

THE OFFICE OF THE CHIEF PSYCHIATRIST & THE  
OFFICE OF THE CHIEF MENTAL HEALTH NURSE  
PRESENT

# TOWARDS ELIMINATION: The 6 core strategies<sup>©</sup> for reducing restrictive interventions



In partnership with the Te Pou and the Health Quality & Safety Commission New Zealand, this workshop series aims to provide practical support, skills building and information to assist in planning and implementing organisational reduction and elimination strategies.

**The six core strategies<sup>©</sup> provide an evidence-based approach to elimination of restrictive interventions (Huckshorn, 2006).**

**They target improving leadership to drive organisational change, using data to inform practice, focusing on workforce development, using seclusion and restraint prevention interventions, employing the expertise of people with lived experience of mental illness to work alongside clinical staff, and the use of debriefing techniques to create understanding and avert the use of restrictive interventions in the future.**

**These strategies sit alongside recovery oriented and trauma informed care as central to Victoria's approach to reducing and eliminating seclusion and restraint.**

I

## INTRODUCTION TO THE 6 CORE STRATEGIES

25<sup>TH</sup> MAY 2021 1.00-2.00

This workshop introduces the 6 core strategies, the Health Quality & Safety Commission NZ's 'Zero seclusion project' and explores Te Pou's refreshed Six Core Strategies© service review tool (2020).

1

## LEADERSHIP TOWARDS CHANGE

29<sup>TH</sup> JUNE 2021 1.00-2.00

Leaders are aspirational, empowering, and critical to modelling and supporting a service culture and workforce that has a shared focus on achieving elimination. This skill building and inspiring workshop focusses on how to demonstrate leadership for change.

2

## USING DATA TO INFORM PRACTICE

27<sup>TH</sup> JULY 1.00-2.00

Presented in partnership with the Health Quality & Safety Commission NZ, Te Pou & the Office of the Chief Psychiatrist; this workshop focusses on turning data into clinical wisdom and driving change.

3

## FULL INCLUSION OF LIVED EXPERIENCE

31<sup>ST</sup> AUGUST 2021 1.00-2.00

This workshop explores what 'towards elimination' means from a consumer, and a carer perspective and provides practical advice on how to embed peer led work in and across approaches to achieve results.

4

## WORKFORCE DEVELOPMENT

28<sup>TH</sup> SEPTEMBER 2021 1.00-2.00

This workshop presents 5 workforce strategies to assist staff to reduce practices focused on containment & control: introduction to sensory interventions, trauma informed practice, Safewards, Mental Health Intensive Care & therapeutic engagement.

5

## ENGAGEMENT, PREVENTION & REDUCTION TOOLS

28<sup>TH</sup> OCTOBER 1.00-2.00

Learn more about using advanced statements and consumer led safety & wellness plans. This workshop also provides specialist advice on supporting someone experiencing distress due to substance use or withdrawal and supporting communities more at risk of restrictive interventions.

6

## DEBRIEFING

30<sup>TH</sup> NOVEMBER 1.00-2.00

Debriefing can assist in supporting people who have been involved in any adverse event and reduce the traumatic impact of such events. It provides important information about preferences for future support & aids team planning.

*“Peer work was viewed as ‘central’ and ‘pivotal’ to reducing restrictive practices and indeed pivotal to ‘almost all’ important reform”*

- McKenna B et.al (2018)



## PROGRAM AT A GLANCE

TO ACCESS SIMPLY USE THE LINK BELOW  
EACH SESSION

**Intro Session: Introduction:** Tuesday 25th  
May 2021 1.00-2.00

<https://bit.ly/3bNKByw>

**Session 1: Leadership:** Tuesday 29th June  
2021 1.00-2.00

<https://bit.ly/2QQJB5v>

**Session 2: Using Data:** Tuesday 27th  
July 1.00-2.00

<https://bit.ly/3fKIGfg>

**Session 3: Peers as enablers:** Tuesday  
31st August 2021 1.00-2.00 28th

<https://bit.ly/3yCobKn>

**Session 4: Workforce Development:**  
Tuesday 28th September 2021 1.00-2.00

<https://bit.ly/3fKJi4y>

**Session 5: Reduction Tools**

Tuesday 26<sup>th</sup> October 1.00-2.00

<https://bit.ly/2TcoVFP>

**Session 6: Debriefing**

Tuesday 30th November 1.00-2.00

<https://bit.ly/2Tcp8sB>

Contact for enquiries:

[OCMHN@health.vic.gov.au](mailto:OCMHN@health.vic.gov.au)