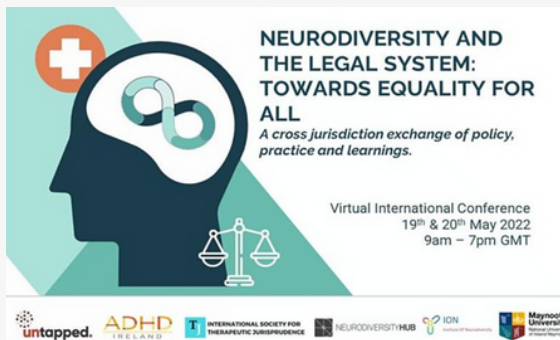


## GLEPHA NEURODISABILITY SIG

Welcome to February's Newsletter! At our next meeting on 1st March we look forward to a presentation from Dr Flora Matheson and Dr Arthur McLuhan from Toronto, Canada. They will talk about their plans for using technology to support people with TBI who are under justice system supervision.

### Neurodiversity and the Legal System Conference



'The objective of this conference is to facilitate an exchange of cutting edge academic discourse, policy and practice initiatives with lived experience at the core.

The conference will include all areas of the criminal justice system across international jurisdictions: police, practice in court and the judiciary, probation, prison, parole and forensic mental health services. Topics will be considered through a lens of lived experience, policy, academic learnings and practice.'

More information and registration at:

<https://www.eventbrite.ie/e/neurodiversity-and-the-legal-system-towards-equality-for-all-tickets-230748524047?aff=ebdssbonlinesearch>

### Melanie George Memorial Conference



'The Brain Injury Social Work Group (BISWG) in association with the University of Essex and British Psychological Society (Division of Neuropsychology) are pleased to announce a conference on practice related to complex cases linked to the Mental Capacity Act (MCA).

This conference will bring together multiple professional perspectives from Social Work, Service Users, Clinical Psychologists & Neuropsychologists, Psychiatry and the legal profession.'

More information and registration at:

<https://www.eventbrite.co.uk/e/melanie-george-memorial-conference-london-and-online-registration-260610843047>

# SIG MEMBER SPOTLIGHT

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## FEBRUARY'S SIG MEMBER SPOTLIGHT IS: DR EMILY DIAMOND

### **Where are you currently working, and what is your role?**

I live and work in Berkeley, California. I teach people who are training to be clinical psychologists. I'm also the founder of a group called the Health Inequality Research Group. All of us in the group have undertaken research projects as graduate students or as professionals which aim to better understand some aspect of the unequal health and wellbeing outcomes we routinely see. My role is to support the researchers as best I can, and to create a community of researchers who can all work together.



### **What project are you working on at the moment?**

I currently have two projects which I'm the PI of. You may be familiar with the Adverse Childhood Experiences survey. It's commonly used in several countries and asks people about childhood adversities mostly experienced in the home environment. The most powerful findings for me of this survey have been the repeated correlations between adversity experienced in childhood and various kinds of health and wellbeing struggles in adulthood. I re-worked the survey so I could better understand adversity as it is being experienced out in the community. I also ask people what they feel would improve their health, and the health of their community, because those things are entwined. There are a lot of answers, but for this group, I think some of the most interesting responses involve wanting to feel safer calling on law enforcement, the need to reduce violence, and wanting to see less divisions they experience within the community.

The other study I'm working on is understanding people's experience of natural disaster, during the disaster and in the complex aftermath. Some of the participants in that study were working as first responders, and I was moved to see how many of them experienced violence as part of their work during a disaster.

### **Most interesting or thought-provoking research you read recently?**

I was recently reading about micro-clotting in those experiencing long covid. It appears that these micro-clots can be in any organ. There are already millions of people of all ages and all walks of life who have the residuals of this infection. It's daunting to think about millions of people adjusting to their disabilities and how societies will adjust to this reality. What's more, this adjustment will be happening at the same time as further climate destabilization. I can see in my own data, people with disabilities, trying to help other family members also with disabilities, try and get through a major natural disaster.

### **What motivates your work in Neurodisability/Law Enforcement?**

We are seeing an enormous increase in neurodisability. Humane societies need to have open and frequent discourse on the issues which arise from this reality. Without this channel to talk about education, policy, research, training, advocacy and other such things, my guess is that the formal and informal systems within society would tend toward cruelty.

### **It is a sunny Saturday with no looming deadlines... Where would we find you?**

I've been collecting art done during the pandemic to create a teaching archive for anyone to use. You can see it here: <https://projectcovid19.org>  
The artists are inspiring!

# SIG RESEARCH SPOTLIGHT

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Our research spotlight this month is a series of two papers which have recently been published by group member Tom McMillan & colleagues, examining effective interventions for men in prison with head injuries and mental health problems.

## **Prisoner knowledge about head injury is improved by brief psychoeducation**

Louise Buchan & Tom McMillan

### **Abstract**

**Introduction.** The high prevalence of head injury (HI) in prisoners and its association with offending indicates a need for interventions. However, there is little evidence and none for the effectiveness of psychoeducation in improving prisoner knowledge about HI and its effects.

**Methods.** Small groups of males in two Scottish prisons underwent a 1 hour psychoeducation session delivered by PowerPoint and combined with question and answer, video clips and a booklet about HI. A pre-post intervention design was used to assess knowledge about HI from vignettes. Participants indicated effects of HI using unprompted free recall and then with a questionnaire (the Symptom Checklist; SCL), pre-education (n = 34), post-education (n = 19) and at 4-week follow-up (n = 11). Free recall was scored using symptom lists from national guidelines (FR-SIGN) or the SCL (FR-SCL). Within-subject comparisons were made between pre-intervention, post-intervention and follow-up scores.

**Results.** Knowledge about HI significantly increased pre- to post-education for FR-SIGN (d = 0.91; 95% CI 0.62, 2.53) and FR-SCL (d = 0.99; 95% CI 0.95, 4.00) without decrement at follow-up (FR-SIGN d = 1.27; 95% CI 0.53, 2.56; FR-SCL r = 0.60). Scores on the SCL did not change over time (p > .05).

**Conclusions.** Prisoner knowledge about HI was improved by brief psychoeducation suitable for delivery in prisons. This is the first study on psychoeducation about HI to be reported in a prison setting. It was demonstrated that a single 1-hour session can be successfully delivered in a prison environment, can improve knowledge about HI and target a relevant population whose needs are not currently met.

**Full article is available at:**

<http://eprints.gla.ac.uk/263700/1/263700.pdf>

## **Evaluating the Feasibility of Prison Officers Providing Guided Self-Help Support to Adult Male Offenders Experiencing Stress**

Jennifer Lai, Fiona Mair, Tom McMillan, & Christopher Williams

### **Abstract**

With substantial mental health needs, United Nations guidelines recommend prisoners should have access to healthcare of the same standard as non-prisoners.

CBT-based self-help is recommended for anxiety and depression; one approach is Living Life To The Full (LLTTFM). This study evaluated the feasibility of Prison Officers providing guided self-help support to adult male offenders experiencing distress in a Scottish prison.

Prison Officers attended training in delivering LLTTF books and worksheets. Seven prisoners completed four one-to-one sessions of LLTTF.

A large effect size was associated with improving depression self-ratings pre- to post-treatment.

Pre-treatment anxiety and social function were associated with non-significant change. Feedback from Prison Officers and prisoners indicated LLTTF materials would benefit from adaptation for prison, which could be revised with Prison Officers and prisoners.

Results suggest further research on guided self-help in prison is worth pursuing. Designated guided self-help workers may be better placed to deliver LLTTF in this or an educational setting.

### **Full article is available at:**

<https://eprints.gla.ac.uk/261020/>

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Have any news for the next SIG newsletter? Conferences to promote?  
Collaborative research opportunities? New papers published? Want to be the  
next spotlight member?

Please email Hope: [hmk201@exeter.ac.uk](mailto:hmk201@exeter.ac.uk)