

Sexual Safety Collaborative Workshop

Monday 12th April 2021

Welcome!

Thank you for joining the Sexual Safety workshop

The event will start at 13:00



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CENTRE FOR
MENTAL HEALTH



#MHSIP
#SexualSafetyInMH

Agenda

12:45 – 13:00	All attendees to join the meeting
13:00 – 13:10	Welcome and introduction
13:10 – 13:30	Presentation: Supporting Staff <i>Joao Botas, Clinical Psychologist/Psychoanalytic Psychotherapist Phoenix Ward, South West London & St George's Mental Health NHS Trust</i>
13:30 - close	Q and A session

Housekeeping

- Please mute your speakers/audio unless you are speaking.
- Please turn your camera off when others are presenting.
- If you would like to ask a question or leave a comment, please use the chat function within the meeting.
- If you experience any technical difficulties, please email safetyimprovement@rcpsych.ac.uk
- All resources will be available on the RCPsych Sexual Safety page.

Additional support

- We recognise that this topic can be difficult and challenging to think about and discuss.
- You can contact any of the NCCMH team if you need any extra support during today's event.
- Should you wish to speak to a QI coach or require additional support, please email safetyimprovement@rcpsych.ac.uk and one of our QI coaches will be in touch.

Supporting Staff

Joao Botas, Clinical Psychologist/Psychoanalytic Psychotherapist
Phoenix Ward, South West London & St George's Mental Health
NHS Trust

Sexual Safety Project

Reflective Practice Group – Phoenix Ward

Joao Botas

Clinical Psychologist/Psychoanalytic Psychotherapist


April/21

REFLECTIVE PRACTICE GROUP

AIMS AND GOALS

The group aim is to increase psychological awareness through self-reflection. The group's objectives are based on criteria derived from policies and documents in current use which have made recommendations for improved care standards in mental health services. Six main areas for development were identified from a review of the policies:

- Improved communication between staff and service users and their families
- Improved communication between staff and understanding of team dynamics
- Increased understanding of a service-user's difficulties and strengths
- Discussion and improvement of individualized care plans
- Discussion of complaints or incidents that need debriefing
- A commitment to personal development and professional practice

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- SETTING OF THE GROUP
 - FREQUENCY
 - ISSUES DISCUSSED
 - DIFFICULTIES/CHALLENGES/ACHIEVEMENTS
 - WHERE ARE WE NOW?

Joao Botas, Psychologist on Phoenix Ward, **South West London and St George's Mental Health NHS Trust**, shares how the ward has started increasing staff confidence in discussing sexual safety.

#SexualSafetyinMH

1. What problem were you trying to solve?

Getting our staff team comfortable enough to discuss sexual safety issues.

2. What did you do?

We started bringing the subject up during our staff support groups which provides a safe space for staff to discuss and reflect on their feelings around talking about sexual safety, including why they may find it difficult to discuss the topic. We also shared a booklet 'you, your body and sex' to be given to service users.

3. How did it go?

Some members of staff found it difficult because of their religious beliefs. Other members of staff and service users found the leaflet helpful.

4. What was the main learning from your intervention?

This is an ongoing discussion because some members of staff still find it difficult to discuss issues of sexual safety with the service users. The staff support group is a safe place where these issues are regularly discussed and addressed. I am also planning to do a short training session on sexual safety to staff.





QUESTIONS AND ANSWERS



Sexual Safety Collaborative Ward Stories - Templates



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Written piece template

Trust Logo



Ward Name

Project Team Members

Share your story

To help you reflect on your project, we suggest thinking about the following:

Change ideas you have tested:

-
-
-

Changes you have seen on the ward:

Do you feel that sexual safety, sexual health and sex in general are discussed more on the ward since joining the collaborative? Has the culture on the ward changed in terms of how comfortable staff and patients feel talking about sex? Do patients and staff feel able to suggest change ideas to increase their feelings of sexual safety? Do you have any examples of how you've handled a situation related to sexual safety differently since starting your quality improvement project?


What do your patients, staff and carers say?

What is your experience of taking part in the project? What do staff and patients say about how safe they feel from sexual harm or their confidence in talking about sexual safety? Have carers given any feedback?

Looking to the future:

How do you plan to continue the positive work of the project? Have you embedded any change ideas in to everyday practice on the ward? How do you plan to look at areas of the sexual safety standards that you might not have focused on yet?

Poster template

Trust Logo	Ward Name Project team members	 IMPROVING MENTAL HEALTH SAFETY Sexual Safety Collaborative
Sexual Safety Quality Improvement Collaborative		Reflecting on our project
A space for you to add your data/chart or team photo (or both!)		
Change ideas we have tested include:	Changes we have seen on the ward	
<ul style="list-style-type: none">-------	<p>Do you feel that sexual safety, sexual health and sex in general are discussed more on the ward since joining the collaborative? Has the culture on the ward changed in terms of how comfortable staff and patients feel talking about sex? Do patients and staff feel able to suggest change ideas to increase their feelings of sexual safety?</p> <p>Do you have any examples of how you've handled a situation related to sexual safety differently since starting your quality improvement project?</p>	
What our patients, staff and carers say	Looking to the future	
<p>What is your experience of taking part in the project? What do staff and patients say about how safe they feel from sexual harm or their confidence in talking about sexual safety? Have carers given any feedback?</p>	<p>How do you plan to continue the positive work of the project? Have you embedded any change ideas in to everyday practice on the ward? How do you plan to look at areas of the sexual safety standards that you might not have focused on yet?</p>	

Trust Logo

Ward Name
Project team members



Sexual Safety Quality Improvement Collaborative

Reflecting on our project storyboard

1

2

3

4

5

6

Suggestions for your storyboard:



- ➔ **Change ideas you have tested**
- ➔ **Changes you have seen on the ward:**

Do you feel that sexual safety, sexual health and sex in general are discussed more on the ward since joining the collaborative? Has the culture on the ward changed in terms of how comfortable staff and patients feel talking about sex? Do patients and staff feel able to suggest change ideas to increase their feelings of sexual safety? Do you have any examples of how you've handled a situation related to sexual safety differently since starting your quality improvement project?
- ➔ **What do your patients, staff and carers say?**

What is your experience of taking part in the project? What do staff and patients say about how safe they feel from sexual harm or their confidence in talking about sexual safety? Have carers given any feedback?
- ➔ **Looking to the future:**

How do you plan to continue the positive work of the project? Have you embedded any change ideas in to everyday practice on the ward? How do you plan to look at areas of the sexual safety standards that you might not have focused on yet?