

# Sexual Abuse & Mental Health

*Reducing the Impact of Abuse on Mental Health*

Monday 12th November 2018 De Vere W1 Conference Centre, London



## Chair and speakers include:

**Paul Scates**

*Peer Specialist, Campaigner  
and Ambassador*

**Kate Davies**

*Director of Sexual Assault Services  
NHS England*

**Ann Moulds**

*Clinical Behavioural  
Psychotherapist & Founder  
Action Against Stalking*

Supporting Organisation



# 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 June 2018*

Following the June 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 Second National Conference will through national updates, survivor perspectives, expert sessions and practical case studies the conference 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
- What does a gold standard sexual abuse pathway look like?
- 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
- Supporting survivors of historical abuse in an institution
- Case studies on how we can more effectively support men, and older people who are survivors of sexual abuse<sup>4</sup>

10% card payments discount\*  
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## 10.00 Chair's Welcome & Introduction

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

## 10.10 A Survivors Perspective

**Person with Lived Experience**

- understanding the lived experience

## 10.30 What does a sexual abuse pathway look like?

**Kate Davies**

*Director of Sexual Assault Services  
NHS England*

- ensuring survivors can get the help they need, whenever they need it
- delivering the new guarantee of personal, joined-up and life-long care for those who have suffered sexual assault and abuse
- providing immediate assessment and support
- working in partnership with police forces, Clinical Commissioning Groups, local authorities, social care, education and the voluntary sector plus other stake holders to ensure that services meet the needs of the individual who has been sexually abused to improve quality and outcomes for that individual, be they adults or children and young people
- an update from NHS England

11.30 *Question and answers, followed by tea & coffee at 11.40*

## 11.50 EXTENDED SESSION

### Helping reduce the impact of abuse on later mental health problems

**Ann Moulds**

*Clinical Behavioural Psychotherapist & Founder  
Action against Stalking Scotland*

- defining Stalking and its links to child abuse.
- importance of early identification and intervention.
- understanding the impact on the victim
- the dark side of the web
- risk assessment and importance of early notification and early intervention

## 12.40 Victim support, early mental health support, and the police role

**Kim Harrison**

*Principal Lawyer (Abuse and Human Rights)  
Slater and Gordon*

- victim support and early mental health support
- the police role

13.00 *Question and answers, followed by lunch*

## 14.15 Supporting Survivors of historical abuse in an institution

**Elizabeth Holmes**

*Named Nurse, Safeguarding Children  
Derby NHS Foundation Trust*

- mental health support for survivors of historical abuse in an institution
- the NHS Trust role

## 14.35 EXTENDED SESSION: 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

## 15.15 Supporting male victims of sexual abuse

**Brian Mynott**

*Trauma Therapist at Expert in Male Victims of Sexual Trauma Therapy  
and Support, and Author*

- when do men need a different approach
- specialist abuse counselling in men: what works from our experience

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

## 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 Supporting Older Victims of Sexual Abuse

**Speaker to be announced**

- sexual abuse in older people: what is the scale of the problem
- how can we effectively support older victims of sexual abuse
- moving forward to improve practice and mental health support

17.00 *Question and answers, followed by close*

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### De Vere West One Conference Centre, London

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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 12th November 2018**Conference Fee**

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
- £300 + VAT (£360.00) for voluntary sector / charities.
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