

Child and Adolescent Faculty Conference 2025

Thursday 4 December 2025

theStudio, Glasgow

Arrival / Registration from 9am

Digital Event Booklet



**CHOOSE
PSYCHIATRY**
in Scotland

Housekeeping



Upon arrival, please sign in so that we can confirm delegates attendance.



Please turn your phone/devices to silent and your email notifications off for the duration of the event.



Feedback Forms will be circulated for you to complete in the afternoon.



Certificates of attendance will be emailed to you within two weeks of the event.

PROGRAMME

Morning Programme	
Session Chair: Dr Aileen Blower	
09:00 – 09:25	Arrival & Registration
09:25 – 09:30	Welcome and Introduction from Faculty Officers Dr Kandarp Joshi, Consultant Psychiatrist & Chair, Child & Adolescent Faculty, RCPsych in Scotland; Leonie Boeing, Consultant Psychiatrist & co-Vice Chair (and outgoing Meetings Secretary), Child & Adolescent Faculty, RCPsych in Scotland
09:30 – 10:10	BeST? Trial – randomised controlled trial comparing infant MHS with SW as usual Dr Helen Minnis, Professor of Child and Adolescent Psychiatry, University of Glasgow Expert discussion: Medicalisation, harm and infant rights: An ethical analysis of infant mental health. Dr Izaak Lim, Clinical Academic Child and Adolescent Psychiatrist, Monash Health and Monash University, Melbourne, Australia.
10:10 – 10:55	Faculty Business Meeting & RCPsychiS Update
10:55 – 11:15	In conversation Sophie Pilgrim, Former CEO, Kindred Advocacy. Current Interim CEO, Garvald West Linton.
11:15 – 11:35	Comfort Break (and posters)
Session Chair: Dr Leonie Boeing	
11:35 – 11:45	Update from Scottish Government CAMHS Psychiatry Advisor Dr Aileen Blower, Consultant Psychiatrist and CAMHS Psychiatry Advisor Scottish Government Mental Health Directorate
11:45 – 11:55	Update from RCPCH Dr Mairi Stark, Consultant Paediatrician, RHCYP, Edinburgh and Scottish Officer, RCPCH
11:55 – 12:25	Where do we go from here? Chaired by Elaine Lockhart Professor Helen Minnis; Professor Ian Kelleher; Dr Jane Morris, Chair, RCPsychiS, and Dr Kandarp Joshi, Chair, Child and Adolescent Faculty, RCPsychiS
12:25 – 12:45	“Rain, Rain, go away... come back another day”: Understanding the influence of climate change on youth mental health in Scotland Rhiannon Hawkins, PhD Researcher, University of Glasgow and Participation Consultant, Child and Adolescent Faculty, Royal College of Psychiatrists
12:45 – 13:45	Lunch (and posters)

Afternoon Programme	
Chair: Professor Ian Kelleher	
13:45 – 14:25	Population-based adolescent mental health from neuroscience perspective: genes, brains and environment Heather C. Whalley, Professor of Neuroscience and Mental Health, University of Edinburgh and Chief Scientist, Generation Scotland.
Rapid Fire Presentations	
14:25 – 14:35	Breastfeeding, Socioeconomic Deprivation, and Persistent Psychotic-Like Experiences: Longitudinal Findings from the ABCD Study Dr Edward Doyle, ST4 Child and Adolescent Psychiatry, NHS Forth Valley
14:35 – 14:45	Neurodevelopmental conditions and childhood adversity in cardiometabolic health: Double Jeopardy of poor outcomes Dr Ed Whittaker, Academic Core Psychiatry Trainee, NHS GG&C
14:45 – 14:55	Implementing Societal Change through Research Esther Lee, Glasgow University Medical School
14:55 – 15:05	Psychiatry Research Opportunities - Getting More Involved Dr Graham Walker, Clinical Lecturer in Child and Adolescent Psychiatry (University of Glasgow); ST6 Child and Adolescent Psychiatry Trainee (NHS Greater Glasgow and Clyde)
15:05 – 15:25	Comfort Break (and posters)
15:25 – 15:55	To Day or not toDay - can day services prove to be integral to service development to reduce the need for in-patient provision Dr Lisa Mukherjee, Central and NW London NHS Foundation Trust
15:55 – 16:25	Tech meets emotions - latest updates Dr Liana Romaniuk, Clinical Senior Research Fellow, Centre for Developmental Adversity and Resilience, School of Health and Wellbeing, University of Glasgow
16:25 – 16:35	Meeting Closes and Poster Prize Dr Leonie Boeing, Outgoing Meetings Secretary, Child & Adolescent Faculty, RCPsych in Scotland
16:45 -	Informal Social Gathering The Sir John Moore , Wetherspoons, Argyle Street, Glasgow

RCPsychiS reserves the right to amend the programme without prior notice.

This programme provides up to 5.5 hours CPD subject to peer group approval.

Session Chairs

[Dr Aileen Blower](#)

Dr Aileen Blower works as Consultant Psychiatrist in NHS Greater Glasgow & Clyde community Forensic CAMHS team. She is Clinical Lead for West of Scotland CAMHS and CAMHS Psychiatry Adviser to the Scottish Government Mental Health Directorate.

[Dr Leonie Boeing](#)

Leonie Boeing has been a consultant child and adolescent psychiatrist for almost twenty years and has worked clinically in Scottish community CAMHS tier 3 and intensive tier 4 services. Leonie has been Lead Psychiatrist with Borders CAMHS since 2022. She is the out-going meetings secretary and Co-vice chair of the RCPsych in Scotland Child and Adolescent Psychiatry Faculty. Leonie had an early interest in early onset psychosis and undergraduate medical student teaching and latterly has specialised in neurodevelopmental conditions and service development. She loves her wee dog Spike and plays the piano with enthusiasm but little skill.

[Professor Ian Kelleher](#)

Dr Ian Kelleher is Professor of Child and Adolescent Psychiatry at the University of Edinburgh. He is adjunct professor at University College Dublin and University of Oulu. His research focuses on understanding trajectories of mental health from childhood into adulthood, and on identifying (and reducing) risk for severe mental illnesses, including schizophrenia-spectrum and bipolar disorders. Clinically, he works as a consultant child and adolescent psychiatrist in NHS Lothian.

Speaker Biographies & Presentation Abstracts (in programme order)

[Professor Helen Minnis](#)

Helen Minnis is Professor of Child and Adolescent Psychiatry at the University of Glasgow. She has had a longstanding clinical and research focus on the psychiatric problems of abused and neglected children. Currently her focus is on intervention research, including a randomised controlled trial of an infant mental health service for young children in foster care and a randomised controlled trial of Dyadic Developmental Psychotherapy for primary school-aged children in adoptive or foster placements. She is also conducting behavioural genetic research focussed on the role of abuse and neglect and its overlap with neurodevelopment across the life-course. She has collaborations with colleagues at the Institute of Psychiatry, Psychology and Neuroscience at King's College London, the Universities of Aalborg and Aarhus, Denmark and with the Gillberg Neuropsychiatry Centre, Gothenburg, Sweden.

Presentation Title: BeST? Trial – randomised controlled trial comparing infant MHS with SW as usual

Presentation Abstract: The Best Services Trial was a randomised controlled trial of the New Orleans model for Infant Mental Health which we completed last year. We recruited 488 children age 0-5 years from Glasgow and London who were coming into an episode of foster care. The findings of the study have highlighted major problems with the systems supporting children in the care system in both England and Scotland and highlight the importance of system change if infant mental health services are to be delivered for these children who most need them.

[Dr Izaak Lim](#)

Dr Izaak Lim is a clinical academic child and adolescent psychiatrist at Monash Health and Monash University in Melbourne, Australia. His main clinical interests are in supporting families as they transition through the pregnancy to preschool years, with a special focus on addressing the effects of intergenerational trauma and mental illness. He is currently undertaking a PhD project investigating the influence of fathers on the development of child anxiety disorders. He also has a longstanding interest in the ethics of mental healthcare, which he teaches to training psychiatrists.

Presentation Title: Medicalisation, harm and infant rights: An ethical analysis of infant mental health.

Presentation Abstract: The field of infant mental health has been met with some scepticism by those who question the role of the mental health professions in this space. This presentation will consider a possible ethical objection to infant mental health, focussing on plausible harms associated the medicalisation of infancy and early parenting. An ethical defence of infant mental health will then be developed, addressing concerns raised by a medicalisation-based critique. Dr Lim will conclude that medicalisation is not always bad for infants and their families, and that, in the case of infant mental health, there is a mutually reinforcing relationship between medicalisation and infant rights claims to the fundamental conditions for pursuing a good life.

Sophie Pilgrim

Sophie has spent the past decade campaigning for improved CAMHS inpatient care for children and young people with learning disabilities. As the parent of a young man with a learning disability, she experienced first-hand the absence of appropriate CAMHS ID provision when her son faced a mental health crisis in his late teens. For 16 years, Sophie led the parent-run organisation Kindred Advocacy, which supports around 800 families of children with complex needs each year - many of whom rely on CAMHS and CAMHS ID services.

In September this year, Sophie became Interim CEO of Garvald West Linton, a 76-acre residential and day-service community in the Scottish Borders for adults with learning disabilities. Garvald's work is grounded in the principles of Rudolf Steiner, whose approach continues to offer valuable insights.

Presentation Abstract: Sophie will share her family's experience of waiting more than 12 months for Tier IV CAMHS ID support for her son, and how this shaped her ongoing campaign for dedicated national inpatient provision for children and young people with learning disabilities. She will discuss why such specialist services are essential within the wider CAMHS landscape.

Sophie will also reflect on her role delivering the Early Positive Approaches to Support (E-PATs) parenting programme for families of children under seven with a learning disability, as part of a national randomised controlled trial funded by the National Institute for Health Research.

Finally, she will describe her work promoting Positive Behavioural Support and her experience of delivering care within a residential community based on the principles of Rudolf Steiner, highlighting what this approach can offer to modern disability services.

Dr Aileen Blower

Dr Aileen Blower works as Consultant Psychiatrist in NHS Greater Glasgow & Clyde community Forensic CAMHS team. She is Clinical Lead for West of Scotland CAMHS and CAMHS Psychiatry Adviser to the Scottish Government Mental Health Directorate.

Presentation Title: Update from Scottish Government CAMHS Psychiatry Advisor

Dr Mairi Stark

Dr Mairi Stark initially trained at Aberdeen Medical School before working in Dundee and then Edinburgh as a Specialist Registrar. Dr Stark started as a Paediatric Consultant in NHS Lothian in 2006 and set up our Paediatric Acute Receiving Unit and was Clinical Lead from 2009 -2024. She became the local Child Mental Health Lead in 2024 and has been Scottish Officer since 2021 and sit on the RCPCH Child Mental Health Committee. Dr Stark has been involved in the faculty setting up the ALSG, CYP- APEX course and has a personal interest in neurodiversity and improving the care of young people with ND within the paediatric setting both locally and nationally.

Presentation Title: Update from RCPCH

Dr Elaine Lockhart

Elaine worked as Consultant in Paediatric Liaison psychiatry at Glasgow's Children's Hospital for over 20 years and with the Glasgow LDCAMHS team for 3 years. She now works 1 day/week with The Edinburgh Practice.

Elaine was Chair of the RCPsychiS CAP Faculty between 2016 – 2020 and came to the end of her 4 year term as Chair of the UK CAP Faculty in June 2025. She worked as Clinical Advisor to the Scottish Government from 2018 – 2020. She jointly hosts the RCPsych podcast "Children's Mental Health: Listen Up!".

Presentation Title: Where do we go from here?

Presentation Abstract: This panel discussion gives us the chance to reflect on where we are with infants, children and young people's mental health services in Scotland. Building on our collective experience as clinicians, academics and strategic leaders, I will be asking our expert panellists for their views on where the opportunities lie for us to go forward and thrive as a specialty for children's benefits.

Rhiannon Hawkins

Rhiannon Hawkins (she/her) is a PhD researcher at the University of Glasgow, exploring the mental health impacts of climate change on Scottish communities vulnerable to flooding and drought. She also works at UCL's Warning Research Centre, specialising in mental health integration within early warning systems and disaster risk reduction, with a focus on disability inclusion. Rhiannon is a co-investigator on a Scottish Government-endorsed project improving household flood planning and serves as a Participation Consultant for the Royal College of Psychiatrists CAP faculty, where she has led work on climate anxiety and autism. She contributed to NHS England's National Autism Training Programme and has published academic papers on climate anxiety and neurodiversity. A sought-after speaker, Rhiannon has presented at the United Nations, the Senedd, and

RCPsych's International Congress. She holds degrees from the University of Oxford and the University of Glasgow.

Presentation Title: "Rain, Rain, go away... come back another day": Understanding the influence of climate change on youth mental health in Scotland.

Presentation Abstract: Climate change is amplifying environmental hazards, and with them, the psychological burden on children and young people both directly and indirectly exposed to hydrological extremes. This presentation explores the intersection of climate change, extreme weather events, and youth mental health in Scotland, with a focus on current PhD, internship and Scottish government-funded research. The presentation will provide insight into how climatic hazards can shape young people's emotional well-being and highlight the importance of integrating climate change into psychiatric care, to help CAMHS psychiatrists and young people adapt to changing environmental challenges in Scotland.

Professor Heather Whalley

Heather Whalley is Professor of Neuroscience and Mental Health at the University of Edinburgh. She is also Chief scientist for Generation Scotland and Forum chair for Population Research UK. She is a neuroscientist whose work focuses on integrating brain imaging with multi-omics and environmental data to understand mood and psychiatric disorders with a particular emphasis on adolescent mental health and the integration of big data approaches into psychiatric research.

Presentation Title: Population-Based Adolescent Mental Health: Genes, Brain, and Environment

Presentation Abstract: Adolescence is a key developmental window in which many mental health difficulties first emerge, yet the mechanisms shaping risk and resilience during this period remain poorly understood. This talk will present recent advances in population-based approaches to adolescent mental health, integrating information from genetics, brain development, and environmental context. It will also discuss the importance of co-production with young people in designing meaningful and acceptable research, and describe how new technologies—including remote assessment, passive data collection, and secure linkage to health records—are transforming our ability to capture everyday experiences at scale. Together, these approaches offer the potential of a richer, more detailed view of adolescent mental health, with opportunities to inform earlier identification and more effective prevention strategies.

Dr Edward Doyle

Dr Ed Doyle is currently an ST4 Child and Adolescent Psychiatry Trainee, based in West of Scotland. He has a great clinical interest in Early Intervention in Psychosis, fostered through great training experiences in the ESTEEM South Service. He is privileged to be able to be supervised by Professor Kelleher and his team, who have allowed this fantastic opportunity to work with some incredible data.

Presentation Title: Breastfeeding, Socioeconomic Deprivation, and Persistent Psychotic-Like Experiences: Longitudinal Findings from the ABCD Study

Presentation Abstract: Psychotic-like experiences (PLEs) are common in childhood and can index later risk of psychotic and non-psychotic disorders. Early-life adversities, including neighbourhood deprivation, perinatal and birth complications are associated with elevated PLE risk. Breastfeeding has been linked to larger grey-matter-volume, which has been found to be protective of PLEs. This study examines the relationship between breastfeeding and risk of persistently distressing PLEs in adolescence.

Dr Ed Whittaker

Dr Ed Whittaker is an academic core psychiatry trainee working in South Glasgow. He works with Professor Helen Minnis and Dr Fred Ho at the Centre for Developmental Adversity and Resilience (CeDAR) at the University of Glasgow, and collaborates also with the Copenhagen Health Complexity Center. His current research interests focus on the relationship between neuro-developmental conditions and childhood adversity, and their long-term health outcomes.

Presentation Title: Neurodevelopmental conditions and childhood adversity in cardiometabolic health: Double Jeopardy of poor outcomes

Presentation Abstract: This large Danish cohort study examined whether neurodevelopmental conditions (ADHD and ASD) and childhood adversity jointly increase the risk of cardiometabolic disease (CMD) in early adulthood. Both factors were independently linked to higher CMD risk, and individuals exposed to both showed the greatest burden. Although no statistical interaction was found, the combined impact is clinically meaningful. The findings highlight the importance of early identification and integrated support for those experiencing both neurodevelopmental conditions and childhood adversity.

Esther Lee

Esther Lee is a second year undergraduate medical student with an interest in psychiatry. After recently completing a research internship at the School of Mental Health and Wellbeing at the University of Glasgow, Esther's interests include studying stigma surrounding neurodivergence and mental health, as well as how preventative interventions are used in psychiatry, especially in younger populations.

Presentation Title: Implementing Societal Change through Research

Presentation Abstract: Mental health research intends to both improve existing treatments and present novel treatments as the field continues to expand. However, there are significant obstacles in putting these discoveries into clinical practise or raising public awareness. This presentation discusses how research done by social psychologists could be applied to address this problem for efficient

implementation, through encouraging a deeper understanding of the processes behind social influence (with a focus on how minority's exert influence).

Dr Graham Walker

Dr Graham Walker is an ST6 Child and Adolescent Psychiatrist and Clinical Lecturer in Child and Adolescent Psychiatry, based in the School of Mental Health & Wellbeing at the University of Glasgow. Dr Walker graduated from the University of Aberdeen with an MBChB in 2015, having attained an intercalated BScMedSci in 2013. Dr Walker completed his Membership of the Royal College of Psychiatrists in 2019.

Dr Walker has experience of working in varying psychiatric subspecialities across the West of Scotland during his core psychiatric training years. He subsequently worked in Melbourne, Australia for 3 years in adult forensic psychiatry. Subsequent to this, he has moved back to Glasgow to complete his higher psychiatric training and has a 60/40 split between clinical and academic work.

His areas of research interest include both Child and Adolescent and Forensic Psychiatry. Recent pieces of work have focused on systematic review of evidence for outcomes in Child and Adolescent Forensic Mental Health Services and identifying barriers to, and providing solutions to, improving Clozapine prescription for young people.

Presentation Title: Psychiatry Research Opportunities- Getting More Involved

Presentation Abstract: This presentation provides a practical, experience-based guide to getting involved in psychiatry research as a trainee or early-career clinician. It outlines accessible entry points- including audits, reviews, educational projects, case studies, and collaborative surveys- and demonstrates how early engagement can build academic identity, networks, and career opportunities. Common barriers such as limited time, supervisory access, and ethical or organisational hurdles are acknowledged, alongside strategies to navigate them. I aim to highlight clear, actionable steps to begin or expand research activity within CAMHS and wider psychiatry.

Dr Lisa Mukherjee

Presentation Title: To Day or not toDay - can day services prove to be integral to service development to reduce the need for in-patient provision

Presentation Abstract:

Dr Liana Romaniuk

Dr Liana Romaniuk is a child and adolescent psychiatrist and clinical senior research fellow here at the University of Glasgow. Clinically, I work in NHS Ayrshire and Arran in the CAMHS Urgent Assessment and Intensive Treatment Team

(CUAIT). Liana has taken the long way round to psychiatry, having first done a degree in Cybernetics, and PhD in Neuroinformatics.

Her research focuses on using computational methods (particular to neuroimaging datasets) to develop a more mechanistic understanding of mental illness. Liana is especially interested in helping people maintain and bolster flexible thinking and personal autonomy despite illness and hopes this will better guide the development of new treatments, and aid young people in making individual choices during their recoveries. Liana hopes to bring brain-informative objective measures into the clinical space, to help people understand their experiences, their strengths, how therapeutic engagement is working for them, and to steer optimal therapeutic pathways.

Presentation Title: Tech meets emotions - latest updates

Presentation Abstract: In this presentation, Liana will talk about ways in which technology could help young people gain more awareness and insight into their inner states, in ways that are positive, creative and humanly-interactive. One example will include the use of a wearable biosensor to generate live music. Used in the context of music therapy, this could be particularly beneficial for those experiencing alexithymia, or who have a difficult relationship with their own emotions.

**WE LOOK FORWARD TO
WELCOMING YOU TO THE
EVENT.**