



RCPsych in Scotland Addictions Faculty Conference 2026

**@RCPsychScot
#ScotAdd26**

Friday 27 March 2026
Apex Dunblane Hydro
Arrival / Registration from 9.15-9.30am

Digital Event Booklet

Housekeeping



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



Please turn your phone/devices to silent 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 10 days of the event.

PROGRAMME

Morning Session	
Chair – Dr Iain Smith, Consultant Psychiatrist, NHS Forth Valley	
09:15 – 09:30	Arrival / Registration
09:30 – 09:40	Welcome and introduction to the morning session Session Chair and Dr Susanna Galea-Singer, Chair, RCPsychiS Addictions Faculty
09:40 – 10:25	Neuro-Divergent Conditions / RCPsychiS Policy Update Dr Jim Crabb, RCPsychiS Policy Lead; Strategic National Clinical Lead (Mental Health), Healthcare Improvement Scotland; and Consultant in General Adult Psychiatry, NHS Forth Valley
10:25 – 11:25	Alcohol-Related Cognitive Impairment: Definitions and Developments Dr Philippa Case, Senior Research Fellow, Hull University
11:25 – 11:45	Comfort Break (and posters)
11:45 – 12:00	Alcohol Treatment Services in Scotland Elinor Jayne, Director, Scottish Health Action on Alcohol Problems
12:00 – 12:30	Faculty AGM (for RCPsych Members only)
12:30 – 13:30	Lunch (and posters)
Early Afternoon Session	
Chair – Dr Maria Casserly, Specialty Doctor, NHS Grampian & Vice Chair, Addictions Faculty, RCPsych in Scotland	
13:30 – 13:35	Introduction to the afternoon session Session Chair
13:35 – 14:15	Scottish Families Affected by Alcohol & Drugs: An overview Laura Mahon, Chief Executive Officer, Scottish Families Affected by Alcohol & Drugs
Rapid Fire Presentations	
Chair - Dr Shashank Sivaji, Higher Resident, NHS Forth Valley	
14:15 – 14:25	Smoking Cessation within the Community Mental Health Team: A Quality Improvement Project Dr Hayley Boyom, CT2, and Dr Stephanie Crawford, CT2, NHS Tayside
14:25 – 14:35	Practical application of Clinical Institute Withdrawal Assessment for Alcohol (CIWA) in real world setting: Retrospective Observational Study Dr Alfie Lee, FY2, NHS Lothian
14:35 – 14:45	Prevalence and Predictors of Alcohol-Related Multimorbidity: A review Dr Nina Mackenzie, ST4 General Adult Psychiatry and Clinical Research Fellow, University of St Andrews
14:45 – 15:00	Comfort Break (and posters)

Late Afternoon Session Dr Susanna Galea-Singer, Consultant Psychiatrist, NHS Fife	
15:00 – 15:30	Addressing cocaine problems - an Argentinian perspective (Virtual) Dr Romina Andrea Capellino, Medical Director, NEA
15:30 – 16:00	Increase the Skills, Reduce the Pills Kelly Renfrew and Susie Duff, Senior Addiction Nurses, The Benzodiazepine Clinic, NHS Fife
16:00 – 16:15	Oral Presentation Prize Winner and Closing Remarks
16:15	Meeting Closes

Session Chairs

Dr Iain Smith

Dr Smith studied medicine at the University of Glasgow, 1976-1983 achieving a First-Class Honours B.Sc. in Animal Developmental Biology in 1980 and subsequently graduating M.B. Ch.B. in 1983. He entered psychiatry in 1984, passing the MRCPsych examination in 1988. From 1988-1992 he held the post of Lecturer in Psychological Medicine at the University of Glasgow Medical School. He was a Consultant Psychiatrist at Gartnavel Royal Hospital in Glasgow, 1992-2019, and an Honorary Clinical Senior Lecturer, University of Glasgow, since 1992 (ongoing). He specialises in the field of addiction psychiatry and is currently Chair of the Medical Council on Alcohol (UK) Education Committee. He is on the Executive Committee of the Alcohol and Drug History Society (International). He has interests in philosophy, the arts and history in relation to psychiatry and how these three perspectives can be integrated into psychiatric training. He graduated M.D. at University of Glasgow in 2018 on the basis of his thesis exploring the medical response to alcohol problems in Scotland from 1855 to 1925. He has published a wide range of articles in the fields of alcohol and drug studies and psychiatric history. He continues to work clinically as an Addiction specialist in Stirling, Scotland having retired from his long-term post in Glasgow.

Dr Maria Casserly

Dr Casserly is a Specialty Doctor in the Integrated Drug Service in Aberdeen City. She completed core training in psychiatry in Aberdeen and then had a long career break, before returning to work and being recruited into the field of addictions. Her current interests include gabapentinoids, substance-use related deaths and cocaine, and she is involved in local research in these areas. She is the secretary of the Scottish Addictions Specialists Committee (aka Golden Lion Group) and has been Vice-Chair for the Faculty of Addictions, RCPsych in Scotland since June 2025.

Dr Shashank Sivaji

Shashank is an ST6 psychiatry registrar in general adult psychiatry and addictions.

Dr Susanna Galea-Singer

Susanna is the outgoing Chair for the Faculty of Addictions, RCPsych in Scotland and has worked in mental health and addictions for more than 20 years. "Making a difference in people and their families affected by mental health or addiction problems" is what drives Susanna's passion, expertise and leadership in the field. Dr. Galea-Singer is known for her ability to bring together different disciplines to work towards the one goal of 'respectfully improving the outcomes for those affected by mental health and/or addictions'.

Speaker Biographies & Presentation Abstracts (in programme order)

Dr Jim Crabb

Jim has worked as a Consultant in NHS Forth Valley since 2011. From 2018-2023 he was Associate Medical Director for Mental Health Services in the Board.

He was incredibly proud to have been elected Chair of the General Adult Faculty of the Royal College of Psychiatrists in Scotland by his peers, and to have served in this role.

Jim has led on national projects including chairing the group that developed a national approach towards how substance use is managed on mental health wards (and which fulfilled one of the recommendations of the Strang enquiry).

He is currently Policy Lead for the College in Scotland as well as the National Strategic Clinical Lead for Mental Health at Healthcare Improvement Scotland.

Jim is passionate about engaging with the voice of lived experience and also applying evidence-based medicine so that our ever-scarce resources get directed to where they can do most good, most often. He is an advocate of realistic medicine and hopes he can be part of a national conversation about what realistic psychiatry and realistic mental health care means for Scotland.

Presentation Abstract: In recent years there has been an increasing interest in neurodiversity. This in turn has led to an unprecedented demand on mental health services to provide assessment and treatment. The situation poses different challenges for clinicians, managers, politicians & those who finance and commission mental health services. The current situation is a 'wicked' problem- a complex, multi-faceted situation with no clear, simple or obvious solution. The session will provide an overview of the RCPsych in Scotland's work in this area. Attendees will be asked to help generate solutions and ways forward.

Dr Philippa Case

Philippa is a Senior Research Fellow at the Centre for Addiction and Mental Health Research at the University of Hull. She joined the University of Hull in 2023 having previously worked at the University of Kent and having worked extensively in NHS addiction and mental health research. Philippa holds a Medical Research Council funded PhD in Epidemiology and Public Health from University College London and is a qualified mental health nurse.

Philippa's research focusses on improving care for people with alcohol-related cognitive impairment, from effective identification to developing care pathways that better meet the needs of this population. She has received funding to complete systematic reviews of alcohol brief interventions for people with cognitive impairment (Institute of Alcohol Studies) and care approaches for people with alcohol-related cognitive impairment (Mental Health Research Incubator). She also received Higher Education Innovation Funding (HEIF) to deliver an exploratory prevalence study of cognitive impairment amongst hospital in-patients with an alcohol use disorder. She has previously been involved in NIHR-funded projects evaluating specialist alcohol teams in hospital and alcohol assertive outreach treatment.

Presentation Abstract: Cognitive impairment is common amongst people with an alcohol use disorder, yet alcohol-related cognitive impairment (ARCI) remains ill-defined and under-identified, and care continues to be fragmented. This presentation will cover a programme of research into improving identification and care of ARCI, including results from a pilot prevalence study and early indications from an expert consensus on the definition of ARCI. This will be followed by a discussion of planned and ongoing research focussed on screening, assessment and prevalence of ARCI and associated care pathways at the Centre for Addiction and Mental Health Research.

Elinor Jayne

Elinor has been Director of SHAAP since 2022 and in that time has focused on using SHAAP's expertise to shape policy. With a professional background in public affairs, Elinor headed the influencing team at UK charity Sue Ryder and prior to that worked at the Royal College of Nursing Scotland. Currently a trustee at Apex Scotland, she was also a trustee for homelessness charity Cyrenians for some time.

Presentation Abstract: Discussion of what it would be useful for SHAAP to find out in relation to changing /diminishing alcohol treatment services in Scotland.

Laura Mahon

Laura became CEO of Scottish Families in November 2025, bringing more than 20 years of experience in Scotland's alcohol and drug policy landscape. Her career has focused on championing the voices of people with lived experience, shaping compassionate and evidencebased public health approaches, and driving meaningful policy change. With over a decade in senior thirdsector leadership, she has built a strong reputation as a strategic thinker and a committed advocate for reducing inequalities and improving lives.

Her background spans campaigning, public affairs, communications, and media engagement, and she is widely recognised for influencing policy at national level. Laura has deep expertise in the social and commercial determinants of health and in preventative approaches to care. She is skilled at building partnerships across sectors, working closely with academics, policymakers, and civic organisations in Scotland and internationally.

She is driven by a belief in the power of collective action and compassionate policy to create positive social change.

Presentation Abstract: An introduction to Scottish Families, an organisation established by families, for families. Recognising the importance of a Whole Family Approach and Family Inclusive Practice for an effective, compassionate treatment and care system for those using alcohol and drugs.

Dr Hayley Boyom and Dr Stephanie Crawford

Dr Hayley Boyom is a CT2 psychiatry trainee currently working in Rehabilitation Psychiatry in NHS Tayside. She has previously completed posts in General Adult, Old Age, and Child and Adolescent Psychiatry. She is currently a Peer Group Representative for her training cohort.

Dr Stephanie Crawford is a CT2 psychiatry trainee currently working in Psychiatry of Old Age in NHS Tayside. Following completion of her Foundation training, she spent a year working as a Psychiatry Registrar in rural New Zealand, where she developed an interest in the influence of culture on psychiatric practice.

This event is eligible to 5 hours CPD, subject to peer group approval and in line with the Royal College of Psychiatrists' guidelines.

Presentation Abstract: A project which aims to increase the number of Community Mental Health Team patients asked about smoking and smoking cessation. The first cycle focused on initial assessments. The second cycle will focus on the health screening clinic.

Dr Alfie Lee

Alfie is currently an academic foundation doctor in Edinburgh.

Presentation Abstract: Demonstrate real-world effectiveness of CIWA protocol. Explore various pitfalls leading to the differences

Dr Nina Mackenzie

Nina is a General Adult Psychiatry higher trainee in the West of Scotland, and a Clinical Research Fellow at the University of St Andrews. Her research investigates how long-term health conditions relate to harmful alcohol use, how they interact to impact outcomes, and how they vary by demographic and clinical factors, alongside understanding the lived experience of people living with multiple long-term conditions and alcohol use problems.

Presentation Abstract: Nina will present preliminary findings from a review of the literature on the extent of multimorbidity in those with problem alcohol use.

Dr Romina Capellino

Professional Summary

Romina is a Psychiatrist with more than 20 years of clinical and academic experience in mental health, addictions, and dual pathology. Strong expertise in psychopharmacology, neuroscience-informed clinical practice, and multidisciplinary teamwork. Active researcher and frequent speaker at national and international scientific meetings.

Formal education

Master of Psychopharmacology (Favaloro University); Specialist of Psychiatry (National University of Cordoba); Specialist of Legal Medicine (National University of Cordoba) and Physician (National University of Cordoba)

Leadership, Governance & Networks

Founder & Medical Director – Applied Neuroscience Centre (NEA); Argentina President & Secretary – Drug Dependence and Alcoholism; Chapter, APSA; Member – ISAM; Organizer and scientific committee member for national and international conferences

International Engagement

Speaker – ISAM Congresses (Marrakech 2023, Hamburg 2025)

Visiting Scholar – University of St Andrews, Scotland

Recipient – ISAM Grant-In-Aid-of-Travel Award (2023)

Presentation Abstract: This presentation will cover cocaine: general information; cocaine use disorder; clinical presentation and management; and the problem in Argentina

Susie Duff & Kelly Renfrew

Susie and **Kelly** are both Senior Addiction Nurses within NHS Fife. They were both promoted to their new role within the Benzodiazepine Service as previously worked as Key Workers within the Service. They are both very passionate about the new service and are looking forward to seeing the results.

Presentation Abstract: The use of Benzodiazepines alongside other substances is widespread in Scotland and this has been strongly linked to drug related deaths. To help tackle the harm caused by illicit Benzodiazepine use, the Scottish Government is funding a pilot in Fife for a new model of care, combining prescribing and psychological therapies to support individuals with Benzodiazepine dependency. This presentation informs of the harm of benzodiazepines and how the Benzodiazepine Service works.

Digital Posters (with regard to rapid fire presentations)

The posters are listed in programme order. You can view these online using this link [**Poster Viewing Area**](#) or via the QR code below:-

- 1. Dr Hayley Boyom and Dr Stephanie Crawford**
Smoking Cessation within the Community Mental Health Team: A Quality Improvement Project
- 2. Dr Alfie Lee**
Practical application of Clinical Institute Withdrawal Assessment for Alcohol (CIWA) in real world setting: Retrospective Observational Study
- 3. Dr Nina MacKenzie**
Prevalence and Predictors of Alcohol-Related Multimorbidity: A review



SCAN ME



**Royal College of Psychiatrists in Scotland
Addictions Faculty Annual Business Meeting
Dunblane Hydro Hotel
Friday 27 March 2026, 12.00-12.30pm**

AGENDA

1. Welcome
2. Present
3. Apologies
4. Previous Minutes
5. Vacancies / Election Notice
5. Chair's Report
6. General Business
7. Ideas for Event Proposal 2027
8. AOCB
9. Date of next meeting

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