

Sexual Safety Collaborative Learning Set 1

13th January 2020



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CENTRE FOR
MENTAL HEALTH



#MHSIP
#SexualSafetyInMH

Housekeeping

- ▶ Toilets are on the ground and first floors
- ▶ Lunch will be served on this floor (room 1.6)
- ▶ No fire alarm tests are expected today
- ▶ We recognise that this topic can be difficult and challenging to think about and discuss. An optional debrief session will be offered at the end of the day by QI coaches Kate and Matt. You can also approach any of the NCCMH team if you need any extra support during today's event
- ▶ Room G9 is available if anyone needs to take some time out or needs some space on their own

Additional support

- ▶ There is an optional session between 3pm - 4pm if anyone wants to meet with one of the QI coaches for 1:1 or small group QI support. There are sign up sheets just outside of this main room. Please feel free to sign up throughout the day.

Twitter



- ▶ We encourage use of twitter and social media to share the work that you are doing throughout the collaborative. Starting today!
- ▶ However, we kindly ask you not to tweet people's names, photographs of people's faces or their talks without their permission
- ▶ Thank you!



@NCCMentalHealth

Project hashtag **#SexualSafetyInMH**

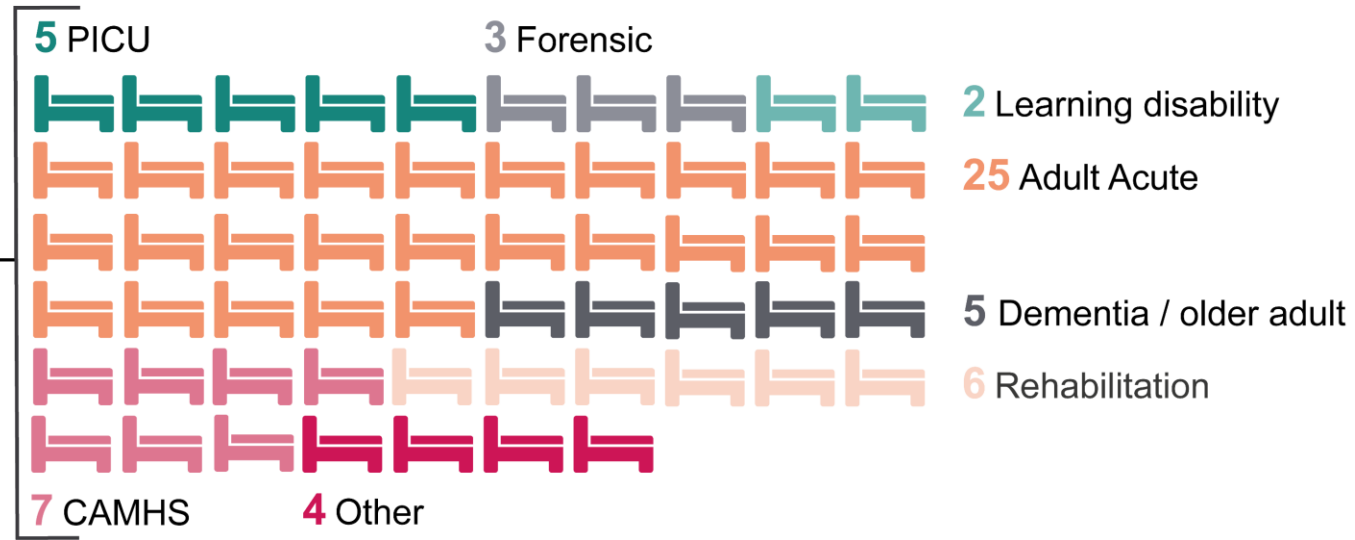
Programme hashtag **#MHSIP**



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Sexual Safety Collaborative

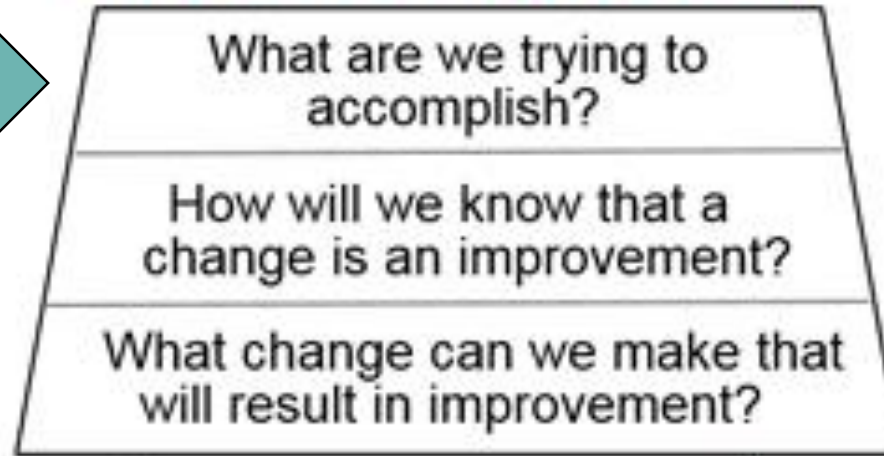
42 NHS trusts → 74 wards → 57 Project teams



To increase the percentage of service users and staff who feel safe from sexual harm within mental health and learning disabilities services

Aim

Model for Improvement



Feeling safe from sexual harm means feeling free from being made to feel uncomfortable, frightened, or intimidated in a sexual way by service users or staff. Your answers to these questions are anonymous.



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Please tick: Service user Staff

In the past two weeks, have you felt safe from sexual harm on the ward?

Yes / No

Please circle your answer

If you did not feel safe from sexual harm at any point, would you feel able to speak to someone about it?

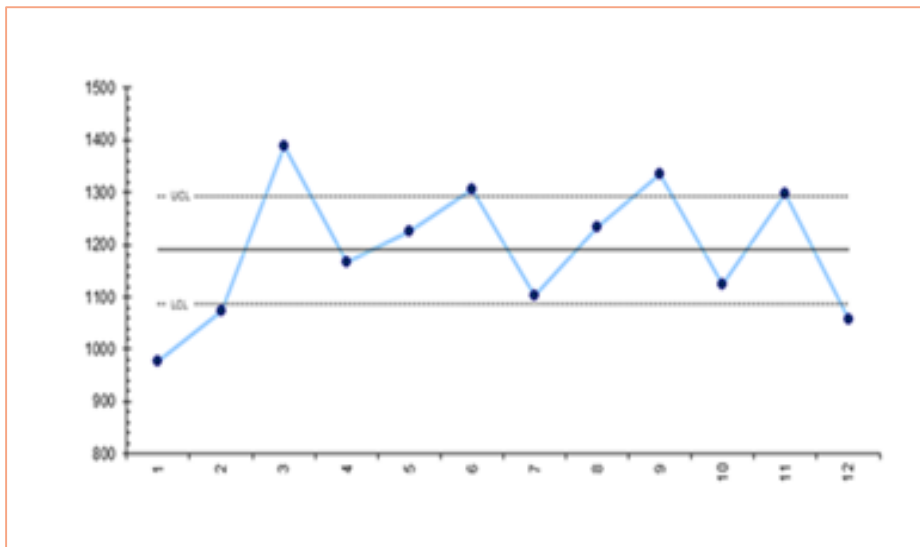
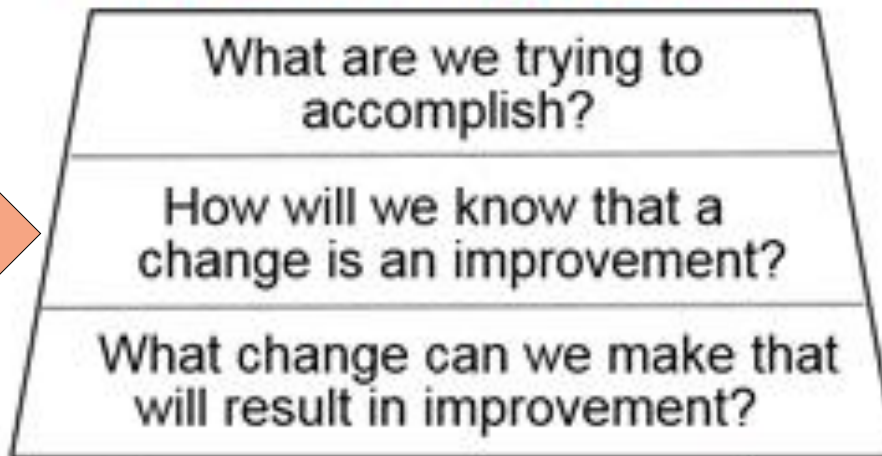
Yes / No

Please circle your answer

If you would like to speak with someone independent about your sexual safety on the ward, please see the contact details on the ward sexual safety charter.



Model for Improvement

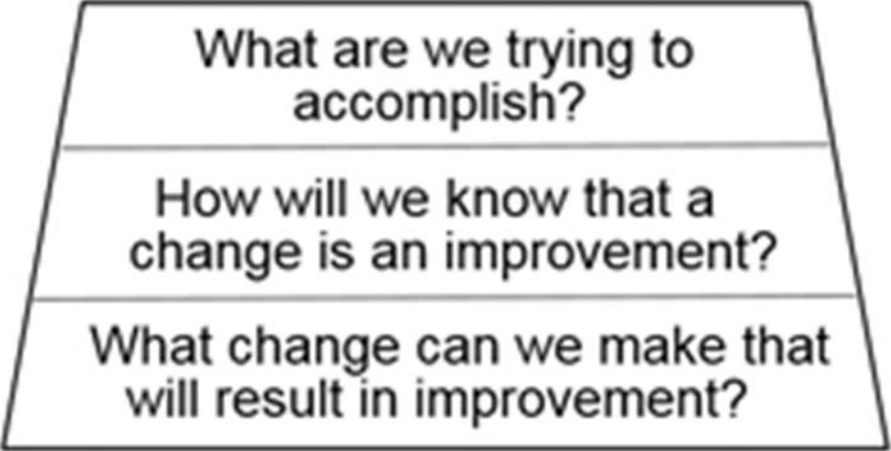


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Model for Improvement

Changes →



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In order to achieve this

We need to ensure...

Which requires...

Ideas to ensure this happens

Aim
What you want to achieve

Primary Drivers
Big topics that you will need to work on to influence your aim

Secondary Drivers
What would need to be in place to positively influence primary driver?

Change Ideas
Ideas to test to move towards your aim

[Empty orange box for Primary Drivers]

[Empty blue box for Secondary Drivers]

[Empty blue box for Secondary Drivers]

[Empty blue box for Secondary Drivers]

[Empty pink box for Change Ideas]

[Empty pink box for Change Ideas]

[Empty pink box for Change Ideas]

[Empty pink box for Change Ideas]

[Empty pink box for Change Ideas]

[Empty pink box for Change Ideas]

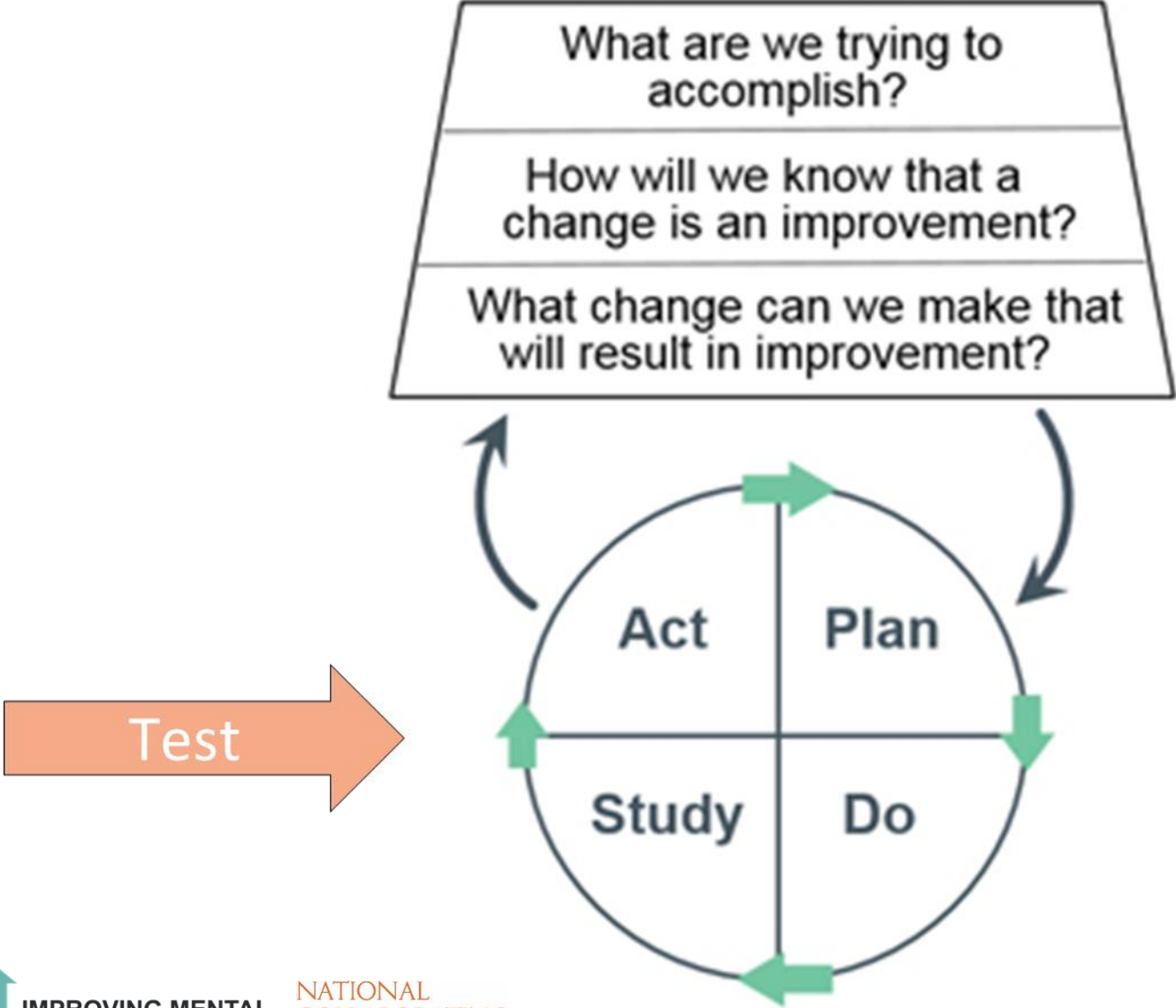
[Empty pink box for Change Ideas]



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Model for Improvement





Co Production

Dan Beale-Cocks
Steph de la Haye



What we'll talk about

- What does good look like?
- What challenges are there for co-production in the context of sexual safety?
- What are the solutions?



What does good look like?

- On a Post-It please write one example of great co-production, or one thing you're proud of with the co-production you do, or one thing that is crucial for good co-production
- You can use more than one Post-It if you have more than one example!
- About 10 minutes.



What are the challenges?

- On your flip-chart paper please write a list of the problems you're having with co-production.
- No solutions yet! These come later.
- Try to think about which of these is most important. Which problem do you most want help with?
- About 20 minutes.



Solutions!

- Please take your Post-It notes and visit each problem and write at least one thing for each problem. This might be a source of further information, an offer to collaborate, some advice about how to solve it.
- We have a full 25 minutes for this.



Explore the solutions

- We'll pick a few things to have a more in-depth discussion. We want to understand why the problem exists and watch out for things that might interfere with a solution.



Thank you! And pledges

- Please write one specific thing that you will pledge to do within the next fortnight.
- We have about 5 minutes for this.

- And, finally, Thank You so much for your work.

LUNCH

12:25 - 13:05



Breakout Sessions

13:15 - 14:55

Session 1 13:15 – 13:45	Group 1 Room 1.1	→	Group 2 Room 1.2 - 1.3	→	Group 3 Room 1.7
Session 2 13:50 – 14:20	Measurement		People		Life QI Refresher
Session 3 14:25 – 14:55					

LifeQI Refresher: How to input data

Matthew Milarski

QI Coach



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Close

- ▶ Visit our website at:
www.rcpsych.ac.uk/improving-care/nccmh/quality-improvement-programmes
- ▶ Email us at:
safetyimprovement@rcpsych.ac.uk
- ▶ Don't forget, you can contact your team's QI coach for support anytime

Thank you

If you have signed up to speak to one of our coaches please remain in room 1.7 (the main room) and we will be with you shortly



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After Action Review (Optional Debrief Session)

Structured approach to reflect on the work of a group and to identify strengths, weaknesses and areas for improvement

- 1) What happened that we want to learn from?
- 2) What did we set out to do?
- 3) What actually happened? What did you experience?
- 4) Why were there differences?

After Action Review (Optional Debrief Session)

- 5) What went well? Why?
- 6) What could have gone better? Why?
- 7) What would you do differently next time?

If you feel like you would like to talk to someone about anything to do with today's meeting, please do let me know and I can arrange for one of our Directors to get in touch with you to see how we can help. If you'd prefer to speak to someone outside of our team, I've included the numbers for a couple of helplines below that you can contact for support.

[Samaritans](#) : 116 123

[The Survivor's Trust](#) : 0808 801 0818



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