



Mental Health - *Effective Interventions for Children and Young People*

HINSLEY HALL
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THURSDAY
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Keynote Speakers

Dr Peter Hindley

Natasha Devon MBE

Tom McAlpine OBE

and Interactive Workshops led by

Huseyin Djemil

Ursula Philpot and Dr Suzanne Heywood-Everett

Odd Arts Theatre

Childhood and adolescence have always presented challenges but never more so than today when children and young people are increasingly subjected to a range of personal, social and economic pressures leading to emotional upheavals which can undermine their mental health and sense of well-being. This conference sets out to help professionals and all those with the interests of children and young people at heart to identify best practice and implement those interventions which will most effectively support those most at risk.

How will I Benefit?

This conference will help delegates to

- Understand and respond to the causes and wide ranging effects of mental illness
- Identify and safeguard vulnerable children and young people at risk of low self esteem and negative body image
- Support and protect children and young people from cyber bullying and intimidation from hostile social media
- Undertake effective interventions in treating eating disorders and self harming behaviour
- Implement alternative and positive strategies relating to substance misuse in the context of the criminal justice system



Our
Panel
of
Keynote
Speakers



Dr Peter Hindley

Peter is chair of the Faculty of Child and Adolescent Psychiatry at the Royal College of Psychiatrists and has worked as a consultant child and adolescent psychiatrist for 25 years. Over the years Peter has been closely involved in training and education, early intervention and prevention of mental health problems and the interface between mental and physical health, at first in a specialist service for deaf children developing an outpatient, a telemedicine and an inpatient service for deaf children and young people who use British Sign Language. Peter adapted and trialled Promoting Alternative Thinking Strategies (PATHS), a mental health promotion and prevention strategy for deaf children. After 15 years in this post he was appointed as a paediatric liaison psychiatrist at St Thomas' Hospital, London where he developed a particular interest in the mental health problems of children with neurological disorders and neurodisabilities. Peter was appointed as training programme director for child and adolescent psychiatry at St George's Hospital, London and at South London and the Maudsley. From 2011-2015 he was director for training in child and adolescent psychiatry for South London. He now works as a medical member of the Mental Health Tribunal service. Peter was a member of the Children and Young People's Mental Health and Wellbeing Working Group, which led to the *Future in Mind* report and is currently convening the Values Based Child and Adolescent Mental Health System Commission, chaired by Baroness Tyler of Enfield.

Natasha Devon MBE

Natasha is a writer, campaigner & television pundit. She is founder of the multi award-winning Self Esteem Team and Body Gossip Education Programme, both working in schools to help teenagers improve their body image and mental health. In 2015, Natasha was appointed the Department for Education's Mental Health Champion for Schools. Natasha writes regularly for the Independent, the Telegraph, Cosmopolitan Magazine and has a column in the Times Educational Supplement. Her books 'Fundamentals: A Guide for Parents & Teachers on Mental Health & Self-Esteem' and 'The Self-Esteem Team's Guide to Sex, Drugs & WTFs?!' were both published in 2015 by John Blake Books. Natasha was named a Mental Health Association 'Hero' in 2012, one of Ernst & Young's top 50 Social Entrepreneurs in 2013 and 'Ultimate Campaigner' in the Cosmopolitan Women of the Year Awards. In 2016 the Sunday Times and Debretts named her one of the 20 most influential people in British education.

Tom McAlpine OBE



Tom began his career in mental health as a senior social worker for Salford and went on to serve on numerous working parties and committees whose work eventually led to the introduction of the 'National Service Framework for Mental Health'. He was vice-chair of the working party that led to the TUC, the CBI and the Health and Safety Executive working together to produce 'The Management Standards for Stress in the Workplace'. Tom spent several years working as a trainer for MIND delivering workshops and courses all over the country. He has worked extensively with public sector staff on Stress Management and worked directly with some of the most challenging individuals and families. In recent years Tom has divided his time between Recovery work with groups and individuals and providing mental health training. He has worked with drug and alcohol teams, the probation service, the police, the CPS and many others. Most recently, through Moodswings and with the Disability Support Office at the University of Manchester, Tom has been involved in the mental healthcare of students and staff. However busy Tom has been, he has always given time and energy to his role as voluntary Chair of Moodswings. He was thrilled when the work of the staff and the efforts of all the volunteers were recognised by the Queens Award for Voluntary Service. Tom was himself awarded the OBE in 2011 for services to mental health.



Conference
Venue
Hinsley Hall
Leeds

Interactive Workshop 1 Huseyin Djemil

Huseyin has over 18 years experience specialising in the criminal justice drug treatment sector. Having undergone residential rehabilitation for Class A drug use in 1986, Huseyin has gone on to roles including: Admissions & Referrals Coordinator, Arrest Referral & Drug Worker, Service Manager, DAAT Coordinator & Commissioner and then as HMPS London area Drug Strategy Coordinator of the seven London prisons. In 2009, he developed Green Apple Consulting Ltd, with the simple aim of improving the condition of his clients, and therefore improving the lives of the people around them. He now works with an extensive range of UK & international charities, social enterprises, private and public sector organisations, central government departments, universities, local authorities, religious institutions, think tanks, London wide consortia of organisations and other consultancies. In 2012, Huseyin founded a local initiative *Towards Recovery*, and opened the first Recovery Café in his hometown of Henley-on-Thames, Oxfordshire.



Interactive Workshops 2/3

Ursula Philpot and Dr Suzanne Heywood–Everett



Ursula is best known for her media work on Channel 4, as presenter and expert Dietitian. After gaining a Masters in Nutrition and Dietetics, Ursula worked on medical and surgical rotations at the Leeds Teaching Hospitals Trust. She started working at The Yorkshire Centre for Eating Disorder in 2004 and became clinical lead Dietitian for the Retreat Hospital. Ursula has contributed to many publications and gives presentations nationally and internationally. She is a member of the NICE guidelines Development Group for Eating Disorders, and the Clinical Reference Group for Eating Disorders. Ursula works as a Senior Lecturer and as a private practice Dietitian for Insighteating.

Suzanne is a Consultant Clinical Psychologist with substantial experience working with patients are struggling with eating disorders, anxiety states, depression, OCD, mood difficulties and childhood trauma. Suzanne specialised in eating disorders in 1998 and was the Lead Consultant Clinical Psychologist at an NHS national specialist service in the North of England for 5 years and prior to this set up a Specialist Community Eating Disorder team. She treats the full range of eating disorders and has written a treatment manual and demonstrated its effectiveness. Suzanne also presents nationally at conferences and has made several media appearances as an expert psychologist.



Odd Arts

Odd Arts is a team of specialist creative experts based in Manchester which engages with high risk and vulnerable individuals in prisons, schools, secure units and the community. They work with a professional pool of artists who use a variety of arts disciplines to change the lives of vulnerable people, including performing and visual arts, music and dance. At this conference they will present a interactive workshop on the theme of cyber bullying and the influence of social media and the impact this has on the mental well-being of young people. Their patron is the distinguished actor Benedict Cumberbatch, who writes *"I was struck by how vital a service Odd Arts provide. In deprived areas of social unrest their unique artistic approach is a vital part of our cultural landscape."*



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Chance Your Arm Education & Training takes both its name and inspiration from the actions of the Earl of Kildare who, in the 15th century, bravely thrust his arm through a hole in the wall of St Patrick's Cathedral, Dublin, as a gesture of reconciliation and friendship with feuding opponents.