

## Restraint and Seclusion: Individual and Environmental Characteristics of the Educators Super Users

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**Abstract :** In Quebec, troubled youths stay in a rehabilitation Center (RC), and educators in RC'S are particularly at risk of exposure to workplace violence. In order to manage youth violence and protect youth safety or their own, educators can resort to restraint and seclusion (R&S) strategies. To our best knowledge, in the literature, no study was found on the topic of R&S super users either in psychiatry or in a rehabilitation center. The objective of this study is to explore the differences between R&S super users and normal users among educators in terms of individual and environmental characteristics, over an eight weeks period. The 278 participants were volunteers recruited from 36 units that foster around 8 to 12 youths per unit, in a suburb of Montreal; Quebec, Canada. The results indicate that among the variables that were studied, only fear of violence and past exposure to violence at work characterized the R&S super users. These results suggest that exposure to violence in the workplace might increase the anticipation and fear of violence from a youth; this is concordant with the results indicating that these variables are the ones separating normal users from super users.

**Keywords :** seclusion and restraint, violence, youth, educators

**Conference Title :** ICAPMBH 2020 : International Conference on Adolescent Psychiatry, Mental and Behavioral Health

**Conference Location :** Boston, United States

**Conference Dates :** April 23-24, 2020