

JUNE 28<sup>th</sup>, 2023 / 12-1pm PST

Provincial Pediatric Mental Health Education Webinar Series:  
**DEBRIEFING AFTER RESTRAINT**

**WHO IS THE SESSION FOR?**

The session is open to all health care providers, regardless of place of work.

The session is directed to health care providers supporting pediatric patients in hospital environments across BC (emergency department, general and pediatric inpatient units).

**WHAT WILL YOU LEARN IN THE SESSION?**

This session will explore the importance of debriefing after restraint from the perspective of the pediatric patient and family, as well as the health care provider.

It will consist of a short presentation on the debriefing resources, followed by an expert panel discussion and a question period. The session will be recorded for later viewing.

**HOW DO I JOIN THE SESSION?**

No registration is required. We recommend that you join using a computer, tablet or smartphone. Join the virtual education session by clicking on the link below:

<https://phsa.zoom.us/j/65381116571?pwd=U1Y1b3JXT2lYlYlJlS0pXT3hWOW1GUT09>

Meeting ID: 653 8111 6571

Password: 237426



**Presenters:**

**Dr. Petra Stephen**  
Child and Adolescent  
Psychiatrist,  
Interior Health Authority

**Raj Chahal**  
Professional Practice Lead  
Mental Health and Social Work,  
Interior Health Authority

**Youth**  
Lived Experience  
Partner

**Parent**  
Lived Experience  
Partner

**RESOURCES:**

- CHBC Provincial Least Restraint Guideline
- Debrief Guide After Restraint with a Child/Youth
- Debrief Guide After Restraint with Family
- Debrief Guide After Restraint with the Health Care Team
- Debrief Guide After Restraint with other patients

