

I think it is important to tell you about my experiences and training, even though it is a bit embarrassing going into the area of touting my own horn. I have a bachelor's in psychology from Washburn University, in Topeka, KS and a Masters and Doctorate from the Department of Applied Behavior Science at the University of Kansas, where the Journal of Applied Behavior Analysis originated in 1969. I started supporting individuals with IDD in 1971. I have worked in Developmental Centers in Kansas, Oklahoma, Tennessee, Illinois, and Kentucky. I was Alabama's first Chief Behavior Analysis. I have experience providing ABA services in Community settings, schools, and homes.

In 2002 I joined Dr. Ruth M. Ryan, MD in providing consultation services consisting of a Comprehensive Assessments for Individuals with IDD who have severe, long-term, and treatment resistant Activity. Subsequently, Dr. Ryan became Dr. Myers and in 2017 we published, *"Individuals with Intellectual Developmental Disabilities and Aggression, Self-Injury, and/or Failure to Thrive."* Describing our Assessment Process and our experiences. A detailed description of our Comprehensive Assessment is available at thecommunitycircle.com

My position on the use of restraints is that they are not necessary. An alternative is Extra Ordinary Blocking. We developed these procedures for the Grafton Schools in Winchester, VA. These procedures can be summed up simply as dressing up as the Michelin Tire Man and letting the individual in crisis bang away at all that padding. For self-injury examples would be, putting a padded arm between mouth and hand or between fist and head. Extra Ordinary Blocking has been used successfully at the Grafton Schools and at Strategies to Empower People or STEP in Sacramento, CA. These procedures are easily learned in a short period of time have been refined by STEP and used as a part of their training curriculum for several years.

Extra Ordinary Blocking and a treatment strategy we refer to as Comfort rather than Control render all types of restraint, physical, manual, and chemical Unnecessary.

One more consideration, Ruth and I were employed by the Grafton Schools to eliminate all types of restraint because one of their students had died from the use of supine restraint he was dead.

Thank you for this opportunity to share my views.

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