system of inpatient, secure residential and community-based care for children and adolescents representing \$270M in contracted services. Dr. LeBel leads the Massachusetts Department of Mental Health's nationally-recognized Restraint/Seclusion (R/S) Prevention Initiative and an Interagency Initiative with the same focus involving seven (7) state agencies and the public and private special education schools in the state. She is a founding member of the National Association of State Mental Health Program Directors' Office of Technical Assistance Center's (OTA) teaching faculty, co-authored an evidenced-based curriculum on R/S Prevention, and works to implement trauma-informed care and R/S prevention efforts throughout the United States and internationally.

Dr. LeBel was awarded the Governor's Carballo Award for her work, which is the highest public service award in Massachusetts. In 2009, Dr. LeBel and her team received the Gloria Huntley Award from National Alliance for the Mentally Ill for their statewide R/S prevention effort. In 2010, the Substance Abuse Mental Health Services Administration awarded the MA DMH Child/Adolescent Statewide System, its first Restraint/Seclusion Reduction Recognition Award. Dr. LeBel has provided expert testimony at Congressional Briefings and legal proceedings. She has researched and published on seclusion and restraint-related issues and presented at many national and international forums. Dr. LeBel also serves as a peer reviewer for several journals.