

## **CPI (Crisis Intervention Institution) Safety Intervention™**

CPI Safety Intervention™ formally known as MAPA® (Management of Actual and Potential Aggression) is a behaviour management system designed as a safe, non-harmful approach to assist staff in the management of a wide range of challenging behaviours including high levels of physical aggression and self-injurious behaviour.

All staff must be able to complete the Advanced Safety Intervention™ Training Programme and be able to use the techniques consistently whilst in work. This is the highest level of Crisis Intervention™ and demands the ability to hold and kneel for a period of time. The use of Safety Intervention™ ensures the safety of our Service Users and staff. All staff must work in a person-centred way that promotes the reduction and/or removal of restrictive practices.

Advanced Safety Intervention™ Physical Holding skills form a hierarchy of restriction (**low, medium and high**). This hierarchy ranges from the least restrictive intervention that allows staff intervening to prompt and guide the Service User; to physically holding a Service User to limit range of motion, which may require transitioning to the floor. The two main categories of physical intervention are:

### ***Physical Restraint/ Interventions:***

- Any direct physical contact where the intervener's intention is to safely manage challenging and risk behaviours.
- To ensure the safety and wellbeing of the Service User who is engaging in risk behaviour.
- To equip staff to safely manage challenging behaviours, both in a 'one to one' situation and as part of a team approach.
- The use of direct physical contact or reasonable force to safely manage the risk behaviours for the least amount of time in the least restrictive way possible.

### ***De-escalation Strategies***

The use of verbal and physical expression to diffuse and redirect crisis behaviour.

### **Advanced Safety Intervention™ Content:**

- Introducing **Trauma Sensitive (Informed) Care** as a theme throughout the programme.
- Using a '**Safety and Support Plan**' that gives participants the knowledge to develop plans based on prevention.
- Guidance on how Safety Intervention™ links with and can inform your organisation's approach to **Positive Behaviour Support (PBS)**.
- Building non-verbal and verbal skills and giving participants an advanced understanding of **how to manage fear and anxiety** in a crisis situation.
- Developing skills to give participants the ability to make more accurate assessments of behaviour so that **effective preventive interventions** can be used.

### **Benefits of CPI Safety intervention™:**

- Boost staff confidence: *Know how to choose the least restrictive intervention.*
- Improve organisational culture: *Create an environment of empathy, compassion and respect.*
- Demonstrate compliance: *Demonstrates our commitment to statutory regulations.*
- Raise staff skills: *Improve verbal and non-verbal de-escalation techniques*

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