

# Sexual Abuse & Mental Health

*Reducing the Impact of Abuse on Mental Health*

Monday 10th June 2019 De Vere W1 Conference Centre, London



## Chair and speakers include:

**Paul Scates**

*Senior Peer Specialist,  
Campaigner and Ambassador*

**Chris Tuck**

*Founder and Director of the  
charity Survivors of Abuse*

**Dame Vera Baird QC**

*Victims Portfolio Lead  
Police and Crime Commissioners*

## Supporting Organisations:



# Sexual Abuse & Mental Health

*Reducing the Impact of Abuse on Mental Health*

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*"Victims of sexual abuse will receive a lifetime of mental health care to help cope with the trauma." NHS England June 2018*

*"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, June 2018*

*"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*

*"The scars left by sexual violence may not always be visible, but they can be profound and long lasting – it is my priority that we have the best possible support available for survivors." Jackie Doyle-Price Minister for Mental Health and Inequalities 2018*

Following the 2018 government commitment to ensuring victims of sexual abuse will receive a lifetime of mental health care to cope with the trauma, this conference focuses on the important issue of sexual abuse and mental health; reducing the impact of abuse on mental health.

Researched and produced with Paul Scates Peer Specialist, Campaigner and Survivor of Sexual Abuse, this Third National Conference will through national updates, survivor perspectives, expert sessions and practical case studies cover:

- 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

## 10.00 Chair's Welcome & Introduction

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

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

**Chris Tuck**  
*Founder and Director*  
Survivors of Abuse

- understanding the lived experience 'The grooming process'

## 10.50 EXTENDED SESSION: victim support and the police role in an effective sexual abuse pathway

**Dame Vera Baird QC**  
*Police and Crime Commissioner, Northumbria and*  
*Victims Portfolio Lead, Police and Crime Commissioners*

- victim support and ensuring survivors can get the help they need, whenever they need it
- 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 *Question and answers, followed by tea & coffee at 11.40*

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

**Daniel Wolstencroft**  
*Founder*  
Shatter Boys UK

- victim support and mental health support
- the importance of exercising professional curiosity and accountability
- the male experience: silenced now surviving and thriving

## 12.40 Improving professional responses to children following sexual abuse

**John Carpenter**  
*Professor of Social Work and Applied Social Science*  
University of Bristol

- lessening the gap between the need for services to help children recover from sexual abuse and service availability
- supporting children who have been sexually abused: improving the professional response
- case studies of effective service responses including Letting the Future In

12.50 *Question and answers, followed by lunch at 13.10*

## 14.00 Delivering effective adult mental health and Adolescent Mental Health Service for children, young people and their families who have been affected by sexual abuse

**Lois Dugmore**  
*Nurse Consultant*  
Leicestershire Partnership NHS Trust

- providing a timely and appropriate response to sexual trauma, and delivering a service that meets the therapeutic needs, improves emotional wellbeing and helps ensure survivors of sexual abuse to achieve their full potential
- transferring skills to university settings: why work with universities?
- managing the challenge of disclosure and the ramifications for services

## 14.30 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

**Dr Mike Peirce MBE**  
*CEO*  
Southmead Project

- the impact and consequences of trauma
- specialist abuse counselling: what works from our experience
- providing practical support and developing coping skills
- reclaiming lives affected by trauma and abuse

## 15.00 Delivering therapeutic work following the identification of sexual abuse

**Dr Arnon Bentovim**  
*Consultant Child and Family Psychiatrist*  
*Director Child and Family Training*  
*Visiting Professor Royal Holloway University of London*

- understanding long term impact of trauma and changing the lives of abused children
- our research into the development of a 'modular' trauma informed approach
- our experience writing the 'Hope for Children and Families Intervention' resources in order to provide training tools and support
- the value of a modular approach working with children and families following the identification of sexual abuse

15.30 *Question and answers, followed by tea & coffee at 15.40*

## 16.00 Relieving the stress of families, carers and parents of children who have been affected by sexual abuse

**Mandy Gulliver**  
*CEO & Founder*  
Acts Fast

- providing support for non-abusive parents/carers and families after their child's disclosure of sexual abuse
- shortening the road to recovery by preventing long-term damage to the holistic well-being of the individuals themselves and collectively within their family unit
- empower parents, carers and families

## 16.30 Working with complex trauma and dissociative disorders

**Dr Nuri Gené-Cos**  
*Lead Consultant Psychiatrist Traumatic Stress Service*  
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

17.00 *Question and answers, followed by close*

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# Sexual Abuse & Mental Health

## Monday 10th June 2019

### De Vere West One Conference Centre, London

Download

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For more information contact Healthcare Conferences UK on **01932 429933** or email [jayne@hc-uk.org.uk](mailto:jayne@hc-uk.org.uk)

#### Venue

De Vere West One Conference Centre, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

Date Monday 10th June 2019

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