Keep Safe: collaborative practice development and research by and with people from the learning disability community

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Introduction:
This collaborative poster shows an example of collaborative practice development and research by, and with, people from the learning disability community and clinical psychologists and other practitioners/researchers.

It describes what went well, what was difficult and what we learned from the collaborative development and feasibility study of Keep Safe, an intervention for young people with learning disabilities 12 years and older who have displayed harmful sexual behaviour.

What we did:

Before:
- Talked about why developing and evaluating Keep Safe was important at the Learning Disability Research group
- Got funding – Paul Hamlyn Foundation Social Justice stream plus some university
- Recruited advisers from learning disabilities community – first had a larger possible group event with accessible explanation, some linked resources, use of Talking Mats®
- Plan, to include experienced and inexperienced folk (linked to Aldingbourne Trust/Powerful Trainers). Want to have a range of ages, gender and sexuality, and able to think and talk about sensitive, complex topic and ethical issues

Working together:
- Meetings where advisers from LD community could get to with support and were familiar
- Finding out how to work together well - process including getting to know each other, continuity, taking time, ground rules, support,
- 2 hours - with refreshment break; 12 meetings (January 2014 – April 2015)
- Look at and develop Keep Safe practice: models, resources, activities eg include Good Lives Model (Ward, 2005) & Good Way Model (Aylward & West, 2006)

Good Lives Model

‘Good Side/Bad Side’ and Man at Crossroads

What was difficult in our collaboration:

- Planned qualitative questions and feedback systems for young people, their parents/carers and co-facilitators involved with Keep Safe
- Celebrating the Keep Safe manual completion and first public Keep Safe training

What we learned from our collaboration:

- Timescales slipped – ethics and recruitment took longer, so not able to collaborate on getting and analysing feedback or do as much reflection as planned

More what went well with our collaboration:

- Made accessible information and consent materials for Keep Safe feasibility study and NHS Research Ethics submission
- Contributed to staff training for Keep Safe delivery for feasibility study and dissemination (video on website, this poster)

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For further information on Keep Safe see: https://www.kent.ac.uk/tizard/sotsec/ySOTSEC/ySOTSEC.html

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