



# What are the Restraint Reduction Training Standards 2019?

**The Standards have been written for training services delivered to education, health and social care services that support people with autism, learning disabilities, dementia and mental health conditions across the UK.**

The Restraint Reduction Network is an independent body that brings together professional bodies, government departments, people with lived experience, practitioners and academics. It is a coalition of the willing who are passionate about restraint reduction and human rights.

Commissioned by NHS, the Restraint Reduction Network Training Standards 2019 provide a national and international benchmark for training in supporting people who are distressed in education, health and social care settings.

The Standards aim to facilitate culture change, not just technical competence. They are designed to:

- Protect people's fundamental human rights and promote person centred best interest and therapeutic approaches to supporting people when they are distressed
- Improve the quality of life of those being restrained and those supporting them
- Reduce reliance on restrictive practices by promoting positive culture and practice that focuses on prevention, de-escalation and reflective practice
- Increase understanding of the root causes of behaviour and recognition that many behaviours are the result of distress due to unmet needs
- Where required, focus on the safest and most dignified use of restrictive interventions including physical restraint

The Restraint Reduction Network Training Standards will be published on 1 April 2019, they will be available at [www.restraintreductionnetwork.org](http://www.restraintreductionnetwork.org). They are endorsed by a wide range of professional bodies, arm's length bodies and charities. The Standards focus on the fundamental principles that apply to all populations (people with mental health conditions, learning disabilities or dementia) and settings (across education health and social care).

There are three tiers to this work to improve training:

1. Training Standards (developed by Restraint Reduction Network) and published in April 2019. These have been written for training services delivered to education, health and social care services that support people with autism, learning disabilities, dementia and mental health conditions across the UK.

2. Certification of training services (by BILD Association of Certified Training and accredited by UKAS) as complying with the Training Standards. The certification scheme is for training services delivered to education, health and social care services that support people with autism, learning disabilities, dementia and mental health conditions across the UK.

3. Implementation: Certification of training services (as complying with the Training Standards) is recommended for all training services delivered to education, health and social care services that support people with autism, learning disabilities, dementia and mental health conditions across the UK. However each sector and nation will have different approaches for implementation. For example in health services in England implementation is through:

- NHS commissioning contract – requires certificated training services from April 2020
- CQC inspection framework – requires certificated training from April 2020
- Use of Force Act statutory guidance intends to require certificated training

## Who is BILD Association of Certified Training?

BILD Association of Certified Training certifies training services that include a restrictive intervention component as complying with the Restraint Reduction Network Training Standards 2019.

BILD Association of Certified Training is accredited by the UK Accreditation Services (UKAS). UKAS is the national (government recognised and appointed by the crown) accreditation body for the United Kingdom. Certification of training against the Restraint Reduction Network Training Standards 2019 must be accredited by UKAS.

Commissioning requirements and inspection frameworks will require accredited certification of training services by United Kingdom Accreditation Service (UKAS) from April 2020. There are already over 50 organisations currently working towards certification against the Standards through BILD ACT. These include in-house training (eg within an NHS Trust) and commercial training providers.

As the certification process take approximately one year to complete, we are encouraging all training providers to start the process of certification in early 2019 ahead of UKAS Accredited Training Services becoming a requirement from April 2020.

**To find out more about the Standards, please visit [www.restraintreductionnetwork.org](http://www.restraintreductionnetwork.org)  
To find out more about certification, visit [www.bild.org.uk](http://www.bild.org.uk)**