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# Fourth National Conference Sexual Abuse & Mental Health

## *Reducing the impact of abuse on mental health*

Thursday 3rd February 2022 Virtual Conference



### Chair and Speakers include:

**Paul Scates**  
*Peer Specialist,  
Campaigner and  
Ambassador*

**Amelia Handy**  
*Policy Lead  
Rape Crisis  
England and  
Wales*

**Andy Woodward**  
*Former Police  
Officer and Former  
Professional  
Footballer*

**Keeley Roe**  
*SARC Manager and  
Forensic Nurse Examiner  
Mountain Healthcare*

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# Sexual Abuse & Mental Health

## Reducing the impact of abuse on mental health

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Virtual Conference

*"We will make sure survivors of sexual violence are given mental health support when they need it."*

UK Government March 2021

*"Recent measures announced to tackle coronavirus (Covid-19), such as the order to stay at home, can cause anxiety and other mental health challenges for those who have experienced sexual violence and abuse, and worsen the suffering of those who are currently experiencing or feel at risk of sexual violence and abuse."*

Ministry of Justice 2020

*"Institutional kindness, like that given to Covid-19 victims by our committed doctors and nurses, needs to be replicated in the way police, prosecutors and the courts treat victims of crime, especially the large numbers of victims who suffer from mental illness."*

The Victims Commissioner 2021

*"The physical and emotional impact of sexual crimes lasts a lifetime, so it's important that survivors can get the help they need, whenever they need it. The physical effect of these crimes is so shocking that it can be easy to overlook the long-term mental health needs, which may be less visible but not less harmful. Across England, the NHS is expanding care for people with mental ill health, whatever their condition, and our new guarantee of personal, joined-up and life-long care for those who have suffered sexual assault and abuse, will build on excellent progress to address a big gap in care."*

Kate Davies, NHS England Director of Sexual Assault Services

*"Rape and sexual assault can significantly impact on the health and wellbeing of an individual in both the short and longer term, affecting many aspects of daily life. The provision of specialist advice and mental health support is key to supporting recovery."*

Dr Rebecca Adlington, a Consultant at The Havens, the London sexual assault referral service

This important and timely conference focuses on the important issue of sexual abuse and mental health and reducing the impact of abuse on mental health. Researched and produced in collaboration with Paul Scates Peer Specialist, Campaigner and Survivor of Sexual Abuse, this Fourth National Conference will through national updates, survivor perspectives, expert sessions and practical case studies cover:

- The impact of the Covid-19 pandemic and lockdown on sexual abuse and mental health
- Meeting the national commitment to ensure victims of sexual abuse receive a lifetime of effective mental health care
- Helping reduce the impact of abuse on later mental health problems
- Reflecting on the lived experience from a survivor perspective
- What does a gold standard sexual abuse pathway look like?
- Delivering a recovery focused approach for survivors
- Understand how to reduce the impact of abuse on later mental health problems
- Victim support, early mental health support, and the police role
- The role of Sexual Abuse Referral Centres in Mental Health
- Delivering therapeutic and practical support to adults who were abused as children and have turned to drugs, alcohol and other ways of self-harming as a consequence of that trauma
- Relieving the stress of families, carers and parents of children who have been affected by sexual abuse
- Delivering effective Child and Adolescent Mental Health Service for children, young people and their families who have been affected by sexual abuse
- Working with complex trauma and dissociative disorders
- Supports CPD professional development and acts as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

## 10.00 Chair's Welcome and Introduction

**Paul Scates** *Peer Specialist, Campaigner and Ambassador*

## 10.20 Understanding the lived experience of childhood sexual abuse: a survivors perspective

**Andy Woodward**

*Former Police Officer and Former Professional Footballer*

- understanding the lived experience
- victims and police experiences

## 10.50 EXTENDED SESSION: Victim support and the police role in an effective sexual abuse pathway during and beyond Covid-19

**Amelia Handy**

*Policy Lead*

*Rape Crisis England and Wales*

- victim support and ensuring survivors can get the help they need, whenever they need it
- the impact of the Covid-19 pandemic and lockdown on sexual abuse and mental health
- the police and crime commissioner role, and governmental updates
- working in partnership with NHS England, local authorities, social care, education and the voluntary sectors to improve outcomes for both adults and children

11.30 *Comfort Break and Virtual Networking*

## 11.50 Victim support, mental health support and the male experience

**Duncan Craig OBE**

*Chief Executive Officer & Trauma Informed Therapist*

*Survivors Manchester*

- victim support and mental health support
- the male experience: silenced now surviving and thriving

## 12.20 Mental Health, Sexual Health and the role of the Sexual Health Referral Centres (SARC)

**Keeley Roe**

*SARC Manager and Forensic Nurse Examiner*

*Mountain Healthcare*

- mental health pathways and support
- identification, treatment and support
- case studies of effective service responses

## 12.50 Small Breakout Groups Led By Paul Scates

13.05 *Lunch Break and Virtual Networking*

## 13.30 How to achieve satisfactory outcomes across the lifespan for children, young people and families affected by sexual abuse

**Dr Mike Shaw**

*Consultant Child & Adolescent Psychiatrist*

*Tavistock and Portman NHS Foundation Trust*

- against satisfactory outcomes are low disclosure rates and highly maladaptive responses
- but understanding these responses is the key to helping children, and
- we need to offer services to non-perpetrating parents and offenders

## 14.00 Starting discussions about sex and sexual history, and supporting patients who make disclosures of sexual violence on mental health wards

**Vicki Parker** *Modern Matron, Urgent Care*

**and Jacqueline Tyson** *Patient Safety Lead and Lead for Sexual Safety*

*Lincolnshire Partnership NHS Trust*

- Lets Talk About Sex(ual) health, expression, intimacy
- supporting patients who make disclosures of sexual violence on inpatient wards
- our experience

## 14.30 Delivering therapeutic and practical support to adults who were abused as children and have turned to self-harm as a consequence of that trauma

**Mrs Meherzin Das**

*Trustwide Professional Lead for Psychology and Psychological Therapies,*

*Consultant Clinical Psychologist*

*Dorset HealthCare University NHS Foundation Trust*

- the nature, impact and consequences of trauma
- models of therapy for people who have lived through abuse
- developing coping skills through practical and therapeutic support
- reclaiming lives affected by trauma and abuse: values and resilience in action

15.00 *Comfort Break and Virtual Networking*

## 15.15 Working with complex trauma and dissociative disorders

**Dr Nuria Gené-Cos**

*Consultant Psychiatrist & TDS Lead Clinician*

*South London and Maudsley NHS Foundation Trust*

- trauma and dissociation: what works
- modalities of treatment
- working with people with complex presentations or where treatment has failed

## 15.45 Small Breakout Groups

## 16.00 Maintaining healthy wellbeing for frontline staff who are engaged in supporting people who have been abused

**Martyn Underhill MBE**

*Former Police Officer & Dorset Police and Crime Commissioner and Senior Lecturer*

- the impact on professionals
- supporting frontline staff

16.30 *Closing Remarks, followed by Close*

*There will be time after each session for Questions and Answers*

# Sexual Abuse & Mental Health

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### Virtual Conference

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#### Venue

This conference is on Zoom with interactive breakout sessions and a dedicated, secure landing page with resources available for three months after the event date.

#### Date

Thursday 3rd February 2022

#### Conference Fee

- £295 + VAT (£354) for NHS, Social care, private healthcare organisations and universities.  
 £250 + VAT (£300) for voluntary sector / charities.  
 £495 + VAT (£594) for commercial organisations.

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#### Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 10 days after submitting your booking. The access code for the virtual conference will be sent in the week before the conference.

#### Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email [carolyn@hc-uk.org.uk](mailto:carolyn@hc-uk.org.uk)

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