

Future Focus

Written by Future Focus group members
Kemple View Psychiatric Hospital



Mental
Illness

Personality
Disorder

Learning
Disability

Autistic
Spectrum
Disorder

Brain
Injury

Presenters



- Katie Bailey (Head of Psychology, North West Region)
 - Future Focus group supervisor
- Elliw Glyn (Forensic Psychologist in Training)
- Stephen Fryer (Clinical Nurse Specialist)
 - Future Focus group facilitators
- Kemple View Psychiatric Hospital → Low Secure and Locked Rehabilitation Mental Illness and Personality Disorder services for men
- Located in North West England



Going to focus on ...



- Service users' group to help put their learning from an offending behaviour programme into practice
- In their own words...

"It's like a driving test, you do the theory and then you do the practice"



Background



- Group members had participated in treatment programmes in the past, and made very little treatment gains as a result of their complex needs, including:
 - Cognitive difficulties
 - Mental illness symptoms which impact on engagement or concentration



My experience in past groups



- “The sessions were too long, I kept falling asleep”
- “I never did the out of session work - it was too hard”
- “my mind went blank [in sessions]”
- “I couldn't keep up with it, and I felt stupid 'cos I didn't know the answer to the questions”



Completing the SBMP-er



- The Sexual Behaviour Management Programme – enhanced responsiveness (SBMP-er) was developed with the aim of addressing and reducing sexually problematic behaviours for patients whose needs and way of learning can be better met through enhanced treatment methods.
- It helps individuals with sexual offending histories to understand more about their offending behaviour, and develop skills to reduce the risk of further sexual behaviour problems / re-offending.



Background



- After completing the Sexual Behaviour Management Programme – enhanced responsivity (SBMP-er), group members were very motivated to continue to work towards change.
- Patients aim to be aware of their ‘old me’ thoughts, feelings, behaviours and situations, and some of the skills that could help manage / change these



Background



- They had some awareness of their 'New Me' thoughts, feelings, behaviours and situations -
- Staff could see that some patients really struggled to retain learning, and put it into practice



To achieve change, I need to...



- "use my skills to have a more positive life"
- "Develop 'new me'" ["'New me' is my strengths, will help me achieve my goals, and not offend"]
- "Put theory into practice - The more you practice the better you are at it"
- "Practice managing risks"
- "Get my thinking straight"
- "Make positive changes to my life"



Aims of Future Focus



- “Supporting us to put our learning into practice in ‘real life’ situations, with a lot of help from staff”



What is Future Focus?

Service Users' Views



- "The group is about risk management. I'm detained because I pose a risk to the public. I need to show I can manage risks, and put theory into practice. I have learned the work, I want to show I can do it and cope in the community myself"
- "It's about setting goals, and moving things on. You have to make things happen"



Future Focus



- "It's different for different people"
- "you go at your own pace - this is important for me because I don't have to wait for other people"
- "You leave the group when you're ready - when you use the skills well, and when you access the right support when you need it, so everyone leaves the group at different times"



How we got started



- “We all suggested group names, and then picked ‘future focus’”
- “We came up with group rules - they tell us all what we expect from each other, and how we are going to work together”
- “We came up with the logo - the sword stands for power, and the wings is a symbol of freedom”
- “I choose the skills I want to practice, and I choose where to practice them”



We said we wanted to work on...



- Communication – talking and listening
- Being Assertive
- Accessing Support
- Coping with professional Support, even when we don't think we need it
- Social Skills - 'Fitting in'
- Managing my risks



What we do as part of Future Focus



- Role-plays
- Looking at 'old me' behaviours that led to offending
- ACE model (managing high risk situations)
- Traffic lights (red, amber and green situations, thoughts, feelings and behaviours)
- Toolboxes - Coping strategies
- "Plan it, Do it, Check it"
- Snakes & ladders - *"It's fun, and I learn by answering the questions"*



How it works



- "We have group sessions where we go over skills we said we need more help with"
- "We then have 1:1 sessions to practice these skills, and talk about how we did"



Example traffic lights

MY TRAFFIC LIGHTS POSTER



Not ok:



- Not taking 'no' for an answer
- Stopping medication
- Thinking I can do whatever I want
- Ruminating about things I am not happy with
- Thinking I have to 'get my own back'
- Thinking about sex all the time

Things to watch out for:

- Low self esteem
- Feeling lonely
- Sexual frustration
- Feeling rejected
- Feeling angry
- Going to isolated areas (e.g. parks) by myself

Ok:

- Asking for help
- Talking to staff
- Using support
- Being honest
- Complying with treatment
- Working with my team
- Thinking about the things I like about myself



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My Joint Management Plan



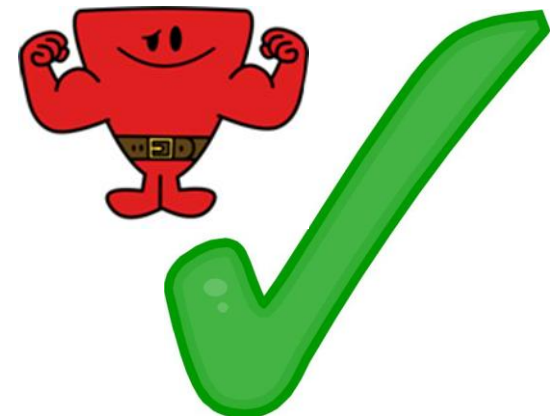
- Risky / 'old me' thoughts, feelings, behaviour and situations
 - "The things that led me to offend or to do things that are not ok"
- How I will manage these risks
 - "this is what I will do to manage my risks, and make sure I do not hurt myself or other people"



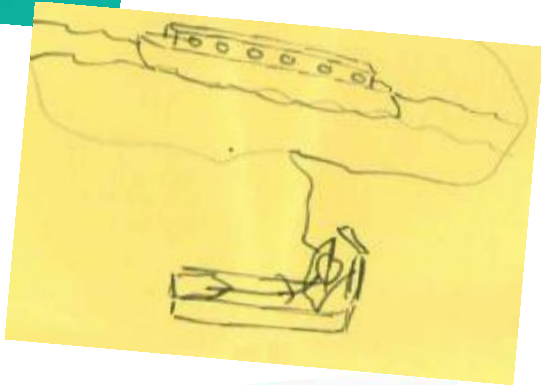
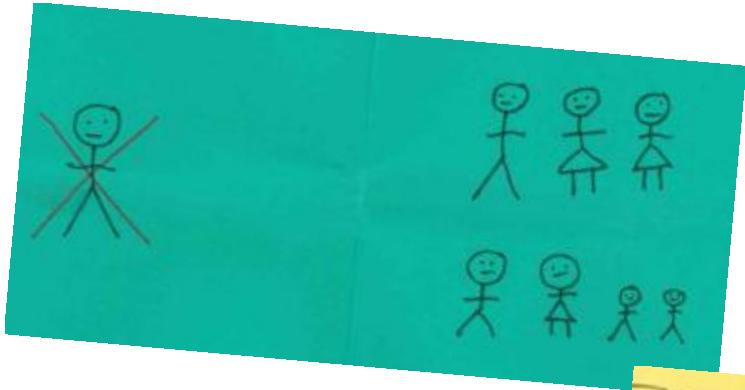
My strengths



- ‘New me’ thoughts, feelings, behaviour and situations
 - “The things that will help me build a better life and achieve my goals”
- How I will make ‘New Me’ stronger
 - “This is what I will do to make these thoughts stronger, and to have more positive thoughts in my life”



My Toolbox



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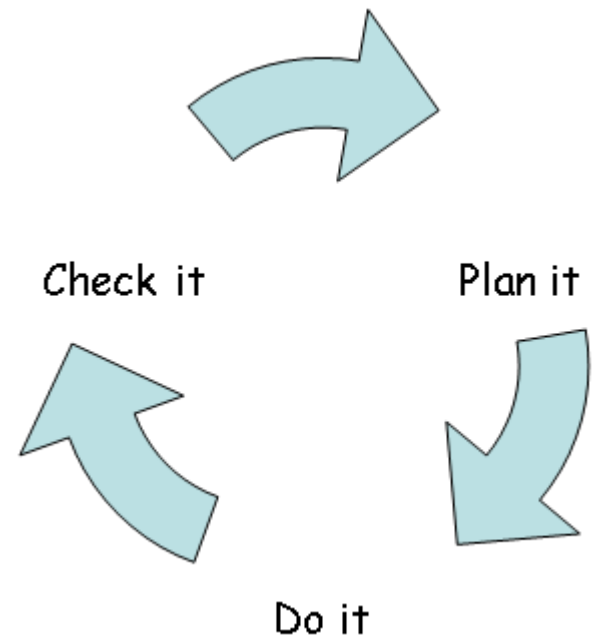
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Skills Practice Sessions

'Plan it, Do it, Check it'



- **Plan it!**
 - Identify what I want to practice
 - Choose the tactics (from my toolbox) that will help me, and go through how it will help me
 - Choose where to practice
- **Do it!**
 - Practice my 'new me' skills, thinking and behaviour
- **Check it!**
 - think about what happened in the situation
 - what did I do well?
 - Would I do anything differently next time?
 - What do I need to keep practicing?



What the group means to me



- "It means a lot to me. It's the best group I've done in my life. I did DBT and anger management in the past in prison, but I'm learning more now than I have done before. I see more of a wider angle now that I did before. Before I was seeing down a tunnel vision, and could only see what I wanted to see. I feel I'm going somewhere now. I enjoy every minute of it. All my life I've been going out with prison offers, nurses etc. for 45 years, and I don't know how I'll cope by myself and how I'll do it. I'm scared, but I have made a start by doing the group."



What the group means to me



- “Future Focus means a lot to me. I have learned a lot. How to deal with things in the community, and try not to reoffend. I don’t want to dive into things head first”



Review



- "Future focus is there to help me put my learning into practice, in 'real-life' situations"
- "It's helping me to plan for my future"
- "It's to stop me reoffending by looking the other way and walking away"
- "I'm pleased with the progress I'm making"
- "It's fun"
- "I feel really good about my future"



Thank you for listening

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