



Poplar Adolescent Unit
Reducing Restrictive
Practices

WHERE WE WERE

- Blanket rules-toiletries, property, leave, ward rules.
- Under use of the Mental Health Act- limited legal framework for managing risk.
- Restraint for most episodes of self harm.



TEAM CHANGES

- Fully recruited- results in whole team approach.
- Training within services to upskill all staff time to learn sessions.
- Ability to create bespoke training depending on what is being presented to us at the time.
- Training depending on dynamics, trends and themes.



COLLABORATIVE

- Support further learning from peer services.
- Promote specialist interest.
- Data collection has helped us to confirm data and be curious about ways to use data.



A photograph showing a group of hands from different people reaching up from the bottom and sides to form a circular shape in the center. The hands are positioned against a bright blue sky with scattered white clouds. The overall composition is symmetrical and conveys a sense of unity and collaboration.

CO-PRODUCTION

IT IS A
CHALLENGE!!
TIME, INTEREST,
RESOURCES

WHAT HAVE WE DONE SO FAR?

- Increased our knowledge and understanding- Time To Learn sessions.
- Practical changes to environment-pictures, colour, thought about space.
- Change the use and name of room- “Chill out room, snug”.
- Encouraging use of whiteboards in patients rooms, particularly brainstorming e.g. coping strategies.
- Personal coping boxes.



An iceberg floating in a blue ocean under a blue sky with light clouds. The visible tip of the iceberg is small, while the much larger submerged part is visible below the water line. The text 'PERSONAL COPING BOXES' is written in a glowing yellow font across the submerged part of the iceberg.

PERSONAL COPING BOXES







Ohhhhhh
princess
on the
tina
wile felle

EVERYONE WANTS
Princess
NO ONE WANTS
pain
BUT YOU CANT EXPECT
Rainbows
WITHOUT A LITTLE
Rain

Young People expressing
themselves!

everyone wants

happiness

no-one wants

pain

but you can't expect a

rainbow

without a little

rain



ENVIRONMENT CHANGES





Environmental changes continued....



“My box is a private and safe space for me to keep coping techniques, memorabilia and my art work. it keeps all my stuff in place and I can take it anywhere with me. I also find it can create conversations with other patients and help new ones look forward to something, while they are probably going through a rough time.

My box is really special to me and my admission would’ve been harder without it.”



“My box is somewhere personal that I can keep things that I find helpful when I am struggling. I can put cards and pictures from people that I love in it, to remind me of happy times. Some of the things that I have in it are sand animals, putty, tangle, notebook and pens. I can also write in my notebook and put it in my box where I feel it will be safe and private, and I can share it if I want to. It is also something that staff can use to help me struggling, to either encourage me to get something out or for them to give me something. On the lid of my box I have a quote which also helps to look at.”



I use music as a distraction technique when I'm struggling to manage. I have my mp3, apple watch and air pods on the ward. I have been helping to paint the walls to keep me busy and have fun!!!

