



Essex Steps

De-escalation and Physical Intervention/Restraint Training Whole School Twilights

Key Facts:

Phase:	All Phases
Target Audience:	Leadership, SENCo, Teaching staff, Learning Support Staff
Tutor(s):	Joel Shaljean and ESSET colleagues
Fee:	£800 per course (2 * 3 hour twilights)

Course description:

This is an ethically based behaviour and physical intervention programme incorporating STEP ON and STEP UP.

The Essex Steps programme, delivered through Step On and Step Up courses, is designed to provide high quality understanding and training in the management of challenging behaviour. It includes ethical de-escalation and physical intervention training through the Step On course and further specific restrictive physical intervention (restraint) training through the Step Up course.

Step On: Based on acquiring the necessary skills to support de-escalation and the management of challenging behaviour, which includes the following components:

- a. Thinking, planning and responding
- b. Before, during and after a crisis
- c. Non-restrictive physical intervention

Step Up: This is delivered as a course following an audit of need, which is introduced during Step On courses. Step Up is predominantly focused on the delivery and administration of restrictive physical intervention, which is specific to the setting requesting the training.

Please contact essexsteps@eset.org.uk to arrange Essex Steps training in your school