care inspectorate

mental welfare commission for scotland

How we make sure secure care services use restrictive practices in a safe and kind way





Easy read booklet

Who we are

We are the **Care Inspectorate**.

The Care Inspectorate checks that services caring for children and young people are doing a good job and following the rules.

We are the **The Mental Welfare Commission for Scotland.** We help make sure children and young people with mental health difficulties or a learning disability are safe and treated fairly.

What is a restrictive practice?



A restrictive practice is making someone do something they do not want to do.



Physical restraint is a type of restrictive practice.

It is when an adult holds a young person to stop them hurting themselves or someone else.

What is a secure care service?



A secure care service is a place where young people stay because they need so much care and support that doors have to be locked to keep them safe.

What we did



2025-2026

Care Inspectorate and the Mental Welfare Commission visited all four secure services in Scotland.

These are called:

- Good Shepherd Centre Bishopton
- Kibble Safe Centre
- Rossie Secure Accommodation Services
- St. Mary's Kenmure



We wanted to make sure that children and young people felt safe when restrictive practices were used.



We wanted to check that restraint was only used when it was really needed to help them.



This was because young people have said that being physically restrained is often frightening.

What we found out



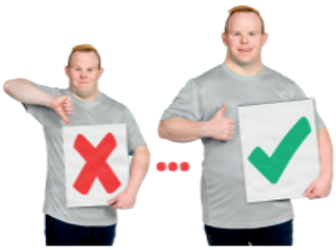
We listened to a lot of young people.



They told us they felt safe and staff were kind.



All the services were trying to reduce how often restraint was used.



Some services were doing this better than others.



Some young people were not told about the restrictions before they moved into secure care.



The services did not all do things in the same way.



Young people found this confusing.



After restraint was used, staff did not always check and write down that the young person was not hurt.

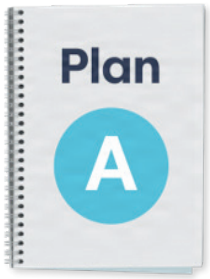
What we want to happen next



The Scottish Government should help secure care services work better together.



Young people should know about the place they are moving to before they go.



All the services should care in the same way so there are no differences for young people.



After a restraint, staff must always check young people are okay and have not been hurt.



Every restraint should be written down and checked so staff can learn to care for young people better.





In 2027, the Care Inspectorate and the Mental Welfare Commission will come back together and check what has improved.

Contact the Care Inspectorate



Go to our website

www.careinspectorate.scot



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Send us an email

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Contact The Mental Welfare Commission for Scotland



Go to our website

www.mwcscot.org.uk/



Send us an email

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