BARTA
Be Aware and Respond to Abuse
Support and advice for Mental Health Trusts wanting to improve their responses to domestic and sexual abuse

Are you a Mental Health Trust? Do you know how to…?
- Fulfil your duties under the Care Act 2015?
- Meet the standards of the NICE guidance on domestic violence and abuse?
- Implement the recommendations of a Domestic Homicide Review?
- Meet the Care Quality Commission (CQC) requirement to keep service users safe?
- Train all staff to respond to domestic and sexual abuse?
- Improve referral pathways to local specialist services?
- Increase the number of referrals to MARAC?
- Work with service users who are perpetrators?

AVA
Against Violence & Abuse
The links between domestic and sexual abuse and mental ill-health are well documented, as are the extremely high prevalence rates of experiences of abuse amongst mental health service user populations. Research suggests that a third of mental health service users have experienced domestic or sexual violence. But, only around 10-30% of these experiences are detected by mental health services (King’s College London, 2015). Furthermore, of those who experience abuse, up to 73% suffer from anxiety, 64% experience post-traumatic stress disorder, and 40% feel suicidal, which is four times higher than suicidal thoughts in the general population (AVA, 2013).

Research and practice-based evidence has highlighted some of the difficulties faced by mental health services in effectively addressing these links, fully meeting the needs of survivors and working with perpetrators (Rose et al, 2011).
**BARTA: specialist support and advice for Mental Health Trusts**

BARTA is a change management consultancy package that supports Mental Health Trusts through a programme of organisational development to improve Trust-wide responses to domestic and sexual abuse. It has been developed from the findings of an extensive three-year pilot programme that was delivered by AVA, in partnership with two Mental Health Trusts and funded by the Department of Health. The pilot programme was evaluated by King’s College London, which measured key indicators of success in creating improvements to Trust-wide responses to domestic and sexual abuse. BARTA has been informed by these findings to best support Mental Health Trusts to adopt a recovery-based approach to working with mental health service users who are victims of domestic and sexual abuse.

By working with AVA to become a BARTA Trust, you will receive support, advice and the tools to:

- Identify areas for improvement and develop an action plan to address these points.
- Promote and embed the message across the Trust that domestic and sexual abuse is ‘core business’.
- Create a workforce that is knowledgeable, skilled and confident in enquiring about and responding to disclosures of domestic and sexual abuse.
- Develop and implement clear policies and care pathways for service users and staff who disclose or are currently experiencing/perpetrating domestic and sexual abuse.
- Build strong working relationships with local specialist services for survivors and perpetrators of domestic and sexual abuse.

Through this change programme we can help your Trust achieve the following:

- Increased identification of historic and current domestic and sexual abuse.
- Increased number of service users receiving support for their experiences, including MARAC referrals.
- Reduced rates of repeat victimisation/perpetration.
- Improved wellbeing of service users who are survivors of abuse.

Becoming a BARTA Trust will enable you to fulfil your new duties under the Care Act 2014 to address domestic and sexual abuse, and meet the standards set out in the 2014 NICE guidance on domestic abuse.
The BARTA change programme package

Depending on the need of the Trust, the BARTA change package can include any combination of the following components:

**Organisational audit**
We will identify what is and isn’t happening in the Trust to address domestic and sexual abuse and, if required, create an action plan to address any improvements needed.

**Data collection**
We will work with the Trust to improve your patient record system to ensure staff are prompted to enquire about domestic and sexual abuse, and that data about disclosures and responses are recorded and regularly audited.

**Policy development**
We can review your existing domestic and sexual abuse policy, write a brand new policy, and review all other Trust policies – from clinical risk management to occupational health. Working to ensure domestic and sexual abuse is being addressed across the organisation.

**Internal and external communications**
We can work with your communications team to develop resources to embed the message that domestic and sexual abuse is core business for the organisation, help plan and run awareness raising events for Trust staff, and support activities to strengthen relationships with key partner organisations.

**Training programme**
Our training options including technical support to import a ready made elearning programme into your learning management system, delivering training to frontline staff, designing and implementing a domestic and sexual abuse competency framework, creating a pool of in-house trainers to enable sustainable workforce development. All training will be developed in line with competencies set out in the 2014 NICE Guidance on domestic violence and abuse.

**Recovery College**
Provide better care for service users with experiences of domestic and sexual abuse through the co-production of a Recovery College course on recovering from abuse.
Cost

The BARTA package is very flexible and will meet the needs of your Trust in terms of size, timelines for implementation and existing work around domestic and sexual abuse.

As a guide costs start from £5,000 for an introductory package including a high level audit, an action plan, a domestic and sexual abuse policy and preparation of a training plan.

Please contact Jennifer Holly on 020 7549 0275 or by email at jennifer.holly@avaproject.org.uk for further information about prices and to discuss your needs.

What you can expect from the BARTA team

Your BARTA consultant will:

● Be an expert in ‘what works’ in addressing domestic and sexual abuse.
● Will ensure any changes will work towards your Trust being able to meet the standards set out on the 2014 NICE guidance on domestic violence and abuse, and to fulfil your new duties around abuse under the Care Act 2014.
● Have specific knowledge about the links between domestic and sexual abuse and mental health.
● Have an understanding of how mental health services work and the role of different groups of mental health professionals.
● Be skilled in supporting large organisations through change management programmes.
● Be a qualified and experienced trainer.
● Have access to a wide range of high quality resources and materials such as template policies, internal and external referral pathways, best practice guidance on asking and responding to domestic and sexual abuse, training resources, communications materials.
Most importantly, all our BARTA consultants focus on working with each Trust to identify your priorities and creating individualised action plans that will allow you to introduce effective new ways of working.

What we ask of you:

- Support of senior leadership to ensure organisation-wide change can be facilitated.
- Willingness to reflect on current policies and processes, and openness to considering new ways of working.
- Sufficient capacity within the Trust to engage with BARTA staff to make the work a success.
- Ability to cascade learning from the work throughout the whole organisation.

Why AVA?

AVA is a leading national charity working to end domestic and sexual abuse across the UK. Since 2002 we have been at the forefront of research into ‘what works’ in addressing the overlapping issues of domestic and sexual abuse, mental ill-health and substance use. We have worked with a range of large health providers to pilot new ways of working that enable staff in mental health and substance use services to support survivors and perpetrators of domestic and sexual abuse more effectively. Equally, we promote innovation to increase access to domestic violence services for people affected by mental health and substance use problems.

To discuss how AVA could support you to become a BARTA Trust, or for more information about this service, please contact Jennifer Holly on 020 7549 0275 or by email at jennifer.holly@avaproject.org.uk.
About AVA
AVA (Against Violence and Abuse) is a leading UK charity committed to ending gender based violence and abuse. We strive to improve services for survivors through our learning, resources and consultancy, and end violence against women and girls through our policy, research and prevention work. We have specific expertise on Multiple Disadvantage & Children and Young People.

AVA offers
• Learning and skills
  Training, accredited learning, e-learning, conferences & seminars
• Resources
  Publications, on-line toolkits and resources
• Guidance to improve practice
  Prevention work, consultancy, policy & research

Find out more
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