



Community engagement

April-May 2023

Have your say about ending the use of seclusion and restraint in the Victorian public mental health system

Content warning: this notice discusses being secluded or restrained in mental health services

Register your interest

What are seclusion and restraint?

- Seclusion is being left alone in a room against your will.
- Being restrained includes being physically held against your will, emotionally threatened or manipulated, or given medication to manage your behaviour rather than for treatment.

Who can get involved?

- Anyone 18 years or over who has experienced or feared being held alone in a room against their will or restrained while in the Victorian public mental health system, or seen this happen to another consumer.

Run by consumers

- The Victorian Mental Illness Awareness Council (VMIAC) is running this engagement with the Victorian Aboriginal Community Controlled Health Organisation (VACCHO), funded by the Victorian Department of Health.

What's it for?

- This is your opportunity to have your say about seclusion and restraint and how to end their use in the Victorian public mental health system. You might have experienced this with police, or in emergency departments, inpatient units, or other settings.
- We won't ask you directly about your personal experiences – what you share is up to you.
- Your advice will contribute to the Victorian Department of Health's strategy to end their use, as recommended by the Royal Commission into Victorian Mental Health Services (Recommendation 54). No individuals will be named or identified in our report to the Department.

You have the right to be recognised, respected, and included in policy decision-making related to your healthcare needs.

Get involved

- You can talk to us by yourself or in a small group – sessions will last no more than an hour. If you prefer, you can complete an online survey or write to us. We will work with you to find a time to talk that suits you.

- Taking part is voluntary and you can stop participating at any time.

Aboriginal and Torres Strait Islanders

- If you identify as Aboriginal or Torres Strait Islander, a VACCHO representative can join the conversation.

Will I be paid?

- Consumers who are interviewed or join a small group discussion will be paid \$175

When?

- **April-early May, 2023** If these dates don't suit you, get in touch about other ways to have your say research@vmiac.org.au

What if I need support?

- We will follow-up with consumers who take part to ask if support is needed before, during, or after we talk.

What about my privacy?

- We will ask your name and personal details only to contact you and they will not be shared with the Department of Health or anyone outside the VMIAC or VACCHO team.
- We will remove all names and personal details from your responses when they are recorded and reported – we call this de-identification. We will keep your responses separate from your details.
- We will ask you not to share any details that would identify anyone else (e.g., mental health service staff, your family or friends). If you talk with us in a small group, we will also ask you to keep other group members' responses confidential.

What if I change my mind?

- You can ask us not to include your responses in a report if you change your mind **before** it has been published. It won't be possible to access information if it has been permanently de-identified or deleted to comply with Victorian law.

Need more information?

Contact **VMIAC**: research@vmiac.org.au 0450 905 254. www.vmiac.org.au

Victorian Department of Health, Mental Health Policy team: mentalhealthpolicy@health.vic.gov.au
www.health.vic.gov.au/mental-health-wellbeing-reform/developing-a-strategy-towards-elimination-of-seclusion-and-restraint

Register your interest