



# Respect and Civility at Mersey Care NHS Foundation Trust

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Mersey Care



### What is a Just Culture

### **A Just Culture**

A just culture accepts nobody's account as "true" or "right" and others wrong ... Instead it accepts the value of multiple perspectives, and uses them to encourage both accountability and learning.

Sidney Dekker

#### From Retribution to Restoration



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#### Retribution

- Which rule is broken?
- Who did it?
- How bad is the breach?
- What should the consequences be?

#### **But its counterproductive...**

Learning, Team
Review, Humanity
Compassion, Forgiveness
Understanding, Restoration
Healing, Trust

#### Restoration

- Who is hurt?
- What are their needs?
- Whose obligation is it to meet those?
- How do we involve the community?

#### **Goals of restoration**

- Moral engagement
- Emotional healing
- Reintegration of practitioner
- Organisational learning
- Prevention

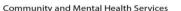
## We changed our goals, practices and culture to achieve breakthroughs in safety and quality



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We have changed our goals, practices and culture to achieve breakthroughs in quality

Mindsets and culture	Capability	Practices	Accountability	Outcomes
What changes in mindset do we need to make in order to achieve sustainable changes in our capability and accountability?	What do we need to learn in order to produce the desired outcome?	What changes in practice do we need to achieve the desired outcomes?	How will we hold each other to account for adhering to the core practices that improve outcomes?	Where are we and what do we want to achieve?
Improvement has to change mindset and culture to be sustainable			Many organisations focus here, with consequences for their culture	We deliberately started our journey here



### **Respect & Civility Work Stream**

Who are we and what do we do...the Groups purpose:

"to explore the reasons and impact of miscommunication and poor behaviour, empowering staff to challenge and change culture."





# Respect & Civility Overarching Objectives

The Groups 'Vision' document outlines the Group's three objectives namely:

- Raise awareness and empower staff to challenge poor behaviour and choose respect, reinforcing civility and positive culture.
- To develop a comprehensive training programme to enhance emotional intelligence as to how behaviours can be perceived and received.
- Triangulate data sources to measure and evaluate impact.



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## INCIVILITY THE FACTS

### WHAT HAPPENS WHEN SOMEONE IS RUDE?

WHEN SOMEONE IS RUDE TO A COLLEAGUE...

161%

**REDUCTION** in the recipient's cognitive ability

**COLLEAGUES ARE...** 

50%

MORE LIKELY to miss a calculation error<sup>(1)</sup> and **REDUCE** their willingness to help<sup>(2)</sup>

Our Just and Learning Culture Respect and Civility work stream is supporting ways in which we can all improve miscommunication and poor behaviour.

We wish to empower staff to challenge and change our culture. Become part of the movement #IWillSpeakUp

1 https://thepsychologist.bps.org.uk/volume-24ledition-7/how-rudeness-takes-its-toil 2 Porath C, Erez A. Overlooked but not untouched. How rudeness reduces onlookers' performance on routine and

## Mersey Care's Respect & Civility Infographic



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Lois Newitt @LoisNewitt · 11/06/2019

# The Bullying Behaviours Questionnaire

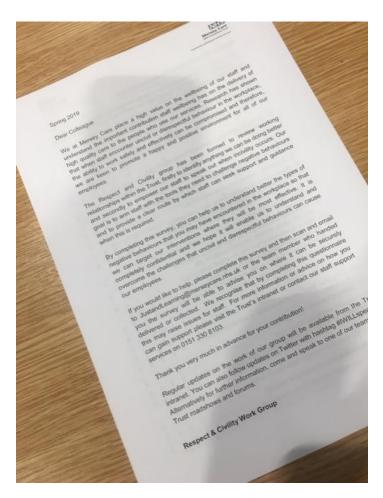


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Following assessment of the available qualitative and quantitative questionnaires available, and following a telecom with Professor Illing the Trust decided to pursue the Negative Acts Questionnaire, which is owned by The Bergen Bullying Group.

The Trust received approval from The Bergen Bullying Group to use their questionnaire in our assessment/research.

All items in the NAQ are written in behavioural terms with no reference to the term bullying. This has the advantage of letting participants respond to each item without having to label themselves as bullied or not.





#IWillSpeakUp and this year this goes further to #IWillListenUp, #IWillFollowUp





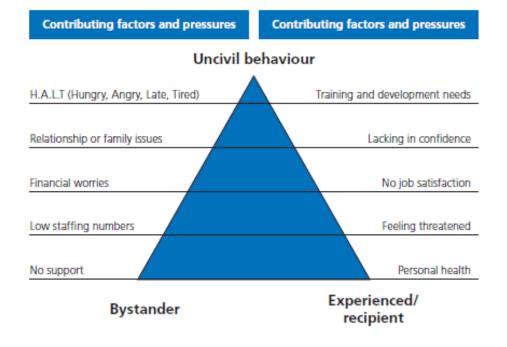
## The Bystander Triangle

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#### The Bystander Triangle

In a work environment colleagues tend to move between perceived spaces to meet personal (often unconscious) needs rather than being able to see the wider picture, or understand how their actions are impacting or not supporting others.

There are many different factors that will influence which perceived 'space' colleagues tend to operate in. These factors are built from a range of personal, social and professional contributories. If not supported appropriately, these can have a detrimental effect on colleagues, environments and the wider organisational culture.



#### RESPECT AND CIVILITY

#### in our Just and Learning Culture



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We want to empower staff to challenge miscommunication, reduce hurt and always choose civility and a positive culture.

This tool describes some of the characteristics of positive and negative actions and can be used in discussions about behavioural change.

#### **OPPORTUNITY TO GROW**

- Supporting colleagues with professional development
- Timely approval and signoff of payments
- Encouraging colleagues to progress

#### SUPPORT

- Signposting to appropriate supportive interventions
- Providing constructive feedback
- Setting realistic targets
- Positive coaching and mentoring

#### NURTURING PSYCHOLOGICAL SAFETY

- Instilling confidence and trust
- Colleague compassion
- Supporting culture and working relationships
- Positive body language

#### **EFFECTIVE SUPERVISION**

- Empowering behaviour
- Recognising contribution and achievements
- Sharing relevant information
- Respecting professional roles
- Fair and equal distribution of work and opportunity

## DO YOU? HAVE YOU SEEN? HAVE YOU EXPERIENCED?

#### DIGNITY

- Praise, recognise and support others
- Include, acknowledge and respect
- Be courteous and polite
- Humour can be warm, use it the right way

#### ACTS OF KINDNESS

- Creating harmony for staff to flourish
- Looking out for others
- 'Nipping in the bud' and signposting to support

#### **EMOTIONAL INTELLIGENCE**

- Ask how they feel, put yourself in their shoes
- Pause for thought
- Positively reflect and act
- Be more self aware

#### INCLUSIVENESS

- Ask staff how they are, do something with the response
- Invite colleagues to meetings and gatherings
- Actively listen and ensure everyone is heard

#IWillSpeakUp

This years BHAG: Zero acceptance of racism, discrimination and disrespectful behaviours

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#### PRESSURE AND FEAR

- Instilling fear
- Verbal aggression
- Physical aggression
- Inappropriate management
- Ill chosen body language

#### THREATS

- Unfair warning
- Unreasonable demands and/or consequences
- Unreasonable challenges upon clinical reasoning

#### **FINANCIAL SANCTIONS**

- Threats of down banding and dismissal
- Withholding/delaying payment – eg. car mileage
- Threat to provide a poor reference

#### INDIGNITY

- Belittled and undermined individually or publically
- Silent Treatments
- Humiliation
- Disrespect
- Targeted (when already vulnerable)

# DO YOU? HAVE YOU SEEN? HAVE YOU EXPERIENCED?

#### SUPERVISORY ADVANTAGE

- · Patronising behaviour
- Constant inappropriate negative feedback
- Withhold necessary instructions
- Taking credit/not giving credit for colleagues work
- Use of 'just a band...'
- Inappropriate delegation

#### **OSTRACISING**

- Exclude colleagues from meetings and social gatherings
- Ignoring colleagues 'blanking'
- Excluding from relevant communications
- Move to another premises without due process or consideration

#### MINIMISE BEHAVIOUR

- Make light of negative behaviour ('that's your perception')
- Saying you are being oversensitive

#### EXTREME DELIBERATE ACTS

- Creating conflict with colleagues to incite
- 'Ganging' up
- Bringing in others as bullying allies with perceived power

#IWillSpeakUp

### **Our Respect and Civility Booklet**



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## Respect and Civility















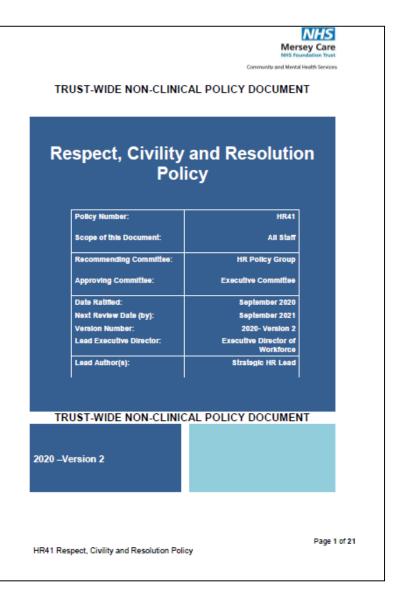
The Group has produced the Respect and Civility Booklet and this is available both as a hard copy and electronically via the Respect and Civility section of the intranet.

This is a one-stop-shop for all things Respect and Civility including our commitment, our work, FAQ, how to speak up if you wish to speak up, our Jigsaw and the impact that incivility can have on patient delivery.

# Mersey Cares Respect, Civility and Resolution



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The Trust took the decision to replace the Dignity at Work Policy and the Early Resolution Policy with a combined Respect, Civility and Resolution Policy amalgamating both aspects.

In line with the Trust's value Respect, this policy is about creating and sustaining a working environment in the Trust that is marked by mutual respect, tolerance and understanding and a working culture based on dignity and respect across our services and departments.

Since introduction of the Respect and Civility Group three years ago the Trust has seen a 71% reduction in Dignity at Work Cases.

## Respect and Civility Impact



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As a Trust and the Respect and Civility Group we are especially proud of the #IWillSpeakUp campaign, which encourages bystanders to feel supported to 'speak up' if they see poor behaviour. This campaign has had a direct correlation on our staff survey results by ranking us in the top 2 in the country the last two years and better than national average for the question below.



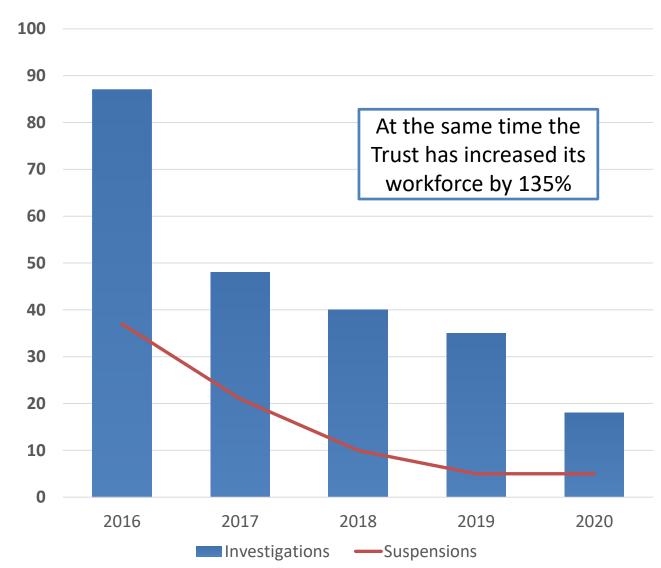


		MCT 2020/21	MCT 2019/20	MCT National Rank*	LD/Commu	Comparison with 2020/21 National Combined MH / LD and Community Trusts
13d- The last time you experienced harassment, bullying or abuse at work, did you or a colleague report it?	High Good	66.8%	68.8%	2	60.7%	Better than National Average

### **Investigations and Suspension**



- Investigation have decreased by 79% from 2016
- Suspensions have decreased by 86% from 2016





## In 2018 and 2019 the Trust Supported the National Anti-Bullying Week

Staff across all Divisions within the Trust got involved in the 'odd socks' campaign in November (2018 and 2019), raising the profile and showing their support of Anti Bullying Week in both the Trust and Social Media





## Respect and Civility – our eLearning Module with the ZSA



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We have developed and produced the fourth instalment of our Restorative Just and Learning eLearning modules specifically on all things Respect and Civility. Supporting by the Zero Suicide Alliance the package is available both internally and externally from the Trust (as with previous ones).

The training package highlights the importance of behaviours to equip staff with the necessary confidence and tools to speak up if they witness something they think is not right #IWillSpeakUp.

The training gives examples of best practices, which will hopefully reinforce areas staff are already doing well in.



# Respect & Civility Awards

#### PEOPLE & ORGANISATIONAL DEVELOPMENT INITIATIVE OF THE YEAR



**Mersey Care FT** Respect and Civility at Mersey Care

The judges found this to be an excellent initiative, addressing a range of issues using respect and civility. There was clear

impact and commitment to all people from all backgrounds to deliver a just culture. It is an entirely replicable process and way of caring for staff and staff caring for one another.





Business Culture Awards 2020 Bronze Overall Winner Business
Culture
Awards
2020
Winner

Public/Not-For-Profit Organisation



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## **Questions?**