

Breaking barriers and redefining stigma - examples of innovation in practice

Sexual Assault Response Coordination Services (SARCS) Network and Aberlour Children's Charity



Session Chair: **Dr Carey Lunan**, Chair of Scottish Deep End Project & Senior Medical Advisor to Scottish Government on Health Inequalities



- **Dr Sian Tucker**, Deputy Medical Director, NHS National Services Scotland
- **Caroline Erentz**, SARCS Network Patient Advocate



- **Natalie Douglas**, Acting Service Manager
- **Christine Buntrock**, Consultant & Clinical Governance Lead



Sexual Assault Response Coordination Services (SARCS) Network and Aberlour Children's Charity



SARCS
NETWORK

- **Have a greater understanding of how to respond to an initial disclosure of sexual assault or rape**
- **Describe the pathways available to survivors.**

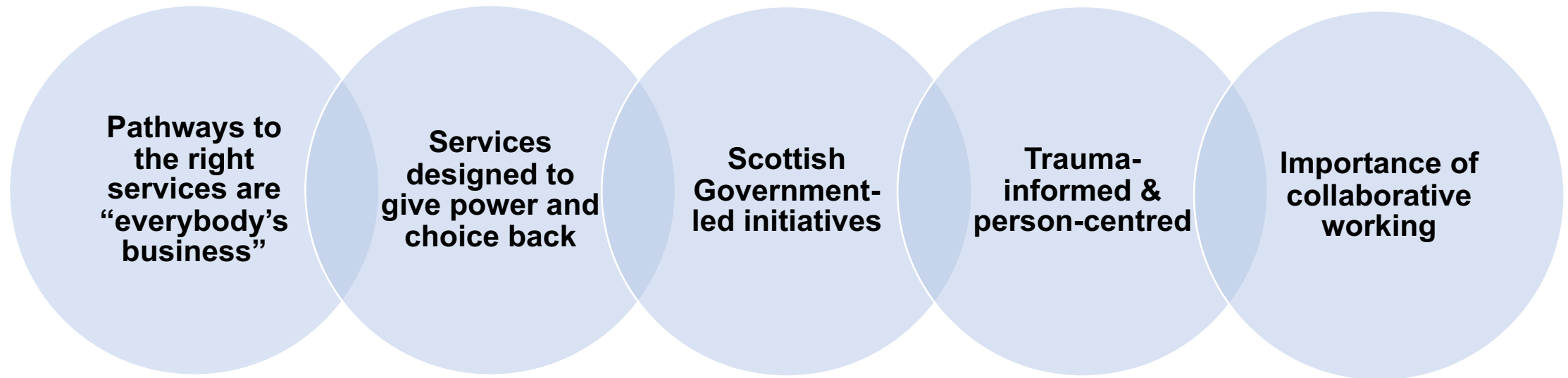


aberlour
scotland's children's charity

- **Have a greater understanding of what works in supporting women (and particularly mothers) in recovery**
- **Why a gendered approach matters**
- **MAT Standards**
- **The real impact of entering a rehab programme.**

Two transformational services that you may not have heard of, but wished you did!

Sexual Assault Response Coordination Services (SARCS) Network and Aberlour Children's Charity



Trigger/ Content Warning – The session will include sensitive and emotional material which some delegates may find distressing. If required, please be reassured that you can leave the session and re-join at any point.





Scan to access Poll 1

Sexual Assault Response Coordination Services (SARCS) Network

Dr Sian Tucker
Caroline Erentz

What are Sexual Assault Response Coordination Services (SARCS)?

SARCS is a dedicated NHS service which offers healthcare and support after an assault.

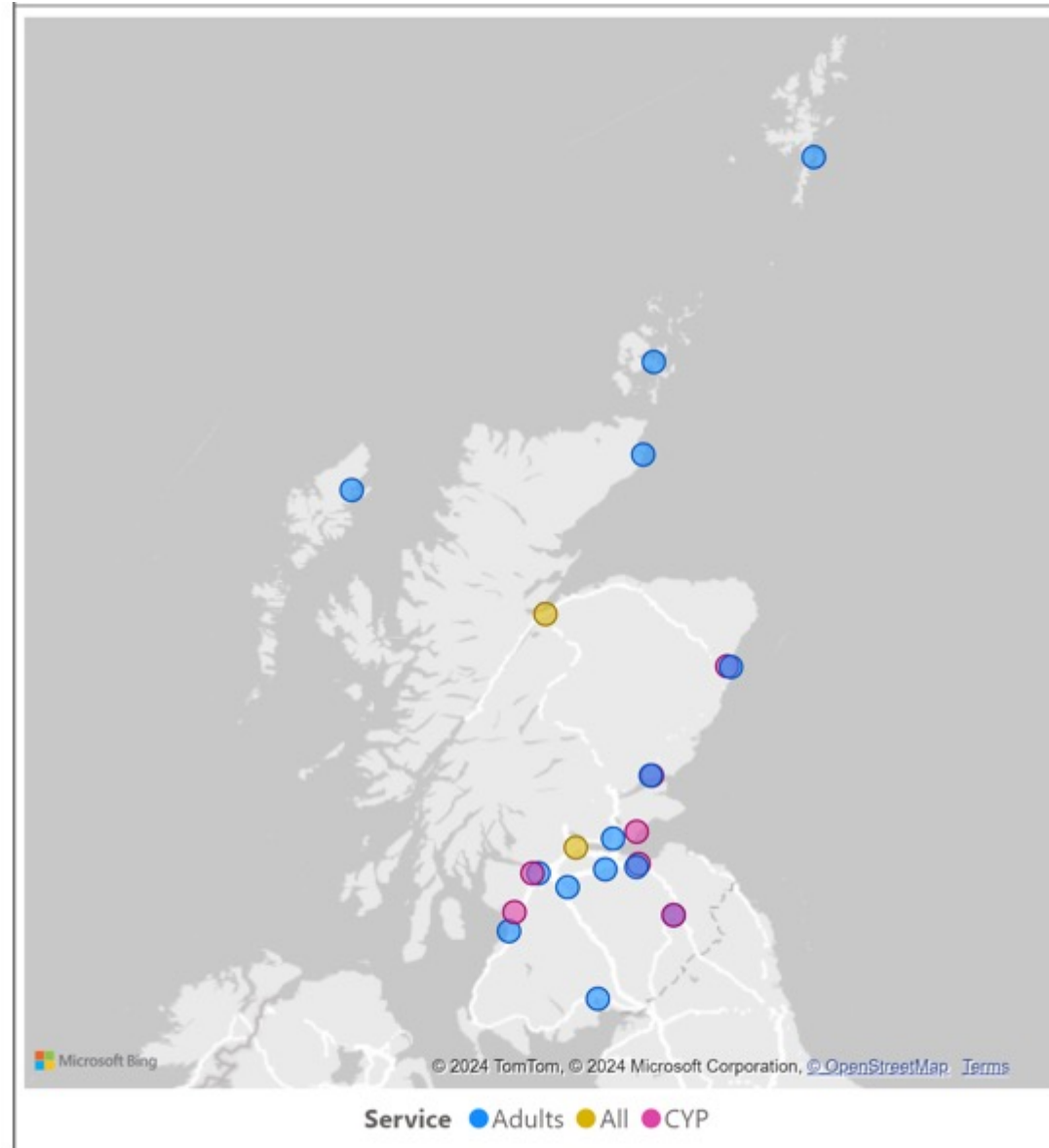
- Statutory duty on Health Boards to provide forensic medical services for victims of sexual offences
- Consistent access to self-referral
- At least one SARCS in each territorial Health Board
- #TurntoSARCS campaign
 - If anybody discloses a rape/sexual assault to you, SARCS should be **the** port of call

Location of SARCS Services

There is a SARCS within each of the 14 territorial Health Boards

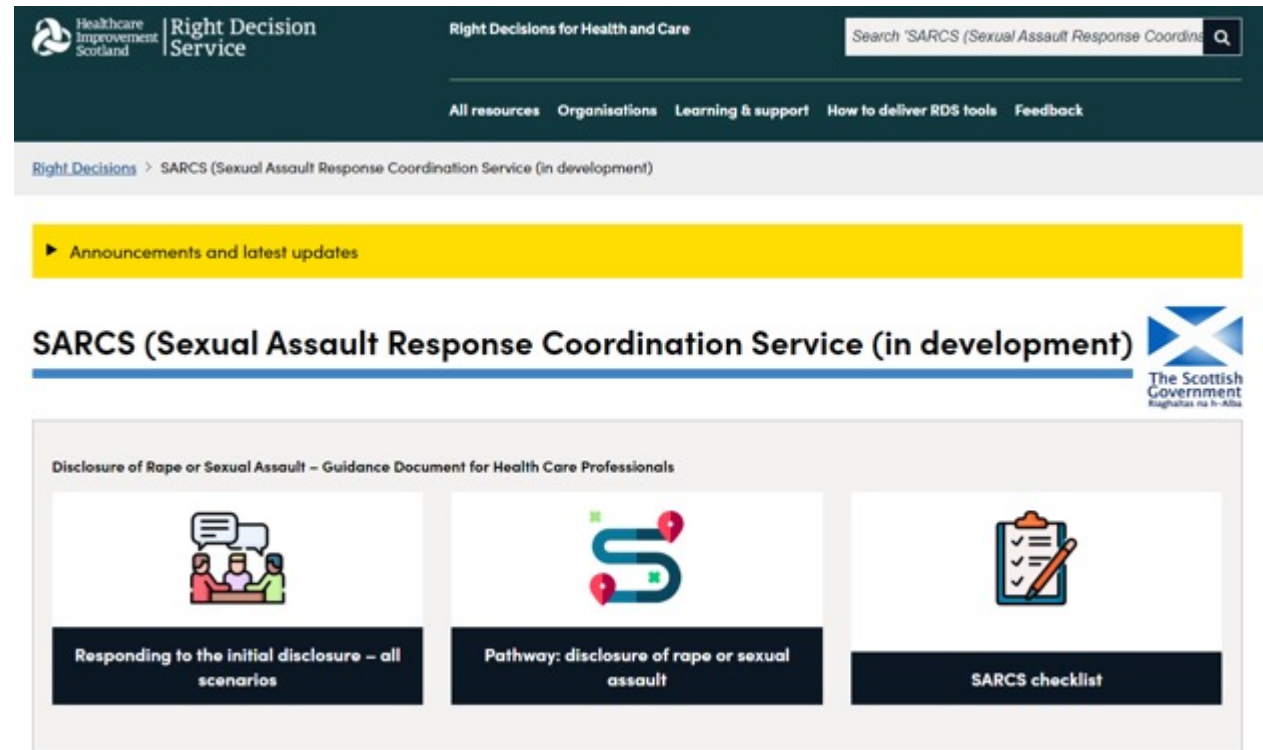
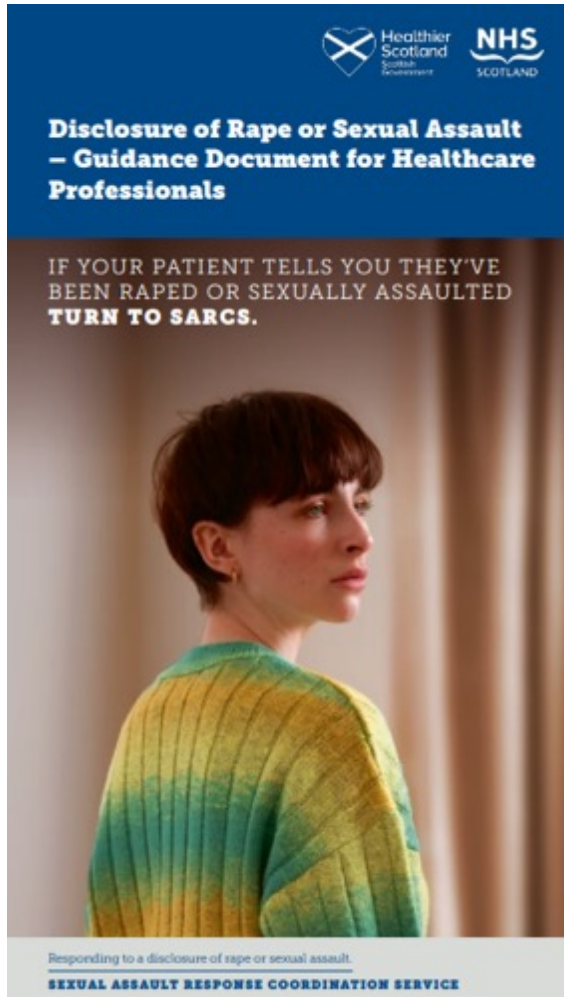


The Meadows, NHS Forth Valley



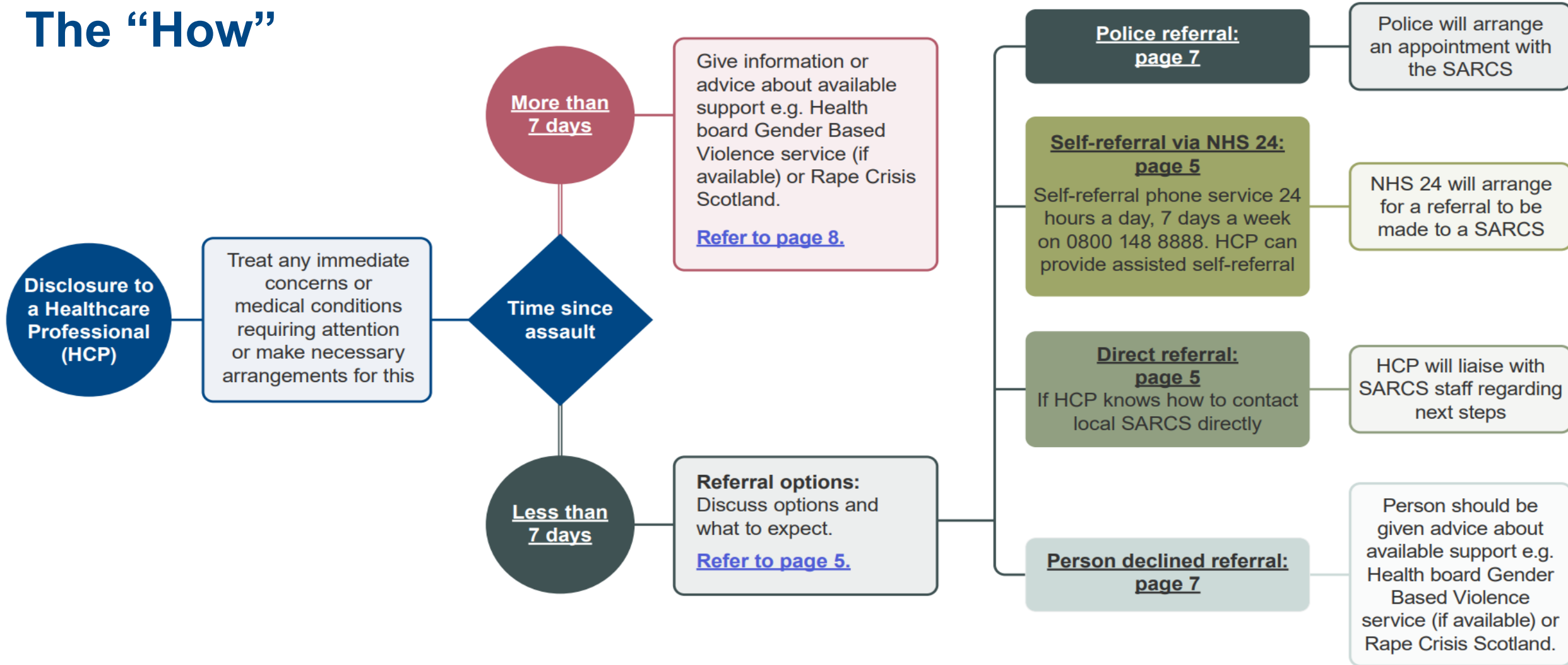


The “What”



- Guidance available online – resources at the door
- App version available (Apple and Android)
- Aimed at anyone who may receive a disclosure of rape or sexual assault

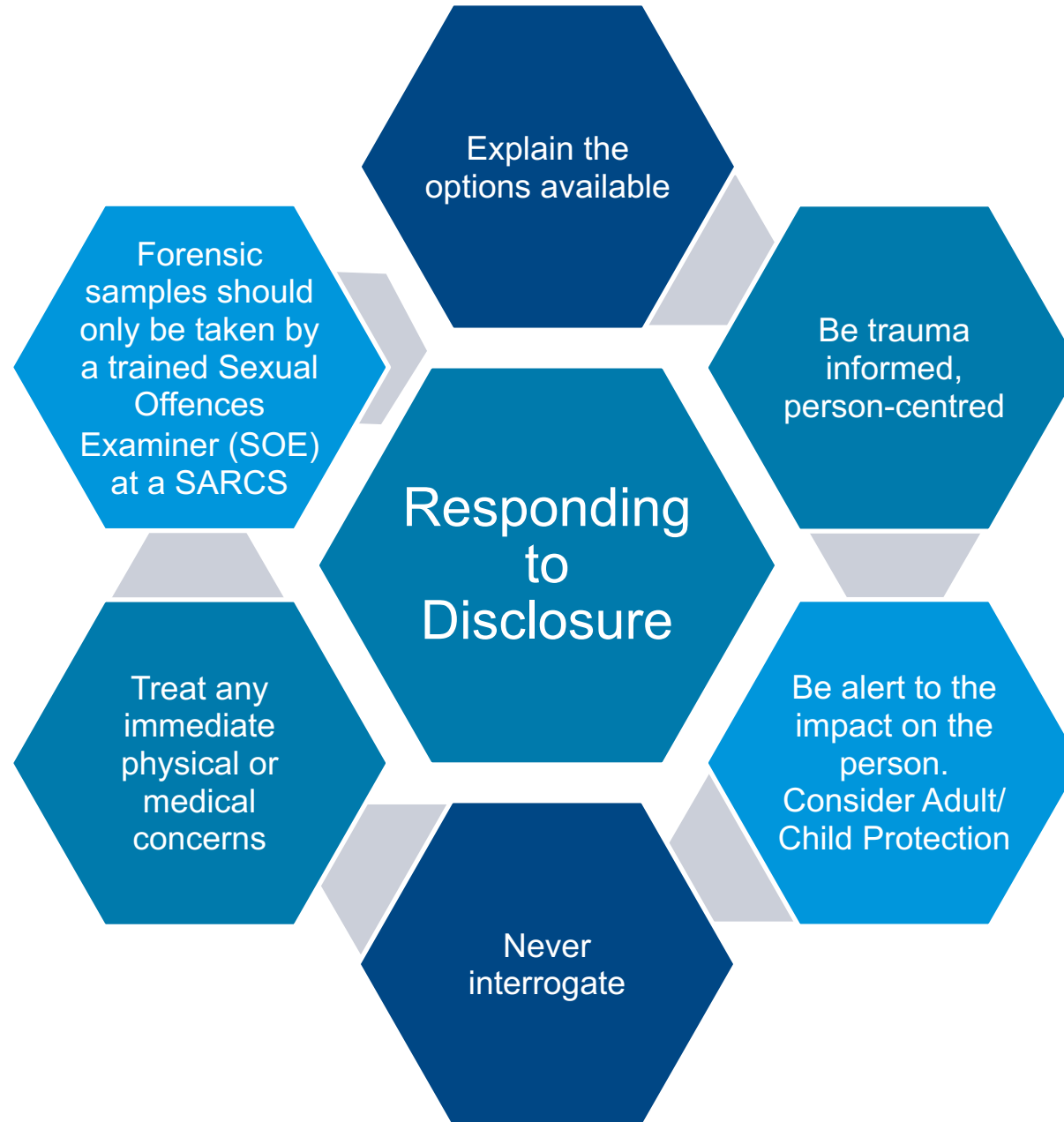
The “How”



The “When”

- Determine time since assault (**less than 7 days or more than 7 days**)
- **7 days or less**
 - Self-referral
 - Assisted self-referral
 - Direct referral
 - Retention of evidence - importance of retaining forensic evidence
- **More than 7 days**
 - Healthcare assessment
 - Support & advocacy
- The person can report to the Police at any time

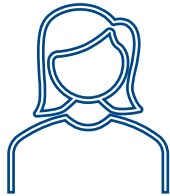
Disclosure



The “Why”



683 calls
to NHS 24



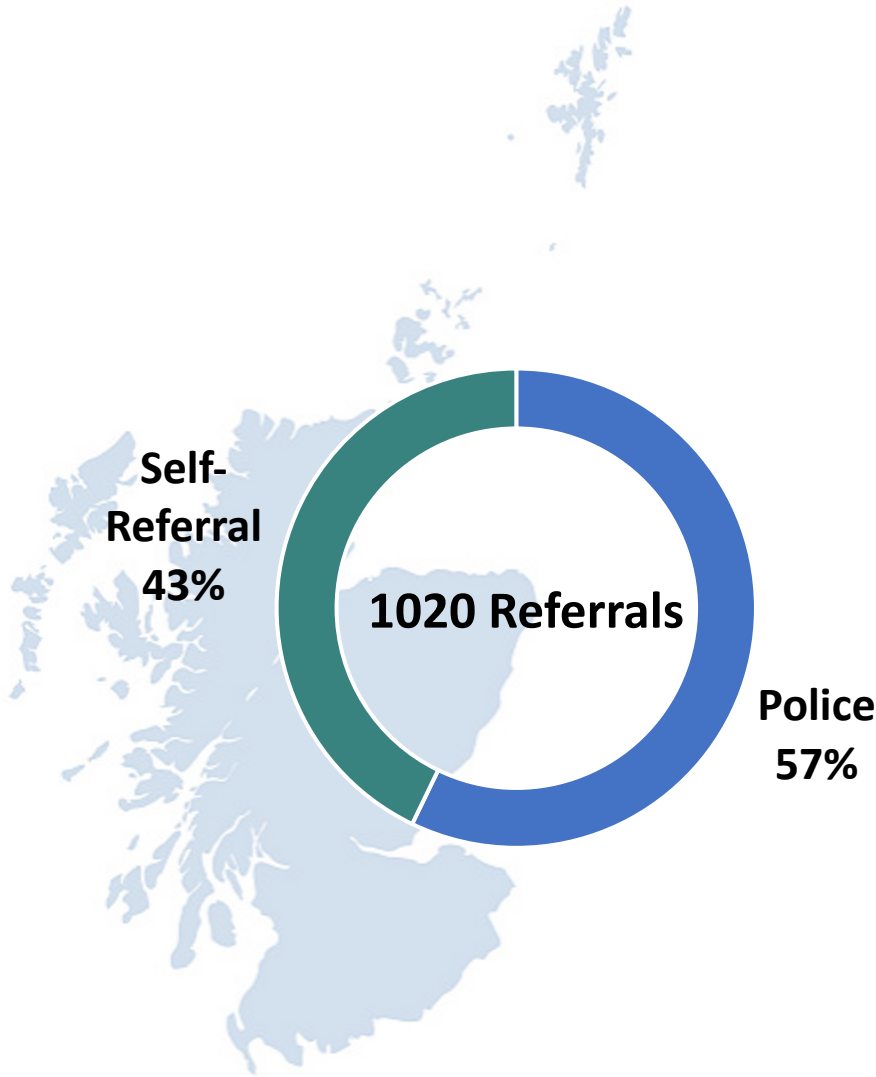
91 %
Female



47,603
views to
Turn to
SARCS
webpage



55%
Ages
18-29



661 Forensic Medical
Examinations



210 Child
examinations
(148 acute)

Why SARCS?

Safety

Equity of access to
healthcare in
dedicated
premises

Trustworthiness

Forensically
trained registered
nurses and
Sexual Offence
Examiners

Choice

Self-referral is
self-directed

Collaboration

Provide
awareness and
equivalence

Empowerment

Lived experience
right at centre of
all that happens

Trauma Informed Practice for the Workforce



Caroline's Story



@MissCScotland

Any
Questions?



Scan to access Poll 2



NHS
National
Services
Scotland



Questions can also be submitted to SARCS Network: nss.sarcsn@nhs.scot

Aberlour Mother and Child Recovery Houses

Introductions

- Natalie Douglas – Acting Service Manager
- Christine Buntrock – Nurse (Consultant)

Welcome to Cowan Grove:

One of the first Mother and Baby Recovery Houses in Scotland



Sensory Play Room



Team Celebrating Care Inspection Results



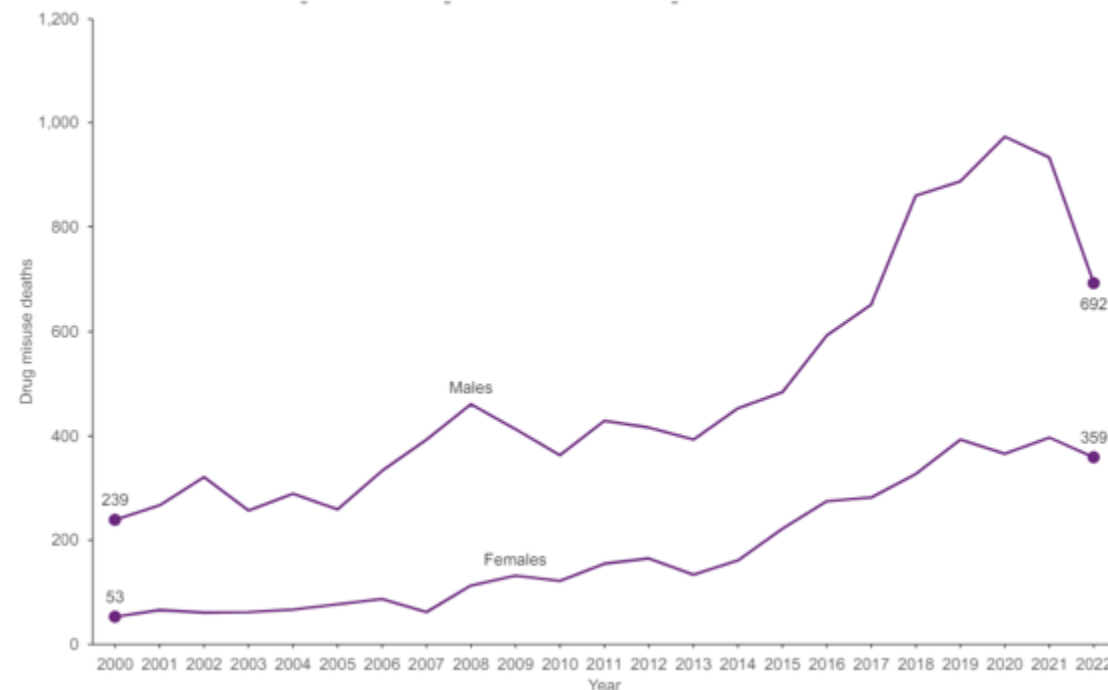
Opening Questions

- Have you heard of us?
- Are you aware of the Promise?
- Are you aware of drug deaths and how many people died in 2020?

Our Background and The Service

- Responding to rising drug deaths in Scotland.
- Rise in number of drug deaths for women across Scotland.
- Funded as part of The National Mission from The Scottish Government.
- Aim to open two mother and child recovery houses.

Figure 2: Male drug misuse deaths saw a large decrease in 2022



National Records of Scotland, 2022



Medication Assisted Treatment (MAT) Standards

- We offer assessments to any women that has children 0-5 and wants rehab.
- We offer choice – detox or stabilise. We include the family if this is what the women wants.
- We will stay with a woman for however long it takes after they leave us.
- We offer TIC – we meet all needs.
- Recognising that recovery is not a linear journey. Includes women returning for a period after lapse/relapse.

Our Program and What We Offer

Enquiry – Referral – Assessment

Admission – Main Program

Transition – Community Outreach

Our Program and What We Offer

Enquiry – Referral – Assessment



65 Enquiries

16 Referrals

15 Local Authorities

8 Placements Offered

6 Community Transitions

- Tier 1 – Social Assessment. Getting to know the family and the people around them.
- Tier 2 – Clinical Assessment. Partner GP linking in to learn about prescription and health needs and advise around detox and stabilisation.

Statistics from YEAR 1 – Dec 2022 to Dec 2023

Our Program and What We Offer

Enquiry – Referral – Assessment

Admission – Main Program

Transition – Community Outreach

Our Program and What We Offer

Admission – Main Program

- A flexible and fluid program.
- Parents Under Pressure – Attachment, Parenting, Life-Skills and Substance Use
- Solihull, Freedom and SMART Recovery Groups
- Self-Esteem, Therapeutic Input, Counselling.
- Fun Activities, Soft Play, Go-Karting, Zoo, Parks
- Play and Development – Sensory, Water and Messy Play, Baby Massage.

Our Program and What We Offer

Enquiry – Referral – Assessment

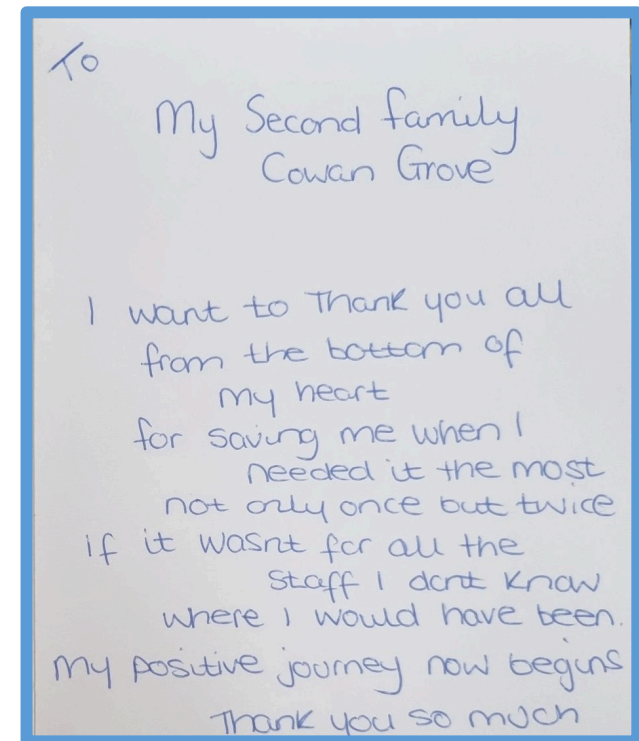
Admission – Main Program

Transition – Community Outreach

Our Program and What We Offer

Transition – Community Outreach

- Transition plans back home when ready.
 - Housing, finances, community.
- Fluid, flexible and fits the need of the family.
- Linking in with other community support.
- Reduce social isolation and loneliness.



Women's Voices

- Women involved in co-production of the service.
 - Feedback, You Said We Did, Family Reviews, House Meetings, Interviewing.
- Welcoming Women Award – Looking at the service through a gendered lens.
- Trained in Trauma Informed Care and women say they feel safe, they have choice, work in partnership with us, trust us and feel empowered.





Conclusions

- We offer unique, gender and trauma informed, safe houses for women recovering from drug and alcohol use.
- We promote The Promise by keeping families together. We hope to prevent/reduce drug deaths.
- We have a bespoke, trauma informed, flexible and responsive program to assist women in their recovery
- We work collaboratively and in partnership with third sector and statutory services – which provides holistic wrap around care for our families.



Thank you

www.aberlour.org.uk

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Scottish Charity no: SCO07991 | Company Reg no: SC312912

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Useful Resources



- <https://rightdecisions.scot.nhs.uk/sarcs>
- <https://www.nhsinform.scot/turn-to-sarcs>
- SARCS Network: nss.sarcsn@nhs.scot



- <https://www.aberlour.org.uk/>



- <https://www.gov.scot/publications/chief-medical-officers-rape-and-sexual-assault-taskforce---package-of-resources-further-information/#SexualAssaultResponseCoordinationService>

