

## Key messages for the health sector

- **Focus on seclusion reporting:** Adding seclusion events to the Always Report and Review (ARR) list effective 1 July 2025 will support the ongoing progress made by Health New Zealand project teams working on the *Zero seclusion: Safety and dignity for all* | *Aukatia te noho punanga: Noho haumanu, tū rangatira mō te tokomaha* project in reaching the goal of zero seclusion in adult mental health and addiction settings.
- **ARR process:** The ARR is part of the Healing, learning and improving from harm: National adverse events policy 2023. This process improves transparency and provide insights into how fundamental system safety processes can be improved, to support system learning  
[Access the Healing, learning and improving from harm: National adverse events policy 2023.](#)
- **Seclusion event evaluation form:** The seclusion event evaluation form is already part of the required processes from Manatū Hauora | Ministry of Health. This means the change to use the ARR process will be minimal for services but will contribute to health quality monitoring and learning at a national level.  
[See the Ministry of Health Guidelines for reducing and eliminating seclusion and restraint under the Mental Health \(Compulsory Assessment and Treatment\) Act 1992 | Ministry of Health NZ, 2023.](#)
- **Support for change:** The ARR process for reporting seclusion is supported by the Director of Mental Health at the Ministry of Health, the National Chief Quality & Patient Safety and the National Chief Mental Health and Addiction, Health New Zealand | Te Whatu Ora, and the Chief Executive at Te Tāhū Hauora Health Quality & Safety Commission.
- **Preparation for transition:** This work is part of preparing for the transition of the national Mental Health and Addiction quality improvement programme from Te Tāhū Hauora to Health New Zealand by 30 June 2025.

## Key messages when communicating with consumers

- Seclusion is a significant and serious restrictive practice. Seclusion means isolating a mental health consumer alone in a room. This is done as a last resort - usually for safety reasons.
- Always Report and Review (ARR) reporting is already a requirement for those consumers not subject to the Mental Health (Compulsory Assessment and Treatment) Act 1992.
- As of 1 July 2025, seclusion will also need to be reported to Te Tāhū Hauora Health Quality & Safety Commission as part of the ARR process. This will include providing the review of the seclusion event. This is to ensure there is transparency, learning from the experience, focused improvement and oversight.
- We understand that being placed in seclusion can be deeply distressing and, at times, feel like a form of punishment. The United Nations Special Rapporteur has described seclusion as a form of ill-treatment or torture. [View the Report of the Special Rapporteur on torture and other cruel, inhuman or degrading treatment or punishment.](#)

- The aim of this work is to stop the use of seclusion in Aotearoa New Zealand and to create a safer, more respectful environment where people feel supported, not isolated, during their care.