

Name of Policy: Use of Major Aversive Behavior Therapy Policy Number: 3364-122-32 Approving Officer: Chief Nursing Officer Medical Director Responsible Agent: Nursing Director Inpatient Psychiatry Scope: The University of Toledo Medical Center		 Effective date: May 29, 2025 Original effective date: July 1992	
Key words: Kobacker, children, adolescents, punishment, aversive, behavior			
	New policy proposal		Minor/technical revision of existing policy
	Major revision of existing policy	X	Reaffirmation of existing policy

- (A) Policy statement

Major aversive therapy intervention is prohibited on the inpatient unit.
- (B) Purpose of policy

Major aversive behavior therapy is no longer allowed according to state regulations.
- (C) Procedure
 - (1) Major aversive therapy intervention “employs intrusive or strongly unpleasant stimuli or procedures”. This may include time-out periods of greater than 30 minutes, or the non-emergency use of seclusion or restraints. This does not include time-outs of less than 30 minutes in length.
 - (2) The following are prohibited.
 - (a) Contingent loss of bed.
 - (b) Contingent use of unpleasant substances or stimuli such as bitter taste, bad smell, splashing with cold water and loud, annoying noises.
 - (c) Procedures that deny any basic needs, such as nutritional diet, water, shelter, and essential, safe, and appropriate clothing.

Use of Major Aversive Behavior Therapy

- (3) Corporal punishment and any fear eliciting procedures are also not permitted. Any behavior management plan and treatment intervention can only be implemented by the Kobacker Treatment Team.

<p>Approved by:</p> <p><u>/s/</u> Kurt Kless, MSN, MBA, RN, NE-BC Chief Nursing Officer</p> <p><u>May 29, 2025</u> Date</p> <p><u>/s/</u> Tanvir Singh, MD Medical Director, CAPH Unit</p> <p><u>April 25, 2025</u> Date</p> <p><u>/s/</u> Kassa Casey, MSN, RN Nurse Director, Inpatient Psychiatry</p> <p><u>April 25, 2025</u> Date</p> <p><i>Review/Revision Completed by:</i> <i>Stephanie Calmes, PhD, LPCC-S,</i> <i>LICDC-CS</i></p>	<p>Policies Superseded by this Policy:</p> <ul style="list-style-type: none"> • 1-M-32 <p>Initial effective date: July 1992</p> <p>Review/Revision Date:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>May 1994</td><td>March 2, 2011</td></tr> <tr><td>May 1995</td><td>July 29, 2014</td></tr> <tr><td>April 1996</td><td>May 26, 2016</td></tr> <tr><td>May 1997</td><td>July 12, 2019</td></tr> <tr><td>May 1998</td><td>June 1, 2022</td></tr> <tr><td>May 1999</td><td></td></tr> <tr><td>August 2001</td><td></td></tr> <tr><td>January 2002</td><td></td></tr> <tr><td>March 2004</td><td></td></tr> <tr><td>June 2004</td><td></td></tr> <tr><td>March 2007</td><td></td></tr> <tr><td>May 17, 2010</td><td></td></tr> </table> <p style="text-align: center;">May 29, 2025</p> <p>Next review date: May 29, 2028</p>	May 1994	March 2, 2011	May 1995	July 29, 2014	April 1996	May 26, 2016	May 1997	July 12, 2019	May 1998	June 1, 2022	May 1999		August 2001		January 2002		March 2004		June 2004		March 2007		May 17, 2010	
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