

**The Royal College of Psychiatrists in Scotland
Autumn Meeting Programme
Friday 1st October 2021
Online Zoom Event**



RCPsych in Scotland Autumn Meeting

The Royal College of Psychiatrists in Scotland is pleased to announce the programme for the Autumn Meeting on Friday 1st October 2021, held jointly with the General Adult, Child and Adolescent & Intellectual Disability Faculties. The meeting will be held online due to ongoing Covid-19 restrictions.

The meeting will open with a presentation for our outgoing Chair, **Professor John Crichton**, to whom we wish every success in his new role as Treasurer for the College.

The main theme for the meeting will be the mental health of adolescents and young adults, a topic which has received considerable media attention in recent years. In our morning session **Professor Keith Hawton** will speak about suicide and self-harm in young people. We will also hear about eating disorders in young people, the impact of social media on the mental health of adolescents and young adults, and about the particular challenges of young people with intellectual disability.

In the afternoon we will turn our attention to the challenges of managing the care of young adults moving on from child and adolescent to adult services. We will hear about two innovative projects from managing these transitions. **Ms. Marta Calonge-Contreras** will tell us about the Minding the Gap project in Camden and **Dr. Helen Smith** will speak about the transitions between services in Ayrshire.

Thereafter we move on from the theme of young people and will hear from the Royal College of Psychiatrists in Scotland Research Prize Winners for 2019 and 2020. **Dr. Gary Cooney** will present his work on the impact of exercise for patients with depression, and **Dr. Laura McWhirter** will present her research on functional cognitive disorders.