

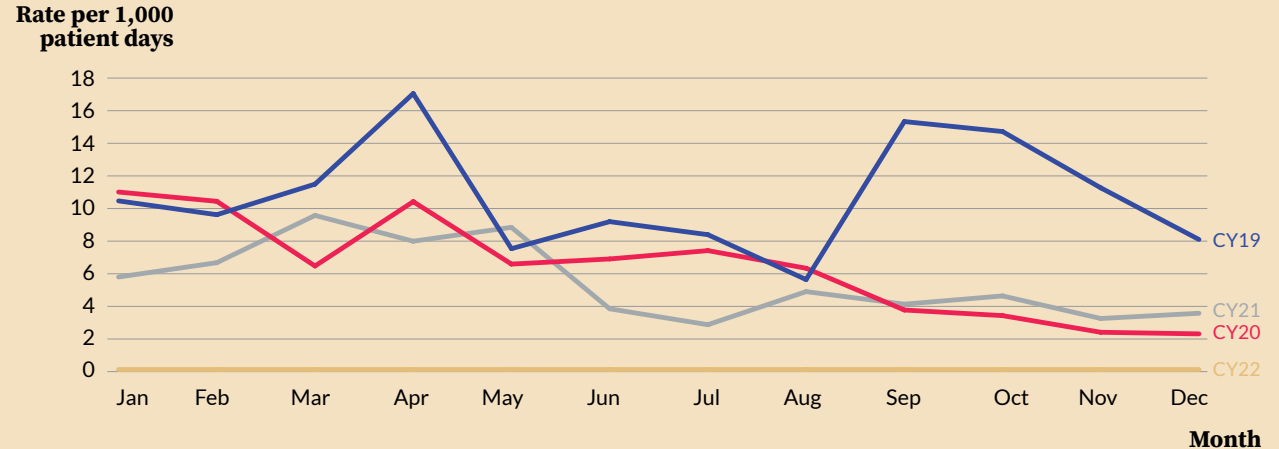
Transition to a Restraint-Free Inpatient Behavioral Health Setting

Operation Last Resort (OLR) is a performance improvement project that enabled the removal of mechanical restraints from an acute inpatient behavioral health hospital servicing children, adolescents, and adults.

Interventions were developed using the Six Core Strategies framework:

1. Leadership towards Organizational Change
2. Using Data to Inform Practices
3. Workplace Development
4. Use of Restraint Reduction Tools
5. Consumer Roles in Inpatient Settings
6. Debriefing

Restraint Rate From 2019 to 2022



True endorsement from leadership, robust staff training, and continuous feedback and supervision supported the success.

Sustainability was achieved for at least one year.