

ESTABLISHING A THERAPEUTIC INPATIENT MILIEUR: REDUCTION OF FORCE AND PROMOTION OF WELLNESS

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Over the past year and a half, the inpatient psychiatric unit accommodating the Hutt Valley in New Zealand, Te Whare Ahuru, has been transformed from an environment where seclusion and restraint were commonplace, acts of aggression and the destruction of property routine, and general care variable, to a Center emphasizing holistic and comprehensive medical care, wellness, and the rare use of force.

A review of the use of seclusion hours and restraints in recent years reveals the following:

seclusion hours 2006.....	2,710	restraints 2006	101
seclusion hours 2007.....	1,637	restraints 2007	105
seclusion hours 2008.....	1,071	restraints 2008	40

In March 2008 Te Whare Ahuru became smoke-free, and in June 2008 the area formerly known as the "Intensive Care Unit" -- a small locked corrido --, was abolished and in its place an open area emphasizing peace and calm was created, now known as Te Rangimarie. These changes were facilitated by the consolidation of clinical staff, the inculcation of positive and therapeutic attitudes, and the catalysis of teamwork, all with an emphasis on "recovery".

I propose to discuss the the concept of "organic growth and leadership" arising from the establishment of healthy parameters of clinical practice and their extraordinary consequences.

