



# M3 Clinical MAB®

Team-Based Physical Intervention Training

**CLASSROOM EDITION**

## **MAB Clinical Containment - Team-Based Physical Intervention Training**

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## MABPRO: A Relentless Pursuit of Safety.



At MABPRO International, our pursuit of excellence is relentless when it comes to Safety. Our Students expect that from us, and we demand that from ourselves. When I think of safety, my first thought is of the front-line responder. That individual needs as much help as he or she can get in making that safe choice and keeping patients, staff, and the public free of harm.

Our profession can be complicated, and the patients we serve can be complicated. Helping can sometimes come with risk.

We all understand the realities of caring for people during their most vulnerable life moments, and through their most challenging behavioral instances. We understand your mission and we share in your efforts to develop the safest in response team capability.

Safety is – and always has been – our top priority. There is no greater responsibility for us than to deliver instruction to you and your employees in a safe, professional, and practical manner.

I am immensely proud of our record of reliability during our over 30-year history. Out of all major crisis response programs, we continue to stand out as the premier, customizable service modality for any industry. So how do we do it? I credit the MABPRO Instructor Network filled with dedicated individuals, very much like yourself, who have a vision of the highest quality of life through the highest quality of care. Care must have a focus on safety, and training helps us focus on caring. It allows us to lead with information when crisis response and reality intersect and demand the very best we have to offer.

Our workplaces are facing an epidemic of violence. To meet these high acuity demands, our need for training, dialog, and response options has never been higher or the risk greater. MABPRO is here to help, let's learn together how to have difficult conversations, respond to difficult situations, and influence conflict moments away from crisis. Nothing in life is guaranteed, no one option resolves all things, but together as a team we can help lead with information toward better outcomes. You deserve that from your favorite training partner, and it's our pleasure to deliver.

**Respectfully,**



**Darrell McLaughlin**

**CEO - MABPRO International Incorporated.**

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## Who We Are:

Management of Assaultive Behavior (MAB) provides staff with an effective framework for preventing, de-escalating, and increasing safety when responding to crisis behavior. The program will focus on what's happening from three perspectives: the person in distress, the responder, and the response team. Students will gain a comprehensive range of crisis communication, assessment, and planning capabilities to help them manage their emotional responses and identify the escalation stages and behaviors in others.

The MABPRO philosophy is one of patient-centered focus supporting a needs-met approach through safety in individual and team response. The goal is to help prevent or eliminate the need for physical intervention through proactive risk management training. MAB is built on a foundation of reality, the capability of response is enhanced with industry-proven methods of de-escalation and conflict management. The MAB modality realistically addresses the serious issue of workplace violence and provides the staff with *CORE MAB Principles and techniques* to professionally respond. All stages of response are supported through training which covers in-depth prevention and de-escalation, the stages of escalation, the crisis apex, and post-crisis recovery and review.

## Why MAB?

Workplace violence is on the rise, and in some industries, it can seem like an epidemic. Workplace violence is a serious issue that affects businesses of all sizes. In 2020, there were over 450,000 workplace violence incidents reported to the Occupational Safety and Health Administration (OSHA). Of those incidents, 85% were physical assaults and 15% were threats of violence.

Workplace violence can have a devastating impact on businesses. In addition to the physical and emotional toll on employees, workplace violence can also lead to lost productivity, increased insurance premiums, and damage to a company's reputation.

Workplace violence is a serious issue, but it can be prevented. By taking steps to address the risk factors for workplace violence, employers can create a safe and productive work environment for all employees. One of those first steps is to be prepared by training employees on how to be professional, proactive, and knowledgeable crisis responders.

Some of our professions deal with patient and public contact that is inherently high in acuity due to the support and services that they offer. We can not always control or predict what patients, or members of the public, will do. So what can we do...we can train. We can train to help influence situations, to better understand people, to communicate in ways that help meet the needs of those in conflict, and we can control how we respond.

## Who We Help:

Below is just a small list of some of the environments that we work with and in:

- Security Organizations
- Hospitals
- Federal Agencies
- Behavioral Health
- Regional Centers
- Schools
- Nursing Homes
- Churches
- Corporate
- Child Services
- Law Enforcement
- Care Facilities
- Customer Service Centers
- Banking
- Entertainment Industry
- Corrections
- Supported Living Services
- Juvenile Justice
- Group Homes
- Airlines
- Social Services
- Day Programs
- Security Services
- Hospitality
- Police Departments

## What we do...

MABPRO's mission is to eliminate workplace violence and empower healthcare professionals with the tools to do so. Our training focuses on the basic human behavior that takes place before, during, and after the crisis. A large portion of workplace violence can be prevented with training that improves your team's overall situational awareness. In most cases, the crisis will not escalate if everyone on the team understands and agrees on the correct step forward.

“For decades we have been helping people across the United States as the original MAB (Management of Assaultive Behavior) program, founded in 1976. The principles we teach improve safety and mitigate risk for businesses and agencies of all sizes. Our training is modular and customizable to meet the needs of your employees.”

## MAB Enabled Learning Objectives (ELOs')

- Learn how to recognize, and respond to, various levels of conflict and crisis behaviors.
- Understand how to keep professional self-control when seeking to influence conflict away from crisis.
- Learn how to implement Proxemics, and *M-TAC Communication Principles* in conjunction with nonverbal communication.
- Develop limit-setting strategies when verbally intervening to de-escalate defensive behaviors.
- Learn the principles of safety through risk management, identifying and preventing the risk of harm, and being proactive as much as possible to minimize the risk of crisis management.
- Defining Imminent Danger to self and others and its various degrees, and adhering to the legal framework guiding restrictive interventions.
- Explore the *Threat Recognition Tables<sup>SM</sup>* when assessing risk behavior.
- Implementation of non-restrictive and seeking least restrictive interventions that are consistent with best practice.
- Finding a pathway back from conflict post-crisis, for both the patient and the responding team.

## Delivery Methods

**Blended Learning (Online and Classroom Portions - M1 Basic MAB only)** - Completion of the Online M1 Basic MAB Course and Classroom portion of the course. This is an instructor-guided course that includes the use of Videos and module presentations with activities and case studies that will aid participants in the implementation of the MABPRO Modality.

**Webinar - (M1 Basic MAB Only)** - Full instructor-guided presentation of all modules via live webinar. Training includes live student peer-to-peer interaction and guided instructor dialog. The course covers principles of instruction through electronic presentation and video, incorporates case studies, and an online exam to ensure that students can demonstrate the core elements of the MAB Modality.

**Classroom - (M1, M2, & M3 MAB)** - Full instructor-guided presentation of all modules via in-person classroom setting. Training includes student peer-to-peer interaction and guided instructor dialog. The course covers principles of instruction through electronic presentation and video, incorporates case studies, and testing is completed to ensure that students can demonstrate the core elements of the MAB Modality.

- M2 and M3 Courses will conduct physical maneuver training per section, students must be able to demonstrate the capability of correctly demonstrating the maneuvers to pass the course

# MABPRO - M3 Clinical Containment - Classroom Edition

## Course Description:

The M3 Clinical MAB course teaches you the skill sets needed to organize and participate in a Team-Based Response to Physical Intervention. This training will help the Team focus on safety during restraint interventions with a modality that is designed to help minimize the risk of injury to both patients and staff. All members of the response team are trained to support all lanes and stages of the containment process. Team Communication is also a focus to help the coordination of team movement throughout the crisis.

M3 Clinical MAB – Restraint and Seclusion course is for individuals who are part of a Crisis Response Team, Security Professionals, Emergency Room Responders, Behavioral Health Workers, Law Enforcement, or where controlling an aggressive person or situation is defined within their job description. It provides advanced training, effectively preparing learners to handle intense situations that require intervention.

MAB will provide you with the skills you need to be a better leader, responder, and Care Professional. After this course, your enhanced ability to utilize skills learned in [MTAC Active Listening](#) and [The Triad of Successful Interventions](#) (combined with updated response guidelines) will greatly improve crisis response.

## Price Per Student: \$60.00

- **6 Hour** In-person Class
- 2-Year Certification
- Continuing Education Credits available

## Training Hours: 6 Hours

- This is an in-person classroom edition.
- Completion of **6 hours** of M3 Clinical Containment - Team-Based Physical Intervention Training
- M2 Advanced MAB is a prerequisite.

## Training Materials:

**M3 Clinical Containment Student Guide:** Each student receives a student guide/ workbook. The guide helps the students enhance learning, provides a location to organize notes, and has workbook questions to help foster retention. The guide helps to organize the student's understanding of the MABPRO Modality and serves as a reference to the many layers of required MAB knowledge they can take with them.

# M3 Clinical MAB Course

## Classroom - 6 Hours

Training Modules	Enabled Learning Objectives	Length of Section
Introduction -	Establish the learning expectations and course guidelines. Outlining the safety protocol in place for the physical block of instruction.	15 minutes
Legal Considerations	A review of the elements of the law that pertain to physical response to assault, and the level of threat students may encounter as responders.	1-hour
Body Mass Neutralizing Strength	Instruction on the reduction of risk by minimizing strength-based maneuvers, and increasing the understanding of responder body mass and motion	
Purposeful Body Mechanics	Helping to reduce risk by identifying unnatural motion and preventing injury to the patient and or responder.	
Manipulated Psychometric Reflexology	Instruction on ways to capitalize on getting the assailant to think away from the initial target or reason for harm.	
Evasion Pathways	A review of how the environmental milieu may impede the responder's ability to evade assault.	
Strong Side Proxemics	How to move the motion of response in a manner that better presents the responder with safer options to evade.	
Self Movement - Hand Variations	Identifying the different hand grasps and movements used in the MAB Safe Evasion Maneuvers.	
Understanding Striking Proxemics	Understanding the mechanical elements of striking assaults, and countering those elements through responder utilization of associated proxemics.	
Strike Response - Moving Triangle Block	How to evade through high acuity assaults	
Understanding Kicking Proxemics	Understanding the mechanical elements of striking assaults, and countering those elements through responder utilization of associated proxemics.	
The Response Posture	Recognizing the escalation postures of an assault and preparing to evade	
Single Grasp Release - Over	Removing the one grasp of an assailant through an over-the-wrist maneuver.	
Single Grasp Release - Under	Removing the one grasp of an assailant through an under-the-wrist maneuver.	
Double Grasp Release - Over	Removing the double grasp of an assailant through an over-the-wrist maneuver.	
Double Grasp Release - Under	Removing the double grasp of an assailant through an under-the-wrist maneuver.	
Two-Handed Grasp Release - High	A maneuver for removing the grasp of an assailant who is holding both of the responder's hands above their head.	
Two-Handed Grasp Release Low	A maneuver for removing the grasp of an assailant who is holding both of the responder's hands to their side.	
Rear Choke Release	A maneuver for the release of a two-handed choke attack from the rear	1.5 hours
Forward Choke - Stone in Release	A maneuver for the release of a two-handed choke attack from the front	
Forward Choke Full Release	A maneuver for the release of a two-handed choke attack from the front	
Bear Hug - Over the Arms	A maneuver to release an over-the-arms bear hug	30 minutes
Bear Hug - Under the Arms	A maneuver to release an over-the-arms bear hug	
Pinch & Scratch Release	A one-quarter turn maneuver to slip scratching and pinching assaults away and off the body.	15 minutes
Floor Hip Toss	Using upward motion to remove an assailant who is pinning the responder to the ground	30-minute
Weapon Defense Strategies	Capitalizing on the surface-to-surface defense while seeking pathways to evasion.	30 minutes
<b>Total Time:</b>		<b>6 Hours</b>

## **We Meet and Exceed Regulatory Compliances -**

*MABPRO MAB Training complies with all State and Federal standards and requirements such as the AB-508, AB-1083, AB-30, SB-1299, Health and Safety Codes 1257.7 and 1257.8, Title 22, MO. HB-652 and all standards required by The Joint Commission, CMS, OSHA, SEIU union, and the National Association of Insurance Commissioners are specific to healthcare and workplace violence. All levels of MABPRO's MAB Training are also recognized by the following regulatory compliance organizations, along with many others, as a valid and accepted choice for a violence prevention program.*

**Just some of the National Healthcare Organizations that recognize and support the need for MABPRO Education:**

- Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
- Center for Medicaid and Medicare Services (CMS)
- National Alliance for The Mentally Ill (NAMI)
- National Association of Psychiatric Health Systems (NAPHS)
- American Organization of Nurse Executives (AONE)
- American Psychiatric Nurses Association (APNA)
- Hospital Association of Southern California (HASC)
- The California Board of Registered Nursing (BRN)
- California Board of Behavioral Sciences (BBS)
- California Mental Health Directors Association (CMHDA)
- Accreditation Council on Developmental Disabilities (ACDD)
- Occupational Safety and Health Administration (OSHA)
- California Occupational Safety and Health Administration (CAL-OSHA)
- California Department of Health Services-Facilities Licensing
- California Community Care Licensing (CCL)
- California Association of Social Rehabilitation Agencies (CASRA)
- National Alliance on Mental Illness California (NAMIC)
- California Alliance of Child and Family Services (CACFS)
- California Mental Health Advocates for Children and Youth (CMHACY)
- National Association of Social Workers (NASW)
- California Mental Health Planning Council CMHPC)
- California Council of Community Mental Health Agencies (CCCMHA)
- Mental Health Association in California (MHAC)
- California Psychological Association (CPA)
- California Psychiatric Association (CPA)
- Missouri Nurses Association (MONA)
- Emergency Nurses Association (ENA)
- National Nurses United (NNU)
- Department of Social Services (DSS)
- Department of Developmental Services (DDS)



# MABPRO California Regulatory Compliance CrossWalk:

Type of Training	Trainee(s)	Frequency	Course	Modules	Hours	Regulation
Initial Training	All Physicians, Employees, and Supplemental Workers	Initial Training	MABPRO Initial	1-10 With Student Guide and Evasions Guide	6	SB1299
Recertification	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	1-4 with Student Guide and Evasions Guide	6	SB1299
Categories of Violence	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	Module 1	1	Title 8 §3342
General and Personal Safety Measures	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	Modules 1 - 10	8	Title 8 §3342 & HSC §1257.8
Verbal and physical Maneuvers to diffuse and avoid violent behavior	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	Modules 3,4,6 with Evasions training	4	Title 8 §3342 & HSC §1257.8
Aggression and Violence Predicting Factors	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	Modules 2,3,5	2	Title 8 §3342 & HSC §1257.8
The Assault Cycle	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	Module 10	1	Title 8 §3342 & HSC §1257.8
Characteristics of aggressive and violent patients and victims	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	Modules 1,5,7	2	Title 8 §3342 & HSC §1257.8
Strategies to prevent physical harm	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	Modules 3,4 with Evasions training	4	Title 8 §3342 & HSC §1257.7
Restraining Techniques - Containments	Response Teams	Annually from the date of the Initial Certification	Clinical Containments	Clinical Containments with Guide	4	Title 8 §3342 & HSC §1257.8 & Title 22
Restraints and Seclusions -Chemical and Mechanical	Response Teams	Annually from the date of the Initial Certification	Restraints and Seclusions	Restraints and Seclusions	2	Title 8 §3342 & HSC §1257.8 & Title 22
Policy and Training relating to appropriate responses to violent acts	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	Module 5,7	2	HSC §1257.7
Obtaining patient history from a patient with violent behavior	All Physicians, Employees, and Supplemental Workers	Annually from the date of the Initial Certification	MABPRO Recertification	Modules 3,4,6,8	4	HSC §1257.7 HSC §1257.8

MABPRO is a national training platform that meets and exceeds the regulatory requirements of all fifty states. Reducing risk is a universal mission across all care provider industries and a driving focus of MABPRO International. We have been providing MAB training to California care environments for over 27 years, reducing the acuity of high-stress workplaces and helping to find options away from conflict and crisis.

## Comparison of SB 1299 Requirements and MABPRO Compliancy: [Section A](#)

What Does SB 1299 Require?				IS MABPRO Compliant?			
Additional Employer Requirement for Oversight Beyond Initial Training.?	Required Categories of Training	Required Topics of Training	Required Sub-Topics of Training	SB 1299 Requirement	Training Frequency?	Meets the Requirements	Exceeds the Requirements
NO	Workplace Violence	Drugs Alcohol Psychiatric Conditions Confusion History of Violence		YES	Annually	YES	YES
NO	Communication	Any act of violence at work: Threat, trauma, stress Incident - use of weapon Workplace Violence Types		YES	Annually	YES	YES
NO	Procedures to Identify Risk Factors	Assessment tools, algorithms Type 2 - Visitors Type 1 - Workplace Patient - mental status, treatment meds, history of violence.		YES	Annually	YES	YES
NO	Post Incident Response			YES	Annually	YES	YES
NO	Initial Training	General and Personal Safety Measures		YES	Annually	YES	YES
NO	Initial Training	Strategies to avoid physical harm		YES	Annually	YES	YES
NO	Initial Training	Reporting to law enforcement	Critical Incident Stress	YES	Annually	YES	YES
NO	Initial Training	Employee Resources	Debriefing	YES	Annually	YES	YES

At MABPRO we don't just strive to meet the standards of instructional delivery, we seek to exceed it. We understand that prevention of risk starts with understanding and that understanding starts with training. The MABPRO Modality helps in navigating conflict away from crisis, helps to meet the needs of the patient, and provides a foundation in learning how to tailor support in proactive and measured response approaches.

Compliance with regulatory oversight is an essential part of any crisis management plan. Our program meets and exceeds those standards while keeping the program relatable to all levels of response teams.

## Comparison of SB 1299 Requirements and MABPRO Compliancy: [Section B](#)

What Does SB 1299 Require?				IS MABPRO Compliant?			
Additional Employer Requirement for Oversight Beyond Initial Training.?	Required Categories of Training	Required Topics of Training	Required Sub-Topics of Training	SB 1299 Requirement	Training Frequency?	Meets the Requirements	Exceeds the Requirements
NO	Additional Training	For Employees who are on Response Teams	Debriefing of practice sessions	NO	Annually	YES	YES
No	Additional Training	For Employees who are on Response Teams	Active Shooter Assessment and Intervention for Psychiatric Patients Communication Techniques/ Role Play Consequences of working in a high-stress environment Patients Rights 12 Elements of Active Listening Methods for Successful Negotiation Social Media Risk Assessment Legalities	NO	Annually	YES	YES

Thank you for your interest in the MABPRO Modality. We value the opportunity to discuss our program with you and learn more about your needs.

We have been providing MAB training to California care environments for over 27 years. During that time, we have seen firsthand the positive impact MAB can have on organizations. MAB training has helped to reduce the acuity of high-stress workplaces, improve communication and teamwork, and create a more positive and productive work environment.

We would be happy to schedule a time to discuss MABPRO and how it can benefit your organization. Please contact us at [Office@MABPRO.com](mailto:Office@MABPRO.com) or **888-619-8880** to set up a time to talk.

Thank you again for your interest in MABPRO. We look forward to hearing from you soon.