

The background of the banner is a photograph of Earth from space, showing the blue oceans, white clouds, and green and brown landmasses. The right side of the image transitions into a dark, starry space background with a bright, glowing orange and yellow streak.

**Faculty of Child and Adolescent Psychiatry
Annual Conference
17 - 18 September 2020**

Conference Booklet

Conference Programme

Thursday 17 September 2020	
09:00	<p>Welcome</p> <p>Dr Bernadka Dubicka, Faculty Chair, and Professor Andrea Danese, Faculty Academic Secretary</p>
09:15	<p>Keynote address: The future for our children?</p> <p>Professor Anthony Costello</p> <p>Chair: Dr Bernadka Dubicka</p>
10:15	Break
10:30	<p>Symposium #1:</p> <p>The eco-crisis and child & adolescent mental health</p> <p>Professor Ilina Singh, Richard Smith and Dom Higgins</p> <p>Chair: Dr Bernadka Dubicka</p>
11:45	Break
12:00	<p>The climate and ecological crisis: a young person's perspective</p> <p>A panel discussion and Q&A session</p> <p>Dr Catriona Mellor, Dr Nick Barnes, Rachel, Rhiannon and Nathan, Dr Kathryn Speedy</p>
12:30	Lunch break
1:15	<p>Symposium #2:</p> <p>The impact of COVID-19 on child & adolescent mental health</p> <p>Dr Prathiba Chitsabesan, Professor Cathy Creswell, Professor Tamsin Ford and Dr Richard Wilson</p> <p>Chair: Professor Andrea Danese</p>
2:30	Break
2:45	<u>Poster Viewing: a chance to view our online posters</u>
3:15	Break
3:30	<p>Symposium #3:</p> <p>CAMHS inpatient services' work during the COVID-19 pandemic</p> <p>Dr Jon Goldin, Dr Daljit Jagdev and Dr David Kingsley</p> <p>Chair: Dr Marinos Kyriakopoulos</p>
4:45	Close of Conference Sessions

Conference Programme

Friday 18 September 2020	
09:00	<p>Keynote address: Social justice, health equity and Covid-19</p> <p>Professor Sir Michael Marmot</p> <p>Chair: Professor Andrea Danese</p>
10:00	Break
10:15	<p>Symposium #4:</p> <p>Inequalities and child & adolescent mental health</p> <p>Dr Ananta Dave and Professor Craig Morgan</p> <p>Chair: Professor Andrea Danese</p>
11:30	Break
11:45	Faculty update and business meeting
12:15	Lunch break
1:00	<p>Symposium #5:</p> <p>CAMHS outpatient services' work during the COVID-19 pandemic</p> <p>Professor Alka Ahuja, Dr Iris Rathwell, Professor Paramala Santosh, and Toni Wakefield</p> <p>Chair: Dr Marinos Kyriakopoulos</p>
2:15	Break
2:30	<u>Poster Viewing: a chance to view our online posters</u>
3:00	Break
3:15	<p>Symposium #6:</p> <p>CAMHS specialist services' work during the COVID-19 pandemic</p> <p>Dr Jessica Richardson, Dr Oliver White and Dr Mima Simic</p> <p>Professor Alka Ahuja</p>
4:30	Closing comments
4:45	Close of Conference Sessions

Conference Committee

Professor Andrea Danese, Dr Marinos Kyriakopoulos, Professor Alka Ahuja, Dr Bernadka Dubicka.

Speaker abstracts and biographies

Thursday 17 September 2020

Keynote address: The future for our children?

Professor Anthony Costello, Professor of Global Health and Sustainable Development, UCL Institute for Global Health

Professor Anthony Costello

My research career began in 1981 with the team of clinicians, physiologists and physicists led by Professor Osmond Reynolds FRS studying the use of magnetic resonance spectroscopy in understanding energy metabolism of the infant brain. My work involved developing neurodevelopmental tests for high risk, premature infants and ultrasonographic and spectroscopic scanning. As a medical officer in a remote rural district of Nepal, leading a public health programme for mothers and children in a population of 300,000, I addressed the problems of mothers and children in the developing world. In 1989 a research fellowship allowed me to study diagnostics for childhood tuberculosis with Professor Graham Rook and Professor John Stanford at UCL.

From 1990, as a senior lecturer in international child health at ICH, my collaboration in Nepal with Professor Dharma Manandhar began. We founded MIRA (Mother and Infant Research Activities), which is now the largest health research organisation in the country, employing, at one time, up to 800 field staff. Our first studies were hospital-based, focusing on the epidemiology of common and preventable newborn problems, such as the epidemiology of birth asphyxia and the effects of low birth weight.

In 1995 our randomised controlled trial of conventional health education aimed at postnatal mothers demonstrated surprisingly little impact on behavioural and health outcomes. So we tested a peer education approach using women's groups, through another trial in remote mountainous populations. Larger than expected benefits of this intervention on both neonatal and maternal mortality raised many questions about international policy for maternal and child health. Published in the Lancet in 2004, the paper emphasised the importance of community participation in the amplification of behavioural change in poor populations.

Since 2002, supported by DFID and a Wellcome Trust Strategic Award, we have established six new trials of women's groups and other low cost interventions in southern Nepal, Bangladesh, and east India where tribal populations are predominant, in urban slums in Mumbai, and in central Malawi. Our trial in a tribal population of 230,000 in east India, published in the Lancet in 2010, showed a 45% reduction in newborn mortality and a 57% reduction in maternal depression. We have also conducted multiple micronutrient trials in pregnancy in southern Nepal showing effects on birth weight, blood pressure and childhood nutrition. A meta-analysis of the 7 trials published in the Lancet in May 2013 showed that maternal mortality was halved and newborn mortality cut by one third in populations where >30% of pregnant women joined the women's group programme.

This portfolio of trials has established surveillance systems for maternal and newborn mortality covering a combined population of more than 2 million worldwide. The studies have enabled us to examine prospective maternal and infant mortality rates, risk factors and social determinants of ill health and death.

Quality of care is a new priority. In the Lancet we reported modelling of the impact of new strategies to deliver life-saving drugs to women in Africa, with a new strategy recommendation about how to reduce deaths from sepsis and haemorrhage. Several other trials of community interventions are ongoing which focus on survival and nutrition. We are exploring new approaches to integrated development which look at health, nutrition and environmental outcomes such as ecosystems and agricultural yields.

Symposium #1:

The eco-crisis and child & adolescent mental health

Professor Iliana Singh

I will talk about young people's involvement in the climate crisis from the perspective of mental health and wellbeing; specifically, I will argue for the importance of 'flourishing' as a developmental mental health concept, and I will posit civic engagement and personal agency as key mechanisms of 'flourishing' – using a philosophical understanding of the term. I'll describe how in my team we have viewed young people's engagement and involvement in the climate crisis as an instructive challenge to empower young people through research and policy to be advocates for change in global mental health.

Iliana Singh is Professor of Neuroscience & Society and Co-Director of the Wellcome Centre for Ethics and Humanities at the University of Oxford. Her core research examines the psychosocial and ethical implications of advances in psychiatry and neuroscience for young people and families. She holds a Wellcome Trust senior investigator award for a project on the ethics of the early intervention paradigm in psychiatry (BeGOOD); she has also worked extensively on neuroenhancement, and on the ethics of stimulant drugs for Attention Deficit/Hyperactivity Disorder. Professor Singh leads a collaborative research programme on the ethics of global research in neuropsychiatric genomics (NeuroGenE), in partnership with the Stanley Centre at the Broad Institute of Harvard and MIT. Professor Singh also leads the Public and Patient Involvement and Engagement theme of the Oxford Health Biomedical Research Centre. Digital bioethics and big data ethics are growing research interests within Professor Singh's team.

Richard Smith

What is the UK Health Alliance on Climate Change? What we are doing, and what do we hope to achieve? To respond to climate change we need action at every level from global to individual, and health professionals should be leading. I'll say something as well about a 7-year-old, who is "terrified" by the climate crisis.

Richard Smith is chair of the UK Health Alliance on Climate Change, the Point of Care Foundation, which promotes compassionate, dignified care, Patients Know Best (a company that brings all medical and social care records together in one place under the control of patients), and of the Lancet Commission on the Value of Death. He's a former editor of the BMJ and chief executive of the BMJ Publishing Group.

Dom Higgins

The natural world is the foundation of our health, wellbeing and prosperity. Today, however, we are facing two inextricably linked crises; the climate emergency and the steady decline of nature. Children and young people in particular are fearful for the fate of the natural world and the impacts of climate change. Yet – it is still not too late to act; we can put nature into recovery. In his talk, Dom Higgins will give a brief overview of the work of The Wildlife Trusts, the importance of a place-based approach to health and the policy agenda being driven by a group of young people, who believe they can have a brighter future.

Dom Higgins is Head of Health and Education at The Wildlife Trusts. He sees nature and people's recovery as being completely intertwined and co-dependent. Prior to working for the Wildlife Trusts, he was Director of External Affairs at The British Trust for Conservation Volunteers (now TCV), where he led their place-based health work and development of the Green Gym programme. He has been

a consultant to The Department for Education and Skills, where he helped shape their flagship youth initiative 'Millennium Volunteers'. Before this, he worked for a NGO, managing and developing international community development partnerships and programmes.

The climate and ecological crisis: a young person's perspective

A panel discussion and Q&A session

Dr Catriona Mellor, Dr Nick Barnes, Rachel, Rhiannon and Nathan, Dr Kathryn Speedy

Symposium #2:

The impact of COVID-19 on child & adolescent mental health

Dr Prathiba Chitsabesan

COVID-19 and Impact on CYPMH

Professor Prathiba Chitsabesan is a Consultant in Child and Adolescent Psychiatry working in a large mental health and learning disability trust in Greater Manchester. She became the Associate National Clinical Director for Children and Young People's Mental Health in 2017 (NHS England and Improvement). She was involved in developing the mental health response following the Manchester Arena Attack (2017) and contributing to the national framework for psychosocial and mental health care following incidents and emergencies (Emergency Preparedness Resilience Response, EPRR). She continues to be research active as a Visiting Chair (Manchester Metropolitan University) and has been involved in a number of regional and national transformation programmes.

Professor Cathy Creswell

The Co-SPACE (COVID-19: Supporting Parents, Adolescents and Children during Epidemics; cospaceoxford.org) study has been tracking parents, children, and young people's mental health since the beginning of lockdown in March 2020 through monthly online surveys. This presentation will give an overview of the findings to date with a particular focus on (i) pandemic related worries in children and young people, (ii) family stressors, (iv) changes in mental health symptoms as lockdown progressed, with a particular focus on how findings have varied according to child age, pre-existing mental health conditions and special educational needs, and family demographics. The presentation will also introduce some new studies that are currently underway in response to the early Co-SPACE findings to address the mental health needs of children and young people as the impacts of the pandemic continue to be felt.

Cathy Creswell is Professor of Developmental Clinical Psychology at the University of Oxford with particular interest in mental health in children and young people. She is an Honorary Consultant Clinical Psychologist and leads the The Oxford Psychological Interventions for Children and adolescents (TOPIC) research group.

Professor Tamsin Ford

Mental health and access to services: an epidemiological perspective. This talk will briefly review studies of mental health and service use during the pandemic and discuss the implications for practice and commissioning

Tamsin Ford is a Professor of Child and Adolescent Psychiatry at the University of Cambridge. Her research academic work focuses on the effectiveness of interventions and the efficiency of services in relation to the mental health of children and young people, with a particular focus on the interface between education and health systems. She completed her PhD at the Institute of Psychiatry, Kings College London and she set up the Child Mental Health Research Group at Exeter Medical School in 2007. She moved to Cambridge in October 2019 where is also an honorary consultant child and adolescent psychiatrist at Cambridge and Peterborough Foundation Trust. She is part of the Research Advisory Group of Place2Be and a board member of the Association of Child and Adolescent Mental Health.

Richard Wilson is a Fellow of the Royal College of psychiatrists, a Consultant Child and Adolescent Psychiatrist & CAMHS Clinical Lead, as well as Chair and Vice President Elect, RCPsych NI.

<p>Symposium #3: CAMHS inpatient services' work during the COVID-19 pandemic</p>
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Dr Jon Goldin

The arrival of COVID-19 heralded significant systemic changes in the delivery of children's mental health services across North London and further afield. Paediatric wards across North London were closed to make space for adult patients with COVID-19 and patients were sent to newly created general paediatric wards at GOSH instead. A significant percentage of these patients had severe mental health difficulties. This brief presentation will focus on the impact of these changes at Great Ormond Street Hospital and specifically on the Mildred Creak Unit (MCU), a children's inpatient psychiatric unit for young people aged 7-14 years old.

Dr Jon Goldin FRCPsych is a Consultant in Child and Adolescent Psychiatry at Great Ormond Street Hospital and an Honorary Senior Lecturer at the Institute of Child Health. He has been Head of Service on the Mildred Creak Unit for the past eighteen years and is the Joint Lead of Psychological and Mental Health Services (PAMHS). Dr Goldin is Joint Training Programme Director for the Great Ormond Street/Royal London Higher Training Scheme in Child and Adolescent Psychiatry. He is also the Elected Vice Chair of the Child and Adolescent Psychiatry Faculty Executive at the Royal College of Psychiatrists and College Lead on Parliamentary Engagement. Dr Goldin has an interest in public engagement and lobbying around CAMHS issues and has been interviewed widely on both TV and radio.

Dr Daljit Jagdev

General Adolescent Unit: a COVID-19 response

Dr Daljit Jagdev is Clinical Director, South West London and St George's Mental Health NHS Trust.

Dr David Kingsley is Consultant Child and Adolescent Psychiatrist and Clinical Director (CAMHS), Priory Healthcare, National Clinical Lead (CAMHS Low Secure Network), NHS England.

Speaker abstracts and biographies

Friday 18 September 2020

Keynote address: Social justice, health equity and Covid-19

Professor Sir Michael Marmot

Taking action to reduce health inequalities is a matter of social justice. In developing strategies for tackling health inequalities we need to confront the social gradient in health not just the difference between the worst off and everybody else. There is clear evidence when we look across countries that national policies make a difference and that much can be done in cities, towns and local areas. But policies and interventions must not be confined to the health care system; they need to address the conditions in which people are born, grow, live, work and age. The evidence shows that economic circumstances are important but are not the only drivers of health inequalities. Tackling the health gap will take action, based on sound evidence, across the whole of society.

Professor Sir Michael G. Marmot MBBS, MPH, PhD, FRCP, FFPHM, FMedSci, FBA

Director of the Institute of Health Equity (UCL Department of Epidemiology & Public Health).

Sir Michael Marmot has been Professor of Epidemiology at University College London since 1985. He is the author of *The Health Gap: the challenge of an unequal world* (Bloomsbury: 2015), and *Status Syndrome: how your place on the social gradient directly affects your health* (Bloomsbury: 2004). Professor Marmot is the Advisor to the WHO Director-General, on social determinants of health, in the new WHO Division of Healthier Populations, and is the recipient of the WHO Global Hero Award. He is a Distinguished Visiting Professorship at Chinese University of Hong Kong, and held the Harvard Lowen Professorship for 2014-2017. He was awarded the Prince Mahidol Award for Public Health 2015. He has accepted honorary doctorates from 18 universities. Marmot has led research groups on health inequalities for nearly 50 years. He chaired the Commission on Equity and Health Inequalities in the Americas, set up in 2015 by the World Health Organization's Pan-American Health Organization (PAHO/WHO). He was Chair of the Commission on Social Determinants of Health (CSDH), which was set up by the World Health Organization in 2005, and produced the report entitled: '*Closing the Gap in a Generation*' in August 2008. At the request of the British Government, he conducted the Strategic Review of Health Inequalities in England post 2010, which published its report '*Fair Society, Healthy Lives*' in February 2010. This was followed by the *European Review of Social Determinants of Health and the Health Divide*, for WHO EURO in 2014, and in 2020 *Health Equity in England: Marmot Review 10 Years On*. Professor Marmot chaired the Expert Panel for the WCRF/AICR 2007 Second Expert Report on *Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective*. He chaired the Breast Screening Review for the NHS National Cancer Action Team and was a member of The Lancet-University of Oslo Commission on Global Governance for Health. He set up and led a number of longitudinal cohort studies on the social gradient in health in the UCL Department of Epidemiology & Public Health (where he was head of department for 25 years): the Whitehall II Studies of British Civil Servants, investigating explanations for the striking inverse social gradient in morbidity and mortality; the English Longitudinal Study of Ageing (ELSA), and several international research efforts on the social determinants of health. He served as President of the British Medical Association (BMA) in 2010-2011, and as President of the World Medical Association in 2015. He is President of the British Lung Foundation. He is an Honorary Fellow of the American College of Epidemiology; a Fellow

of the Academy of Medical Sciences; an Honorary Fellow of the British Academy, and an Honorary Fellow of the Faculty of Public Health of the Royal College of Physicians. He was a member of the Royal Commission on Environmental Pollution for six years and in 2000 he was knighted by Her Majesty The Queen, for services to epidemiology and the understanding of health inequalities. Professor Marmot is a Member of the National Academy of Medicine.

<http://www.instituteofhealthequity.org/>

[@MichaelMarmot](#)

See: <https://iris.ucl.ac.uk/iris/browse/profile?upi=MGMAR64>

Symposium #4: Inequalities and child & adolescent mental health

Dr Ananta Dave is Medical Director, and Consultant Child & Adolescent Psychiatrist, Lincolnshire Partnership NHS Foundation Trust.

Professor Craig Morgan is Professor of Social Epidemiology and Head of the Health Service and Population Research Department at the Institute of Psychiatry, King's College London. He completed his PhD in Social Psychiatry, at the Institute of Psychiatry, King's College London, in 2002 and has been at King's since.

He has previously held a MRC Special Training Fellowship and his research is focused on social and cultural influences on the onset, course and outcome of mental disorders, particularly during adolescence.

He leads several multi-country programmes on these topics, funded by, among others, the MRC, Wellcome Trust, ESRC, and European Union. He has published over 180 academic papers on these topics, and edited two books, *Society and Psychosis*, published by Cambridge University Press, and *Principles of Social Psychiatry*, published by Wiley-Blackwell. He is editor-in-chief of the journal *Social Psychiatry and Psychiatric Epidemiology* and Honorary Professor at the University of Hong Kong.

Faculty update and business meeting

- Chair's report: Dr Bernadka Dubicka
- Finance Officer's report; Professor Alka Ahuja, Finance Officer
- CAPSAC report Dr Jon Goldin, Vice-Chair
- Academic Secretary report Professor Andrea Danese, Academic Secretary
- Prize winners: Dr Bernadka Dubicka
- Questions
- Any other business

Symposium #5:

CAMHS outpatient services' work during the COVID-19 pandemic

Professor Alka Ahuja is a Consultant Child and Adolescent Psychiatrist and the Lead Consultant for the Tertiary Neurodevelopmental service at Aneurin Bevan University Health Board. She is the Finance Officer, Child and Adolescent Faculty of the Royal College of Psychiatrists and the Public Education lead, Royal College of Psychiatrists in Wales. Also a Visiting Professor at the Welsh Institute for Health and Social Care, University of South Wales.

She has expertise in qualitative research methodology and her areas of special interest include neurodevelopmental disorders including autism and ADHD, user and carer involvement in healthcare services and employment of digital technology in healthcare.

Dr Iris Rathwell currently works with the national and specialist service for complex autism and neurodevelopmental disorders. Her expertise is in autism with special clinical and academic interests in associated conditions with it such as epilepsy, additional psychiatric and neuropsychiatric disorders and psychopharmacological treatments. Dr Rathwell has expertise in specialist assessments of complex autism particularly when this is associated with additional neuropsychiatric or other mental disorders. She has also developed expertise in pharmacological management of psychiatric disorders and/or problem behaviours when they occur in the presence of autism, ADHD or other neurodevelopmental disorder.

Dr Rathwell has extensive experience in developing clinical services for autism and related disorders internationally. She has been an expert with Autism Speaks in setting up services in the Balkan countries. She has contributed with her expertise and local knowledge to raising public awareness of autism and to the country developing a nationwide autism strategy. She was an international expert in the validation studies of gold standard screening and diagnostic tools as well as parent training programmes in a non-English speaking country carried out by the University of Connecticut (funded by Autism Speaks).

Dr Rathwell's early research interest included repetitive and stereotyped behaviours in autism, the link between epilepsy and autism as well as the gastrointestinal symptoms in autism. She is a collaborator in a number of research projects carried out by the Institute of Psychiatry primarily in the area of autism.

Dr Rathwell has been practicing psychiatry since the mid-nineties having completed her clinical and academic training initially in Europe and later in the UK. Dr Rathwell has provided clinical leadership to a number of mental health teams since 2004 when she took up her first consultant post with the Trust. During her career which spans over three decades, Dr Rathwell has accumulated a wealth of expertise in many areas of mental health in children and adolescents with a particular focus on autism and related disorders, including neuropsychiatric and other neurodevelopmental disorders.

Since June 2013, Dr Rathwell has been a consultant psychiatrist with a national and specialist service for complex autism and neurodevelopmental disorders (SCAAND) at the Maudsley Hospital where she works with internationally distinguished clinical academics in the area of autism, learning disability and neuropsychiatric disorders. Together with Professor Simonoff, she leads a team that focuses on specialist assessments and management of challenging behaviours and complex presentations of autism, ADHD, learning disability and other brain related disorders. Dr Rathwell has coordinated SCAAND for several years. In October 2019, she was appointed Lead Clinician for the entire national and specialist Outpatient CAMH services in the Trust.

Dr Rathwell is an established trainer of psychiatrist trainees and teaches on a number of graduate and postgraduate programmes including Master Degree courses at Kings College. Dr Rathwell is a clinical and academic tutor for the MSc postgraduates in Child and Adolescent Mental Health at the Institute of Psychiatry. Dr Rathwell represents the department in a number of committees and multi-organisational development programmes.

Professor Paramala Santosh

The presentation will include how the Centre for Interventional Paediatric Psychopharmacology and Rare Diseases (CIPPRD) and the Centre for Personalised Medicine in Rett Syndrome (CPMRS) at the Maudsley Hospital innovatively responded to the Covid-19 pandemic to ensure safe medication use in very vulnerable and complex multi-morbid patients. The digital health strategies used with respect to remote medication monitoring included the HealthTracker-based Structured Medication Review, symptoms and side-effect monitoring, and remote clinical alerts; and the use of sensor-based psychophysiological monitoring using wearables, pulse oximeters, and risk stratification. The evidence underpinning the strategy and the practical suggestions for use in day to day CAMHS and paediatric settings will be presented.

Professor Santosh is a Consultant Child & Adolescent Psychiatrist at the Maudsley Hospital, and Professor in Developmental Neuropsychiatry and Psychopharmacology at the Institute of Psychiatry, Psychology & Neurosciences (IoPPN), King's College London. He heads the national and specialist Centre for Interventional Paediatric Psychopharmacology and Rare Diseases (CIPPRD), and the Centre for Personalised Medicine in Rett Syndrome (CPMRS). Professor Santosh also co-developed the GDPR compliant HealthTracker™ platform for remote screening, patient reported outcome monitoring, and structured medication review and is the CEO of the SME HealthTracker Ltd.

Professor Santosh is an internationally recognised expert in paediatric psychopharmacology, treatment-resistant developmental multimorbidity, and neuropsychiatric problems in acquired brain injury and rare diseases such as Rett syndrome, Septo-Optic Dysplasia, Mucopolysaccharidoses, and paediatric neurodegeneration. His research focusses on translational personalised medicine approaches using remote digital health monitoring, structured pharmacological approaches, sensor-based psychophysiological monitoring, and machine learning. He also investigates the role of emotional behavioural autonomic dysregulation (EBAD) in treatment resistance and conducts clinical trials.

Toni Wakefield

Following my interaction with Mental Health Services I have worked with multi-disciplinary teams to support my daughter's journey to recovery. As a direct result of this I have become an active member of the associated participation group (for 5 years) becoming heavily involved in the development of services and the promotion of good practice, making recommendations for improvement, training of CAMHS practitioners and students to promote participatory practice within the service. By becoming involved in the education of health and social care professionals in this way I have been able to provide invaluable insights for informing how current and future professionals should respond to the needs of those who access their services: young people and their families, identifying what needs changing, what does and doesn't work. I passionately believe that such collaboration can only serve to promote increased awareness and mutual understanding driving forward towards positive change.

Symposium #6:**CAMHS specialist services' work during the COVID-19 pandemic****Dr Jessica Richardson**

Dr Jess Richardson is the team manager for the national and specialist CAMHS Trauma, Anxiety and Depression Clinic at the Michael Rutter Centre, Maudsley Hospital. She specialises in working with children and young people with post-traumatic stress disorder, anxiety disorders and depression. Jess is an accredited Practitioner, Supervisor and Trainer for the British Association of Behavioural and Cognitive Psychotherapies (BABCP) and is additionally trained in eye movement desensitisation and reprocessing (EMDR), narrative exposure therapy (NET) and interpersonal psychotherapy for adolescents (IPTA).

Jess also has a clinical and research interest in mindfulness-based cognitive therapy (MBCT) and is part of a national team developing this group approach for young people with anxiety and depression. Jess has co-authored several MindEd online resources about anxiety, post-traumatic stress disorder and school refusal and BBC Bitesize materials to support families during the pandemic.

Dr Jess Richardson started working in the Trauma, Anxiety and Depression Clinic in 2012 and has extensive experience of working with young people with trauma, anxiety and depression. Jess has also worked in local CAMH services across the Trust including as the Lead Psychologist. Jess has provided supervision and training to clinicians at a national level including on cognitive behavioural therapy for different disorders and on supervision.

Since 2013, Jess has worked additionally as the Co-Director at Kings College London for CYP IAPT (Children and Young People's Increasing Access to Psychological Therapies). In this role Jess co-leads the multi-modality training courses at KCL (currently over 200 students yearly) and works closely with NHSE, HEE, DfE within this role to deliver the trainings. Jess trains and supports clinical leads and supervisors across London in their onsite delivery of new low intensity programmes including the newly formed mental health support teams in schools. Within this role, Jess also supports trainees and supervisors to provide local services that have accessible evidence-based therapies with clear care pathways, using regular feedback tools and with young people participation at the forefront.

Dr Oliver White

Consultant Child & Adolescent Forensic Psychiatrist

Southern Health NHS Foundation Trust, Bluebird House Adolescent Medium Secure Psychiatric Unit, Southampton, and Oxford Health NHS Foundation Trust - Clinical Lead, South West (North) Community Forensic CAMHS Team, and NHS England - National Clinical Lead for Community Forensic CAMHS.

Dr Mima Simic

Dr Mima Simic, has been joint Head of MCCAED and Consultant Child and Adolescent Psychiatrist at MCCAED for the last two decades.

In 2010 Mima led the development of the innovative Intensive Treatment Program (ITP). A key focus of her research interest has been in the development of short psychological interventions for eating disorders and self-harm. Mima is a national and international trainer on treatment interventions and acts as a consultant on service development. Mima has been an active member of the Executive Board, Faculty for Eating Disorders, Royal College of Psychiatrists.