

Reference list for Calming Down Rooms and Areas

References

1. Patterson and Leadbetter (1999) *Managing Physical Violence* in Turnbull and Patterson (eds) . Aggression and Violence – Approaches to Effective Management.
2. Hogg et al (2001) *The use of Snoezelen as multisensory stimulation with people with intellectual disability – a review of the research*. Research in Developmental Disability, 22,5, 353-372.
3. Ryall T., (2006) *Handbook for the use of the Rest, Recovery and Re-orientation room*. ROMPA
4. Ofsted (2008). *Good practice in re-engaging disaffected and reluctant students in secondary schools*. Reference number 070255.
5. Occupation Health and Safety Joint Advisory Committee (June 2011). *Managing Violence*. www.bexley.gov.uk
6. Grosso K.,(January 2012) Students Traumatized in Special Education Across America. Seclusion, Restraint, and Aversives. From Autism in Real Life printed in Psychology Today www.psychologytoday.com
7. Clinical Guideline 25 (2005). *Violence – The short term management of disturbed/violent behaviour in in-patient psychiatric settings and emergency departments*. NICE
8. National Offender management Service (2009). *PS12009-026 Amendment to PSO1700 Segregation*. Ministry of Justice.
9. Breakwell G (1997). *Coping with Aggressive Behaviour*. British Psychological Society, Leicester.
10. Allen D., (2012) *Reducing the use of restrictive practices with people who have intellectual disabilities – a practical approach*. BILD
11. College Report CR144 (2007). *Challenging Behaviour: a unified approach*. Royal College of Psychiatrists, British Psychological Society, Royal College of Speech and Language Therapists.
12. The concept of de-escalation is simple - *'It implies the existence of a set of verbal and non-verbal skills which, if used selectively and appropriately, may reduce the level of an aggressor's hostility by calming anger and lowering arousal'*, (Patterson and Leadbetter, 1999).
13. There is a long history of multisensory environments providing a space within which a person who is in an angry, frustrated or distressed state can lower their level of arousal – *'much of the literature reviewed demonstrated a wide range of positive outcomes when Snoezelen and non Snoezelen environments are contrasted'* (Hogg et al, 2001)
14. Ofsted identify the use of pupil services support areas that *'include specialist rooms that are designed to be calming with background music and soft lighting'* (Ofsted 2008). A Health and Safety Joint Advisory Committee in Bexley state that *'unlike a sensory room a calming room's objective is not to stimulate, but to provide a gentle path to mental escape allowing children to 'chill out' and calm down'* (Bexley, 2011). In America there is a parent led movement to move away from seclusion and restraint and to adopt de-escalation approaches to managing challenging behaviours that include the use of calm down rooms. (Grosso, 2012).

15. The National Institute for Clinical Excellence produced guidance about the management of violence in health settings (NICE 2005). Section 1.1.1.2 of this guidance states '*all services should provide a designated area or room that staff may consider using, with the service user's agreement, specifically for the purpose of reducing arousal and/or agitation. In services where seclusion is practised, this area should be in addition to a seclusion room*' (Clinical Guideline 25).