

HOW SAFE IS MY HOSPITAL?

SECLUSION REPORT #3

[summary]



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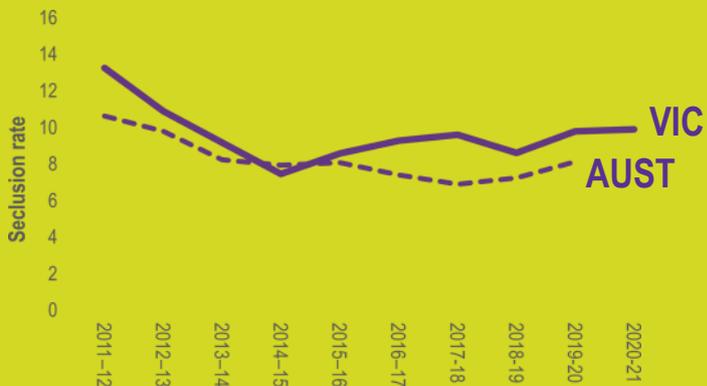


Total seclusion & restraint episodes
in Victorian mental health services
2020-2021



56%

More than half of all adult mental health services **increased** their use of restraint during 2020-21



Victoria uses seclusion more often
than Australian averages

The VMIAC Seclusion Report is written by consumers, for consumers. It provides accessible information about the safety of Victorian mental health services in relation to seclusion and restraint. It's also an advocacy tool to make these traumatic and serious rights breaches more visible.

Download the full 74-page report at
www.vmiac.org.au.

You're more likely to be secluded or restrained if you identify as **male** and you're aged between **25—34** years.

>10%

Restraint is used in more than 10% of admissions for children & adolescents aged **under 17 years**, and for people aged **over 65 years**.

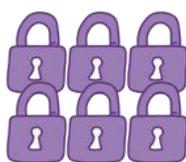
Seclusion rates vary hugely across services

Fitzroy



x **6.1**

Northcote



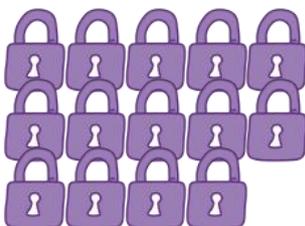
People in Northcote are secluded 6.1 times more often than people in Fitzroy.

Frankston



x **14.8**

St Albans



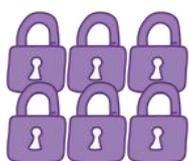
People in St Albans are secluded 14.8 times more often than people in Frankston.

Traralgon



x **6.3**

Ballarat



People in Ballarat are secluded 6.3 times more often than people in Traralgon.

SAFEST SERVICES

2020-2021
(Lowest rates)

SECLUSION

ADULT inpatient units	Frankston Hospital <i>(Peninsula Health)</i>	1.4
OLDER ADULT inpatient units	Frankston Hospital <i>(Peninsula Health)</i> Latrobe Regional Hospital <i>(Latrobe Regional)</i>	0 <i>last 4 years</i>

MECHANICAL RESTRAINT

ADULT inpatient units	Warrnambool Base Hospital <i>(South West Healthcare)</i>	0
OLDER ADULT inpatient units	Caulfield Hospital, Bundoora Extended Care Centre, Sunshine Hospital, Kingston Centre, Mildura Base Hospital, Goulburn Hospital, Warrnambool Base Hospital <i>All reported zero mechanical restraint in the last 4 years</i>	0

PHYSICAL RESTRAINT

ADULT inpatient units	Alfred Hospital <i>(Alfred Health)</i>	5.1
OLDER ADULT inpatient units	Wangaratta District Base Hospital <i>(Albury Wodonga Health)</i>	1

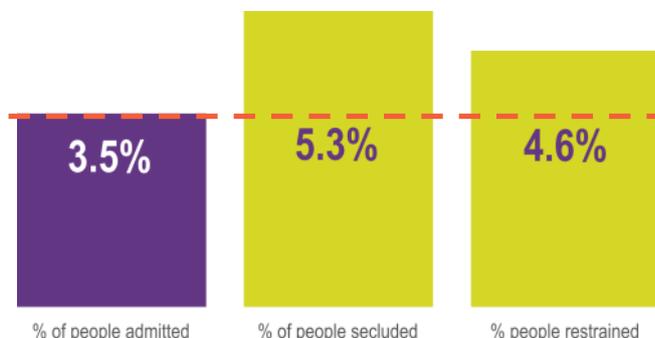
Is racism an issue in our mental health system?

The likelihood of being secluded or restrained changes with country of birth.

People from these parts of the world are secluded at disproportionately higher rates:

North Africa | Middle East | Sub-Saharan Africa
New Zealand | Other Oceania | South East Asia

Aboriginal and Torres Strait Islander People are secluded & restrained at higher rates than other people



LGBTIQA+ & Gender diverse people deserve to be counted

Only 80 people (0.4%) admitted to Victorian mental health units were recorded with a gender of 'other' during 2020-21. This seems far too low to be accurate.

We couldn't get any data *at all* for LGBTIQA+ people — because it's not reliably recorded.

3 worst hospitals in Australia

A report by AIHW showed the 3 worst mental health hospital units in Australia for **mechanical restraint** in 2019-2020* were **all from Victoria**.

Box Hill Hospital
(Eastern Health)

11.6x more than Australian average

Maroondah Hospital
(Eastern Health)

6x more than Australian average

Royal Childrens Hospital

10.1x more than Australian average

* AIHW reports lag one year behind Victorian reports

MOST UNSAFE SERVICES

2020-2021
(Highest rates)

SECLUSION

ADULT inpatient units	Sunshine Hospital (Melbourne Health)	20.7
OLDER ADULT inpatient units	Ballarat Base Hospital (Ballarat Health)	2.6

MECHANICAL RESTRAINT

ADULT inpatient units	Box Hill Hospital (Eastern Health)	4.6
OLDER ADULT inpatient units	Normanby House, St Georges Hospital (St Vincent's Health)	4.3

PHYSICAL RESTRAINT

ADULT inpatient units	St Vincents Hospital (St Vincents Health)	20.4
OLDER ADULT inpatient units	Warrnambool Base Hospital (South West Healthcare)	20.4



VMIAC's position on seclusion and restraint

1. Set a much faster deadline for the elimination of seclusion and restraint, rather than the 10-year timeframe currently planned. Immediately reduce the seclusion KPI for adult services to 8, as recommended by the Royal Commission. Establish Key Performance Indicators for restraint.
2. Ensure that the new *Mental Health and Wellbeing Act* more tightly regulates the use of restrictive practices until elimination.
3. Hold mental health services publicly accountable for their use of these practices, including:
 - Data should be straightforward and accessible, as we seek to model
 - Much more data must be released publicly on seclusion and restraint, including data from VMIAC's Shadow Report
 - People discharged from hospital should be offered surveys or interviews in regard to their experience of seclusion and restraint
 - All recommendations, undertakings and directions about seclusion and restraint from oversight bodies to services must be made public
 - Services which fail to minimise the use of seclusion and restraint must be investigated, penalised and put under special measures until rates are reduced.
4. Publicly acknowledge and compensate for the damaging impact on individuals, including human rights breaches, physical and emotional harm.



We acknowledge the trauma, indignity, breached rights and loss of trust caused by seclusion and restraint to thousands of people who were already in distress.

We extend respect to every person who has been hurt by the existence and experience of seclusion and restraint.

You deserve to be safe when you access the mental health system. We are doing all we can to make this a reality.

There is no place for restrictive practices in the mental health system.

SHADOW REPORT

Lots of information about seclusion and restraint is not shared publicly. We believe this is a failure of transparency and accountability.

This year we included a 7-page shadow report of the information about seclusion and restraint we requested from the Department of Health, but they did not release to us.

We cannot achieve elimination of these harmful practices without transparency. Consumer safety must come before what is comfortable for the sector—we view this as fundamental to a truly accountable mental health sector. We expect better.



Download the full Seclusion Report at:

www.vmiac.org.au