National conference and exhibition

Exploring mental health across the life course

Manchester Conference Centre
Wednesday 28 January 2015

“Mental illness costs the UK economy £70–£100 billion per year”
(2013 Annual Report on Public Mental Health Priorities, Department of Health)

Only £48 including VAT

Organised by

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Exploring mental health across the life course

Dame Sally Davies, in her 2013 Annual Report on Public Mental Health Priorities (DoH), reminded us that:

“Mental illness is the largest single cause of disability and represents 23% of the national disease burden in the UK. It is the leading cause of sickness absence in the UK, accounting for 70 million sick days in 2013. Mental illness costs the UK economy £70–£100 billion per year; 4.5% of Gross Domestic Product.”

Public and political awareness is growing with regards to the impact of mental illness on people of all ages, and the socio-economic repercussions of inadequate support, with such a large proportion of the population likely to experience difficulties at some point.

The conference programme has been designed to explore mental health issues specific to:

- Children and young people
- Working age adults
- Older adults

While broader sessions will look at the sector more holistically, including our opening keynote address, and an exploration of how technology and social media are helping to deliver mental health services.

Why you can’t miss Mental Health Today

1. Meet providers, commissioners, service users, advocates, policy makers, academics and regulators
2. Make important contacts in the MHT exhibition zone with providers, charities, educators and new initiatives
3. Gain practical insights, knowledge and tools about:
   - latest policy developments and funding priorities
   - loneliness and isolation
   - how to manage self-harm
   - mental health in the workplace
   - how to exploit social media and technology
   - dementia services and pathways.

Who should attend:

Mental Health Today is for anyone who works within mental health:
- Mental health leads in NHS trusts and local authorities
- Clinicians including psychiatrists, psychologists and GPs
- Community mental health nurses, health visitors and school nurses
- Service providers from the public, private and third sector
- Service users and their families
- Other public services workers who encounter people with mental health issues including police, probation and education.

The exhibition

- Charities
- Service providers (including housing)
- Helplines
- Research and training organisations
- Local authorities
- Product manufacturers
- Therapy groups, psychotherapists and counsellors
- IT companies
- Arts groups
- Voluntary organisations
- Advocacy organisations
- Groups that represent the needs of people who use services
- Training and management consultancies
- Publishers
- Public sector bodies.

There is a range of exhibiting and sponsorship opportunities available, contact Ryzsard Holowenko for further details on 01273 434959 /ryszard.holowenko@pavpub.com

“The conference that I attended last week was brilliant – many of the presentations and seminars were very interesting and informative. I also liked the fluidity that was afforded us delegates and enabled us to move around the seminars.”

Delegate feedback from previous Mental Health Today conference.

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<table>
<thead>
<tr>
<th>Time</th>
<th>Room 1</th>
<th>Room 2</th>
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<tbody>
<tr>
<td>10.00 – 10.30</td>
<td><strong>Conference welcome and keynote address</strong></td>
<td><strong>Difficulties for people from BAME communities accessing dementia services</strong></td>
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<td>The Chief Medical Officer’s public child mental health work – future challenges and opportunities</td>
<td>• Access to services</td>
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<td>Professor Dame Sue Bailey, Professor of Mental Health Policy in NW of England</td>
<td>• Lack of culturally aware/sensitive services</td>
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<td>• Case studies of successful projects/services</td>
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<td>• Developing better after care for those leaving in-patient services</td>
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<td>• Improving crucial support in the first few weeks after release</td>
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<td>10.45 – 11.45</td>
<td><strong>How is our digital culture affecting children and young people’s mental health?</strong></td>
<td><strong>Ensure successful supported living placements for people with complex needs</strong></td>
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<td>• Behavioural problems arising from over-use of digital media – hyperactivity, aggression, anti-social behaviour, technology addiction</td>
<td>• Outcome measures</td>
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<td>• Cyber-bullying</td>
<td>• Positive risk taking</td>
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<td>• Normalising unhealthy lifestyles – anorexia, self-harm, gangs</td>
<td>• Working together</td>
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<td>• Staying safe on the internet</td>
<td><strong>Technological innovations in mental health</strong></td>
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<td><strong>Jude Sellen</strong>, Director, Impact Wellbeing and Pavilion author</td>
<td>• Connected health – e health and m health</td>
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<td><strong>Liam Hackett FRSA</strong>, Chief Executive Officer, Ditch the Label, anti-bullying organisation</td>
<td>• Apps</td>
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<td>12.00 – 13.00</td>
<td><strong>Is there a crisis in the provision of mental health services for children and young people?</strong></td>
<td>• Overcoming isolation using technology</td>
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<td>• How are CAMHS affected by cuts and reductions in funding?</td>
<td>• Beware the digital divide</td>
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<td>• Enhancing the role of schools in delivering mental health services</td>
<td>• Using social media to engage with service-users</td>
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<td>• What actions can we take now?</td>
<td>• Case studies</td>
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<td><strong>Dr Sandeep Ranote</strong>, NHS England Strategic Clinical Network CAMHS Lead</td>
<td><strong>Developing restraint-free services</strong></td>
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<td><strong>Jill Beswick</strong>, NHS England and Chairman of SAPHNA Executive Board</td>
<td>• Implementing Positive and pro-active care</td>
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<td><strong>Louise Theodosiou</strong>, Consultant Psychiatrist, Emerge 16–17 CMHT</td>
<td><strong>Guy Cross</strong>, Mental Health Act Approvals Manager; Policy Lead Positive and Safe, Department of Health</td>
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<td>13.00 – 13.45</td>
<td>Lunch and exhibition</td>
<td><strong>Understanding the effects of loneliness and isolation on the mental health of older people</strong></td>
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<td>• Impact of loneliness leading to depression – medical, social and emotional effects</td>
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<td>14.00 – 15.00</td>
<td><strong>Understanding and minimising self-harm</strong></td>
<td>• Befriending services</td>
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<td>• Statistics show an alarming increase of self-harm amongst young people – how should professionals and parents respond?</td>
<td>• Dangers of substance/alcohol misuse in older adults</td>
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<td>• Harm minimisation</td>
<td><strong>Toby Williamson</strong>, Head of Development and Later Life, Mental Health Foundation</td>
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<td>• How are schools working with students who self-harm?</td>
<td><strong>Dr Shahid Ahmad</strong>, Clinical Child and Adolescent Psychiatrist; Clinical Director of East Lancashire CAMHS</td>
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<td>• Educating young people and parents</td>
<td><strong>Veronica Heatherington</strong>, Lead Public Health School Nurse, Northumbria Healthcare NHS</td>
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<td><strong>Dr Esther Sabel</strong>, Locum Consultant Child and Adolescent Psychiatrist, CAMHS CCATT, Herts</td>
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<td>15.00 – 15.30</td>
<td><strong>Mental health and employment</strong></td>
<td><strong>Policing and mental health</strong></td>
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<td>• Depression, work place ill health, and absence</td>
<td>• Responding to people in mental health crisis</td>
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<td>• Helping those with mental ill-health stay in work – overcoming stigma</td>
<td>• Street triage scheme – case study from pilot groups</td>
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<td>• Making workplace adjustments – flexible working arrangements</td>
<td><strong>Temp Sgt Leanne Chapman</strong>, West Midlands Police</td>
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<td>• Returning to work after sick leave</td>
<td><strong>Tim Atherton</strong>, Paramedic</td>
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<td><strong>Kevin Bleasdale, Samantha Whyte, Michelle Sanderson, and Marie Mosley, Mind Manchester</strong></td>
<td><strong>Tom Woodall</strong>, Mental Health Nurse</td>
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<td>16.00</td>
<td>Conference closes</td>
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Mental Health Today booking form
Manchester Conference Centre, Weston Building, 78 Sackville St, Manchester M1 3BB
Wednesday 28 January 2015

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2. Fax the completed form to 01273 227 308
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☐ We may also make your details available to carefully screened organisations working in the health and social care field. If you DO NOT wish to receive information from these companies, please tick here.

☐ Please note that occasionally we might film, record or photograph all or part of our events. Footage, photography or audio may be broadcast after the event and used in a professional context.

Cancellation and refund policy

Pavilion does not refund payments made to exhibitions, but you can send someone else in your place.

Payment

Please note: we do not invoice.

BACS payment available, details on request.

Payment or proof of payment will be needed in advance of the event.

Refreshments are provided, and a reduced price, subsidised lunch is available for purchase.

Your booking will be confirmed on receipt. Visitor badges and your preview pack will be sent to you in advance of the event.