



Substance Abuse and Mental Health Services Administration
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An Agency of the U.S. Department of Health and Human Services

SAMHSA
Statement

For Immediate Release
January 28, 2003

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“The new report *Learning from Each Other: Success Stories and Ideas for Reducing Restraint/Seclusion in Behavioral Health* released today charts a positive course for health care facility operating policies and treatment philosophies.

“It is commendable that the American Psychiatric Association, American Psychiatric Nurses Association, the National Association of Psychiatric Health Systems, and the American Hospital Association have partnered to develop this guide. This partnership serves as a shining example of what it will take to reach the common goal of reducing the use of restraint and seclusion.

“This is a goal shared by the Substance Abuse and Mental Health Services Administration (SAMHSA). I have made reducing the use of restraint and seclusion a top priority. This intervention—whether chemical or physical—is not a treatment at all. It is a product of treatment failure. In fact, restraint and seclusion, at best, should be a safety measure of last resort, used only when all other options have failed.

“SAMHSA will review the strategies contained in the guide and continue to work with these leading organizations to further develop and use science based treatment options that obviate the use of restraint and seclusion. In doing so, we will simultaneously be working to preserve dignity, restore hope and facilitate the recovery of people with mental illness and substance abuse disorders.

“The evolution of our system of services is dependent on our ability to work together. Progress must reflect our best thinking. This message is echoed in *Learning from Each Other: Success Stories and Ideas for Reducing Restraint/Seclusion in Behavioral Health*. In partnership, we can and will advance the quality of care for people with mental illnesses and substance abuse disorders.”

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