Statement on compliance with the rules governing seclusion, restraint & mechanical restraint for 2024

Approved Centre Name: Eist Linn,Child and Adolescent Inpatient Unit.

The total number of persons that the centre can accommodate at any one time	**16**
The total number of persons that were admitted during the reporting period	**26**

Rules Governing the Use of Seclusion

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

The total number of persons who were secluded during the reporting period	**0**
The total number of seclusion episodes	**0**
The shortest episode of seclusion	**0**
The longest episode of seclusion	**0**

A statement about the effectiveness of the approved centre's actions to reduce or, where possible, eliminate the use of seclusion
Seclusion is not in use in the Eist Linn Approved Centre.

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

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

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Statement on compliance with the rules governing seclusion, restraint & mechanical restraint for 2024

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	4
The total number of episodes of physical restraint	24
The shortest episode of physical restraint	1min
The longest episode of physical restraint	10mins

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

Eist Linn has demonstrated a commitment to reducing the use of physical restraint within the approved centre, achieving a reduction in the overall number of episodes of physical restraint from 37 (2023) to 24 (2024). This reduction reflects the centre's ongoing efforts to eliminate, where possible, and minimise the use of restrictive practices.

The Reducing Restrictive Practice Working Group convened quarterly to review all instances of restraint within each period. This group systematically analysed audit findings and developed targeted action plans to address any areas of non-compliance with the Code of Practice on the Use of Physical Restraint in Approved Centres.

Additionally, the Policy Review Group conducted a comprehensive review of both the Physical Restraint Policy and the Reducing Restrictive Practices Policy to ensure full compliance with regulatory standards and best practice guidelines. These collaborative and structured approaches have supported a culture of continuous improvement, prioritising least restrictive interventions and enhancing person-centred care within the service.

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

Eist Linn remains committed to full compliance with the Code of Practice on the Use of Physical Restraint in Approved Centres, ensuring that restrictive practices are only utilised as a last resort and in the safest, most ethical manner.

The Reducing Restrictive Practices Working Group meets quarterly to review and audit all incidents of physical restraint. This process allows for the identification of any areas of non-compliance, with immediate action plans developed to address concerns and implement necessary improvements. The group also collaborates with the multidisciplinary team (MDT) to work through the Colton Assessment, ensuring Eist Linn maintains a proactive and readiness-focused approach to reducing restrictive practices.

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Further enhancing compliance, the centre actively manages mandatory training in Professional Management of Aggression and Violence (PMAV), ensuring all relevant staff receive up-to-date, evidence-based training. Additionally, peer learning sessions were conducted on Professional Management of Challenging Behaviour (PMCB) and Positive Behaviour Support, fostering a culture of continuous learning and improvement.

Eist Linn's Policy Review Group undertakes regular evaluations of both the Physical Restraint Policy and the Reducing Restrictive Practices Policy to align with best practices and regulatory requirements. Through these structured approaches, Eist Linn ensures ongoing compliance, prioritises least restrictive interventions, and promotes a safe, therapeutic environment for all young people in its care.

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

Eist Linn remains committed to the ongoing reduction of restrictive practices in line with its Reducing Restrictive Practices Policy. The centre takes a proactive and structured approach to ensuring compliance with this policy, embedding a culture that prioritises least restrictive interventions and promotes a safe, therapeutic environment for young people.

The Reducing Restrictive Practices Working Group meets quarterly to review all incidents of restraint, analyse audit findings, and identify any areas requiring improvement. Action plans are developed to address any issues related to non-compliance, ensuring a responsive and adaptive approach to reducing restrictive interventions.

A key component of this strategy is the centre's engagement with the Colton Assessment, allowing the multidisciplinary team (MDT) to assess and enhance readiness for reducing restrictive practices. Additionally, Eist Linn ensures the proactive management of mandatory training in Professional Management of Aggression and Violence (PMAV), alongside peer learning sessions focused on Professional Management of Challenging Behaviour (PMCB) and Positive Behaviour Support. These initiatives equip staff with the necessary skills to manage challenging situations using the least restrictive means possible.

Eist Linn's Policy Review Group continuously evaluates both the Reducing Restrictive Practices Policy and the Physical Restraint Policy to maintain alignment with best practices and regulatory expectations. Through these combined efforts, Eist Linn demonstrates a sustained commitment to reducing restrictive interventions, fostering a person-centred approach, and upholding the highest standards of care and compliance.

Rules Governing the Use of Mechanical Means of Bodily Restraint

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

Statement on compliance with the rules governing seclusion, restraint & mechanical restraint for 2024

The total number of persons who were mechanically restrained under Part 3 (Immediate Risk of Harm)	0
The total number of episodes of mechanically restrained under Part 3 (Immediate Risk of Harm)	0
The shortest episode of mechanically restraint under Part 3 (Immediate Risk of Harm)	0
The longest total episode of mechanically restraint Part 3 (Immediate Risk of Harm)	0
The total number of persons who were mechanically restrained (Part 4: 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

Mechanical Restraint is not used in the Eist Linn Approved Centre.

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

Signed by Registered Proprietor Nominee: ___# _____

**If you do not have a Digital Signature, typing your name will be accepted as your signature.*

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