

Everyone has basic rights that are protected by the law.

Federal law prohibits discrimination against people with disabilities.

Knowing your rights is important!

It can help you stay safe, advocate for yourself, and get help if you need it.

## WHO WE ARE...

DRM is a private, non-profit law firm. We are not part of a hospital or RTC.

We are Maryland's protection and advocacy agency for people with disabilities. We monitor, investigate, and work to prevent cases of abuse, neglect, and rights violations.

## CONTACT US!

You or your parent/guardian should call us if you think your rights have been violated. All meetings with DRM are confidential- unless you say it's ok, we won't share what you tell us.

Please note that our ability to help you might depend on whether your parent/guardian allows us to access your records.

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Disability  
Rights  
Maryland

# KNOW YOUR RIGHTS!

Restraint and Seclusion

*For youth in psychiatric  
hospitals and residential  
treatment centers*

## WHAT IS RESTRAINT?

When staff put their hands on you to keep you from moving,

OR put you in a chair or bed and use straps to hold your body,

OR give you medication to control your behavior



## WHAT IS SECLUSION?

When staff place you in a room by yourself and lock the door  
OR you believe that you are not allowed to leave the room



## WHEN AND HOW CAN I BE RESTRAINED OR SECLUDED?

Staff may only restrain or seclude you if your behavior puts you or another person at immediate risk of violence or injury.

Restraint and seclusion should never be used to punish or discipline you, to force you to do something, or for the staff's convenience.

Staff should always try alternative methods to help you calm down before resorting to restraint or seclusion.

You should never be put face down while being restrained unless you are being turned over to move you into a different position.

## WHEN AND HOW CAN I BE RELEASED FROM RESTRAINT OR SECLUSION?

Staff must release you at the earliest possible time. As soon as you have calmed down or fallen asleep and no longer have imminently dangerous behavior, you must be let go.

Within 1 hour of the start of your restraint or seclusion, a doctor or nurse practitioner must meet with you face-to-face.

Within 24 hours of the use of restraint or seclusion, all staff involved must have a face-to-face discussion.

These meetings are important because the staff needs to make sure you are okay. They also give you a chance to talk about why the restraint or seclusion happened and what you and the staff can do to avoid it happening in the future.