

From: Grace McAndrews <grace.mcandrews@namicalifornia.org>
To: Catheryn Mercado <catheryn.mercado@namicalifornia.org>
Sent: Fri, Aug 14, 2009 9:13 am
Subject: NAMI CA to Give Riverside 1st Zero Tolerance in Restraints Award



The State's Voice on Mental Illness

DATE: August 14, 2009
TO: NAMI California Global Distribution Lists; NAMI California Members & Friends
FROM: Grace McAndrews, Executive Director

Dear Members,

NAMI California is proud to recognize Riverside County Regional Medical Center Arlington Campus for its leadership commitment in the reduction of Seclusion and Restraints from 2001 to 2008, in its facility. In this period of time the reduction in restraints has been reduced by 700%. This is a significant reduction and this facility was recognized by SAMSHA for its leadership efforts earlier in 2009.

NAMI California would like to honor this facility at the NAMI California Conference for its "over and above the call of duty" efforts to reduce and eventually eliminate the practice of using Seclusion and Restraints.

We invite you to attend the NAMI CA Conference and encourage you to congratulate this facility and its administration for its dedication to this important piece of human dignity and individual recovery.

Attend the workshop on "Seclusion and Restraints: in Schools and Beyond" for some additional insight and education on this topic.

Thanks to Shannon Jaccard NAMI CA Board member for her advocacy efforts to reduce this practice and educate the professional/ private community on Seclusions and Restraints.

Sincerely,

Brenda Scott
NAMI California President

Recovery Not Restraints



restraints harm

Dear Reader,
Recovery Not Restraints movement was started in April of 2008 following the death of my 25 year old brother due to the use of restraints. Jeffrey was an avid skateboarder, musician, and a lover of life as well as his family. His illness caused Jeffrey to take a different course in life, but he was working on figuring that out along with his recovery. No one expected he would die in the very place that was supposed to heal.

Many facilities have been very successful in preventing the use of SR. It takes effective hospital leadership and thorough staff training of compassionate attitudes and practices. In this e-newsletter we are highlighting and thanking one of those hospitals!



Sincerely, Shannon
Jeffrey's Big Sister

NAMI CALIFORNIA 31st ANNUAL Conference

NAMI California's theme this year is: Destination: Recovery! The conference will be at the Marriott South Bay in Torrance, California on August 21 & 22, 2009.

The 31st Annual conference will feature a wide range of informative plenary speakers and workshops, including Tom Wootton, President and Author of "The Bipolar Advantage." Wootton's book, The Bipolar Advantage has remained on Amazon's top 10

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The 31st Annual conference will feature a wide range of informative plenary speakers and workshops, including Tom Wootton, President and Author of "The Bipolar Advantage." Wootton's book, The Bipolar Advantage has remained on Amazon's top 10 books on bipolar disorder since its publication in 2005. Tom developed and has presented workshops on Bipolar in Order since 2002. He is considered to be a leading speaker and consumer advocate on bipolar disorder. Also presenting at the conference on Friday will be Dr. Akikur Reza Mohammad, MD on the topic of "Dual Diagnosis and Importance of Treatment of Both Psychiatric Illness and Addiction." Dr. Clayton Chau, MD, PhD will discuss "Overcoming PTSD."

Announcing NAMI CA's First Zero Tolerance on Seclusion and Restraint Award to be given to Riverside County Regional Medical Center, commonly referred to as the Arlington Campus. In 2001, the hospital assessed that there were 34.5 restraint and 10.8 seclusion episodes per 1,000 patient days. This utilization of these restrictive measures was unacceptably high contributing to a high number of incidents of assaults and posing severe safety risks for patients and staff. Through strong leadership commitment, Arlington Campus established a goal to be free of seclusion and restraint. The policy was continually revised to emphasize that seclusion and restraint are emergency interventions only, are not considered as treatments, and are only used as the last resort when all other less restrictive alternatives have failed. This philosophy continued with the creation of all documentation tools to assist in making reductions and engaging patients in their treatment to avoid seclusion and restraint. The assessment tools identify patients at risk for violence to self or others by documenting behavioral triggers and calming strategies.

Again, through strong leadership commitment we have changed our culture and treatment environment, and have achieved a 700% reduction in seclusion and restraint use from 2001 to 2008. Even though the facility has been able to achieve and sustain dramatic reductions in all of these areas, the hospital continues to make progress in achieving further reductions with the ultimate goal of achieving a restraint-free environment. The focus now is on methods to identify patients at risk, prevention and early intervention to continue our progression toward this goal. Thank you Riverside County Regional Medical Center!

This past year NAMI CA has adopted a new policy calling for the elimination of seclusion and restraints. It is estimated that roughly one person or more die a week by the use of restraints and even more have been physically or emotionally injured. Hospitals all over the nation are working towards reduction and eventually elimination, many of whom are using Peer Support Specialists and/or the National Association of State Mental Health Program Directors 6 Core Strategy Training.

Please join me in thanking RCRMC at this year NAMI CA Award's Luncheon on Saturday, August 22nd.

To register for the conference, go to: www.namicalifornia.org

Other Information on Restraints and Seclusion:

Taking the Trauma Out of Security, article

When a new approach to psychiatric ward security caused resentment between security and clinical staff, a security training and shadowing program fostered teamwork and improved performance.

Read article: <http://www.securitymanagement.com/article/taking-trauma-out-security-005822> ;

Federal Ban Sought On Student Restraint, article

Educators' use of restraint holds and other methods to subdue students they deem disruptive has been blamed for injury or death of many students in recent years. Now groups are pushing for a federal ban on certain tactics. The National Disability Rights Network has released a report on incidents of injury and death throughout the nation using restraints on children.

Read article: <http://online.wsj.com/article/SB124683589628497923.html>

National Disability Rights Network Releases Shocking Report on Seclusion & Restraint in U.S. Schools

"Children are supposed to be safe at school - and most of the time they are," said U.S. Senator Chris Dodd (D-CT), who also spoke at the briefing. "Unfortunately, this report shows us that in too many schools in too many places children with disabilities are not safe - and are often subjected to inhuman treatment: being locked in rooms, tied down, or worse. Armed with this report, I will continue to work toward banning the inappropriate use of seclusion and restraint in our schools and ensuring the public knows and learns more about these practices." To read the report, [click here](#)

Going to Alternatives Conference this year?

There is a hospital called, Lasting Hope Recovery Center, in Omaha, Nebraska, where Alternatives is being hosted. Each of their 60 beds has built in restraints! They originally made claims of wanting to be restraint free. [Click here](#) to check out the facility. Be sure to read the words under the picture. Want to be a part of rally??

Do you or a loved one have a story to share?

If yes, I would like to talk with you! I am in the middle of gathering information from individuals who have experienced restraints, witnessed a restraint, or had a loved one in seclusion or restraints. Please email me at: info@recoverynotrestraints.org

Thanks for reading and sharing!

Recovery Not Restraints is sponsored by:

NAMI San Diego and NAMI North Coastal in San Diego County

