

# Jesper Bak

**Title of keynote:** How to prevent coercion, using the *Six Core Strategy* as a framework, in Danish Mental Health

**Summary of keynote:** The presentation will describe the initiatives included in the Six Core Strategy. Which parts of the strategy has been implemented, which has not, and the developments in coercive episodes nationwide, during the last decade.

Also, the "relationship" between the Six Core Strategy and Safewards will be addressed. Safewards has been implemented in the majority of the "closed" mental health units across the country.

Preliminary results from a nationwide survey investigating implementation of a long range of preventive coercive factors, primarily mechanical restraint, will be disclosed. The study is one of the most complex and comprehensive studies of preventive coercive initiatives in the world.

Lastly, some thoughts on how to push forward - what would be the next steps, in the elimination of coercion, in the mental health community.

**Presentation of speaker:** RN, SD, MPH, PhD, Research Manager, Clinical Mental Health and Nursing Research Unit, Mental Health Centre Sct. Hans, Mental Health Services in the Capital Region of Denmark. Jesper has over 30 years of experience in the mental health sector. He was educated as a nurse in 1984 and has held many positions during the years. The last 11 years Jesper has been doing research, primarily on minimizing coercion in inpatient settings. Now, he holds a position as the head of a small unit, doing clinical mental health and nursing research.

Jesper has participated in many national- and international conferences with posters, lectures and as a speaker, reviewed articles for more than 10 research papers during the last couple of years, and been part of several scientific committees.