

# Raising the Standards

Restraint Reduction Network (RRN)  
Training Standards – V2 (2023)

# BENEFITS OF THE IMPLEMENTATION OF THE TRAINING STANDARDS

1

Standards are a contributor to a shift in organisational culture

2

Standards have raised the overall quality of training in this area

3

The Standards are a supportive national mechanism for reducing restrictive practices

4

The Standards create consistency for training and improve quality assurance

# KEY FINDINGS

- Experiences of implementation differ depending on type of organisation, timing within their journey to certification or implementation, and their organisational culture and strategies with regards to reducing restrictive practices.
- Standards were recognised as an **important contributor towards a wider organisational cultural shift needed** in the use of restrictive practices in mental health settings and beyond, e.g., moving away from physical skills only training to a wider, person-centered, trauma informed care approach to training
- The Standards were believed to have **raised the overall quality of training** in those organisations certified under the certification scheme, helping towards creating consistency and improving quality assurance; having mandatory standards for training provide organisations with some form of leverage, reassurance, or legitimacy when trying to implement their strategies to reduce restrictive practices across services, including training.

## KEY FINDINGS

*“A key finding of this research was that the Standards were recognised as an important contributor towards a wider organisational cultural shift needed in the use of restrictive practices in mental health settings and beyond. This is about moving away from physical skills only training to a wider, person-centered, trauma informed care approach to training, with more emphasis on prevention and de-escalation”*

<https://restraintreductionnetwork.org/uncategorized/new-report-evaluating-the-implementation-of-rrn-training-standards-in-mental-health-and-learning-disability-settings/>

# Areas for development for Version 2 - Training Standards

- Make them more accessible with key principles and diagrams
- Ask training organisations for evidence of positive impact of their training (they could use the Kirkpatrick evaluation method)
- Help training organisations be confident to work with people with lived experience by sharing good practice



# Areas for development for Version 2 – Certification Scheme

- Be quicker at responding to questions



# Areas for development for Version 2 – Implementation

- Expand the Standards to cover other areas like schools, acute hospitals and other nations, like Wales, Scotland and Ireland



# What might be different in version 2

- Organised in a different way so you can just select the information you need, for example for children or Scotland
- Previous learning could be recognised – we will need to do this carefully and make sure standards are kept up and nothing is missed
- Will include training content about inequalities in the use of restraint and a wider range of restrictive practices

# What might be different in version 2

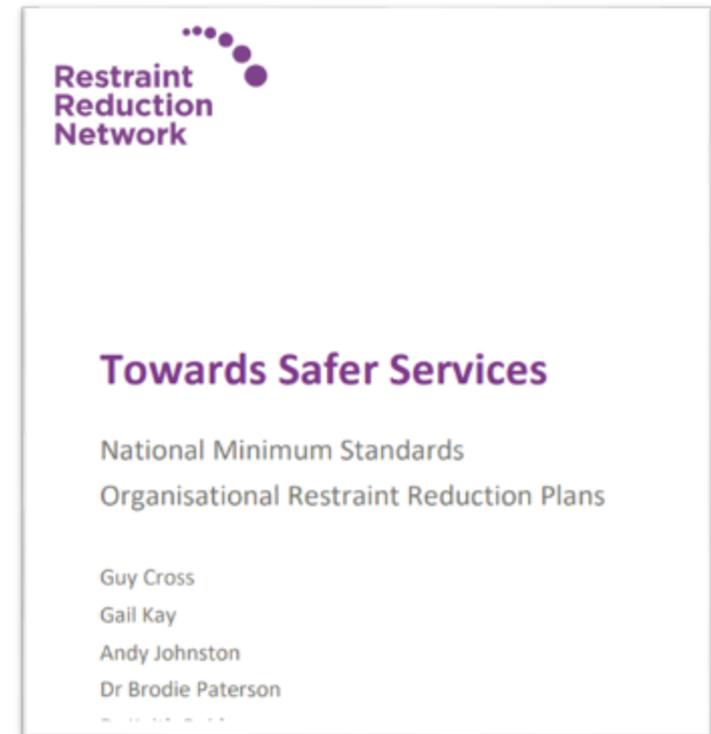
- Asking training providers to show positive outcomes so they might be able to do some things in different ways.

One way to measure impact is through the Kirkpatrick model.



# What might be different in version 2

- Better partnership working between provider and service provider. Be clear on who is responsible for what.
- Publish version 2 of 'Towards Safer Services' at the same time. Ensure service providers share data with training provider.



# What might be different in version 2

- Reference to a menu of standard techniques (including clinical interventions) – this is likely to reference work of others rather than be done by RRN.
- Standards categorised by key principles with easy read summary of key principles.



# Who we will consult with for version 2

- People with lived experience
- Devolved nations & RRN branches
- Professional bodies across education, health and social care
- RRN members including steering group
- Endorsing organisations and those with implementation levers
- Certified training organisations

# Who we will consult with for version 2

- We will do this through reference groups, forums, webinars, surveys and critical readers.
- The Standards sub-group will sign the new standards off



# Version 2 – Development Process

- Started work in April 2022 (informed by evaluation)
- Dave Atkinson (RCN) will co-author with Sarah Leitch
- We are recruiting people with lived experience and from a schools background to co-author with Dave and Sarah



# Version 2 – Development Process

- The Standards subgroup will be chaired by Salli and includes representation from endorsing organisations and implementation bodies (eg NHSE) and lived experience



# Version 2 – Development Process

- Before our next steering group meeting, we will consult on what people think are the most important changes via a survey
- Each sector and nation will have a critical reader

