

Reducing Restraint. Eliminating Isolation. Real Results from WA Schools

The Problem

- Restraint and isolation are crisis responses, not intervention
- These practices are associated with physical injury and long-term psychological harm
- Historically overused, especially with students with disabilities and younger students.

The Results

What Washington Schools are Achieving

Elimination of isolation rooms across multiple districts

Measurable improvements across urban, suburban, and rural systems

Districts across Washington are demonstrating that with the right systems, training, and leadership, safer outcomes for students and staff are achievable.



68%

of districts reduced restraint and isolation across RREI sites



District Highlights

Auburn

18,000 students
300+ staff trained

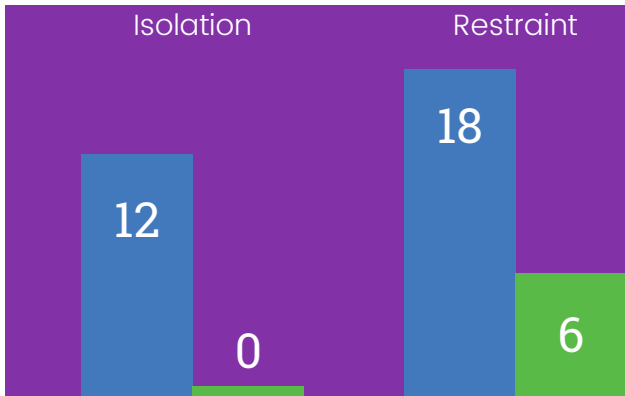
Isolation rooms
eliminated in 2025

95%

Reduction
in isolation

46%

Decrease in
restraint



Bainbridge Island

3,500 students
District-wide training
+ required debriefing

Concrete

435 students
BCBA-driven
support model

73%

Reduction in
isolation & restraint

“If we’re not making a change for tomorrow, we’re setting the student up to fail.”

*Annalisa Sanchez, Director of Student Services
Bainbridge Island School District*



What Drove These Results

Proactive Supports

MTSS + inclusive practices

Early intervention

Staff Training

Safety-Care prevention & de-escalation

Shared language district-wide

Leadership Engagement

Admin present during crisis moments

Strong expectations and accountability

System Design

Removal of isolation rooms

Access to BCBA expertise

Data tracking

Debriefing

Required post-incident debriefs

Shift from 'What went wrong?' to 'What changes tomorrow?'

