



Approved Centre Name:  
Carraig Mor Centre

The total number of persons that the centre can accommodate at any one time	6
The total number of persons that were admitted during the reporting period	67
The total number of persons who were secluded during the reporting period	12

### **Rules Governing the Use of Mechanical Means of Bodily Restraint**

Issued Pursuant to Section 69(2) of the Mental Health Act 2001-2018.

The total number of persons who were mechanically restrained	0
The total number of episodes of mechanically restrained	n/a
The shortest episode of mechanically restraint	n/a
The longest total episode of mechanically restraint	n/a
The total number of persons who were mechanically restrained as a result of mechanical means of bodily restraint for enduring risk of harm to self or others	0

#### **A statement about the effectiveness of the approved centre's actions to reduce and, where possible, eliminate mechanical means of bodily restraint**

Carraig Mor Centre has not used mechanical means of bodily restraint and will continues to eliminate where possible the use of mechanical restraint.

#### **A statement about the approved centre's compliance with the rules governing the use of mechanical means of bodily restraint**

N/A

#### **A statement about the compliance with the approved centre's own reduction policy**

Carraig Mor Centre is complaint with its own reduction ploicy and has not used mechanical means of bodily restraint.



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### **Rules Governing the Use of Seclusion**

Issued Pursuant to Section 69(2) of the Mental Health Act 2001-2018.

<b>The total number of seclusion episodes</b>	<b>28</b>
<b>The shortest episode of seclusion</b>	<b>1hr</b>
<b>The longest episode of seclusion</b>	<b>12hrs</b>

#### **A statement about the effectiveness of the approved centre's actions to reduce or, where possible, eliminate the use of seclusion**

Carraig Mor Centre has reduced its use of seclusion and has only had one episode of seclusion in 2024, a significant reduction from previous years which had 28 episodes of seclusion in 2023 and 17 episodes of seclusion in 2022.

All staff working in the approved centre are up to date with all in-person and online training required for the use of seclusion, including Prevention and Management of Complex Behaviour (PMCB), Positive Behaviour Support Informed Care, Trauma Informed Care and Human Rights Based approach.

#### **A statement about the approved centre's compliance with the rules governing the use of seclusion**

Carraig Mor Centre uses a comprehensive seclusion booklet to document all aspects of the seclusion process. This booklet was developed by staff and is completed by relevant staff to ensure compliance with the rules governing seclusion. This booklet is under review to ensure ongoing compliance and a robust audit schedule is in place to identify any non-compliances and monitor compliance with the rules governing seclusion.

#### **A statement about the compliance with the approved centre's own reduction policy**

The reducing restrictive practices governing group meets every 2 months to review any episodes of restrictive practice that have occurred within the approved centre.

This group takes an MDT approach to reducing restrictive practices.

The group completed the Reducing Restrictive Practices Colton Checklist in 2023. Quality Improvement Plans have been identified and will be completed in 2024 to further reduce the use of restrictive practices.



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## **Code of Practice on the Use of Physical Restraint**

Issued Pursuant to Section 33(3)(e) of the Mental Health Act 2001-2018

<b>The total number of persons who were physically restrained during the reporting period</b>	23
<b>The total number of episodes of physical restraint</b>	53
<b>The shortest episode of physical restraint</b>	1min
<b>The longest episode of physical restraint</b>	10min

### **A statement about the effectiveness of the approved centre's actions to eliminate, where possible, and reduce physical restraint**

Carraig Mor Centre has reduced its use of restraint and has only had 5 episodes of restraint in 2024, this is a significant reduction from previous years which were 53 episodes in 2023 and 31 in 2022. All staff working in the approved centre are up to date with all in-person and online training required for the use of restraint including Prevention and Management of Complex Behavior (PMCB), Positive Behavior Support Informed Care, Trauma Informed Care and Human Rights Based approach.

### **A statement about the approved centre's compliance with the code of practice on the use of physical restraint**

Carraig Mor Centre uses a comprehensive restraint booklet to document all aspects of the restraint process. This booklet was developed by staff and is completed by relevant staff to ensure compliance with the rules governing restraint, this booklet has been reviewed to ensure ongoing compliance and a robust audit schedule is in place to identify any non-compliances and monitor compliance with the rules governing restraint.

### **A statement about the compliance with the approved centre's own reduction policy**

The reducing restrictive practices governing group meets every 2 months to review any episodes of restrictive practice that have occurred within the approved centre. This group takes an MDT approach to reducing restrictive practices. The group completed the Reducing Restrictive Practices Colton Checklist in 2023. Quality Improvement Plans have been identified which will be completed in 2024 to further reduce the use of restrictive practices.

**Signed by Registered Proprietor Nominee:** Sinead O'Brien

*\*If you don't have a Digital Signature, typing your name will be accepted as your signature.*