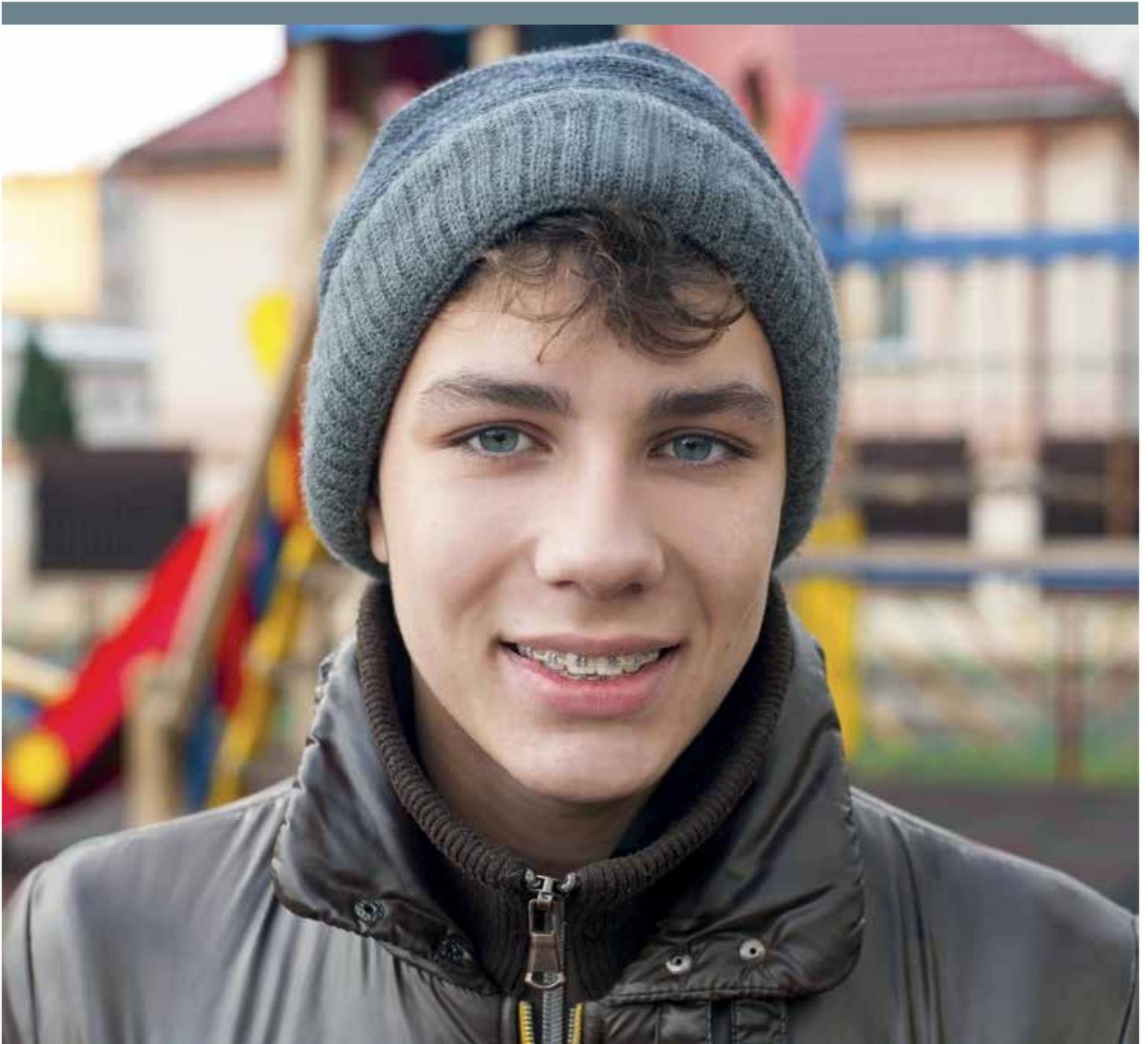


Transforming Adolescent Mental Health: **Overcoming Barriers, Improving Outcomes**



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Transforming Adolescent Mental Health: Overcoming Barriers, Improving Outcomes

The prevalence of mental health problems in children and young people continues to rise and is now a high-profile national concern.

This essential conference on Wednesday 26th June will provide vital policy updates and a range of expert-led sessions providing insight, guidance and examples of innovative practice.

The conference sessions will provide:

- An overview of progress of the children's mental health green paper and the NHS Long Term plan, and how these key policies intersect
- Understanding of how policy reforms are affecting practice across the workforce
- Insight into the impact of social media and mass media on young people's mental health
- Guidance on promoting resilience and critical thinking skills in young people
- Learnings from the green paper pilot of Mental Health Support Teams in schools
- A case study on improving transitions between adolescent and adult mental health services
- An appreciation of how adverse childhood experiences affect young people, and how to mitigate their impact across the life course
- Overcoming challenges to provide effective mental support for young people in care
- Effective approaches for supporting young people affected by parental mental illness
- Alternative therapies to improve mental health focusing on prevention, early intervention and recovery
- Developing community-based, co-produced approaches to mental health support for young people involved in gangs
- How to maintain support for young people in care, and their carers
- An examination of the risks and resilience factors associated with self-harm and eating disorders

The conference is designed for:

- Local authority children's and families' services
- Commissioners of services
- Youth service leaders
- Early help teams
- Counsellors and therapists
- CAMHS professionals

8.45 Arrival, refreshments and exhibitor viewing

9.30

Welcome and introduction

CHAIR

Ravi Chandiramani, Editor-in-chief, *Children & Young People Now*

9.35

POLICY KEYNOTE: Overview of policy reforms, and opportunities to improve provision

- Update on progress and ambitions of the green paper, Transforming children and young people's mental health provision, and the NHS Long Term Plan
- How these key policies intersect, and the main implications for practice
- Current trends and approaches to adolescent mental health, and keeping pace with change

SPEAKER

Paul Burstow, Chair of the Tavistock and Portman NHS Foundation Trust

10.10

Q&A

10.15

PRACTICE KEYNOTE: Putting policy into practice: challenges, triumphs and a vision of the future

- How policy is being implemented on the ground and considers the challenges and the successes in policy implementation to improve the mental health and psychological well-being of CYP
- Sets out a vision of the future of how the CYP mental health and psychological well-being could be improved by taking a wider view

SPEAKER

Duncan Law, Consultant Clinical Associate & Joint Programme Director, PGCert CYP IAPT Management and Leadership

10.50

Q&A

11.00 Refreshments and exhibitor viewing

11.20 Practice Seminar 1 (choose 1A, 1B or 1C)

1A Mental health support teams for schools

- Initial learnings from the government green paper pilot
- How key stakeholders involved in providing the mental health support teams will effectively bring about service transformation
- Key considerations for implementing four-week waiting times

SPEAKER

Helen Ford, Integrated Care System Lead for Children's Mental Health and Maternity, NHS Gloucestershire; and Tim Browne, Director of Education, Gloucestershire County Council

1B Bridging the gap: improving transitions between adolescent and adult mental health services

- How Norfolk is implementing an ambitious vision to improve mental health services for children and young people up to the age of 25 by: building interim provision for those who fall between the children's and adults' services; and defragmenting the way services work for children and young people

SPEAKER

Tim Eyres, Head of Integrated Commissioning, Norfolk County Council

1C Routine Enquiry about Adversity in Childhood (REACH) – how asking the right questions can change the world

- Summary of the adverse childhood experiences (ACE) research and the implications of this science for the prevention and mitigation of the impact of adversity across the life course
- The case for routine or targeted enquiry across multi-agency settings, and the obstacles and enablers for effective and sustained practice change

SPEAKER

Warren Larkin, Managing Director, Warren Larkin Associates

12.20 Practice Seminar 2 (choose 2A, 2B or 2C)

2A Mental health support for adolescents in care

SPEAKER

Dr Matt Woolgar, Consultant Clinical Psychologist, National Adoption & Fostering Service, South London & Maudsley NHS Foundation Trust



2B Tackling youth violence and gang mentality: behind the behaviour

- Developing a community-based, co-produced mental health service for young people who are affected by gang involvement
- Reflections on co-production in practice – the challenges and benefits of using this approach with young people who would not traditionally access mental health support
- Theoretical underpinnings of this work and how it informs our understanding of gang involvement and our intervention

SPEAKER **Dr Richard Grove**, Clinical Psychologist, Team Lead for Project 10/10, Camden & Islington NHS Foundation Trust

2C Parental mental illness: How to support young people affected by parental mental illness to build their resilience

- Learn about a young person's experience of having a parent with a mental illness, understand the challenges faced by this group, and what helps build resilience for them
- Discuss helpful ways to talk to young people about their parent's mental illness, and how you can incorporate this into your practice
- Learn about approaches and interventions for supporting young people affected by parental mental illness, and their impact

SPEAKERS **Chineye Njoku**, Cognitive Behavioural Psychotherapist, Trustee and Ambassador; and **Helena Kulikowska**, Development Director, Our Time

13.20 Lunch, networking and exhibitor viewing

14.10 Practice Seminar 3 (choose 3A, 3B or 3C)

3A Drawing and Talking: As an adolescent therapeutic intervention

- A therapy suitable for children, adolescents and adults which focuses on prevention, early intervention and recovery of mental health issues
- A discussion of the social impacts affecting adolescent emotional wellbeing
- How play therapy is still relevant for adolescents processing pain and trauma

SPEAKER **Caroline Beagley**, Managing Director, Drawing and Talking

3B Supporting social, emotional and mental health needs of adolescents with SEND

- How to maintain support through adolescence and the transition between child and adult services
- An overview of the Strengthening the Circle Programme, which gives non-specialists the confidence, skills and competence to support the mental wellbeing of young people

SPEAKERS **Julie Pointer**, Programme Lead – Children and Young People, National Development Team for Inclusion & **Kate Linsky**, Programme Lead, Mental Health, National Development Team for Inclusion

3C Self-harm and eating disorders: behind the behaviour

- What are the definitions, risks and resilience factors?
- Why we should look behind the behaviour to identify those who are most vulnerable

SPEAKER **Lisa Anderson**, Consultant Clinical Psychologist

15.10 Refreshments and exhibitor viewing

15.30 CLOSING KEYNOTE: The influence of social media on adolescent mental health

- Promoting mental wellbeing and resilience strategies in young people and their use of social media
- Encouraging critical thinking around mass media and understanding its benefits and limitations

SPEAKER **Sophie Linnington**, Deputy CEO, Parent Zone

16.15 Sum up and close of conference

Promotional opportunities

Exhibiting at the Transforming Adolescent Mental Health conference provides an excellent opportunity to engage with key decision makers in services for children, young people and families.

To discuss how your organisation can be involved, contact George Hogg on 020 7501 6699 or george.hogg@markallengroup.com

Speaker confirmation and changes

Any speaker updates and further details are on the website www.mental-health-conference.com

FOUR WAYS TO BOOK:

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Transforming Adolescent Mental Health: Overcoming Barriers, Improving Outcomes

26th June 2019, The Hallam Conference Centre, 44 Hallam St, Marylebone, London W1W 6JJ

Organised by

**Children &
Young People Now**



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a) Charities/Not-for-profit	£199 + VAT <input type="checkbox"/>	£269 + VAT <input type="checkbox"/>
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Entrance to the conference, lunch and refreshments, full conference documentation.

Confirmation of booking

All bookings will be confirmed by email, unless otherwise stated. Please contact us if you have not received your confirmation 5-7 days after submitting your booking.

How did you hear about the conference?

- Direct mailing Email
- Recommendation
- Children & Young People Now website
- Other website (please specify) _____
- Advert in magazine (please specify) _____
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The Venue

The Hallam Conference Centre
44 Hallam St, Marylebone, London W1W 6JJ



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