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In my experience in working in the social services field, and with my history of working with families, I have found that school districts too often lack an understanding of appropriate exclusion/restraint and behavioral intervention practices. There needs to be more education and training on the practices we already have in place at schools. Redefining "physical escort" and outlining what is voluntary vs involuntary is not a child-centered approach. The only way to reduce the unnecessary restraints that are currently happening in our Maine schools is to establish a trauma informed approach, that allows children to build emotional regulation skills, utilize appropriate coping skills in the moment, without use of seclusion or restraint. This should be utilized state-wide, with each school working to increasing resources and mental health supports. There are countless studies and research identifying the correlation between post traumatic stress symptoms and use of restraint on children who are already most vulnerable, dealing with symptoms related to intellectual disability or developmental delay. It would be a disservice to children to not take these into consideration when trying to find solutions to the mental health crises that are facing our children in 2025.