



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

Approved Centre Name: Carraig Mor Centre.

The total number of persons that the centre can accommodate at any one time	6
The total number of persons that were admitted during the reporting period	51

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	3
The total number of seclusion episodes	4
The shortest episode of seclusion	3hrs 27
The longest episode of seclusion	60hrs

A statement about the effectiveness of the approved centre's actions to reduce or, where possible, eliminate the use of seclusion

Carraig Mor Centre is committed to reducing the number and duration of seclusion episodes within the approved centre.
Carraig Mor has further developed its RRP committee to identify triggers and learnings from each episode of seclusion.
We note a significant reduction in our figures from 2023 to 2024 with a total of only 4 episodes in the 12 month period.

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

Carraig Mor Centre uses a comprehensive seclusion booklet to document all aspects of the seclusion process. This booklet was updated in 2024 and is completed by relevant staff to ensure compliance with the rules governing Seclusion, a robust audit schedule is in place to identify any non-compliances and monitor compliance with the rules governing seclusion.

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

The reducing restrictive practices governing group meets every 2 months to review any episodes of restrictive practice that have occurred within the approved centre. This group takes an MDT approach to reducing restrictive practices.
The group completed the Reducing Restrictive Practices Colton Checklist in 2023 and this was reassessed on 7/3/2025.



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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	10
The total number of episodes of physical restraint	16
The shortest episode of physical restraint	1min
The longest episode of physical restraint	5min

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

Carraig Mor Centre is committed to reducing the number and duration of restraint episodes within the approved centre.
Carraig Mor has further developed its RRP committee to identify triggers and learnings from each episode of restraint.
We note a significant reduction in our figures from 2023 to 2024 with a total of only 16 episodes in the 12 month period.

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

Carraig Mor Centre uses a comprehensive restraint booklet to document all aspects of the seclusion process. This booklet was updated in 2024 and is completed by relevant staff to ensure compliance with the rules governing Restraint, a robust audit schedule is in place to identify any non-compliances and monitor compliance with the rules governing restraint.

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

The reducing restrictive practices governing group meets every 2 months to review any episodes of restrictive practice that have occurred within the approved centre. This group takes an MDT approach to reducing restrictive practices. The group completed the Reducing Restrictive Practices Colton Checklist in 2023 and this was reassessed on 7/3/2025.



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Rules Governing the Use of Mechanical Means of Bodily Restraint

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

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 mechanical restraint under Part 3 (Immediate Risk of Harm)	0
The longest total episode of mechanical 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

Carraig Mor Centre has not used mechanical means of bodily restraint and will continues to eliminate where possible the use of mechanical restraint
Carraig Mor Centre has not used mechanical means of bodily restraint and will continues to eliminate where possible the use of mechanical restraint.

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

The reducing restrictive practices governing group meets every 2 months to review any episodes of restrictive practice that have occurred within the approved centre. This group takes an MDT approach to reducing restrictive practices. The group completed the Reducing Restrictive Practices Colton Checklist in 2023 and this was reassessed on 7/3/2025.
Mechanical restraint has not been used within the approved centre in the last 12 months.



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A handwritten signature in black ink is positioned above a horizontal line. The signature is stylized and appears to be 'J. H. H.'.

Signed by Registered Proprietor Nominee: _____

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