House Bill 1795: Prevent harmful restraint and isolation in school (2026)

COALITION TO
END ISOLATION AND
REDUCE RESTRAINT

What HB 1795 does

- Bans dangerous restraints: Defines and prohibits chemical and mechanical restraints. Prohibits any restraint that restricts breathing or blood flow.
- Strengthens existing protections: Current rules already ban breathing-interference restraints for students in special education. HB 1795 extends this protection to all students.
- Clarifies limits on restraint: States that property destruction alone is not a valid reason to restrain a student.
- Continues statewide support: Extends OSPI's *Restraint Reduction and Isolation Elimination* project, providing technical assistance to select districts that eliminate isolation and reduce restraint use. (Cost-neutral as funding is already budgeted for biennium.)
- Stops new isolation rooms: Prevents construction of new isolation rooms. (Schools can still create sensory/calming spaces, which are best practice.)

What HB 1795 does NOT do

Does not change current requirements. Existing law remains in place, including:

- Definitions and limits around isolation and restraint
- Required trauma-informed crisis training for those who restrain or isolate students
- Parent notification
- School reporting and data collection

Effective Practices for Reducing Restraint & Eliminating Isolation that already exist:

Schools that have successfully reduced restraint and isolation consistently report the value of:

- Post-incident debriefing with school team
- Incident, disparity, and student data tracking and review
- Strong multi-tiered systems of support (MTSS)
- Robust social-emotional learning
- Trauma-informed regulation supports for students with trauma histories
- Positive student support and de-escalation training

More Resources

OSPI's Positive Behavior Supports for Resilient and Inclusive Schools

Moving from Power to Problem Solving with Dr. Ross Greene (3 free clock hours)

True Crisis Prevention with Dr. Ross Greene (9 free clock hours)

RREI Project