

# BEHAVIOR MODIFICATION REVIEW COMMITTEE (BMRC)

## WHAT IS BMRC?

California Title 17 Regulations require every regional center to maintain a committee responsible for the review and consideration for approval or denial of behavior modification interventions that may cause pain or trauma.

## WHAT MAY CAUSE PAIN OR TRAUMA?

- Use of any type of restraint (chemical, physical, mechanical) to control behavior
- Use of a helmet to control behavior
- Any type of restrictions on freedom (e.g., leaving facility)
- Any other situation with the possibility of pain or trauma or denial of client's rights

## WHEN ARE THESE INTERVENTIONS APPROVED?

Interventions are approved when the following criteria are met:

- Complete referral with necessary documentation
- Intervention plan conforms to facility license
- Intervention aims to improve individual's quality of life
- Intervention medically cleared
- All less restrictive measures tried without success
- Potential benefit of intervention outweighs potential harm
- Intervention will not cause irreparable harm to individual
- Intervention plan based on prevailing behavior modification standards and includes adequate monitoring and implementation procedures



## DID YOU KNOW?

- Case must be reviewed by PST prior to BMRC referral
- Final decisions will be provided in writing
- Approvals are only effective for a maximum of one year

