

Coercive measures

explained to patients and their significant others

State of the art psychiatric care delivered with respect and safety

The Institute has a policy governing coercive measures. It is based on the Act respecting the governance of the health and social services system, as well as on ministerial guidelines on coercive measures.

Your clinical team is available to answer your questions.

For any problematic situation, you can address your concerns to the unit manager.

In the event of dissatisfaction, the local service quality and complaints commissioner is available at extension 1174.

Alternative
measures to
coercive
measures

What is an alternative measure?

Interventions or strategies that help prevent the use of coercive measures. I can apply these strategies myself or with the support of clinical team members.

- These interventions aim to prevent, eliminate or reduce the cause behind the reactions and behaviours that interfere with my safety or that of others;
- These strategies empower me, help me manage my difficult emotions and reduce the risk for everyone.

Some examples of alternative measures

- **Physical:** sleep routine, dimming the lights, meditation, identifying warning signs, etc.
- **Psychosocial:** talking to a peer, reflecting on the consequences of an impulse, etc.

How do I know which alternative measures are right for me?

- By remembering past winning strategies
- By developing my **proactive plan**

What is my proactive plan?

A tool for:

- Identifying my triggers, my warning signs and my alternative measures;
- Gradually increasing my toolbox for stressful situations;
- Discussing my past experiences with coercive measures;
- Exchanging on situations in which coercive measures could be used as a last resort to prevent me from hurting myself or others.

What is my role regarding coercive measures?

- Discuss my previous experiences regarding coercive measures with my team;
- Develop my proactive plan;
- Express my needs and seek solutions with my clinical team;
- Learn to recognize my warning signs;
- Use my alternative measures when I'm not feeling well;
- Ask for help in stressful situations;
- Work with my team to find ways to avoid having to relive an experience with coercive measures.

At all times, my clinical team will ask for my participation in the development of my interdisciplinary intervention plan.

