

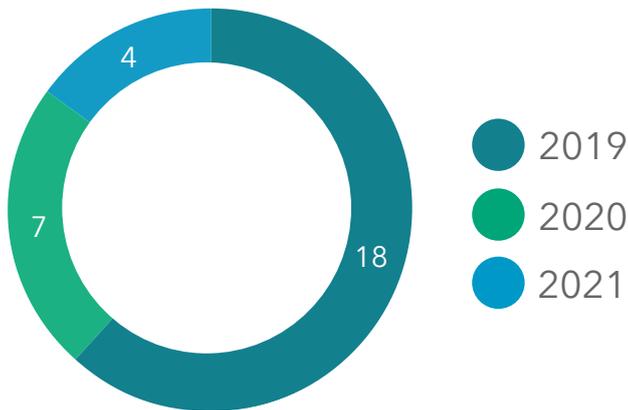
Positive & Safe News Letter

January 2022

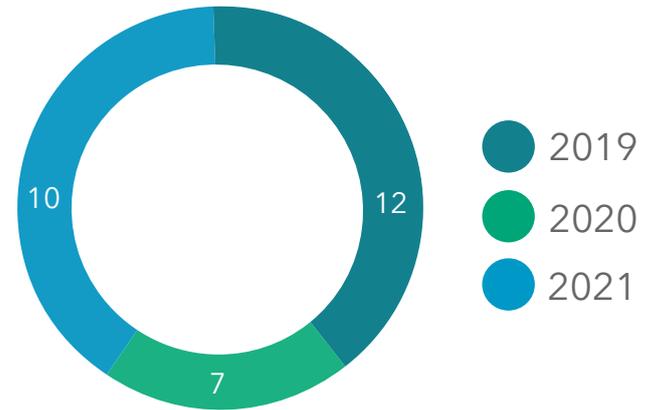
Cheswold Park



Restraints



Seclusion



Restraint Reduction Network update

The work to gain accreditation by the Restraint Reduction Network continues. Our assessor attended the training in December to observe the de-escalation and physical interventions and raised no concerns. The final aspect is a presentation to the panel and answering any of their questions which will go ahead on the 1st February and we will update in the next newsletter.

Drop in Sessions - February 2022

Please join us in the Professional Development Office (previously Quality office) to discuss any aspect of de-escalation, physical interventions, PBS, My Safety Plans or anything else we might be able to help with.

Time slots are:

2nd at 1400 - 1500

9th at 1400 - 1500

15th at 10 - 11

22nd at 10 - 11

On the 2nd February, we are presenting our achievements around the Reducing Restrictive Practice Training that we have written and delivered through Recovery College to the Yorkshire & Humber Involvement Network. We have been asked to do this, as we are the first service in the region to have service users deliver a full training session on this subject.

As well as talking about our journey with this training, we have also been asked by the network to write an interactive version that can be provided to the other services in the network to access as an eLearning package, and we are very close to completing this work, ready for it to go live!

We are really keen to start delivering this to ward-based staff at Cheswold Park, and hope that our first-hand experiences around restrictive practices will encourage staff to reflect on their daily work and change how restrictive practice is viewed at ward level. Whilst some restrictions are necessary for safety and security, others can be challenged and adapted to make life more balanced, positive, and fairer for service users across the wards. Watch this space!

[Recovery College Expert by Experience]

Mental Health Units (Use of Force) Act

The Mental Health Units (Use of Force) Bill received Royal Assent on 1 November 2018. This means that it has now become an Act.

This is also known as "Seni's Law" after Olaseni Lewis who tragically died aged 23, after being restrained on a mental health ward by police officers. At the inquest the restraint used was deemed to be excessive, unreasonable and disproportionate.

Because of the new law, each mental health unit will have to publish a policy to set out what steps will be taken to reduce the use of force by staff who work in that unit.

They must publish information about patients' rights in relation to the use of force.

The units must provide training for staff which includes:

- showing respect for patients' past and present wishes and feelings
- avoiding unlawful discrimination, harassment and victimisation
- the use of techniques for avoiding or reducing the use of force
- the risks associated with the use of force
- the impact of trauma and force (whether historic or otherwise) on a patient's mental and physical health

Each mental health unit must keep a record of any use of force by staff who work in that unit where the use of force is not "negligible". Some of the information that must be included is:

- the place, date, duration and reason for the use of force
- the type or types of force used on the patient
- the name and job title of any member of staff who used force on the patient
- the reason any person who was not a member of staff in the mental health unit was involved in the use of force on the patient
- the patient's mental disorder and if they have a learning disability or autistic spectrum disorders
- the relevant characteristics of the patient for example race, whether pregnant or sexual orientation
- the outcome of the use of force
- any efforts made to avoid the need to use force on the patient

 Cheswold Park

