



Approved Centre Name:
Linn Dara CAMHS

The total number of persons that the centre can accommodate at any one time	24 (13 registered beds)
The total number of persons that were admitted during the reporting period	64
The total number of persons who were secluded during the reporting period	<5

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	n/a
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	n/a

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

N/A

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

N/A



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Rules Governing the Use of Seclusion

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

The total number of seclusion episodes	22
The shortest episode of seclusion	1hr
The longest episode of seclusion	16hrs

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

Linn Dara Approved Centre is a Health Service Executive funded and run service. The service provides acute, emergency and specialist inpatient child and adolescent mental health services on a tertiary basis. Linn Dara Approved Centre is a 24 bedded centre which is divided into three units, Rowan, Oak and Hazel. Rowan and Hazel both consist of 11 individual beds and Oak unit has two beds which provide high dependency observation and care.

In 2022 a Reducing Restrictive Practices Committee was established. A working group for restrictive interventions in Linn Dara approved centre meet on a monthly basis to review and discuss the trends in data. The aim of the group is to review each episode for compliance with the Mental Health Commission Code of Practice on use of Physical Restraint in Approved Centres (2022), Rules Governing the use of Seclusion. To review trends and analysis, reduction and improvement opportunities. The data is compiled and compared to the previous month, the reason for a restrictive intervention, the type of intervention, the duration and the trend is discussed in detail at the meeting. A discussion and minutes are taken. A review of the current trends the circumstances surrounding, the de-escalation prior to the restrictive practice. A policy on restraint reduction has been implemented into Linn Dara Mental Health services. The policy outlines commitment to reducing restrictive practices.

The following practices are currently in place to reduce, or where possible, eliminate the use of Seclusion and Physical Restraint in Linn Dara;

1. Staff are trained in TMVA and Breakaway Techniques with an emphasis on De-escalation.
- 2.. Training has commenced in both Trauma Informed Care and Positive Behaviour Support approaches to care & restrictive practice training.
3. Communication passport has been developed and implemented for young people to support with communicating their needs.
4. Sooth boxes are available for all young people
5. Each young person is assigned a key worker on admission
6. A weekly MDT meeting where the young persons ICP is updated and in collaboration with the young persons needs.

During January – December 2023 there were 64 admissions to Linn Dara. Of these young people only <5 required an episode of seclusion.

there have been 22 episodes of Seclusion in Linn Dara.

In comparison to previous years, in 2022 there was 7 seclusion episodes and in 2021, there was 20 episodes of seclusion. Although this demonstrates an increase in the use of seclusion, there is a decrease of 80% of those admitted to Linn Dara Approved Centre.



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

All local PPPGs and documentation in adherence to the Rules Governing the use of Seclusion which commenced in Jan 2023. The approved centre developed a document called the debrief tool as part of reducing restrictive interventions. The debrief document allows the young person to express themselves freely in relation to their experience of a restrictive intervention and an opportunity for staff to learn from the young person's perspective of the incident

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

The establishment of a CHO service-wide oversight committee under QSSI is tasked with overseeing ongoing reductions in restrictive practices throughout our organization. This committee fosters a culture of shared learning and continuous improvement.

These initiatives underscore our unwavering commitment to reducing RPs, prioritizing patient safety, and cultivating a supportive environment conducive to comprehensive care practices.. The policy set out the direction and vision of CHO 7 mental health in reducing restrictive practices and the mechanisms that need to be in place to support and facilitate same. The Policy outlined how Linn Dara MHS shall adopt the key intervention themes outlined in the MHC (2014) Seclusion and Restraint Reduction Strategy as the main guidance to demonstrate their commitment to reducing restrictive practices. In a similar fashion to the MHCs 2014 strategy each key theme outlines actions that shall be implemented. It is envisaged that through the approved centres proactive approach to ensuring each theme and subsequent actions are addressed, that this will ultimately result in an overall reduction of RPs.

The approved centre (Linn Dara) established an MDT working group that meet montly. A working group for restrictive interventions in Linn Dara approved centre meet on a monthly basis to review and discuss the trends in data. The aim of the group is to review each episode for compliance with the Mental Health Commission Code of Practice on use of Physical Restraint in Approved Centres (2022), Rules Governing the use of Seclusion. To review trends and analysis, reduction and improvement opportunities. The data is compiled and compared to the previous month, the reason for a restrictive intervention, the type of intervention, the duration and the trend is discussed in detail at the meeting. A discussion and minutes are taken. A review of the current trends the circumstances surrounding, the de-escalation prior to the restrictive practice. A policy on restraint reduction has been implemented into Linn Dara Mental Health services. The report of the committee is presented at the local governance and QSSI. Actions plans are devised and any risk issues as escalated via the local QSSI function.

Traing is provided for all staff on

1. TMVA
2. We currently have 3 TMVA instructors withn the Linn Dara Service.
3. Training on restrictive practice was delivered to staff
4. Trauma informed care trainng was delivered tostaff
5. Positive Behavioural Support (PBS) was delivered to staff
7. Policy on Safeguarding has been implemteed
8. Induction training for nursing staff
- 9 Team Supervison for MDT staff provided 2 montly

Out of the 22 seclusion episodes in 2023, 20 were below the 4 hour period. This is a significant reduction from 2022 where, despite there being only 7 seclusion episodes, only 3 of these were below 4 hours.



Approved Centre Name:
Linn Dara CAMHS

Code of Practice on the Use of Physical Restraint

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

The total number of persons who were physically restrained during the reporting period	15
The total number of episodes of physical restraint	264
The shortest episode of physical restraint	1mins
The longest episode of physical restraint	30mins

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

Within Linn Dara Approved centre, the use of physical restraint is only used when the person poses an immediate threat of serious harm to themselves or others. The Child and Adolescent Mental Health Service (CAMHS) Linn Dara, endeavours to ensure the safety of young people, staff and visitors to the Approved Centre. In order to achieve this, it may be necessary at times to physically restrain a young person.

It is the policy of the (CAMHS) Linn Dara Approved Centre, that where physical restraint is required, it is conducted in strict conformity with the terms of the Mental Health Act 2001 and the updated Code of Practice on the use of Physical Restraint in Approved Centres (Mental Health Commission, 2022).

It is the policy of the (CAMHS) Linn Dara Approved Centre, that physical restraint shall only be used:

in the best interest of the young person

where all other methods of therapeutic interventions have failed

for the shortest possible duration

only when any young person poses an immediate threat of serious harm to self or others and all alternative interventions to manage the young persons unsafe behaviour have been considered for the purpose of prescribed clinical interventions which are part of the young persons Individual Care Plan (i.e. phlebotomy, nasogastric feed plan).

In 2022 a Reducing Restrictive Practices Committee was established. A working group for restrictive interventions in Linn Dara approved centre meet on a monthly basis to review and discuss the trends in data. The aim of the group is to review each episode for compliance with the Mental Health Commission Code of Practice on use of Physical Restraint in Approved Centres (2022), Rules Governing the use of Seclusion. To review trends and analysis, reduction and improvement opportunities. The data is compiled and compared to the previous month, the reason for a restrictive intervention, the type of intervention, the duration and the trend is discussed in detail at the meeting. A discussion and minutes are taken. A review of the current trends the circumstances surrounding, the de-escalation prior to the restrictive practice. A policy on restraint reduction has been implemented into Linn Dara Mental Health services. The policy outlines commitment to reducing restrictive practices.

The following practices are currently in place to reduce, or where possible, eliminate the use of Seclusion and Physical Restraint in Linn Dara;

1. Staff are trained in TMVA and Breakaway Techniques with an emphasis on De-escalation.



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- 2.. Training has commenced in both Trauma Informed Care and Positive Behaviour Support approaches to care & restrictive practice training.
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6. A weekly MDT meeting where the young persons ICP is updated and in collaboration with the young persons needs.

From January to December 2023, there were 264 episodes of physical restraint in Linn Dara. These numbers demonstrate an increase in the use of physical restraint compared to 2022 where there was 247 episodes of Physical Restraint recorded in the Approved Centre.
During January – December 2023 there were 64 admissions to Linn Dara.

Out of these 64 admissions, 15 young people required Physical Restraint. This represents 24% of admissions in this time period. Although this demonstrates an increase in the number of physical restraints compared to 2022, there is a decrease in the overall amount of young people being physically restrained and a reduction of 15%.

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

All local PPPGs and documentation in adherence to the Rules Governing the use of Seclusion which commenced in Jan 2023. The approved centre developed a document called the debrief tool as part of reducing restrictive interventions. This tool allows the young person to express themselves freely in relation to their experience of a restrictive intervention and an opportunity for staff to learn from the young persons perspective of the incident within a structured process. To feed back outcome of debrief to the MDT review with an aim to reduce/eliminate the use of restrictive interventions for the young person.

Each episode of physical restraint is reviewed in real time by the nurse in charge. The MDT offer to complete the debrief with the young person within 2 days. MDT review is carried out within 5 days post restraint. Each episode is audited set out in the code of practice on the use of physical restraint. Out of the 264 episodes of physical restraint there was 100% compliance.



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

A policy development Group in CHO 7 came together from 4 approved centres under the 1 registered proprietor (Head of Mental Health) to draft a reducing restrictive practices policy. The policy set out the direction and vision of CHO 7 mental health in reducing restrictive practices and the mechanisms that need to be in place to support and facilitate same. The Policy outlined how Linn Dara MHS shall adopt the key intervention themes outlined in the MHC (2014) Seclusion and Restraint Reduction Strategy as the main guidance to demonstrate their commitment to reducing restrictive practices. In a similar fashion to the MHCs 2014 strategy each key theme outlines actions that shall be implemented. It is envisaged that through the approved centres proactive approach to ensuring each theme and subsequent actions are addressed, that this will ultimately result in an overall reduction of RPs.

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Signed by Registered Proprietor Nominee: Kevin Brady

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