

Restraint Reduction Network Training Standards

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 charity 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 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 Standards are [available here](#) and endorsed by a wide range of professional bodies, arm's length bodies and charities. They 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).

There are three tiers to this work to improve training:

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

2. Certification of training services as complying with the Restraint Reduction Network Training Standards must be accredited by UKAS as meeting certification ISO standards to ensure impartiality, credibility, and integrity. The certification scheme is for training services delivered to education, health and social care services that support people of all ages including people with autism, learning disabilities, dementia and mental health conditions across the UK.

3. Implementation: certification of training services (as complying with the Restraint Reduction Network Training Standards) is recommended for all training services delivered to education, health and social care services that support people of all ages including 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 (for services for people with mental health conditions, autism and learning disabilities) – requires certificated training services from April 2020 (England only)
- CQC inspection framework – will require services to have certificated training from April 2020
- Use of Force Act statutory guidance will require mental health services to have certificated training

To find out more about the Restraint Reduction Network Training Standards, visit www.restraintreductionnetwork.org