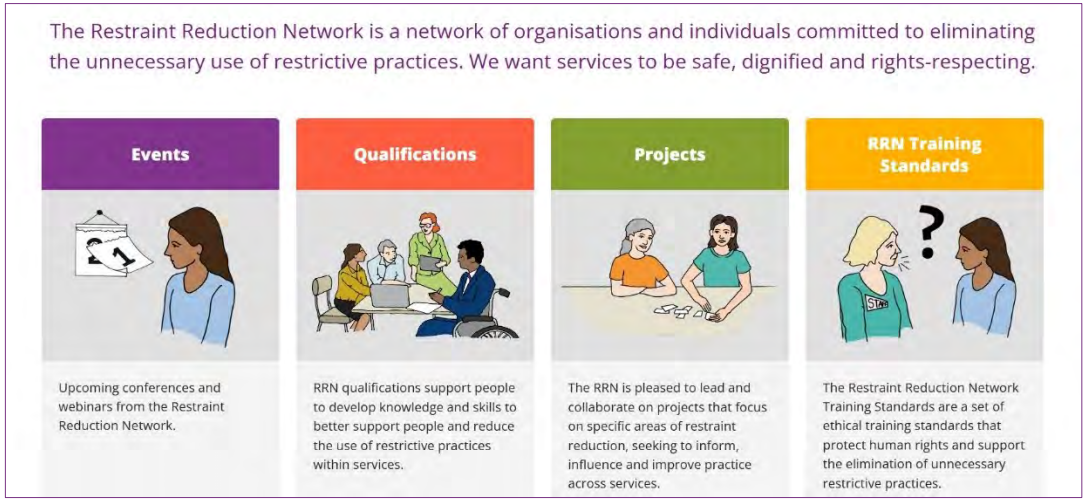
Restraint Reduction Network

Restraint Reduction Network

1. Offer a Community of Practice with a collective vison to eliminate the unnecessary use of all restrictive practices (RP).
2. We work cross sector – e.g., education, health, social care and the criminal justice system.
3. Prioritise relational working and trauma informed approaches to the provision of proactive support to reduce RP.



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How can the RRN help?

- Free resources that are targeted to provide timely, agile and rights respecting support.
- RRN (Restraint) training standards .
- Practice Leadership diplomas in Trauma Informed care, Reducing Restrictive Practice and HOPE(S).
- Relational Reducing Restrictive Practice Audit Tool and service review.
- Continuous Improvement Partners (e.g., to implement the 6 Core Strategies).

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The impact of restrictive practices

Restrictive practices cause both psychological and physical injury (in some cases death).

They have a long-term traumatic impact on people who receive them, families and the staff who apply them.

People with lived experience have told us about the long-lasting effects of blanket restrictions.

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The types of restraint

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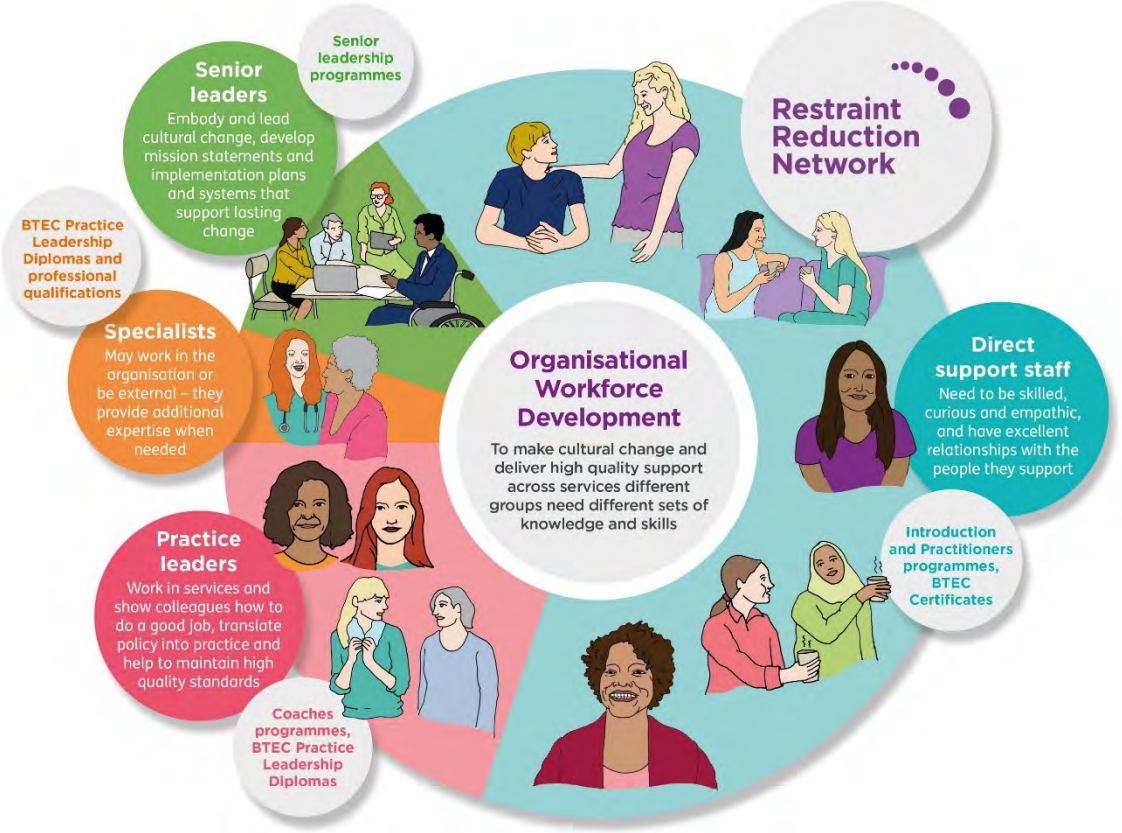
Culture change happens through a whole organisational approach

- Senior leaders influence culture from the top.
- Practice leaders influence all aspects of an organisation and its culture, including workforce development.



Culture is maintained by practice leaders

- Good practice leaders are those people who know how to do a good job and can show other how to do it.
- They do this through role modelling, coaching and giving feedback.
- They embody the values of the organisation.
- They translate policy in practice.

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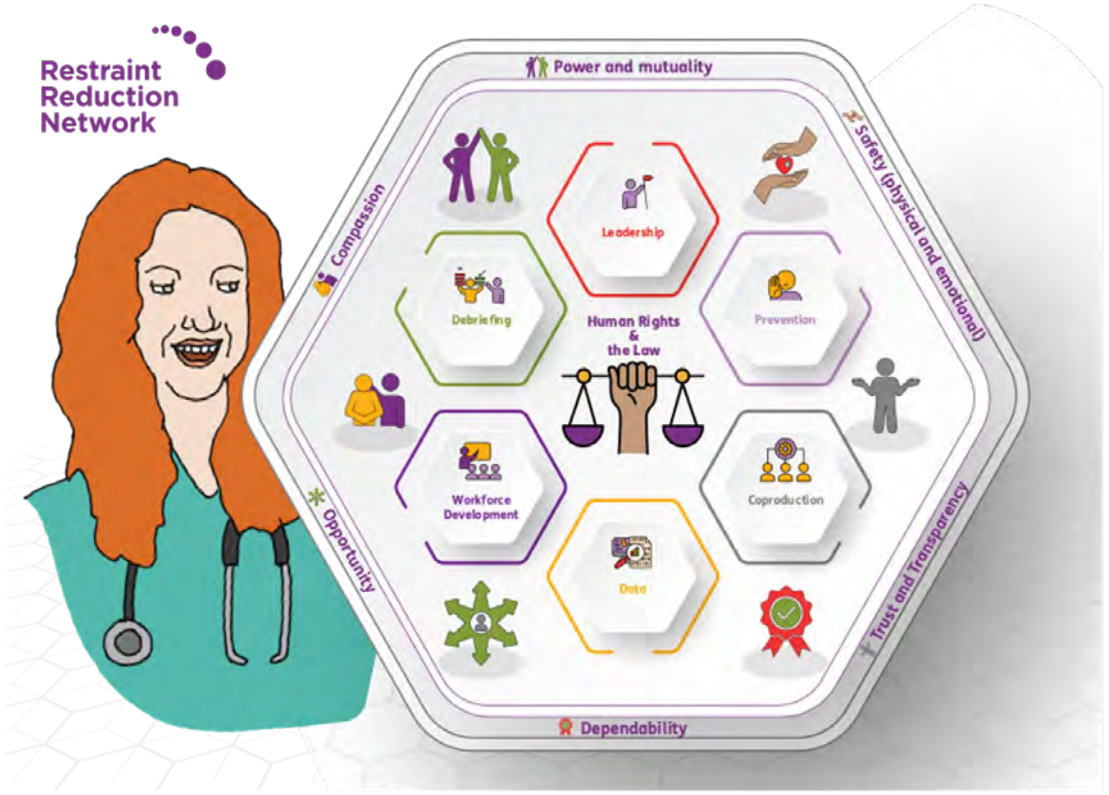
Six core strategies of restraint reduction (Huckshorn 2005)

- Leadership
- Co production
- Workforce Development
- Post Incident Support and Learning
- Prevention Strategies
- Data Collection



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RRN has mapped each core strategy to trauma informed and coproduction principles

Trauma informed and coproduction principles include:

- power and mutuality
- safety (emotional and physical)
- trust and transparency
- dependability
- opportunity, and
- compassion.

Given the people we work with are often traumatized, a relational focus allows us to ensure that we attend not simply to ‘what’ we do, but ‘how’ we do things.

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Prevention and data

- The RRN works from the position that relational, trauma informed care, where people can coproduce their support, is effective in preventing distress and therefore the need for restraint.
- Data should be integral to providing the right support, e.g., by measuring meaningful activity, restraint etc.
- Our Audit details how these can be measured for meaningful change.

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Coproduction

- The RRN define coproduction as working together to create or do something.
- This new model of coproduction is moves on from the 1960's ladder of coproduction.
- It works based on a non-linear and flattened hierarchy, meaning our coproduction is trauma informed.

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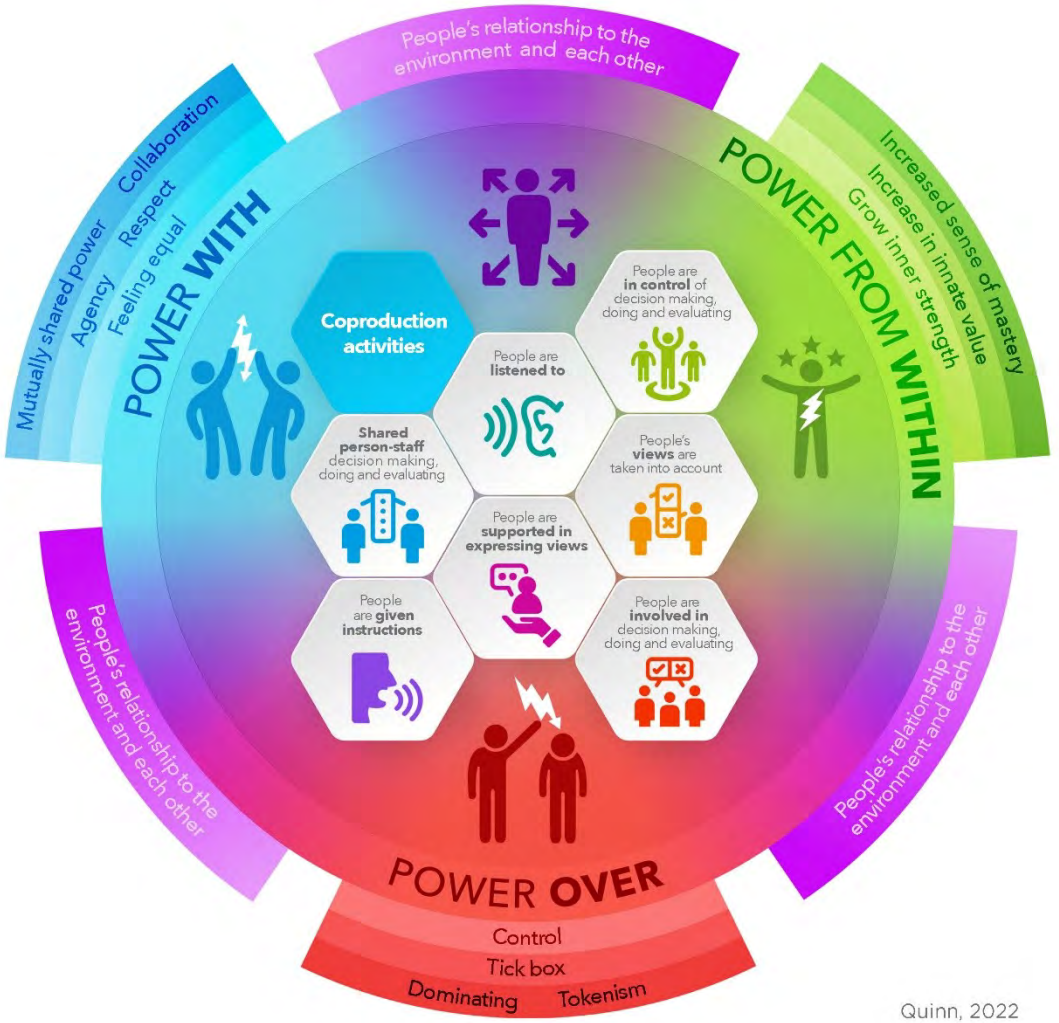
The RRN Relational Coproduction Model



Quinn, 2022

Post incident debriefing

- The quality of post incident support relates directly to the settings' culture and care philosophy.
- People experience good care when staff are compassionate, care deeply, and are respectful.
- Quality post incident debriefing reduces restrictive practices and the use of force, supporting people to recover.

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Relational Reducing Restrictive Practices Audit

Restraint Reduction Network Conference 2025

The art of the possible:

paving the way towards a restraint-free future

Book your place today!

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Restraint Reduction Network

Applications now open

Qualifications in Reducing Restrictive Practices

Pearson BTEC Level 4 Certificate in Reducing Restrictive Practices

Pearson BTEC Level 5 Diploma in Reducing Restrictive Practices

Closing date	15 September 2025
Course start	6 October 2025
Full information	restraintreductionnetwork.org/qualifications

RRN Qualifications are not regulated by Ofqual or any other regulatory body.

Thank you for listening

You can email the RRN at:

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