



About KidsPeace

KidsPeace is a leading provider of mental and behavioral services, primarily serving children. The organization reaches as many as **12,000 individuals** from nearly 40 states and the District of Columbia, providing a continuum of care – from **in-patient** to **residential, community,** and **foster care**. It has 2,200 employees in locations across eight states.



Challenges

Though KidsPeace has traditionally employed restraint techniques, given the prevalence of trauma, it understood that **putting hands on kids came with adverse impacts**. Therefore, there was a strong desire not to use physically coercive techniques.

Over the years, there had been many internal meetings and restraint reduction committees to try to determine the right alternative.

KidsPeace first became aware of **Ukeru®** when Chris Ferry, Executive Director of Community Programs, heard Kim Sanders speak at a conference. "I was blown away by the impact that this approach had at Grafton (Ukeru's parent organization)," he explained.

www.UkeruSystems.com

"The results and cultural change have been remarkable. We are invested in doing this in all our locations"

CHRIS FERRY

Executive Director of Pennsylvania Community Programs, KidsPeace

Working with Ukeru

KidsPeace first rolled out Ukeru in some of its community programs – serving 115 clients – in February 2019. The rollout continued, extending to programs that reach another 25 individuals, in April of that year. By the end of 2018, it was expanded to residential and hospital settings. **Today, Ukeru has been implemented in nearly all KidsPeace programs.**

Though the organization had been using blocking materials before Ukeru, clients were not encouraged to interact with them in non-crisis situations.

“In the past, if a kid picked up a blocking pad, we would tell them to put it down,” said Ferry. “Now, the pads are the kids’ property. They are not only welcome, but encouraged to pick the mats up - kick it, hit it, and play with it.”

Results

- Use of the **Ukeru blocking pads** has greatly increased since the program was first rolled out. In the beginning, the pads were used 10 to 15 times per month. Today, it’s more frequently up to **30 times**, the majority of which is clients using the pads to self soothe.
- Prior to implementing Ukeru, KidsPeace was averaging 40 – 45 restraints per month; sometimes, that number rose to 60 – 70 restraints per months. **By the end of 2018, the number of restraints was reduced to 26.** In early 2019, that number went down even further, to approximately 16 restraints per month. Several times in 2019, KidsPeace community programs had **zero restraints** per month, which was unheard of in the past.
- The average number of **minutes in timeout also decreased**, from an average of 45 – 50 minutes per client per month to approximately 20.
- Employee injuries have gone down, and **parents have asked if they can utilize the approach at home.**

“Safety is a bedrock function that must apply to everyone in the equation. We don’t want anyone to get hurt at work, ever. Ukeru is a fundamental pillar of that.”

CHRIS FERRY

3X Increased use of pads



Decreased use of restraints



Decreased timeout