



UKERU

(OO-CARE-OO)

PRESENTED BY:

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PRESENTED TO:

Seclusion Working Group



What is Ukeru?

Ukeru is a safe, comforting, & restraint free approach to interaction.

Strong emphasis on brain development & interpersonal relationships

Strong emphasis on trauma.

- definition & prevalence of trauma
- trauma & the brain
- trauma informed approach

What does Ukeru look like when it is used successfully?



Students & Staff are safe

- Proactive
- Prevented Escalation
- Minimized injuries
- Hands off techniques
- Reduced restraints
- Comfort vs. Control
- Debriefing

Data/Trends

How often is it used?

- Setting IV-multiple times a day
- Setting III Elementary & Middle School- daily
- Setting III High School- weekly

Restrictive Procedures Data

- '22-'23: 36
- '23-'24: 17
- '24-'25: 26 (opened Setting IV)

Injuries Prior to Ukeru

- Staff would need significant medical attention

Injuries after Ukeru implementation

- Injuries are primarily bumps and bruises

Ukeru in Fridley Public Schools

'23-'24 School Year

- Increase in staff injuries
- Started with 2 trainers who trained
 - All special education staff & paraeducators
 - All support staff
- Use CPI for restraints as a last resort
- Yearly communication to families

'24-'25 School Year

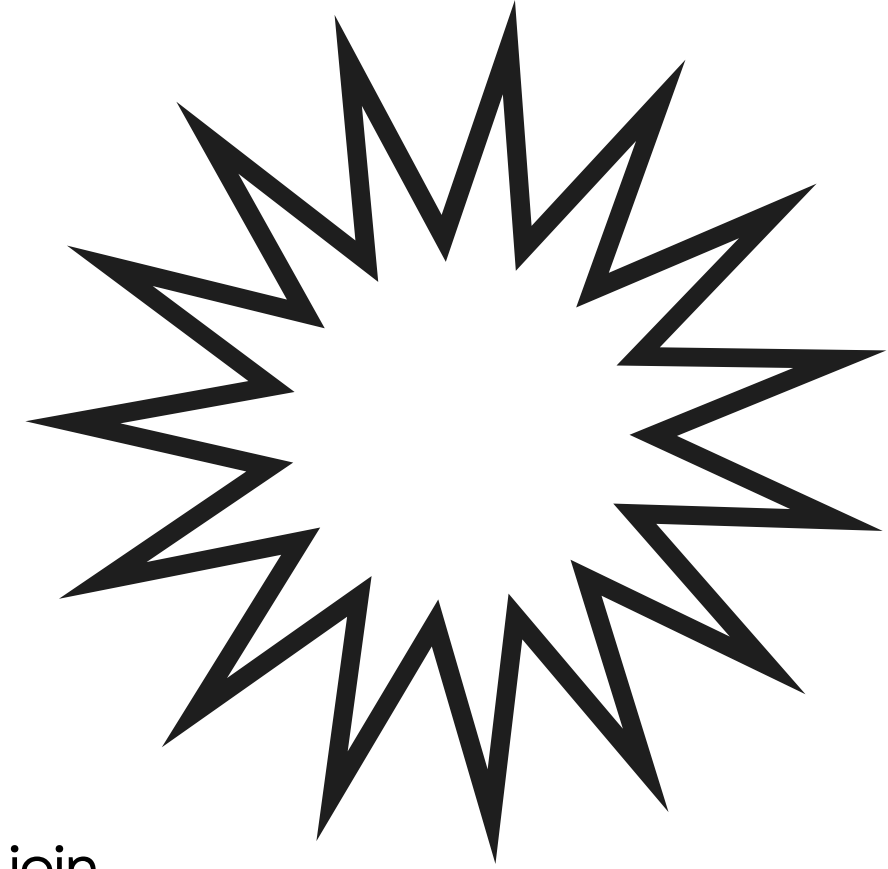
- Added 6 additional trainers
- Recertify staff during workshop week
- Train new staff during workshop week
- As new special education & support staff join, we do small group trainings
- Use CPI for restraints as a last resort
- Yearly communication to families

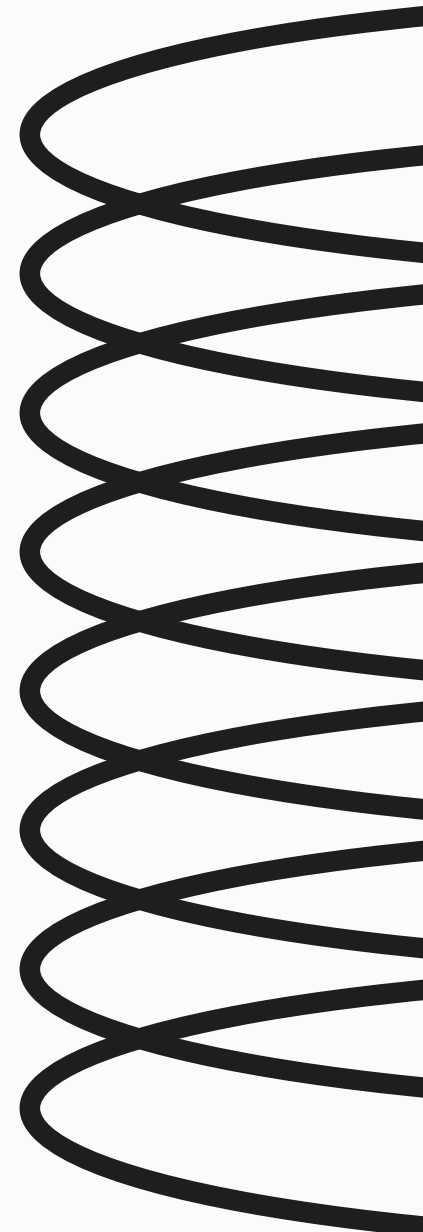
'25-'26 School Year

- Added 5 additional trainers
- We have a total of 12 trainers
- Recertify staff during workshop week
- Train new staff during workshop week
- As new special education & support staff join, we do small group trainings
- Use CPI for restraints as a last resort as we begin to fade out the use of it.
- Yearly communication to families

'26-'27 School Year

- Continue current certify & recertify process
- Expand to teaching about the Ukeru principals to general education staff
- Use CPI ONLY for a very small number of administrators
- Yearly communication to families





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