



TO: Mid-Valley Special Education Cooperative Executive Advisory Board
FROM: Lisa Palese, Executive Director
DATE: June 3, 2026
RE: Restraint & Time-Out Data & Revised Nonviolent Crisis Intervention Training Plan

The purpose of this memo is to provide the Board of Control with an update regarding Mid-Valley's revised Nonviolent Crisis Intervention (NCI) Training Plan.

Over the past seven years, the Mid-Valley Leadership Team and Instructional/Behavioral Coaches have worked alongside families, staff teams, and district partners to strengthen our approach to supporting students in crisis. Together, we have shifted our focus from compliance-based practices to strategies centered on compassion, de-escalation, and student dignity.

We are proud to share the impact of this work:

- **2019-2020 School Year** (*August–March; prior to COVID-19 closure*): 79 incidents involving restraint or time out across MVSEC.
- **2025-2026 School Year:** 16 incidents involving momentary restraint across MVSEC, typically lasting less than one minute and occurring only at Mades-Johnstone School due to imminent danger to self or others.
- **2019-2020 School Year:** 4 isolated time-out rooms in use at MJS.
- **2022-Present:** 0 isolated time-out rooms in use across all MVSEC programs.

These results reflect our commitment to reducing the use of restrictive interventions while maintaining safe and supportive learning environments for students. Our entire team - every leader, coach, teacher, related service provider, and support staff are responsible for making this happen.

As we continue to align our practices with the revised Restraint and Time Out (RTO) requirements established by the Illinois State Board of Education (ISBE), we are pleased to share the following updates to our NCI Training Program.

Mid-Valley Special Education Cooperative is honored to partner with our member districts to provide an intensive 8-hour refresher training aligned with Illinois State Board of Education (ISBE) requirements for the use of physical restraint and time-out, as well as CPI renewal expectations. This professional learning experience is designed to strengthen staff knowledge, confidence, and consistency when responding to students in crisis through a trauma-informed lens. Participants will engage in interactive instruction, guided practice, and realistic school-based scenarios that reflect the complex situations educators face every day. The training emphasizes prevention, de-escalation, safety, dignity, documentation, and post-crisis reflection to ensure supportive and compliant practices that prioritize student well-being and staff preparedness.

Learning Objectives:

- Review and apply the current ISBE guidelines and legal requirements regarding physical restraint and time-out.
- Reinforce CPI strategies for prevention, de-escalation, and safe crisis response.
- Understand and implement trauma-informed practices that support student regulation and emotional safety.
- Identify proactive interventions and environmental supports to reduce escalation and crisis situations.
- Practice decision-making and communication skills through real-life educational scenarios and team-based problem solving.
- Strengthen staff confidence in maintaining safety while preserving student dignity and therapeutic relationships.