



Autistic Spectrum Disorder in Forensic Settings

Wednesday 23 September 2020 | Online Event

Conference Booklet

Programme

Time	Session
09:30-09:35	<p>Welcome and introductory comments</p> <p><i>Professor Regi Alexander, Visiting Professor, University of Hertfordshire, Consultant Psychiatrist, Hertfordshire Partnership University NHS Foundation Trust and Editor, Oxford Textbook of Psychiatry of Intellectual Disability</i></p>
09:35-10:05	<p>Treatment in forensic settings - a parent's perspective</p> <p><i>Ms Sheena Foster, Carer and Co-producer of Carer Support and Involvement in Secure Mental Health Services - A Toolkit (NHS England)</i></p>
10:05-10:35	<p>ASD - setting the scene with some difficult to answer questions</p> <p><i>Professor Conor Duggan OBE, Emeritus Professor, University of Nottingham and Chair, NICE guidelines panel on ASPD</i></p>
10:35-11:05	<p>ASD and offending - pathways, co-morbidities and assessment</p> <p><i>Professor Regi Alexander, Visiting Professor University of Hertfordshire, Consultant Psychiatrist, Hertfordshire Partnership University NHS Foundation Trust and Editor, Oxford Textbook of Psychiatry of Intellectual Disability</i></p>
11:05-11:30	<p>Morning break</p>
11:30-12:00	<p>Psychological and pharmacological treatment approaches - an overview</p> <p><i>Dr Sam Tromans, Honorary Academic Clinical Lecturer at the University of Leicester and an SPR in Psychiatry of Intellectual Disability at Leicestershire Partnership NHS Trust</i></p>
12:00-12:30	<p>Should people with ASD be in forensic hospital settings at all? Exploring efficacy, safety and patient experience</p> <p><i>Dr Harm Boer, Consultant Forensic Psychiatrist, St Andrews Healthcare, Northampton</i></p>
12:30-13:00	<p>ASD and psychopathy- the double hit</p> <p><i>Professor Essi Viding, Professor of Developmental Psychopathology, University College London and Co-Director, Developmental Risk and Resilience Unit, University College London (UCL)</i></p>
13:00-13:35	<p>Lunch break</p>
13:35-14:05	<p>Typologies of ASD in forensic settings - the MATCH experience</p> <p><i>Professor Peter Langdon, Centre for Educational Development, Appraisal and Research (CEDAR), University of Warwick and Editor, Journal of Applied Research in Intellectual Disability</i></p>
14:05-14:35	<p>Women with ASD: Missed diagnosis and misdiagnosis</p> <p><i>Ms Verity Chester, Gender and Diversity Editor, Advances in Autism Journal and Network Manager, RADIANT (Research in Developmental Neuropsychiatry), Hertfordshire Partnership University NHS Foundation Trust</i></p>
14:35-15:00	<p>Afternoon break</p>
15:00-16:20	<p>Questions and answers and panel discussion</p>
16:20-16:30	<p>Closing comments</p> <p><i>Professor Conor Duggan OBE, Emeritus Professor, University of Nottingham and Chair, NICE guidelines panel on ASPD</i></p>

Speaker Biographies and Abstracts

Chair: Professor Regi Alexander

*Visiting Professor, University of Hertfordshire, Consultant Psychiatrist, Hertfordshire Partnership University NHS Foundation Trust and Editor, Oxford Textbook of Psychiatry of Intellectual Disability
RCPsych Associate Dean for Advanced Learning and Conferences*

Treatment in forensic settings - a parent's perspective

Ms Sheena Foster

Carer and Co-producer of Carer Support and Involvement in Secure Mental Health Services - A Toolkit (NHS England)

This presentation will look at how it feels to be a parent carer in a secure services and what changes need to be made so that carers are seen as assets to the service. What are the barriers that get in the way and how they can be overcome?

Sheena Foster is a carer with a son in a medium secure service. She is a Family and Friends representative in the Forensic Quality Network at the RCPsych and sits on the Advisory Group and the Forensic Faculty. She is a member of the Adult Secure Clinical Reference Group and is involved with NHSE and the National Secure Programme. Sheena was also involved in developing the the Secure Carer Toolkit - "Carer support and involvement in secure mental health services" and believes that the carer voice needs to be recognised and carers seen as assets to the service.

ASD - setting the scene with some difficult to answer questions

Professor Conor Duggan OBE

Emeritus Professor, University of Nottingham and Chair, NICE guidelines panel on ASPD

My presentation will focus on two questions: (a) Why do mentally disordered offenders behave violently and (b) When they do, how are you going to treat/manage them? I will seek to answer these questions using two clinical cases: (1) an offender with Avoidant Personality Disorder who had a surprisingly good outcome and (2) an offender with Asperger's Syndrome who was not so fortunate. My intention is that this focus will help to concentrate our minds on both the similarities and differences in these two cases.

Conor Duggan BSc, PhD, MD, FRCPsych, OBE is Emeritus Professor at the University of Nottingham in the UK. He was until 2011 an Honorary Consultant Psychiatrist at Arnold Lodge, Regional Secure Unit in Leicester UK where he shared responsibility for a 22-bedded in-patient unit that treats men with personality disorder and a history of serious offending. His research interests are treatment efficacy in personality disordered offenders, their long-term course and

the neuropsychological basis of psychopathy. He has been responsible for several Cochrane Reviews in the treatment of personality disorder and sex offending. He has written over 170 peer reviewed papers and book chapters. He was until recently Editor of The Journal of Forensic Psychiatry and Psychology and chaired a NICE Guidance Committee on Antisocial personality Disorder. In 2012, he was awarded an OBE for his services to mental health.

ASD and offending - pathways, co-morbidities and assessment

Professor Regi Alexander

Visiting Professor University of Hertfordshire, Consultant Psychiatrist, Hertfordshire Partnership University NHS Foundation Trust and Editor, Oxford Textbook of Psychiatry of Intellectual Disability

People with autistic spectrum disorders (ASD) are arguably less likely than the general public to indulge in law breaking behaviour. Yet when they do, they sometimes attract a disproportionate amount of adverse attention in the media and among policy makers. While this sort of law breaking behaviour affects only a very small proportion of people with ASD, they are a group who have the potential to be conspicuous users of the healthcare and forensic systems. The availability of appropriate interventions can improve outcomes for all concerned. This presentation will draw on the evidence base of published literature and go on to highlight the key points that are relevant for a practising clinician. It will provide an overview of the following areas 1. The arbitrariness of the "forensic patient" label (prevalence of ASD in various settings) 2. The pathology "porridge" (clinical presentations) 3. ASD & law breaking behaviour (links and mechanisms) 4. The 10 point treatment programme (clinical assessment and management)

Regi Alexander is a visiting professor at the University of Hertfordshire and a Consultant Psychiatrist at Hertfordshire Partnership University NHS Foundation Trust. A practising clinician throughout his professional life, Regi is the author of over 60 peer reviewed publications and book chapters. He is the editor of the Oxford Textbook of Psychiatry of Intellectual Disability, editor of Forensic Aspects of Neurodevelopmental Disorders: A Clinical Guide (Cambridge University Press), deputy editor of the British Journal of Psychiatry Open, Associate Dean of the Royal College of Psychiatrists and President elect of the Intellectual Disability Section at the Royal Society of Medicine. He has edited four Royal College of Psychiatrists reports on in-patient services, forensic care pathways, psychotropic medication use and restrictive interventions for people with intellectual or developmental disabilities and was a member of the NICE guidelines panel on mental health in people with learning disability. Outside his professional life, he volunteers as the editor of an award winning community magazine in East Anglia, Village Voice. (http://beltonandbrowston.com/?page_id=47). In 2018, he was awarded the President's medal by the Royal College of Psychiatrists.

Psychological and pharmacological treatment approaches - an overview

Dr Sam Tromans

Honorary Academic Clinical Lecturer at the University of Leicester and an SPR in Psychiatry of Intellectual Disability at Leicestershire Partnership NHS Trust

The presentation will provide an overview of psychological and pharmacological treatment approaches for autistic adults.

Sam Tromans is a Specialist Registrar in the Psychiatry of Intellectual Disability at Leicestershire Partnership NHS Trust, and an Honorary Academic Clinical Lecturer at the University of Leicester, where he is undertaking a PhD on the prevalence of Autism within acute adult inpatient mental health settings, supervised by Professor Traolach Brugha and Professor Guiqing (Lily) Yao and supported by the National Institute of Health Research. He has over 25 publications, including four chapters in the recently published Oxford Textbook of the Psychiatry of Intellectual Disability, all of which can be accessed via <https://scholar.google.co.uk/citations?user=a2XIH8cAAAAJ&hl=en>

Should people with ASD be in forensic hospital settings at all? Exploring efficacy, safety and patient experience

Dr Harm Boer

Consultant Forensic Psychiatrist, St Andrews Healthcare, Northampton

Although there have been reports in the press which appear to connect ASD (autism spectrum disorders) with violent offending, there is little evidence in the available literature to confirm this. Recently Jonty Bravery (who had been diagnosed with personality disorder and autism) was convicted and was given a 15 year prison sentence (despite recommendations for hospital treatment) for attempted murder. The talk will concentrate on available options in hospital as an alternative to prison and will ask whether autistic persons should be in hospitals at all.

Dr Boer has worked as a dually accredited psychiatrist in Learning Disability (LD) and Forensic Psychiatry (until July 2017, and again since August 2020) with male offenders with LD at the Forensic Services at Brooklands Hospital. Between July 2017 and July 2020 he worked in the independent sector, first as a consultant forensic psychiatrist at The Huntercombe Centre Birmingham and, second, as the clinical director for learning disability and ASD at St Andrew's Healthcare, Northampton.

In the course of his duties he has assessed and treated many mentally disordered offenders with or without learning disabilities and he has prepared psychiatric Court reports, at the request of solicitors, Courts and Crown Prosecution Service, and he has given evidence in Court. Between 1999 and 2005 he was Visiting Consultant Forensic Psychiatrist at HMP Birmingham.

Dr Boer has played a major part in the development and expansion of the Forensic Services for Offenders with a Learning Disability (LD) at Brooklands and he had a leading role in setting up and developing the Women's Forensic Service.

He was an Associate Medical Director of North Warwickshire Mental Health Trust between 1999 and 2002.

He has been involved in ongoing research, particularly in Prader-Willi Syndrome, a genetic disorder associated with LD, obesity and behavioural problems including psychosis, resulting in over 30 articles in peer-reviewed journals. The research has resulted in significant contributions to the understanding of the interaction between the genes and psychosis in PWS. Dr Boer was awarded a PhD at the Department of Genetics of the University of Maastricht, Netherlands in 2004.

He was appointed Doctor Reviewer for the Royal College of Psychiatrist Invited Review Service in 2014.

Dr Boer is elected fellow of Council, Royal College of Psychiatrists and co-opted member of the Forensic Faculty of the RCPsych. He is currently ad hoc (Medium Secure) gatekeeper for Wales.

2011 to 2018: member of the (national) Consultants Committee of the British Medical Association (BMA) and between 2013 and 2018 chair of the West Midlands Regional Consultants Committee.

Between 2007 and 2012 he was Vice Chair, Faculty of Learning Disability Psychiatry, Royal College of Psychiatrists. He was amongst others responsible for policy and consultation, liaison with the Forensic Faculty, and standing in for the Chair at Council (the Trustee body of the RCPsych). During his time as Vice Chair he was actively involved with the RCPsych College Centre for Quality Improvement. He was a member of the committee devising standards for AIMS-LD (Accreditation for inpatient Mental Health Services for people with LD), and later member of the committee reviewing the Accreditation of Inpatient LD Services.

Between 2007 and 2017: Chair of the Local Negotiating Committee, Coventry and Warwickshire Partnership Trust.

Between 2006 and 2009 Dr Boer was Advisor with the Healthcare Commission. This involved inspection visits and preparing reports based on written information.

ASD and psychopathy- the double hit

Professor Essi Viding

Professor of Developmental Psychopathology, University College London and Co-Director, Developmental Risk and Resilience Unit, University College London (UCL)

Both individuals with psychopathy and those on the autism spectrum can behave in ways that suggest difficulty in empathising with other people. Individuals with psychopathy and autism spectrum disorder (ASD) are also found in forensic psychiatry settings, although only those with psychopathy are over represented in such settings. This talk provides a short overview of behavioural, neurocognitive and aetiological features associated with psychopathy and ASD, and considers challenges posed by individuals who have features of both conditions.

Essi Viding, FBA, is Professor of Developmental Psychopathology at the Clinical, Educational, and Health Psychology Research Department, Division of Psychology and Language Sciences, UCL. Together with Professor Eamon McCrory, she co-directs the Developmental Risk and Resilience Unit at UCL. The unit's research focuses on investigating different developmental pathways to persistent antisocial behaviour, as well as the neurocognitive consequences of childhood maltreatment. Prof Viding has received several prizes for her research, including the Royal Society Rosalind Franklin Award and British Psychological Society Spearman Medal.

Typologies of ASD in forensic settings - the MATCH experience

Professor Peter Langdon

Centre for Educational Development, Appraisal and Research (CEDAR), University of Warwick and Editor, Journal of Applied Research in Intellectual Disability

Background: Some people with autistic spectrum disorders (ASD) are detained within hospitals because of the risk of violence, but we know little about the relationship between autism and this risk, nor do we fully understand the differences within this group and the implications for clinical care. There is little information about the most appropriate care-pathway for this population.

Objectives. 1) to further develop a proposed sub-typology for people with autistic spectrum disorders (ASD) detained within hospital, 2) to test the validity of these subtypes, by examining the relationship between these subtypes, clinical data, and neurocognitive variables, and 3) to examine the relationship between these subtypes and patient outcome in order to understand the most appropriate care pathway.

Methods: The aims were investigated within three related Workstreams: 1) Workstream I involved using focus group work and consensus methods with clinicians and services users to refine our sub-typology, 2) Workstream II involved examining the validity of our subtypes within two sub-streams: i) Workstream IIa involved collecting data about behaviour, resource use and risk from clinical records and staff members, describing factors related to care-pathways, and then making comparisons between subtypes, and ii) Workstream IIb involved asking patients to complete a battery of neurocognitive tests to allow us to test the validity of our subtypes further. It was anticipated that differences between the subtypes could be characterised by key indicators (e.g. aggression and psychopathy) and 3) Workstream III involved those patients from Workstream IIa being followed up in 12 months, allowing us to collect behavioural data over time. This allowed us to examine how outcome differed between our subtypes, and whether the care pathway differed between subtypes.

Key findings: Our initial sub-typology of patients with autism detained within hospital had validity with clinicians. The differences between our eight primary subtypes appears to be best characterised by psychopathy and behavioural problems, rather than psychosis, indicated that our typology could be simplified. There are a smaller population who can be defined by psychosis and these patients require specialist care. We were able to cluster patients into distinct

groups which related to our initial subtypology. There are substantial implications for care pathways as these populations have different treatment needs. Our findings indicated that the greatest degree of variation in the population could be explained by having both higher psychopathy and behavioural problems which is consistent with what would be expected for a population detained in hospital. Further, our resource use estimation indicated that this is a high-cost group. We have been able to robustly provide an estimate of the cost of NHS care for this vulnerable population.

Conclusions: Patients with autism detained in hospital can be delineated according to a set of key variables that inform treatment needs. This means that the care pathways should be different according to this categorisation.

Peter completed his undergraduate degree in psychology at Memorial University of Newfoundland. He was awarded a Lord Rothermere Fellowship and qualified as a clinical psychologist in 2000 from the Institute of Psychiatry, King's College, London. He completed his PhD at the Tizard Centre, University of Kent as an NIHR Research Fellow. He then completed an NIHR funded postdoctoral fellowship.

He has worked within secure mental healthcare services for offenders with intellectual and developmental disabilities for twenty years. His research interests fall broadly within the area of developmental psychology and include the adaptation and evaluation of psychological therapies for people with intellectual and developmental disabilities. Peter has completed a variety of funded research projects involving people with intellectual and other developmental disabilities. He is a non-medical approved clinician as defined with the Mental Health Act. He is registered as both a clinical and forensic psychologist, and is Honorary Associate Director of Research for Worcestershire and Herefordshire Health and Care NHS Trust.

Peter is the co-convenor of RADiANT (ReseArch in DevelopmentAl NeuropsychiaTry) together with Dr Regi Alexander, Hertfordshire Partnership University NHS Foundation Trust. RADiANT is a consortium of NHS service providers which works in collaboration with academics in a number of universities. It seeks advice from service users, patients, families, charities, community leaders and a range of statutory bodies and organisations. RADiANT focuses on mental health and behavioural issues associated with five developmental conditions- Intellectual Disability (ID), Autistic Spectrum Disorders (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Epilepsy (EPI) and Acquired Brain Injury (ABI). It is hosted by Hertfordshire Partnership University NHS Foundation Trust (HPFT).

Women with ASD: Missed diagnosis and misdiagnosis

Ms Verity Chester

Gender and Diversity Editor, Advances in Autism Journal and Network Manager, RADiANT (Research in Developmental Neuropsychiatry), Hertfordshire Partnership University NHS Foundation Trust

Autistic women and girls have received comparatively less attention within clinical practice and research. Research suggests women tend to be diagnosed

later in life than men, and are more likely to experience misdiagnosis. This appears due to diagnostic conceptualisations being based on men, and low recognition of the female presentation of autism among the general public, in social spheres, educational, clinical, and forensic settings. This affects the likelihood of females being referred for diagnosis, the reliability of diagnostic assessments, and subsequent access to support. This talk will provide an overview on the recent literature pertaining to autistic females, including the female autism phenotype, their presentation on core autism domains; social communication and interaction, and restricted, repetitive patterns of behaviour, interests, or activities. The literature on autistic females within the criminal justice system will be presented. Common misdiagnoses/comorbidities of autistic women will be presented, alongside clinical case studies. Practical strategies will be suggested for improving the recognition, diagnosis and management of autistic females in the criminal justice system.

Verity Chester is a researcher specialising in forensic issues among people with learning disabilities and autism. Verity obtained her BSc in Forensic Psychology from the University of Leeds in 2009, and a MSc in Forensic Psychology from London Metropolitan University in 2012, and is currently studying a PhD at the University of East Anglia, Norwich, investigating offending behaviour among the autistic population. Verity is trained on the Autism Diagnostic Observation Schedule, 2nd Edition: (ADOS-2) and has supported autism assessments within a forensic intellectual disability setting for a number of years. In 2019, Verity became Gender and Diversity editor of the *Advances in Autism* journal, and edited two special issues focused on autistic females. Verity has completed a recent literature review on the recognition and diagnosis of autism in women and girls, and is working on a book chapter on the needs of autistic females within the criminal justice system. Verity is a Research Associate and the Network Manager for RADiANT (<http://radiant.nhs.uk/>), a clinical and research consortium focuses on mental health and behavioural issues associated with five developmental conditions; Intellectual Disability, Autism, Attention Deficit Hyperactivity Disorder, Epilepsy and Acquired Brain Injury.