

# Countdown to Zero

Impacts on Mental Health

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# The Office of the Chief Mental Health Nurse

## Role of the Office

- Provide mental health nursing leadership and advice to government, public/private health and education sectors
- Represent mental health nursing on advisory and reference groups both within and external to the DHHS, at State and national levels
- Support the delivery of recovery focused clinical quality and safety within services
- Undertake initiatives to support and enhance mental health nursing best practice

# Background: the last 10 years

Framework for recovery oriented practice (2011)

Chief Psychiatrist Advisory Notice: Practice of prone restraint (2013)

Victorian  
Reducing  
Restrictive  
Interventions  
Project  
(2013-2014)

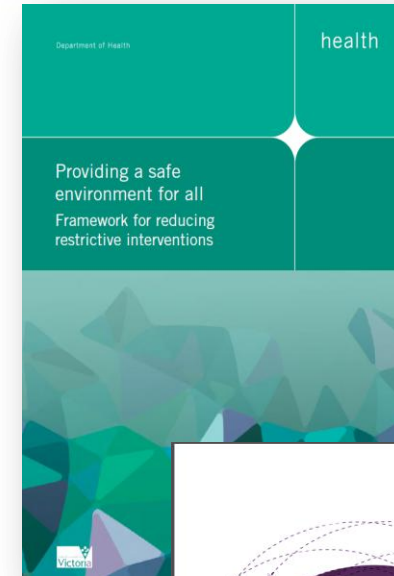
- Statewide project team
- Establish evidence base
- Best practice framework
- Local Actions Plans
- Trauma Informed Care & Sensory Modulation Training
- Safewards Pilot Project

Mental Health Act 2014

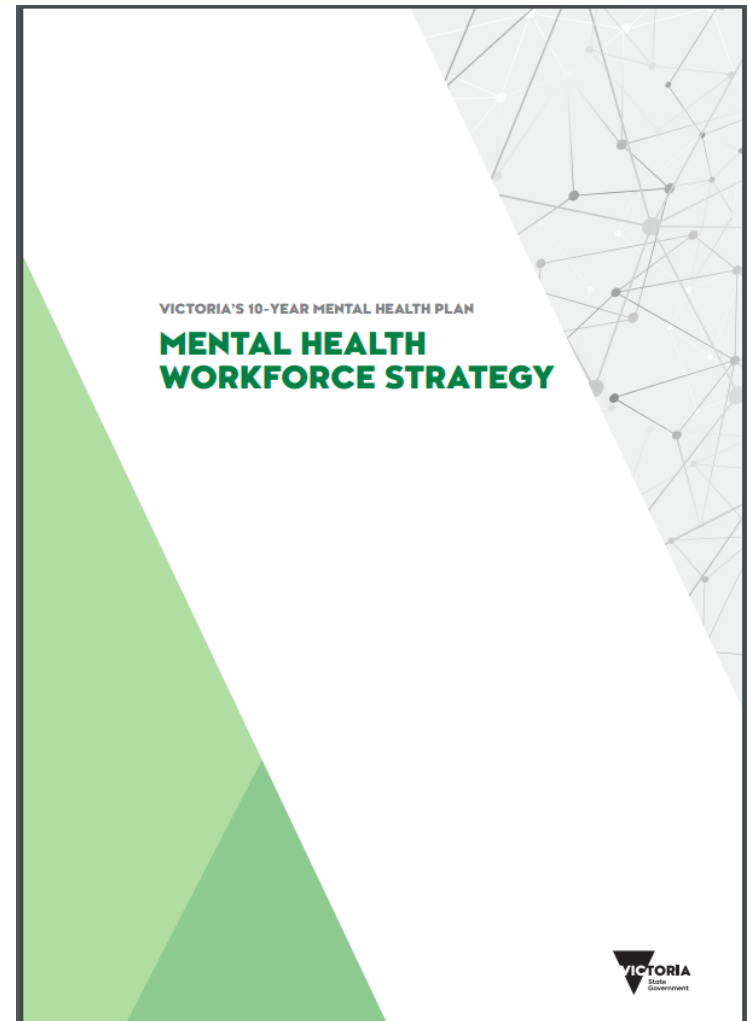
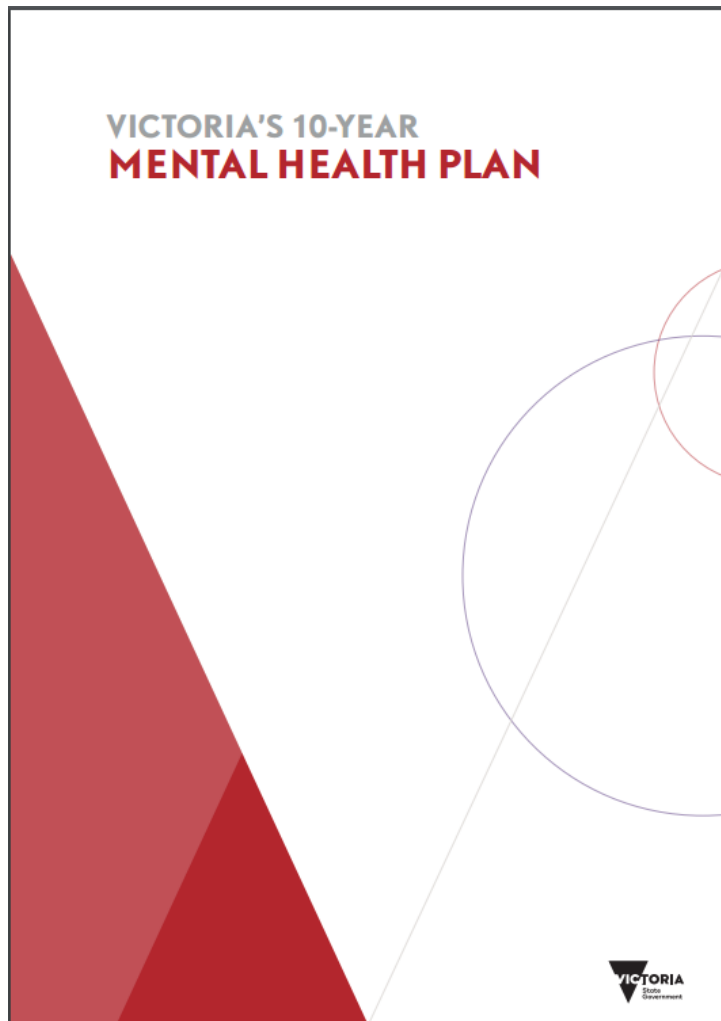
Variance Reporting Pilot

OCP & OCMHN structural reform

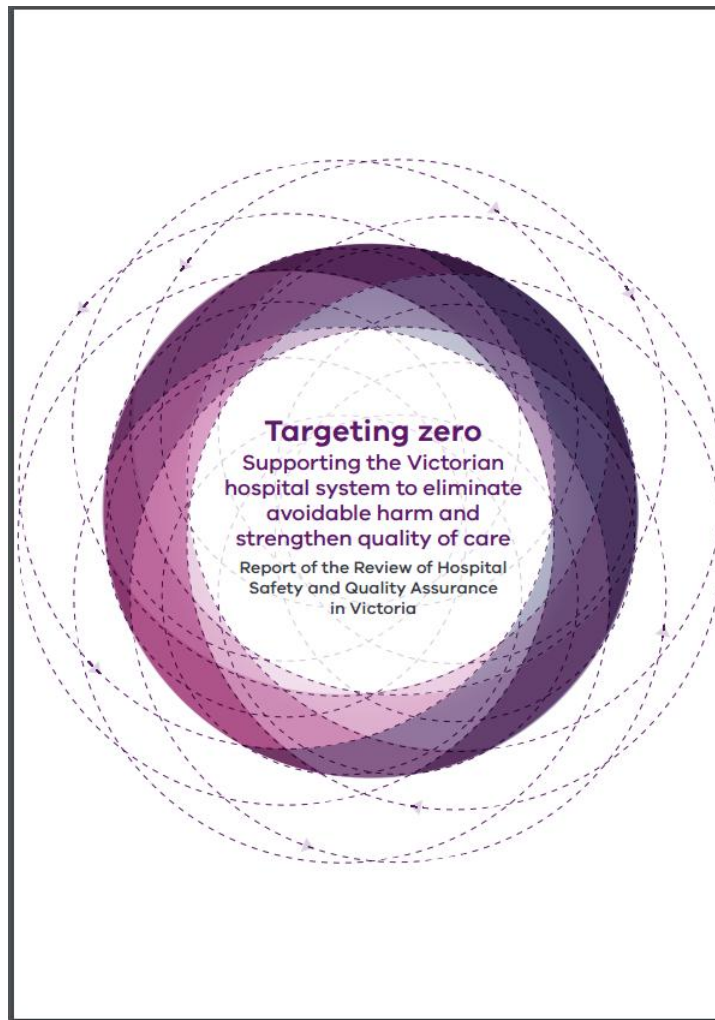
Targeting Zero



# Victoria's 10 Year Mental Health Plan 2015



# Implications



# OCP Governance Structure for restrictive intervention monitoring and review

Chief Psychiatrist  
Restrictive  
Interventions  
Committee

Statutory Practice  
Review Meeting

Data Review  
Working Group

## RI Monitoring

Seclusion and Bodily  
restraint registers  
S&R Rates, duration  
& multiple episodes  
Action plan of service  
contacts

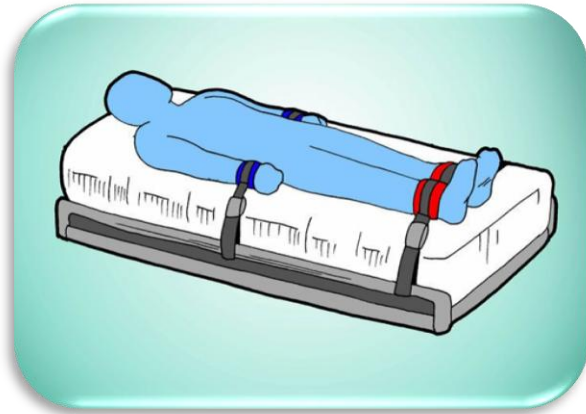
Restrictive  
Interventions

Reportable  
deaths

ECT

Sexual  
Safety

# Identification of Clinical Practice Issues



# Lessons learned and actions taken



## Victorian Chief Psychiatrist Direction 2016/01

Staffing requirements for safe practice where patients  
are in locked areas within mental health inpatient units  
November 2016



# Lessons learned and actions taken

