

A randomised controlled trial of the clinical and cost effectiveness of a Victim Improvement Package (VIP) for the reduction of continued symptoms of depression or anxiety in older victims of common crime.

## Newsletter

January 2019

As Victim Improvement therapist you can help guide our participants to change and challenge negative thoughts and patterns to improve their wellbeing following the crime.



As you already know, unlike other talking treatments, CBT deals with current problems, rather than focusing on issues from your past.

With your help participants can find ways to improve their state of mind on a daily basis.

Support will be given throughout the trial. Please don't hesitate to get in contact.

### The Safer Neighbourhood Officers (SNTS)

SNTs have done an amazing job at screening. 2018 saw a dramatic increase in the number of successful screenings within the London area. Each officer dedicates time and effort in visiting vulnerable people who could benefit from support following a reported crime. These crimes can range from petty theft to GBH.

#### Referrals

Three months after the crime, participants are contacted again for Step 2 screening. Should they screen positive for either depression or anxiety on the GAD & PHQ scale they will be brought forward for baseline. Once baseline is complete participants are randomised to either treatment as usual or therapy with Mind. Referrals will be sent at a rate of 5 clients per month.

#### MIND Therapist

A referral from the Mind coordinator will be sent to your site. Contact with the participant should ideally be made as soon as received. Our aim is 10 successful sessions but this isn't always possible. If you need any help or support please get in contact.

#### Police screening – leaders table (2018)

|    |               |
|----|---------------|
| 1. | Barnet        |
| 2. | Havering      |
| 3. | Hackney       |
| 4. | Enfield       |
| 5. | Camden        |
| 6. | Newham        |
| 7. | Haringey      |
| 8. | Islington     |
| 9. | Tower Hamlets |

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# 2019

*Happy New Year!*

## Supervision 2019

Dr Marc Serfaty will be holding supervision for all MIND therapists working on the VIP trial study.

Tuesday 19<sup>th</sup> February  
Friday 1<sup>st</sup> March  
Tuesday 19<sup>th</sup> March  
Friday 5<sup>th</sup> April  
Tuesday 23<sup>rd</sup> April  
Friday 3<sup>rd</sup> May  
Tuesday 21<sup>st</sup> May

If you need any support outside of supervision. Please contact study coordinator Sharlene Mutyasira ([s.mutyasira@ucl.ac.uk](mailto:s.mutyasira@ucl.ac.uk)) 020 7679 9167

## Another year over!

2018 couldn't have been as great if it wasn't for all your hard work and support.

2019 is looking like our busiest year yet.

**A new one has just BEGUN!**

