

What does DRM do?

- ◆ We are a private, non-profit law firm. We are **not** part of the hospital or the RTC.
- ◆ We are Maryland's protection and advocacy agency (P&A) for people with disabilities.
- ◆ We monitor, investigate, and work to prevent cases of abuse, neglect, and rights violations.

What can DRM help with?

- ◆ **We can** advocate for changes to the facility to improve the care and safety of the residents.
- ◆ **We can** give you advice about your rights.
- ◆ **We can** give you information about your rights to assist you in advocating for yourself.
- ◆ **We can** work on systemic issues to improve care and treatment for youth with behavioral health disabilities.

What can't DRM help with?

- ◆ **We can't** help with every issue, but we will listen carefully to what you tell us, and we will use your feedback to try make life better for individuals living in RTCs and psychiatric hospitals.
- ◆ **We do not** assist with criminal or DJS issues.

When should you call DRM?

You or your parents/guardians should call us whenever you have been abused, neglected, or if you think your rights have been violated.

Remember, all meetings with DRM are private. Unless you tell us it's okay to share, we will keep what you tell us confidential.

Please note: Sometimes, our ability to help you might depend on whether your parent or guardian allows us to access your records.

Contact us!

1500 Union Ave., Suite 2000
Baltimore, Maryland 21211
410-727-6352

(to reach Brianna Kitchelt:
dial extension 2501)

KNOW YOUR RIGHTS!

For Youth in Psychiatric
Hospitals & Residential
Treatment Centers



Restraint & Seclusion

- ⇒ Restraint and seclusion should **NEVER** be used to discipline you, force you to do something, punish you, or for the staff's convenience.
- ⇒ Staff should try other alternatives to help you calm down before resorting to restraint and seclusion.

What is restraint?

When staff physically put their hands on you to stop you from moving, when staff put you in a chair or bed and use straps to hold your body, or when staff give you medication to control your behavior.

What is seclusion?


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

When can staff restrain or seclude me?

When your behavior places you or another person at an **immediate** risk of violence, injury, or danger. You cannot be restrained for staff convenience, or as a punishment.

How long can restraint or seclusion last?

You **MUST** be released from restraint and seclusion at the **earliest possible time**. After you calm down or fall asleep, staff must release you.

 **Within one hour** of the start of 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.



↳ **WHY?** The staff needs to make sure that you are okay. And, you need a chance to talk about why the restraint or seclusion happened, and what you **and staff** can do to prevent it from happening in the future.

You have the right to...

Receive treatment in a safe environment, where you are free from physical, sexual, mental or verbal abuse.

Staff cannot hurt you. Staff cannot call you names or put you down. Staff cannot threaten or ridicule you. **Staff cannot behave or touch you in a sexually inappropriate way.**

Be free from neglect.

Staff cannot ignore your medical or dental needs. Staff must intervene to protect you from abuse by other residents **or staff**. There must be enough staff to supervise and protect

you.

Go to school daily.

School can be restricted by your doctor **for safety reasons only**. Restricting school should not be long term, and it should not be used as a punishment.



Receive active mental health treatment.

You have the right to meetings with your psychiatrist and/or therapist. You have the right to attend groups unless there is a medical restriction. You have the right to a treatment plan that meets your individualized psychiatric needs. Treatment should **NOT** be withheld as a punishment.



Have access to food.

Food should never be taken away from you as a punishment.

Use the telephone.



You should have **reasonable** access to the telephone. But, your access to the telephone may be restricted if there are medical reasons for the limitation and your doctor signs

an order defining the limitation and the expiration date. Your access can also be limited if the person you would like to call has indicated to the RTC that they do not want you to call them. Your parents and guardians can also limit who you can call.

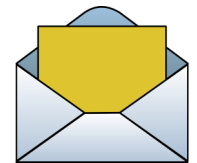
Spend time with visitors

The RTC must allow visiting hours, and you must be allowed to visit with your attorney and your **clergy person** at "any reasonable hour." Your parents/guardians can restrict who you visit with.

Visitation may be restricted only for medically justified reasons by physician order, and may not be used as punishment.

Send and receive mail.

Generally, staff cannot read your incoming or outgoing mail. However, your parents/guardians can determine who you communicate with, and staff may stop you from sending mail to someone who has requested that you not send mail to them.



Use the restroom.

You cannot be denied use of the restroom as punishment.