



Sexual Violence and Mental Health Conference

Annual Women's Mental Health Conference

**6 December 2019
RCPsych, London**

Conference booklet

Conference Welcome

Welcome to the annual women's mental health conference of the Women and Mental Health SIG (WMHSIG). We are delighted that you have decided to join us this year to explore the topic of sexual violence and mental health.

As mental health professionals our patient population are disproportionately affected by sexual violence. Prof Liz Hughes (one of our speakers today) and her colleagues in their recent editorial in Epidemiology and Psychiatric Sciences: 'Sexual violence and mental health services: a call to action' recommend a wider focus on sexual violence as part of routine care. The aim of this conference is to consider how our mental health services can better support this call to action.

We hope that you will enjoy and learn from the day, that you will engage in the discussions and that ultimately the care that you give to your patients will be improved as a result.

Don't forget that if you are a College member you can join WMHSIG by selecting the SIG from the list available in your online RCPsych membership profile.

You can also follow us on twitter @womeninmindUK @rcpsych

Join us today on twitter using #WomensMH19

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General Information

Accreditation

This conference is eligible for up to 6 CPD hours on Friday 6 December, subject to peer group approval.

Certificates

Certificates of attendance will be emailed to delegates after the conference.

Cloakroom

Cloakrooms can be found on the ground and 1st floors.

Conference sessions

All sessions take place on the first floor.

Feedback

A detailed online feedback form will be emailed to all delegates after the event.

All comments received remain confidential and are viewed in an effort to improve future meetings.

Lunch

Lunch will be served on the ground floor.

Queries

Please come to the Conference Registration Desk on the ground floor if you require any assistance.

Refreshment breaks

Tea and coffee breaks will be served on the ground floor.

Registration desk

The registration desk will be located in reception area, ground floor.

Social Media

If you wish to tweet about the conference, please use **@RCPsych #WomensMH19**

Wifi

Network: RCPsych-Wifi Password: RCP19@w1f1

Programme

08:30-09:15	Registration and refreshments
<p>Session A- How does sexual violence affect our patients?</p> <p>Chair- Dr Ruth Reed</p>	
09:15-09:20	<p>Welcome</p> <p>Dr Claire Wilson</p>
09:20-10:00	<p>The epidemiology of sexual violence and mental disorders: what is the scale of the problem</p> <p>Dr Sian Oram</p>
10:00-10:40	<p>The voice of abuse survivors in services and research</p> <p>Concetta Perot</p>
10:40-11:00	Morning Refreshments
<p>Session B- How do mental health professionals care for those affected by sexual violence?</p> <p>Chair- Dr Claire Wilson</p>	
11:00-11:40	<p>What is the role of the SARC (Sexual Assault Referral Centre)?</p> <p>Dr Sheila Paul</p>
11:40- 12:20	<p>What, when & how? Assessment and therapeutic intervention after sexual harm</p> <p>Dr Carmen Chan and Dr Ruth Reed</p>
12:20-1:20	Lunch
<p>Session C- How do mental health professionals liaise with other agencies in cases of sexual violence?</p> <p>Chair- Dr Shubulade Smith</p>	
1:20-2:00	<p>How can mental health professionals enquire about sexual violence in their patient population and create an environment conducive to disclosure?</p> <p>Professor Liz Hughes</p>
2:00-2:40	<p>What is the role of the courts? Mental health services interfacing with the criminal justice system in cases of sexual violence: a psychiatrists' perspective</p> <p>Dr Nick Hindley and Dr Gill Mezey</p>
3:40-3:00	Afternoon refreshments

Session D- **How do mental health services respond to sexual violence?**

Chair- Dr Beena Rajkumar

3:00-3:15	How can mental health services and professionals adapt their care to the needs of those who have experienced sexual violence? Dr Geraldine Strathdee, CBE, National Professional Adviser CQC & NHS Non- Executive Director
4:20-4:30	Panel discussion: What is the role of mental health professionals in the #me- too era? Chaired by Sarah Johnson: Commissioning editor and writer, The Guardian
4:45	Close of conference

Presentation abstracts

The epidemiology of sexual violence and mental disorders: what is the scale of the problem

Dr Sian Oram

In England and Wales, an estimated 1 in 5 women aged 16-59 have experienced some form of sexual violence since the age of 16, with a higher prevalence and increased risk among mental health service users. Findings are presented on the prevalence and risk of sexual violence victimization among mental health service users, drawing upon a cross-sectional survey of mental health service users with comparison to contemporaneous general population controls and a systematic review of studies which included adult male or female mental health service users and measured the prevalence and/or risk of sexual violence victimization since age 16. Mental health professionals and sexual violence support services should be aware of the intersection of mental health problems and sexual violence victimization and be prepared to enquire and respond appropriately.

The voice of abuse survivors in services and research

Concetta Perot

The involvement of people with lived experience is an ethical imperative that is supported by legislation, requiring Patient and Public Involvement (PPI) and co-production in our services and research. What does good involvement look like from the perspective of survivors of abuse and trauma? And if we invite survivors to the table to have a voice, how do we respond to those voices if (when) they challenge and disturb our professional and organizational ways of being?

As part of this presentation, the Survivors' Voices Charter and the newly launched Ladder of Involvement will be shared as well as results from the recent VAMHN Survivors Priority Themes and Questions for Research report.

What is the role of the SARC (Sexual Assault Referral Centre)?

Dr Sheila Paul

The title of this talk would dictate several hours of presentation, however, concentrating on the focus for today, and an area close to my heart, I will be illustrating the need and thanking everyone who is steadily working in research to ensure our service is appropriate to the proper care of our very vulnerable attendees.

What, when, & how? Assessment and therapeutic intervention after sexual harm

Dr Carmen Chan and Dr Ruth Reed

We discuss the challenges and good practice in assessing people following sexual harm. We look at how the impact may differ depending on the stage of development at which the events are experienced, and the implications for achieving comprehensive assessment of symptoms. We also emphasise the importance of understanding strengths and resources of the individual and the systems around them. We consider how to evaluate readiness to undertake therapeutic work. We look in more detail at complex post-traumatic stress disorder and explore the use of psychological therapies.

How can mental health professionals enquire about sexual violence in their patient population and create an environment conducive to disclosure?

Professor Liz Hughes

The aim of the presentation is to present the rationale for why there is a need to engage in conversation about sexual

health and sexual safety in mental health care settings and offer an understanding of why this topic is frequently overlooked or avoided by mental health staff.

A historical context of sexuality and mental health care as recent studies will be used to contextualise the issues and provide some recommendations about how sexuality, sexual health and sexual safety can be better incorporated into routine mental health care.

What is the role of the courts? Mental health services interfacing with the criminal justice system in cases of sexual violence: a psychiatrists' perspective

Dr Nick Hindley and Dr Gill Mezey

Dr Nick Hindley will be addressing issues relating to young people's mental health services interfacing with the criminal justice system in cases of sexual violence. Professor Mezey will consider such matters from an adult service perspective.

How can mental health services and professionals adapt their care to the needs of those who have experienced sexual violence?

Dr Geraldine Strathdee

- For the audience of young current and future leaders, I want to share my experience as a mental health clinician in the movement on sexual violence and mental health; the insights, the improvements, the challenges, the critical success factors.
- I went to medical school, thinking I would become a GP. The course of my life and career changed when I met a young woman patient, labelled as 'mad and dangerous', and heard her story of sexual violence and abuse.
- Her story, and that of the others like her, and their trust in sharing it with me, profoundly influenced my clinical work, shaped the services I developed as a clinical and medical director, my work as a national policy leader and regulator, and in the roles I do now.
- The essential tenet of my talk is my belief that 'there is no 'they': *each one of us is the 'they'*'; each one of us has the ability to drive improvement and make a real difference.
- Mental health and women's mental health higher up the agenda than ever before
- But driving change is best done by having a critical mass to build a vision and strategy, partnerships with patients and communities, high impact 'Trojan Horse' innovations, and a communication plan that engages.
- Let's debate in the panel, how can build sexual safety into the DNA of everything we do in mental health: be the role model for greater societal change.....

Biographies

Dr Carmen Chan is a Clinical Psychologist and Service Lead for Horizon, a specialist CAMHS service in Oxfordshire supporting young people and families who have been affected by sexual harm. She is also a Visiting Tutor at the Oxford Institute of Clinical Psychology Training (University of Oxford), and her clinical and research interests include interpersonal trauma and PTSD across the lifespan, shame, trauma-informed care, and exploring early interventions post-trauma. Dr Chan is one of the founding members of the Oxfordshire Sexual Violence and Exploitation Network.

Dr Nick Hindley is the clinical lead for South Central Community Forensic CAMHS which covers the Thames Valley, Hampshire/Isle of Wight and Dorset. He is involved locally and nationally in the development of support for, and meeting the needs of, high risk young people and those with complex needs. He has experience of working in custodial, secure and community settings and, in addition to the FCAMHS service he has been involved in development of commissioned services for young people addressing harmful sexual behaviour, experience of sexual harm and identifying need at point of contact with the youth justice system (Liaison and Diversion). He is lead named doctor for safeguarding children in a large health trust (Oxford Health NHS FT), and until recently was NHS England clinical lead for the national implementation of community forensic CAMHS.

Professor Elizabeth Hughes is a mental health nurse by background and worked in acute inpatient services and substance use services in London and the South of England. Her academic career has spanned 20 years and her research interests span broadly the intersection of physical health and mental health. She is currently Professor of Mental Health and Director of Research and Innovation in the School of Healthcare in the Faculty of Medicine and Health at the University of Leeds. In this role, Liz is leading on a programme of research related to sex and mental health, as well as supporting research capacity in the school, as well as within local mental health and drug/alcohol services. She has led NIHR studies on the topic of sex and mental health including the RESPECT study which evaluated a sexual health promotion intervention for people with serious mental illness, and a current study (MiMOS) evaluating how mental health and substance use needs are identified and addressed for people who attend sexual assault referral centres. She is National Clinical Expert in Sexual Safety in the Mental Health Forum at the Royal College of Nursing, and a member of the Expert Steering Group for a Sexual Safety in Mental Health Inpatient settings for the National Health Service Quality Improvement project and contributed to the development of national standards for this.

Sarah Johnson is a journalist at the Guardian. She founded and edits two series featuring first person accounts of working in public services. As a writer, she specialises in mental health and other aspects of healthcare in the UK and abroad. She was part of the team shortlisted for publication of the year in Mind's 2017 and 2018 awards.

Professor Gillian Mezey is a Professor of Forensic Psychiatry at St George's, University of London and an Honorary Consultant Forensic Psychiatrist at the SW London and St George's Mental Health NHS Trust as well as the Pathfinder NHS Mental Health Trust. Between 1998 and 2012, she was the training programme director for forensic psychiatry in the London (South West) Deanery.

She is a Fellow of the Royal College of Psychiatrists and a Fellow of the Royal Society of Medicine. She was twice elected to the Faculty of Forensic Psychiatry, where she served as Academic Secretary. She was the Faculty representative on the

Social Inclusion Committee, which produced the College Position Statement on Social Inclusion. She is currently a member of the College Forensic Faculty Education and Curriculum Committee.

Dr Sian Oram is a Senior Lecturer and Head of the Section of Women's Mental Health at the Institute of Psychiatry, Psychology & Neuroscience, King's College London. Dr Oram's group conducts research on interpersonal trauma, its intersection with gender and with institutional and societal structures, and its relationship to mental health. The group has an interest in developing methods for safe, ethical, and participatory research with and by people affected by trauma and abuse, and has expertise in qualitative methods, systematic reviews, and evaluation research.

Dr Oram is Co-Director of the UKRI-funded Violence Abuse and Mental Health Network; Deputy Director (KCL) of the [NIHR Mental Health Policy Research Unit](#), which aims to help the Department of Health and others involved in making nationwide plans for mental health services to make decisions based on good evidence; and principal investigator for research investigating the effectiveness of advocacy interventions in improving the mental health and wellbeing of survivors of modern slavery. Her work has informed guidelines and reports from the Chief Medical Officer, NICE, and the World Health Organisation.

Dr Sheila Paul, soon after qualifying as a GP, I worked for the US Army in Germany. Returning to the UK after 6 years, I have been ½ time GP Principal in South Bucks from 1988 to 2017, then GP in A and E until May 2019.

My “port folio career”, has included cardiology research; surgical clinics; working with homeless people in London; being medical director of a drug and alcohol team; 13 years in A and E, alongside GP work. My love is working with the vulnerable. Since 1993 I have worked as a Forensic Physician for Thames Valley Police. Leaving general forensic work with contracting out 5 years ago, I continue as Clinical Director of the Thames Valley Sexual Assault Service and Child Lead.

I am medical advisor for |Coraam Baaf and work with the LAC team.

Nov. 2019

Concetta Perôt is a psychotherapist, independent researcher and Associate with King's College London and the University of Bristol. She is co-founder of Survivors' Voices, a national peer-led organization creating gathering points for survivors and untapping their expertise in order to change responses to trauma. Concetta offers consultancy, training and lecturing to enable organisations and individuals to better understand trauma, its impact and the importance of developing research, services, policies and practices from survivor-informed perspectives. She also worked on the NAPAC national helpline providing telephone support for adult survivors of abuse.

Concetta has an MSc in Mental Health Studies from the Institute of Psychiatry with thesis on the assessment and treatment of trauma and PTSD when it co-occurs with psychosis. She sits on the steering group of the NIHR MiMoS study exploring the mental health needs of people attending SARC's and Bristol University's Supporting Survivors project investigating the role of peer-support for survivors. She is co-author of the Charter for Organisations Engaging Abuse Survivors, developed by Survivors' Voices with support from King's College London and the Wellcome Foundation.

Dr Beena Rajkumar as a Consultant Psychiatrist in a High Dependency In-Patient Women's Unit. She also works as a Consultant Psychotherapist with people who have experienced Complex Trauma. She is also the Director of Medical Education for the Trust. She is the Co-Chair for the WMHSIG. Her main interests are Women's Mental Health & working with people who have experienced Trauma. She also enjoys teaching and training Psychotherapy.

Dr Ruth Reed is a Consultant Child and Adolescent Psychiatrist with a special interest in assessing and supporting young people and their families after traumatic events. I am co-chair of the Women's Mental Health Special Interest Group of the Royal College of Psychiatrists.

Dr Shubulade Smith is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust and Clinical Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London. She graduated in Medicine from Guy's Hospital Medical School, London, winning prizes in Psychological Medicine. After training in psychiatry at the Maudsley, she completed a Research Fellowship in antipsychotic side effects, supervised by Professor Sir Robin Murray. As a result of this work she became aware of the significant physical health burden in SMI. She set up a joint medication review/physical health clinic, a "one stop shop" aimed at health promotion and management of physical problems in people with SMI, leading to her being nominated as a "Woman of the Year" and a BMA Pioneer award for innovation in psychiatry. She and colleagues at the Institute of Psychiatry are researching an intervention to improve physical health and substance use in SMI (IMPACT), funded by the NIHR. Dr Smith was responsible for some of the key sections in the influential "The Abandoned Illness" report of the Schizophrenia Commission, including the sections on violence, black mental health, physical health and treatment. She ran the Psychiatric Intensive Care unit at the Maudsley and now runs the Forensic Psychiatric Intensive Care Unit at SLaM and has a special interest in managing acute violence using a holistic approach.

Dr Geraldine Strathdee C.B.E. O.B.E. Hon. FRCPsych was the National Clinical Director for mental health at NHS England from 2012-2016, providing clinical leadership to England's transformational commitment to mental health, including the development of services for women. She pioneered and led the Public Health England national mental health intelligence programme and commissioned new data and intelligence on women's services. She currently a portfolio of global leadership, quality improvement, Intelligence, digital innovation, crisis care and zero suicide programmes. These include as the National Professional Adviser in Population information and intelligence at the Care Quality Commission, as a Non-Executive Director at South London and Maudsley Hospital board, Non-Executive Director, Community Health Partnerships, Vice Patron of the Poppy Factory and Co-founder of the Zero Suicide Alliance, expert adviser to Northern Ireland's GP Federation MDT primary care strategy and others.

Dr Claire Wilson is an MRC Clinical Research Training Fellow in the Section of Women's Mental Health at King's College London and Honorary Psychiatry Specialist Registrar, South London and Maudsley NHS Foundation Trust. Her interests are in intergenerational transmission of risk for mental ill health, using epidemiological methods to research this. She has specific interests in maternal and infant mental health, the physical and mental health interface during pregnancy and nutrition. Claire is also the Academic Secretary and Events Lead for the Women and Mental Health Special Interest Group of the Royal College of Psychiatrists.

