



**Royal College of Psychiatrists
Faculty of General Adult Psychiatry
Spring Conference**

16-17 March 2021

Conference Booklet

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General Information

Accreditation

This conference is eligible for up to 6.5 CPD hours, subject to peer group approval. (Day 1- 3.5 hours, Day 2 - 3 hours)

Certificates

Certificates of attendance will be emailed to delegates after the conference.

Feedback

A detailed online feedback form can be found by visiting

<https://www.surveymonkey.co.uk/r/gapspring21>

All comments received remain confidential and are viewed in an effort to improve future meetings.

Social Media

If you wish to tweet about the conference use @rcpsychGAP #gapspring21

Conference Resources

Please see the following link to access the [conference resources](#) webpage.

Speaker abstracts and biographies

16 March 2021

Introduction

Dr Jonathan Scott, Vice Chair, Faculty of General Adult Psychiatry

Dr Jonathan Scott is an experienced consultant psychiatrist and a senior leader at his NHS Trust. He has expertise in the treatment of all major mental health disorders, gained from working in many different settings. He is respected amongst his peers, having recently been elected as a representative to the Royal College of Psychiatrists.

He also works in the NHS for West London Mental Health Trust, where he is consultant psychiatrist to one of the Crisis Resolution and Home Treatment Teams. As such, he is the co-leader of a large multi-disciplinary team for which he has senior medical responsibility.

In addition, he holds the role of Chief Clinical Information Officer, responsible for the improvement and development of clinical practice and related information technology. He also leads on training in his area of the Trust and for GPs.

Last year he was elected to the Executive Committee of the Adult Faculty of the Royal College of Psychiatrists. He also holds the Royal College role of Regional Representative for Adult Psychiatry in North West London.

Key Note address

Dr Adrian James, President, Royal College of Psychiatrists

Dr Adrian James was elected President in 2020. He holds this role until 2023 and leads the RCPsych on behalf of its members and associates.

Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon. He is a former Medical Director of Devon Partnership NHS Trust and Founding Chair of the School of Psychiatry at the Peninsular Deanery (2006-2008).

He was the elected Chair of the South West Division of the Royal College of Psychiatrists (2007-2011) and sat on the College Council in this capacity. In 2010 he was appointed Chair of the Westminster Parliamentary Liaison Committee of the Royal College of Psychiatrists (attending the three main Party Conferences 2011-14 in this capacity).

He was Clinical Director for Mental Health, Dementia and Neurology, working for NHS England South West (2013-2015, interim from 2012-13). He has also acted as a Reviewer and Clinical Expert for the Healthcare Commission and its successor organisation the Care Quality Commission (CQC).

He has chaired expert review groups on Integrated Care Systems, Cannabis, Prevent and Learning from Deaths. In addition, he set up the Quality Improvement (QI) Committee and Workforce Wellbeing Committee at the College.

His priorities as President are:

1. Establishing a pathway to parity for mental health services
2. Equality and diversity
3. Sustainability
4. Workforce Wellbeing

Adrian is a keen cyclist.

Session 1: Community Transformation- what does it mean to patients?

Chair: Dr Jonathan Scott

Better out than in: excellence in patient-centered care

Karen Persaud and Dr David Shiers OBE, Carer representatives in conversation with Dr Priya Natarajan, South London & Maudsley NHS Foundation Trust (SLAM)

Karen Persaud, and David Shiers will hold a three-way conversation with Dr Priya Natarajan to explore how the new community mental health framework can help improve the lives of people like those within our families, affected by severe mental difficulties.

Karen Persaud is a lay adviser and campaigner for patients, service users and carers using Mental Health Services. Karen's involvement grew from a desire to influence change and ensure that the transformation of services had the needs of patients, service users and carers at its core. Karen is passionate and committed to evolving Mental Health Services provision with a specific focus on addressing gaps in provision for people from BAME background, SMI and carers. Karen's specific interests include; developing early intervention provision, social integration models, improved quality and choice of extended psychological therapies, wellbeing and quality of life, and the value of trauma informed approaches as relevant to the over-representation of young black males in the MH system. Karen's involvement as a carer adviser started with joining The Royal College of Psychiatrists in 2017 and has grown to include working on the Mental Health Act

Review, NCCMH Framework for Community Mental Health, NIHR Mental Health Rethink and with the SWLStG and Oxleas NHS Trusts.

Dr David Shiers has been campaigning for mental health care reform since the late 90's when his daughter was given a diagnosis of schizophrenia in her late teens. Derived from what he felt was lacking in his daughter's early experiences of care David changed his career, leaving general practice to co-lead with Professor Jo Smith the UK's National Early Intervention in Psychosis Programme through the era of the National Service Framework.

Now 'sort of retired', David continues to challenge why people like his daughter should accept poor physical health. He has taken part in several relevant NICE guideline and quality standards, was a clinical advisor to National Audits of Schizophrenia (2011 onwards), and most recently in the NICE guideline on rehabilitation for adults with complex psychosis.

Honorary academic posts: Honorary Reader in early psychosis, University of Manchester; Honorary research consultant, Psychosis Research Unit, Greater Manchester Mental Health NHS Trust; Honorary Senior Research Fellow, Primary Care and Health Sciences, Keele University
David has been acknowledged by the RC Psych with the President's medal in 2012, and as 'Carer of the Year' in 2015; and in 2016 received the OBE.

Equitable & timely access to effective community mental health services – barriers and solutions – sharing the learning from Getting it Right First Time (GIRFT)

Dr Ian Davidson, National Clinical Lead, GIRFT Crisis/Acute Mental Health

Dr Davidson will be sharing key findings from the GIRFT Crisis/acute MH pathway work. This has looked at data on the 1.6 million people in contact with crisis/acute severe mental illness services per year. This covered core community MH teams, hospital liaison services and/or acute and PICU inpatient stays for all aged 18 years and upwards. He will discuss how from the data and Trust deep dives the following themes and areas of focus were examined leading to recommendations to make best use of resources to improve access to and delivery of these services for all sections of the community in a timely manner to ensure effective treatment to speed recovery and help prevention of secondary and tertiary disabilities and harms.

4 Priority themes:

- Core community Mental Health
- Crisis services/liaison services
- Intensive Home Treatment
- Inpatient acute and Psychiatric Intensive Care Unit (PICU) beds

Areas of focus:

- Social Determinants of health
- Access to services
- Demand and capacity
- Core community interventions
- Segmentation of data
- Super-stranded patients and beds inc. Out Of Area (OOP)
- Data Quality
- Outcomes

Dr Ian Davidson has broad experience across multiple areas of Adult Mental Health, including multiple aspects of clinical practice, research, service development, review and evaluation, training, and education. His NHS management experience, includes amongst a range of roles 9 years as a Trust Medical Director, and a period as interim Chief Executive. He has worked for a number of national bodies over the years including Healthcare Commission, CHI and CQC. He has had a variety of roles within RCPsych, and is the current Autism Champion.

He has contributed to policy development and review including at national level over several decades. In recent years as Quality Lead within CWP he has supported and encouraged projects such as the roll out of QI training and skills, the use of Red2Green in mental health and helping reduce use of restrictive practice in acute wards. He has successfully innovated and developed services over many years from examples such as creating the first specialist MH service for homeless people in Liverpool in the early 1900s to creating an adult autism service in Cheshire and Wirral in last 10 years. A core theme to this work has been using care pathway analysis and segmentation of data to identify groups at higher risk of having problems but also finding access barriers more difficult to overcome in conventional services.

At national level he was one of the clinical advisers on the NHSE/I reducing out of area MH bed usage support programme for 18 months through to March 2019. The discussions, system visits and reviews linked to that gave him deeper and fresh insights into the challenges in Getting It Right First Time in crisis/acute mental health services but also to the variety of ways in which people and systems are trying to make best use of available resources.

He has local, regional and national experience in reviewing when things go wrong through roles such as reviewing complaints through to external homicide reviews and the impacts these have on all concerned which is why Getting It Right First Time is so important.

Improving the lives of people with serious mental illness through the Community Mental Health Framework: How GIRFT Mental Health Rehabilitation is contributing

Dr Sridevi Kalidindi CBE, National Clinical Lead, GIRFT Mental Health Rehabilitation

Dr Sridevi Kalidindi CBE is experienced in adult psychiatric clinical care, innovative clinical service development, contracting, research, teaching, training, conference organisation, publishing, policy, campaigning, strategy and system leadership.

Sri is an experienced clinician in both inpatient and community rehabilitation psychiatry. She has expertise in service development, performance and contracting, including being the clinical lead in the development of the Lambeth Rehabilitation Alliance, the largest mental health alliance in the country at that time.

Her PhD from the IOPPN, was based on endophenotypes of bipolar disorder, using neuroimaging of bipolar twins. She has most recently been the Co-Principal Investigator on the national ten-centre, STEPWISE RCT.

Her textbook that she co-edited and co-authored 'Enabling Recovery: The principles and practice of rehabilitation psychiatry,' was 'Highly Commended' in the BMA book awards, 2016 and she has many peer-reviewed journal publications.

She has also published articles in the national press and appeared on television and radio, as a spokesperson for the RCPsych.

Senior leadership roles have included Associate Medical Director at SLaM NHS FT, physical health medical lead for SLaM – where she led the development of a five-year strategy, STP clinical lead for SLaM, as well as being the immediate past Chair of the Rehabilitation and Social Psychiatry Faculty at the RCPsych.

She has input to major policy and developed national standards and guidance in Rehabilitation, including the AIMS Rehab used by over 2/3 of the inpatient Rehab units in England. Sri was a national advisor on the NHSEI commissioned Community Psychiatry Redesign policy, which will form a core component of the NHS Long Term Plan and was a member of the NICE Rehab Psychiatry guidance development committee.

Sri is currently the national clinical lead for mental health rehabilitation at NHSI as part of the Getting It Right First Time programme. This involves working with clinicians and others, to reduce unwarranted variation nationally in Rehab services, by benchmarking current performance and by learning from good practice. The aim being to improve service user experience, pathways and

outcomes, while also ensuring more efficient use of funds. Providing Rehab care locally, is an essential outcome.

She is also a leadership and executive coach and provides leadership development coaching programme.

www.livewellmastermind.com

Sri was awarded 'Psychiatrist of the Year' in 2017, by the Royal College of Psychiatrists and remains a spokesperson for the College, strongly advocating for good mental health services, for the population.

In 2019, Sri was awarded a CBE in the Queen's New Year's Honours for services to Rehabilitation Psychiatry.

Session 2: Co-production in practice

Chair: Dr Jon Van Niekerk

Enabling Town Slough – a model of co-production

Dr Rex Haigh, Consultant Medical Psychotherapist, Berkshire Healthcare NHS Foundation Trust; Natasha Berthollier, Consultant Psychologist and Senior Lead for Co-production, Inclusion and Recovery, Berkshire Healthcare NHS Foundation Trust; Sam Cribb; Jodie Webdell and Tony Mallah

Rex Haigh is an NHS medical psychotherapist who studied social sciences and then trained and worked as a GP before moving to psychiatry, psychotherapy and group analysis. He has been a consultant in Berkshire since 1994, was Clinical Advisor to the English Personality Disorder Development Programme (2002-11) and part of the NICE guideline development group (2007-9) for Borderline Personality Disorder. At the Royal College of Psychiatrists, he was the founder of 'Community of Communities' quality network (2002) and the 'Enabling Environments' award (2009). He was appointed Honorary Professor of Therapeutic Environments at Nottingham University's School of Sociology and Social Policy (2016) and is involved with several third sector mental health organisations. His clinical interests are modified therapeutic communities, ecotherapy, and service user co-production.

Music to empower

Raf Hamaizia, Expert by Experience, Cygnet Healthcare

Raf Hamaizia's role as an Expert by Experience sees him using his perspective as a former service user in a variety of organisations within the public, Independent and regulatory sectors.

He was chair of the Ethnic Minority group on the Independent Review of the Mental Health Act alongside Professor Sir Simon Wessely which was commissioned by the Department of Health and Social Care and currently sits on the Professional Practice and Ethics Committee at the Royal College of Psychiatrists. He was also part of the key guidance committee at the National Institute of Health and Care Excellence (NICE) which formed the Key Service Model guidance for people with Learning Disabilities.

Raf has taken part in over 30 national working groups and committees including the NHSE Community Service Model Working Group and the Expert Reference Group supporting the transformation of Southern Health. He is a judge on the 3rd Sector Care Awards alongside Dame Esther Rantzen for four years running.

Raf is a Fellow at the Mental Health Collective and has an MSc in Mental Health Recovery and Social Inclusion from the University of Hertfordshire.

He is currently the Expert by Experience Lead with Cygnet Healthcare, a volunteer with Rethink (Mental Health Charity) and an Expert by Experience with the Care Quality Commission in which he has taken part in over 150 Care Quality Commission Inspections nationally.

His experience of working on both a strategic and local level within Cygnet Healthcare has been recognised as 'an area of outstanding practice' by the Care Quality Commission and a number of other external and independent organisations. Raf was Awarded the 'special recognition award' by Cygnet Health Care's owners, Universal Health Services Inc.

His role sees him leading a team of Experts by Experience Internally within Cygnet Health Care and he is responsible for the organisations coproduction, engagement and involvement structures including local and strategic level People's Council meetings. Raf's primary role is to ensure service users and residents have a voice at every level of the organisation.

[Session 3: Using DIALOG+ to engage patients in their care](#)

Chair: Dr Asif Bachlani, Clinical Director for Acute and PICU Service Line & Hospital Medical Director at Priory Group

Dr Asif Bachlani works as a Clinical director, Hospital Medical Director, and Adult psychiatrist in the Priory Group.

Previously Asif has held various clinical and managerial positions in London NHS Trusts including Associate Medical Director, Clinical Lead for Mental Health Outcomes and Chief Clinical Information Officer.

Due to his interest in mental health outcomes and clinical application of data, Asif was also the NHS London Clinical Lead for Mental Health Outcomes for 2 years, between 2017-19.

Getting the most out of DIALOG

Dr Rahul Bhattacharya, Clinical Chair, MHICS, Health London Partnership; Clinical Lead, MH Payment and Outcomes, East London NHS Foundation Trust and Ms Claire Ruiz, Senior Programme Manager, Mental Health Transformation London

The DIALOG scale combined subjective quality of life (SQOL) and experience to develop an integrated PROM (Patient reported outcome measure) and PREM (Patient reported experience measure). It was then adapted to incorporate a solution focused questioning approach for each of the domains to thereby DIALOG + tool setting the agenda for the patient-clinician interaction and co-production of a 'care plan'. East London successfully adapted DIALOG + as the care planning tool in their electronic patient record since 2017. This has led to a quantum increase in routine PROM/ PREM gathering.

We have used DIALOG + to change the nature and power balance within the clinical consultation and support individual recovery.

Pooled DIALOG data offers a wide range of opportunities in supporting and measuring QI projects and service improvements. We have used DIALOG across diagnosis in adults with success and DIALOG now underpins the community transformation locally.

DIALOG dashboards have been used. We are starting to use DIALOG in inpatient settings so the careplanning is person based not service based.

We used DIALOG in outcome based contracts.

We are using large scale DIALOG data to demonstrate recovery and complement other tools in population needs assessment to inform local health planning and delivery.

Since 2018, DIALOG has been agreed as the 'PROM' across London Providers. The Healthy London Partnership has set up service user networks, developed training packages and analytic

frameworks and facilitated shared learning between organizations in training, implementations and informatics of DIALOG.

Dr Rahul Bhattacharya is passionate about outcomes in mental health.

He believes demonstrating outcomes in mental health is critical for parity of esteem for mental health. He has worked locally, across London and nationally to promote clinical and technical adaptation of outcomes; develop analytics for HoNOS and DIALOG.

He initiated the re-launched UKRCOM a national multi-disciplinary platform to share learning and network for professionals interested in outcome in 2019.

He has a background in QI, CQC, developing outcome based contract for ELFT, negotiating CQUINs and has been the Clinical Lead for Payments and Outcomes in ELFT since 2012.

He is the consultant psychiatrist with Tower Hamlets Home Treatment Team in his day job and is the Associate Director for Community in Tower Hamlets testing out the Community Transformation.

He is an Honorary Senior Clinical Lecturer with Barts and the London Medical School and chairs the basic science paper for the MRCPsych examinations for the Royal College.

Building on Rahul's presentation

Since 2018, DIALOG has been agreed as the 'PROM' across London Providers. The Healthy London Partnership has set up service user networks, developed training packages and analytic frameworks and facilitated shared learning between organizations in training, implementations and informatics of DIALOG. The presentation sets out to share this work and provide tips for people to take forward in their own areas

Claire Ruiz is a self-confessed data geek and is really passionate about improving Mental Health Care for patients. She has a background in science (Molecular Biology) evidence, research (NICE and Royal College of Physicians) and service improvement in the NHS. Claire has been involved in leading the regional Mental Health Transformation work particularly in relation to Mental Health in Integrated Care Systems and Community Mental Health Transformation for the last 5 years. She has also led the work on the London Mental Health Dashboard.

Implementing DIALOG and enabling meaningful co-production with Service users

Rachel Eborall, Deputy Head of Inclusion and Lead for Peer Worker Development, South London & Maudsley NHS Foundation Trust (SLAM) and Richie Morton, Service User and Carer Lead – Quality Centre, South London & Maudsley NHS Foundation Trust (SLAM)

Rachel Eborall is Deputy Head of Inclusion and Lead for Peer Worker Development at South London & Maudsley NHS Foundation Trust (SLAM). **Richie Morton** is a Service User and Carer Lead – Quality Centre at South London & Maudsley NHS Foundation Trust (SLAM)

17 March

[Introduction & Welcome](#)

Dr Priya Natarajan

[Debate: What's in a name? This house believes that the Faculty needs to be renamed to Faculty of Adult Psychiatry](#)

Chair: Dr Jonathan Scott

For the motion

Dr Jon Van Niekerk, Group Medical Director, Cygnet Healthcare

Dr Jon Van Niekerk is an elected member of the General Adult Faculty. Jon has worked in the NHS and independent sector within medical management. Jon is the Group Medical Director of Cygnet Health Care and is an active member of the GAF co-production network, Interfaces/Transfers in Psychiatry Group and the Effect of Suicide and Homicide on Psychiatrists working groups. Jon has previously been an elected member of the North West Division and past national chair of the PTC. Jon is passionate about co-production and effective medical and clinical leadership.

Against the motion - Dr Cornwall will argue that the this debate is a pointless distraction

Dr Lenny Cornwall, Consultant Psychiatrist, Tees, Esk & Wear Valleys NHS Trust

Dr Lenny Cornwall is a consultant psychiatrist working in a community mental health team in Redcar, Teesside. His team was awarded RCPsych working age adults Team of the Year 2020. He was chair of the Faculty of General Adult Psychiatry from 2015 to 2019.

[Session 4: Collaboration in person centred care](#)

Chairs: Dr Sami Timimi and Jacquie Jamieson

Dr Sami Timimi, is a Consultant Child and Adolescent Psychiatrist in the UK National Health Service and a Visiting Professor of Child Psychiatry and Mental Health Improvement at the University of Lincoln, UK. He writes from a critical psychiatry perspective on topics relating to mental health and childhood and has published over a hundred and thirty articles and tens of chapters on many subjects including childhood, psychotherapy, and cross-cultural psychiatry. He has authored 6 books, co-authored 2 books, and co-edited 4 books, including Liberatory Psychiatry: Philosophy, Politics and Mental Health (co-edited with Carl Cohen, Cambridge University Press, 2008), Rethinking ADHD: From Brain to Culture (co-edited with Jonathan Leo, Palgrave Macmillan, 2009), and The Myth of Autism (co-written with Neil Gardner and Brian

McCabe, Palgrave Macmillan, 2011). His latest book is *Insane Medicine: How the Mental Health Industry Creates Damaging Treatment Traps and How You Can Escape Them* (Kindle Direct Publishing, 2020).

The importance of shaping language as a constructive tool in healthcare

Veryan Richards, Royal College of Psychiatrists IRS Lay Reviewer

The importance of shaping language as a constructive tool in healthcare – Veryan Richards

The language used in clinical practice is a key enabler to the success of treatment. Without good communication which is underpinned by values, therapeutic engagement and treatment outcomes will not be as successful. I will discuss language as the substrate of relationships in person-centred care and shared decision-making.

Exploring the connection between values and language I will comment on RCPsych CR204 'Core Values for Psychiatrists' which provides a back drop to the development of 'Guidelines on the use of language'. Both of these documents were co-produced in the RCPsych in Wales and they have a positive impact on training and clinical practice.

Veryan Richards contributes as a lay participant towards shaping the policy narrative and improving patient experience in several areas of mental healthcare. She is an Individual Partner in the Collaborating Centre for Values-based Practice in Health and Social Care, St Catherine's College, Oxford, a Royal College of Psychiatrists IRS Lay Reviewer and a Patient Representative on the Curricula Review Working Group.

Person Centred Care- How it looks like when working well...how it feels when not

Ruth Marple, Mother & Carer of a young Adult with Autism and Learning Disabilities

Ruth describes her Son's life prior to becoming involved in MH Services. What worked well for him in a Community setting and highlighting the traumatic events her Son and family experienced due to lack of Person Centred Care.

"She self-harmed due to her diagnosis"

Keir Harding, Occupational Therapist, DBT Therapist and Hollie Berrigan, Integrative Counsellor and Consultant Lived Experience Practitioner

This title taken from a patient's notes highlights the closed thinking that can take place in health care. Our philosophy is that all behaviour is understandable in terms of past experiences and current value. By exploring the rationale for behaviour that can damage, frighten and repel,

thoughtful responses can be explored. We ensure the patient writes their formulation with us and that a lived experience perspective makes an equal contribution to the document. For example, when we learn that ligaturing only occurs in a hospital environment, we can challenge the view that they need to be detained until they stop ligaturing.

Keir Harding is an Occupational Therapist, DBT Therapist and holds an MSc in "Personality Disorder". He serves on the executive committee of the British and Irish Group for the Study of Personality Disorder

Hollie Berrigan is an Integrative Counsellor and Consultant Lived Experience Practitioner. She has extensive experience in delivering training, consultation and clinical input around those who typically get a personality disorder diagnosis.

Keir & Hollie help NHS trusts and CCGs avoid long term private hospital admissions for people who self harm and recurrently feel suicidal via Beam Consultancy

Session 5: Involving patients in training

Chair: Professor Subodh Dave

Professor Subodh Dave is a Consultant Psychiatrist and Deputy Director of Undergraduate Medical Education, Derbyshire Healthcare Foundation Trust; Professor of Psychiatry, University of Bolton; Chair, Association of University Teachers of Psychiatry (AUTP); Immediate Past Associate Dean, Trainee Support, Royal College of Psychiatrists and was awarded RCPsych Trainer of the Year 2017

Professor Dave is Dean Elect at the Royal College of Psychiatrists.

Why involve patients in undergraduate education?

Dr Helen Crimlisk, Consultant Psychiatrist, Sheffield Health and Social Care NHS Foundation Trust

The role of educators in under and post graduate education is to ensure that students and trainees learn to provide the best quality care possible to the patients under their care. Quality of care and treatment can be defined in many ways, but many patients in all specialties say that their experience of the care is one of the most important elements of quality.

In psychiatry, the quality of the dialogue is particularly important to ensure that the relationship built with a patient during a consultation fulfills the functions necessary in undertaking an

assessment (a key requirement of the developing psychiatrist. During a consultation, a psychiatrist needs to gather relevant information (history taking), explore complex, distressing or bewildering experiences (mental state examination) and engage in a collaborative dialogue regarding the coproduction of a care or treatment plan. The better the quality of this dialogue, the more likely that a patient-centered approach is achieved with which the patient will engage.

Patients are the recipients of the care and treatment provided by doctors and therefore have particular expertise in what it feels like when this goes well and when it goes less well.

I will explore four ways in which we are routinely engaging with patients to support psychiatric education of medical students.

- 1) Patient as Educator Scheme,
- 2) Employment of Lived Experience Educator in the Department of Medical Education,
- 3) Recruitment of Service User Volunteers to support Integrated Learning Activities on placement
- 4) Explicit requirement for students to participate in a Book/ Film club experience of a first person narrative account of mental health treatment

Dr Helen Crimlisk is an adult psychiatrist in a Single Point of Access Team and Honorary Senior Lecturer and Psychiatry Lead at Sheffield Medical School. In her undergraduate role, she has developed a number of initiatives to improve the teaching to medical students to improve their understanding of psychiatry and promote the integration teaching on mental health across the course.

She is Deputy Medical Director at Sheffield Health and Social Care Foundation Trust and has led on developments in Quality Improvement and its links to Service User Experience. She is a Health Foundation Generation Q Fellow and passionate about using service user feedback to improve services and to develop roles and support people with lived experience in the Trust.

She is Associate Registrar for Leadership and Management at the Royal College of Psychiatrists where she oversees the development of the Leadership and Management Fellows Scheme and has supported the setting up of the College Engagement Network which supports psychiatrists involved in supporting the development of the NHS Long Term Plan and in particular the Community Mental Health Framework which aims to collaboration with primary care and the voluntary sector to improve care for the whole spectrum of mental health problems, importantly including those with the most severe and complex problems, and particularly those who currently fall through the cracks.

The Wounded Healer": Harnessing the Power of the Performing Arts and Storytelling to Challenge Mental Health Related Stigma

Dr Ahmed Hankir MBChB MRCPsych, Academic Clinical Fellow in General Adult Psychiatry, Institute of Psychiatry, Psychology and Neuroscience, King's College London

Carl Jung used the term the Wounded Healer as an archetypal dynamic to describe a phenomenon that may take place in the relationship between analyst and analysand. Jung proclaimed, 'It is our own hurt which gives us our measure of our power to heal'. Yet despite this, there remains a huge amount of stigma and shame attached to psychological problems in mental healthcare professionals. In this keynote, Dr Hankir harnesses the power of the performing arts and storytelling to trace his recovery journey from 'suicidal service user with mental illness' to 'Royal College of Psychiatrists award winning doctor'. This keynote aims to engage, entertain and educate, to empower and dignify people with psychological problems.

Dr Ahmed Hankir MBChB MRCPsych is Academic Clinical Fellow in General Adult Psychiatry at the Institute of Psychiatry, Psychology and Neuroscience at King's College London and Senior Research Fellow at the Centre for Mental Health Research in association with Cambridge University. Dr Hankir's research interests include global and Muslim mental health and pioneering and evaluating innovative programmes that challenge mental health related stigma. He has published extensively in these areas. Dr Hankir has delivered keynote lectures alongside Nobel Prize Laureates, TED Speakers, and celebrities. He has lectured at some of the most prestigious universities in the world including Harvard, Yale, Padua, Coimbra, McGill, Cambridge and Oxford. In recognition of his services to public engagement and education, Dr Hankir was twice a Finalist for the Royal College of Psychiatrists Psychiatric Communicator of the Year Award. Dr Hankir is also the recipient of the RCPsych Foundation Doctor of the Year and RCPsych Core Psychiatric Trainee of the Year Awards. The RCPsych awards mark the highest level of achievement in psychiatry in the UK.

How to embed lived experience in training

Alexa Sidwell, Senior Clinical Educator, Derbyshire Healthcare NHS Foundation Trust

This, the concluding part of the trilogy of presentations that deal with the involvement of patients in training, deals with the issue of 'How?'

Drs. Crimlisk and Hankir have made powerful cases for the effective embedding of the knowledge of people with lived, or indeed living experience, of mental illness into psychiatric training. But how can one achieve this in a way that delivers clear, demonstrable educational benefit without exploiting participants?

I deliver this session on behalf of Simon Rose, Lived Experience Development worker, who sadly has been unable to attend this conference due to personal family events.

I will discuss:

- Who to involve – and where to 'find them'
- Planning teaching sessions to maximize educational benefit. Ensuring that involvement is not tokenistic.
- Creating a safe learning environment for people with lived experience of mental illness to operate in. Maintaining a mutually beneficial relationship with participants. Avoiding exploitation

Alexa Sidwell's career as a mental health nurse specialist and educator spans almost 4 decades, throughout which she has strived for opportunities to ensure the service user/patient voice is sought and listened to. In early roles she was an active member of the service user forums where she learned the value of and how to integrate personal lived experience of mental illness to improve services. Moving into senior roles, she was able to further develop this to initiate and introduce brand new roles into service areas, including youth workers and Support Time Recovery workers in Early Intervention services and more recently Lived Experience Development Workers in medical education.

For the past 14 years she has worked as a Senior Clinical Educator teaching 4th year undergraduate medical students who are on placement with Derbyshire Healthcare NHS Foundation Trust. Here, she leads the development and delivery of the award winning 'Expert Patient Programme', an initiative that embeds the lived experience of mental illness into a comprehensive interactive teaching scheme that has been highly valued by students and the Expert Patients alike.

SAVE THE DATES



**Better Data, Better Care:
Understanding & using
information to support care
and our everyday lives**

Online | 13-14 MAY 2021



**Faculty of General Adult Psychiatry
Annual Conference**

14-15 OCTOBER 2021, ONLINE