

Planning guide for the **Six Core Strategies[©]** service review tool

New Zealand adaption – 2nd edition

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Te Pou is a national centre of evidence-based workforce development for the mental health, addiction and disability sectors in New Zealand.

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This short resource provides an overview about the *Six Core Strategies*® service review tool. *The Six Core Strategies*® is an evidence-informed whole-of-system approach to reducing the use of restrictive practices. To ensure sustainable change in your service, it is essential leaders and managers are visibly committed to all least restrictive practice activities.

What: This service review tool is for leaders, managers and staff to guide your least restrictive practice activities. It is designed to support reduced restrictive practices through systems change. It does not prescribe actions but guides your service in prioritising actions locally.

Who: To achieve the best outcomes, it is recommended your service forms a least restrictive practice project team or group, and assigns a lead or champion to help with each of the six strategies. Ideally, leads or champions can influence practice through their existing roles and responsibilities. It is pivotal the team includes lived experience, Māori, and whānau leaders.

Your team can include representation from people within and external to your organisation such as iwi, Māori and Pasifika groups, consumer and lived experience networks, non-government organisation (NGO) services, addiction services, primary and community-based services, and other district health board services (DHB), such as community mental health and emergency departments. This will enable you to take a whole of system collaborative approach to least restrictive practice.

When: Regularly review progress on the tool every 4 to 6 months to ensure ongoing quality improvement. Reviews of Plan Do Study Act (PDSA) cycles and planned changes or actions can be undertaken more frequently.

How: Each lead or champion should complete their assigned strategy within the service review tool and identify two priorities for your service to work on over the next 3 to 6 months. Identified priorities should be agreed with leaders, managers and the project team. Use these priorities to develop ongoing plans that allocate responsibilities, identify required resourcing, and outline timelines.

Cultural leadership and participation

It is vital you have robust cultural and lived experience perspectives influencing your work. Improving equity in access and outcomes is a key priority for services. It is important that actions are appropriate and respond to the diverse needs of Māori and other population groups.

Working with cultural leaders and advisors from the start of your project is essential and supports partnership, participation and responsibilities under Te Tiriti o Waitangi. This involves Māori having a clear voice and practical input and leadership into projects at all levels. This is supported by working in partnership with iwi, hapū and local communities.

The inclusion of perspectives and leadership of people from diverse cultures in Aotearoa New Zealand is also important. Working in partnership with people and respecting diversity will ensure your service is responsive to your local community needs. The identification of specific cultural-based approaches will differ between regions based on local needs.

Planning guide for the Six Core Strategies® service review tool: New Zealand adaption (2nd edition)

The *Six Core Strategies*® is a whole-of-system approach for reducing the use of seclusion and restraint in mental health and addiction services. To make service improvements that support better outcomes for people, it is important you identify key priority areas and incorporate these into your service’s action plans and quality improvement projects.

Based on your service’s responses on the *Six Core Strategies*® *service review tool*, this planning guide can be used to assist the development of your action plan and quality improvement projects. It is recommended that your service reviews this planning guide every 3–6 months.

It is vital you have robust cultural and lived experience perspectives involved in your planning. Leaders and champions need to ensure everyone within your service is aware of your identified priorities and can provide input into the development and implementation of action plans and quality improvement projects.

| Strategy | Our priority objectives | What actions need to be taken? | Who is responsible for these actions? | When will these actions be complete? | How will we measure the outcomes of these actions? |
|---|-------------------------|--------------------------------|---------------------------------------|--------------------------------------|--|
| 1. Leadership towards organisational change | | | | | |
| 2. Full inclusion of lived experience | | | | | |
| 3. Using data to inform practice | | | | | |
| 4. Workforce development | | | | | |
| 5. Use of seclusion and restraint reduction tools | | | | | |
| 6. Debriefing techniques | | | | | |



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