

**Sec. 17a-238-1. Definitions**

For the purpose of Sections 17a-238-1 through 6 inclusive, the following definitions shall apply:

(a) **Department** and **Departmental** as used in these regulations refer to the Department of Mental Retardation.

(b) **Persons** or **clients** are individuals served by the Training Schools and Regional Centers under the supervision of the Commissioner of Mental Retardation.

(c) **Service** is any departmental program that provides: direct care and treatment; functional education; preacademic, academic, prevocational and vocational skills training; self-help skills training; therapy, counseling, recreation, and evaluations which include, but are not limited to, psychological, medical, social service, audiological and communication.

(d) **Corporal punishment** is the application of a painful stimulus to the body as a penalty for behavior, but does not include the contingent application of such a stimulus in an approved written behavior modification or behavioral therapy program which complies with federal and state regulations.

(e) **Therapy** is any of many methods utilized by many disciplines whose purpose is to enable the client to interact with and adapt to the environment so as to function in a manner which is adequate for his or her needs and for the development to full potential. These therapy methods include, but are not limited to, behavior modification and psychotropic drug therapy.

(f) **Restraint** is the use of any device or means to hold back, bind, tie, restrict, or otherwise prevent a client from doing something, and from which the client cannot voluntarily extricate himself or herself. Restraint shall include totally enclosed cribs. Supportive devices used in normative situations to achieve proper body position and balance shall not be considered to be restraints, provided that they are approved by a physician licensed to practice in the State of Connecticut.

(g) **Seclusion** is the placement of a client alone in a locked room, but does not include the contingent use of a time-out from positive reinforcement room when employed in an approved written behavior modification or behavior therapy program which complies with state regulations and departmental policy.

(h) **Force** is constraining or compelling the actions of another by physical means.

(i) **Habilitation** is the process by which the staff of the facility assists the client to acquire and maintain those life skills which enable the client to cope more effectively with the demands of that client's own person and environment, and to raise the level of the client's physical, mental and social efficiency. Habilitation includes, but is not limited to programs of formal, structured education and treatment.

(j) **Treatment** shall refer to and be synonymous with therapy.

(k) **Emergency intervention** as here defined refers to the actions staff shall take in response to a situation which threatens health or life as a result of self-injury and/or violent assaultive behavior toward others.

(l) **Staff** shall include anyone employed by the Department, the Training Schools, the Regional Centers and any other authorized person having direct contact with, or responsibilities for, clients.

(m) **An individual "plan of care"** is a written plan setting forth goals or behaviorally

stated objectives and prescribing an integrated program of individually designed activities, experiences, training, or therapies necessary to achieve such goals or objectives. The overall objective of the plan is to attain or maintain the optimal physical, intellectual, emotional, social or vocational functioning of which the individual is presently or potentially capable. "Individual plan of care" and "individual program plan" are used interchangeably hereafter.

(n) **Training** as herein defined refers to a systematic and planned application of procedures in the form of a formal written behavior program for the purpose of helping a client acquire and/or maintain behaviors, skills and capabilities.

(o) **Chemical Restraints** as here defined are drugs such as tranquilizers or other psychopharmacologic agents which are used for the purpose of controlling or limiting behavior.

(Effective August 24, 1994)