# Programme

**10.00 – 10.10 Introduction**

Professor Keith Lloyd, Chair of the Welsh Psychiatric Society & Professor Ian Jones, Director of the National Centre for Mental Health

**10.10 – 10.40** **Advising Government in the Time of COVID - Suicidal Behaviours, Mental Health and Behavioural Science**

Professor Ann John, Swansea Medical School

**10.40 – 10.55**  ***QUESTIONS***

**10.55 – 11.25** **The Reproductive Mental Health Clinical and Research Programme**

Dr Arianna Di Florio, Cardiff University

**11.25 – 11.40**  ***QUESTIONS***

**11.40 – 12.10 The Place of Ketamine and Esketamine in the Treatment of Depression**

Professor Rupert McShane, University of Oxford

**12.10 – 12.25  *QUESTIONS***

**12.25 – 13.00 Lunch**

**13.00 – 13.30** **Is Attachment the Answer to Complex Healthcare**

Professor Alberto Salmoiraghi, BCUHB

**13.30 – 13.45** ***QUESTIONS***

**13.45 – 14.15 Violence and Mental Health**

Professor Louise Howard, Kings College London

**14.15 – 14.30**  ***QUESTIONS***

**14.30 – 14.45** **Break**

**14.45 – 15.00**  **Poster Presentation**

Presentation Keith Lloyd

**15.00 – 15.15** **Wellcome Neuroscience Project**

Dr Gareth Cuttle

**15.15 – 15.30**  **Closing Remarks**

**Speaker Profiles**

**Professor Keith Lloyd**

Professor Keith Lloyd is Executive Dean and Pro Vice Chancellor for the faculty of Health and Life Sciences at Swansea University. Keith leads the strategic development of this exciting new faculty created from the merger of the College of Human & Health Sciences and the Medical School.

Keith is an independent member of Swansea Bay University Health Board and a clinical academic working in the NHS in Swansea. Prior to this, Keith was head of the medical school at Swansea University following on from being the head of NHS and social care research in Wales and vice president of the Royal College of Psychiatrists.

Prof. Lloyd trained as a doctor at Guy’s Hospital in London before specialising in psychiatry at the Bethlem & Maudsley Hospitals and the Institute of Psychiatry, Psychology and neurosciences in London. He then worked as a consultant in Exeter and was an NHS Trust Board member before moving to Swansea.  Keith is passionate about mental health being viewed in the same way as physical health.

**Professor Ian Jones**

Ian is a Professor of Psychiatry at the Division of Psychological Medicine and Clinical Neurosciences at Cardiff University. His research interests relate to bipolar spectrum disorders and in particular the relationship of mood disorders to childbirth. His clinical interest is in the identification and management of women at high risk of severe postpartum episodes.

**Professor Ann John**

Professor Ann John holds a personal chair in Public Health and Psychiatry and is based in Population Data Science. She is a clinical epidemiologist with a background in public health and general practice. Her research focuses on suicide and self-harm prevention and the risks, protective factors and life course outcomes of children and young adults’ mental health. She leads the MQ funded Adolescent Mental Health Data Platform and the Suicide Information Database-Cymru. She is a Principal Investigator of the National Centre for Mental Health and the Wolfson Centre for Young People’s Mental Health.

Ann leads a research programme with a focus on mental health data science. She is passionate about the translation of research into policy and practice. She is co-director of the Cochrane satellite for suicide and self-harm prevention and chairs the National Advisory Group on suicide and self-harm prevention to Welsh Government. Ann is a trustee of the Mental Health Foundation and a Fellow of the Faculty of Public Health and Learned Society of Wales.

Ann has led and been involved in the development of several government and NHS-commissioned reports, policy documents and community resources.

**Dr Arianna Di Florio**

Dr Arianna Di Florio is a researcher and clinical psychiatrist.

In her role at Cardiff University, Arianna has set up the Reproductive Neuroscience Clinical and Research Programme to study how genetic and environmental markers can help identify women at risk of psychiatric disorders in relation to changes in sex hormones and improve the current approach to diagnosis, prevention and treatment. The programme includes the European Research Council funded project "Genetic Architecture Of Sex Steroid-related Psychiatric Disorders" (GASSP), the first molecular genetic study of the psychiatric sensitivity to sex hormone changes.

At the MRC Centre for Neuropsychiatric Genetics and Genomics at Cardiff University Arianna leads the bipolar disorder genomics research group. Together with the Bipolar Disorder Research Network, the centre has collected the largest cohort of people with bipolar disorder in the world and has made important contributions to the understanding of the genetic susceptibility underpinning the disorder.

**Professor Rupert McShane**

Professor Rupert McShane is interested in treatment-resistant depression and dementia. Clinically, he leads the Oxfordshire ECT and ketamine services and run a memory clinic. His main focus is developing policy and monitoring arrangements for rapidly acting antidepressants such as ketamine. Rupert leads an international online journal club and chair the steering committee of an international academic conference on Ketamine and Related Compounds for Psychiatric Disorders. He work on ways of optimizing the effects of ketamine and am national CI and local PI for trials of rapidly acting antidepressants. Following an NIHR-funded case series exploring the use of repeated ketamine for resistant depression, they now treated over 300 patients and are continuing to refine treatment protocols. Rupert is chair of the Royal College of Psychiatrists Committee on ECT and related treatments. He led a qualitative study of ECT, which led to the creation of a Healthtalk module of patients talking about their experience and an exploration of why experiences are so polarised. When Rupert was Coordinating Editor of the Cochrane Dementia and Cognitive Improvement Group, he led programmes on reviews of diagnostic test accuracy, and modifiable risk factors for dementia. He also supports NIHR funded and commercial dementia and antidepressant trials as local PI.

**Professor Alberto Salmoiraghi**

Professor Alberto Salmoiraghi is a consultant psychiatrist. He was appointed Clinical Lead for BCUHB mental health services in 2008, Head of Acute care for North Wales in 2010, Interim Divisional Clinical Director in 2015 and Medical Director for the Mental Health and Learning Disability Division in 2016.  
  
He is primarily responsible for clinical governance and strategy for the Division. His clinical work is shared between being the clinical lead for the Huntington's Disease clinic and Prison sessions. He also holds a special interest in trauma and attachment, besides neuropsychiatry.  
  
He is chairman of the Academic Partnership Board, a collaboration between the clinical Division and the Universities of Bangor, Glyndwr, Chester, Cardiff and Manchester; Recently establishing clinical-academic pathways with Bangor University.  
  
He is an honorary Senior Lecturer at the University of Liverpool and Bangor University, and has been nominated Visiting Professor at Glyndwr University. He has delivered lectures and workshops in national and international conferences. He is actively involved in research as a Principal Investigator and has organised the first international conference on acute care in mental health.

**Professor Louise Howard**

Professor Louise Howard is a Professor in Women’s Mental Health at KCL and an Honorary Consultant Perinatal Psychiatrist at the South London and Maudsley NHS Foundation Trust. She was awarded a prestigious NIHR Research Professorship in 2013 and became an NIHR Senior Investigator in 2019. She is President of the International Marcé (perinatal mental health) Society.

Professor Howard studied medicine at University College London and completed an intercalated BSc in Psychology before finishing her undergraduate studies in 1988. She trained in general medicine in Bloomsbury obtaining the Membership of the Royal College of Physicians in 1991. After completing her general psychiatric training and obtaining the MRCPsych she obtained a Wellcome Trust Health Services Research Training Fellowship in perinatal psychiatry. She was appointed Senior Lecturer in 2004, promoted to a Reader in Women’s Mental Health in 2008 and to Professor in 2010.

She has won a number of prizes for her research including the Association of European Psychiatrists Research Prize, the Institute of Psychiatry Dennis Hill Prize, the Royal College of Psychiatrists Bronze Medal research prize and most recently in 2014 the International Marce Society’s Marce Medal for excellence in perinatal mental health research. She chaired the NICE Guidance on Antenatal and Postnatal Mental Health (CG192) and has also been involved in the writing of guidelines on domestic abuse for NICE and WHO. Her research programmes focuses on perinatal mental health and the relationship between violence and mental health, and she is funded by NIHR, MRC, UKRI and charitable foundations.

**Dr Gareth Cuttle**

Dr Cuttle is a researcher, lecturer, writer, editor and translator. He manages the five-year RCPsych Gatsby/Wellcome Neuroscience Project, co-chaired by Professor Wendy Burn.​