



# Special Interest Day: Managing Self-Harm through Least Restrictive Practices

## Hosted by QNIC and QNCC

02 December 2019  
21 Prescott Street, London, E1 8BB  
Contact number: 0203 701 2664

09:45 – 10:00	<b>Registration and Refreshments</b>
10:00 – 10:10	<b>Introduction and Welcome</b> <i>QNIC</i>
10:10 – 11:00	<b>20 Years in an Adolescent Psychiatric Unit: Care and Treatment Models</b> <i>Dr Simon Lewis and Georgia Sullivan, Simmons House</i>
11:00 – 11:20	<b>Coffee Break</b>
11:20 – 12:10	<b>The National Reducing Restrictive Practice Collaborative</b> <i>Kate Lorrimer, Quality Improvement Coach, NCCMH</i> <i>Ben Quinn, Nurse, Galaxy PICU, East London NHS Foundation Trust</i>
12:10 – 13:00	<b>Using a DBT Informed Approach on an Acute Adolescent Unit</b> <i>Nina Hammond, Ward Manager, Bethlem Adolescent Unit</i>
13:00 – 13:45	<b>Lunch and Peer Networking Opportunity</b>
13:45 – 14:15	<b>Discussion Time</b> <i>Kris Irons and QNIC Team</i>
14:25 – 15:15	<b>The Therapeutic Use of Mental Health Observations for DSH in CAMHS Inpatient Unit</b> <i>Kris Irons and Dr David Kingsley, Priory Group</i>
15:15 – 16:05	<b>A Young Person's Perspective</b> <i>Imogen Voysey, Young Person Advisor, QNIC &amp; QNCC</i>
16:05 -16:30	<b>Close, Evaluation and Networking</b>