



COMMONWEALTH OF PENNSYLVANIA  
**DEPARTMENT OF PUBLIC WELFARE**  
P.O. BOX 2675  
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**KEVIN T. CASEY**  
Deputy Secretary for Mental Retardation

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Dear Business Partner:

The Mental Retardation Bulletin, 00-06-09, entitled "Elimination of Restraints through Positive Practices" is a formal affirmation of what many of you have worked toward: a safe, person centered, restraint free environment for all individuals. This bulletin emphasizes the core philosophies of the Mental Retardation system: an Everyday Life and person centered thinking through Positive Practices. The Office of Mental Retardation developed this bulletin in conjunction with the Department of Public Welfare's Alternatives to Coercive Techniques (ACT) initiative that is focused on the goal of eliminating the use of restraints throughout the service system.

We have many people who are committed to supporting individuals in this manner. I would like to thank everyone who has been involved in reducing or eliminating restraints. This includes individuals who eliminate restraints from their environment.

Incident management data from the Home and Community Services Information System (HCSIS) shows reductions in restraint statewide. Progress continues to be made. The statewide and local Mental Health Support Process (MHSP) groups continue to meet and share such issues as local capacity, training and other resources, cross system collaboration and how to best meet the needs of the local community. I would like to thank MHSP for their support of this bulletin as well as their continued efforts to improve mental health supports.

Finally, I encourage everyone to explore not only the tools and resources mentioned in this bulletin. Please continue to learn and share your own knowledge and expertise on supporting individuals without the use of restraint by contacting the Dual Diagnosis point person at the appropriate OMR Regional Office listed in the bulletin.

Thank you for your ongoing dedication and commitment to providing the best possible services to the individuals you support.

Sincerely,

A handwritten signature in black ink that reads "Kevin T. Casey".

Kevin T. Casey

Enclosure