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.
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.
Everyone wants happiness

No one wants pain

But you can't expect a rainbow without a little rain

Young People expressing themselves!
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!!!