

**DEPARTMENT OF CHILDREN AND FAMILY SERVICES**

**POLICY GUIDE 2020.12**

**RULE 384 BEHAVIOR TREATMENT IN RESIDENTIAL CHILD CARE FACILITIES  
APPENDIX A - MATRIX OF BEHAVIOR TREATMENT TECHNIQUES**

**DATE:** September 8, 2020

**TO:** DCFS Licensing and Monitoring Staff and Supervisors, and Residential and Group Home Administrators and Staff

**FROM:** Marc D. Smith, Acting Director

**EFFECTIVE:** Immediately

**I. PURPOSE**

The purpose of this Policy Guide is to inform staff of an amendment in Rule 384 Behavior Treatment in Residential Child Care Facilities Appendix A – Matrix of Behavior Treatment Techniques. This revision will provides Residential Providers permitted to use an approved and accepted behavior treatment technique referred to as UKERU.

**II. PRIMARY USERS**

The primary users of this Policy Guide are DCFS Licensing Staff, Monitoring Staff, Supervisors, and Residential Administrators and Staff.

**III. BACKGROUND AND SUMMARY**

Residential Administrators and Staff are now able to utilize an approved and accepted behavior treatment technique referred to as UKERU. “UKERU” is Japanese for “receive”. UKERU is a safe and comforting restraint-free approach to crisis management. The UKERU model is rooted in staff being more trauma-informed and more trauma-aware, builds on relationships first instead of rules first; and encourages staff/youth relationships and comfort over control. Extensive, in depth training is required before a residential provider adopts UKERU as a formal behavior treatment technique. As part of the training, staff are taught how to use UKERU pads to block physical aggression by youth instead of using restraint or seclusion to manage physical aggression.

The Department will propose amendments to appropriate rules to comport with this Policy Guide. Licensing and Monitoring staff shall make note of this amendment.



## **VI. QUESTIONS**

Questions regarding this Policy Transmittal may be directed to the Office of Child and Family Policy at 217-524-1983, or via Outlook at DCFS.Policy. Non-Outlook users may e-mail questions to [DCFS.Policy@illinois.gov](mailto:DCFS.Policy@illinois.gov). During the Department's response to COVID-19 the listed phone number to the Office of Child and Family Policy is being checked remotely, but we do ask that if you need immediate assistance Monday – Friday (8:30 – 5:00) please utilize the email address provided.

## **VII. FILING INSTRUCTIONS**

File this Policy Guide immediately following Rule 384 - Behavior Treatment in Residential Child Care Facilities Appendix A – Matrix of Behavior Treatment Techniques, as an Accepted Crisis Intervention and Behavior Management Model.