



**Faculty of Rehabilitation and
Social Psychiatry
Online Conference
1-2 December 2020
#RehabPsych @RCPsych**

Useful Information

Registration

Day 1 - Please join at **12:45** ready for a prompt start at **12:50**

Day 2 – Please join at **08:45** ready for a prompt start at **08:50**

Poster presentations

We encourage you to view the [gallery of virtual posters](#).

Twitter

If you wish to tweet about the conference use #RehabPsych, @RCPsych

Accreditation

This conference is eligible for one CPD point per hour, subject to peer group approval.

Certificates of attendance

Certificates of attendance will be emailed to delegates within one week of the conference.

Speaker presentations

Presentations will be available online within one week of the conference, for up to two months. All delegates will be sent details of this after the conference. Please be aware that these presentations are kindly provided by the speakers but on some occasions, it is not possible to make these publicly available.

Feedback

We would appreciate your [feedback](#). All comments received remain confidential and are viewed in an effort to improve future meetings.

In this booklet you will find...

- Programme
- Speaker Biographies & Abstracts
- Bursary & Douglas Bennett Prize Shortlist.

Conference Programme

Tuesday 1 December

12:45	DAY 1 - ONLINE
12:50	Welcome to Conference Dr Rajesh Mohan, Rehabilitation and Social Faculty Chair
13:00-14:05	Symposium 1: The intersection of Homelessness and Severe Mental Illness Chair: Dr Jenny Drife, Consultant SLAM, RCPsych advisor on Homelessness
13:00	Role of a Consultant Psychiatrist in a Specialist Primary Care Homeless Service Dr Sara Ketteley, Consultant Psychiatrist, CNWL NHS Foundation Trust and Visiting Psychiatrist at Great Chapel Street Medical Centre. Honorary Senior Lecturer at Imperial College and Local Postgraduate Tutor
13:25	Hostel challenges: frailty, multi-morbidity and palliative care Dr Caroline Shulman, General Practitioner in Homeless and Inclusion Health; Honorary Senior Lecturer, UCL and Honorary Clinician, Find & Treat team, UCLH
13:50	Questions
14:05	Break and <u>poster viewing</u>
14:30-15:30	Symposium 2: The role of social psychiatry in tackling structural inequities Chair: Dr Rajesh Mohan
14:30	Tackling ethnic inequalities in experiences and outcomes of severe mental illness: the role of structural, organisational, and interpersonal racism Professor Kam Bhui, Professor of Psychiatry, University of Oxford. Hon. Consultant Psychiatrist, East London NHS Foundation Trust.
14:50	Understanding and mitigating distal factors leading to health inequities Dr Shubulade Smith, Consultant Psychiatrist, and Presidential lead for Race and Equality, RCPsych
15:15	Questions
15:30	Break and <u>poster viewing</u>

15:55-16:55	<p>Symposium 3: Evidence based rehabilitation: Implementing the First NICE Guideline on Rehabilitation for Adults With Complex Psychosis (NG-181)</p> <p>Chair: Dr Asha Praseedom, Consultant Psychiatrist and incoming Vice-Chair Rehabilitation and Social Psychiatry Faculty</p>
15:55	<p>The NICE guideline on rehabilitation for adults with complex psychosis</p> <p>Professor Helen Killaspy, Professor of Rehabilitation Psychiatry, University College London, UK and Honorary Consultant in Rehabilitation Psychiatry, Camden and Islington NHS Foundation Trust</p>
16:05	<p>Implications of the guideline for family carers of people with complex psychosis</p> <p>Dr David Shiers, Retired GP and Family Carer, UK</p>
16:20	<p>Implications of the guideline for Early Intervention in Psychosis (EIP) services</p> <p>Professor Jo Smith, Emeritus Professor of EIP and Psychosis, University of Worcester, UK</p>
16:40	Questions
16:55	Close

Wednesday 2 December

08:45	DAY 2 - ONLINE
08:50-09:20	<p>Plenary 1</p> <p>Theme: International perspectives on the care of people with longer term mental health problems</p> <p>Chair: Professor Helen Killaspy, UCL London</p>
08:50	<p>Developments in mental health rehabilitation in the Asia-Pacific Region</p> <p>Professor Carol Harvey, University of Melbourne, Australia</p>
09:20-10:10	<p>Plenary 2</p> <p>Theme: International perspectives on the care of people with longer term mental health problems</p> <p>Chair: Dr Rajesh Mohan</p>
09:20	<p>The relevance of European policy for mental health rehabilitation</p> <p>Professor Jose Miguel Caldas de Almeida, Lisbon Institute of Global Mental Health, Nova Medical School, Lisbon, Portugal</p>

09:50	Questions
10:10	Break and <u>poster viewing</u>
10:40-11:40	Symposium 4: Getting It Right in Mental Health Rehabilitation Chair: Dr Priya Khanna
10:40	Measuring and Reducing Variation in Quality of Rehabilitation Services Dr Sridevi Kalidindi, Consultant Psychiatrist, South London & Maudsley Trust and National Clinical Lead, GIRFT programme, NHS England & Improvement
10:55	First class Rehabilitation within the ever changing national environment Professor Sean Duggan, Chief Executive, Mental Health Network, NHS Confederation
11:05	From Dislocation to Discovering Hope- You Have to Get it Right! Ms Ritah Bernadt, Executive member & lived experience representative, Rehabilitation Faculty, RCPsych
11:15	A Journey Through Mental Health Services and the impact of Inequalities-A Carer's Perspective Ms Karen Persaud, Carer Representative; Rehab Faculty, CCQI AIMS Rehab, NHSE Adult Mental Health, SWLSTG and Oxleas NHS Mental Health Trusts and Hon Researcher NIHR Mental Health Policy Research Unit
11:25	Questions
11:40	Break and <u>poster viewing</u>
12:05-12:20	Awards and Prize Presentation Chair: Dr Rajesh Mohan
12:20-12:55	Plenary 3 Chair: Dr Nuwan Dissanayaka
12:20	Social Justice in Psychiatric Practice and Training Professor Subodh Dave, Professor of Psychiatry, University of Bolton Consultant Psychiatrist and Deputy Director of Undergraduate Medical Education, Derbyshire Healthcare Foundation Trust Chair, Association of University Teachers of Psychiatry (AUTP)
12:45	Questions
13:00	Close

Speaker biographies and abstracts

Tuesday 1 December

13:00-14:05

Symposium 1: The intersection of Homelessness and Severe Mental Illness

Chair: Dr Jenny Drife, Consultant SLaM, RCPsych advisor on Homelessness

Biography: Jenny is Advisor to the Royal College of Psychiatrists on Mental Health and Homelessness. In her day job she is the consultant psychiatrist in the START team, a mental health team for street homeless people in South London. She previously worked for five years as an addiction psychiatrist in Westminster, where many of her clients were rough sleepers, and she remains particularly interested in the challenges facing those with multiple needs.

Role of a Consultant Psychiatrist in a Specialist Primary Care Homeless Service

Dr Sara Ketteley, Consultant Psychiatrist, CNWL NHS Foundation Trust and Visiting Psychiatrist at Great Chapel Street Medical Centre. Honorary Senior Lecturer at Imperial College and Local Postgraduate Tutor

Abstract: *Not available at time of publication*

Biography: Sara graduated from the University of Southampton in 1993. Best introduction to medicine included pre-course reading of Health and Disease: A Reader. This collection framed Sara's early understanding of the social context of healthcare - alongside concepts of health, disease and healing.

She has now been working in Westminster since 1997, and as such has been working alongside people experiencing homelessness as part of her daily work since then. Sara had the opportunity to work with the Joint Homelessness Team in 2002-3 and then became a Consultant Psychiatrist covering SW1 London in 2004. She works in a team that is an early adopter of the Community Mental Health Hub model and she has also worked as Visiting Consultant Psychiatrist at Great Chapel Street Medical Centre since 2014.

Sara is a Local College Tutor for postgraduate trainees and Honorary Senior Lecturer at Imperial College in relation to her role as firm leader in teaching medical undergraduates.

She is Chair of her local Community Voluntary Service organisation, representing the infrastructure for voluntary and charity organisations. This supports improving social capacity and social cohesion at a community level.

Sara was delighted to receive an Absolutely Fabulous award from the London Network of Nurses and Midwives specialising in homelessness in 2018.

Hostel challenges: frailty, multi-morbidity and palliative care

Dr Caroline Shulman, General Practitioner in Homeless and Inclusion Health; Honorary Senior Lecturer, UCL and Honorary Clinician, Find & Treat team, UCLH

Abstract: Caroline Shulman will be giving a talk highlighting the complexity of need and low age of death for people experiencing homelessness. She will reflect on some cases and summarise findings from her work on palliative care and frailty undertaken with the homeless hostel population. This presentation will demonstrate some of the gaps in provision and will end with recommendations about what is needed.

Biography: Dr Caroline Shulman is a clinician and researcher in Homeless and Inclusion Health. She worked for a number of years as a general practitioner providing primary care in a specialist homeless practice and as clinical lead for a multidisciplinary homeless Pathway team based in a hospital. Currently she is acting homeless health clinical advisor at healthy London Partnership where she has been involved in the pan-London COVID-19 homelessness response.

Caroline is also a Pathway Clinical Research Fellow and Honorary Senior Lecturer at University College London and has been leading on work on palliative care, and homelessness, in collaboration with the Marie Curie Palliative Care Research Department (UCL) and the homeless charities Pathway and St Mungo's. This work explored the challenges and barriers to accessing palliative care for this marginalized group, as well as potential strategies for improving care and support. Recently she has teamed up with an elderly care specialist exploring the extent and needs associated with premature ageing and frailty among the homeless population.

Recommendations from her research have been widely disseminated and shared with frontline staff, commissioners, policy makers and academics to try and facilitate change. Findings have contributed to reports from CQC, NHS England, Hospice UK and Faculty of Homeless and Inclusion Health.

Prior to COVID, Caroline and her team were evaluating the impact of twinning community palliative care teams with hostels as a way of facilitating a multidisciplinary approach to supporting people experiencing homelessness with advanced ill health.

In light of COVID, she is developing multi-professional remote access training to facilitate the development of communities of practice to support people living and working in hostels.

14:30-15:30

Symposium 2: The role of social psychiatry in tackling structural inequities

Chair: Dr Rajesh Mohan

Tackling ethnic inequalities in experiences and outcomes of severe mental illness: the role of structural, organisational, and interpersonal racism

Professor Kam Bhui, Professor of Psychiatry, University of Oxford. Hon. Consultant Psychiatrist, East London NHS Foundation Trust.

Abstract: *Not available at time of publication*

Biography: Dr Kamaldeep Bhui is Professor of Psychiatry, University of Oxford and Honorary Consultant Psychiatrist at East London NHS Foundation Trust; Chair of the Publications Management Board at Royal College of Psychiatrists, and Editor in Chief of the British Journal of Psychiatry. His work and interests include social and cultural psychiatry, epidemiology, health services research and psychological therapies. He has published on studies of race, ethnicity, and mental health including a book and research on racism and mental health. Bhui studied Pharmacology (BSc) at UCL, Medicine (MBBS) at United Medical and Dental Schools of Guys and St Thomas' (now KCL). He holds postgraduate qualifications in psychiatry, mental health studies, epidemiology, and psychotherapy (LSHTM, UMDS, BPF). His first Consultant appointment was in 1999, followed in 2000 and 2003 by Consultant/Senior Lecturer and Consultant/Professorial posts with East London NHS Foundation Trust and Barts & The London School of Medicine and Dentistry, Queen Mary University of London. . where he established a centre of excellence on cultural psychiatry, a suite of MSc Programmes; and where he was Head of Department (2014-2020).

Understanding and mitigating distal factors leading to health inequities

Dr Shubulade Smith, Consultant Psychiatrist, and Presidential lead for Race and Equality, RCPsych

Abstract: *Not available at time of publication*

Biography: *Not available at time of publication*

15:55-16:55

Symposium 3: Evidence based rehabilitation: Implementing the First NICE Guideline on Rehabilitation for Adults With Complex Psychosis (NG-181)

Dr Rajesh Mohan

The NICE guideline on rehabilitation for adults with complex psychosis

Professor Helen Killaspy, Professor of Rehabilitation Psychiatry, University College London, UK and Honorary Consultant in Rehabilitation Psychiatry, Camden and Islington NHS Foundation Trust

Abstract: Helen will give an overview of the first NICE guideline on mental health rehabilitation, published 19th August 2020.

Biography: Helen Killaspy is Professor and Honorary Consultant in Rehabilitation Psychiatry at University College London and Camden and Islington NHS Foundation Trust in the UK. She leads national and international programmes of research that focus on the assessment of quality of care for people with complex mental health problems and the evaluation of complex interventions for this group. She was the Topic Advisor for the first NICE Guideline on mental health

rehabilitation and she is a former Chair of the Faculty of Rehabilitation and Social Psychiatry of the UK Royal College of Psychiatrists.

Implications of the guideline for family carers of people with complex psychosis

Dr David Shiers, Retired GP and Family Carer, UK

Abstract: David will discuss with Helen how this NICE guideline can address some of the concerns of families, informed by his experience of supporting a daughter with a diagnosis of schizophrenia. Reflecting now on the impacts of being hospitalised in an old asylum in her late teens twenty five years ago, David will reflect on whether his daughter would have fared differently if she was receiving what the NHS currently offers as rehabilitation, and why he thinks these new guidelines are long overdue for families like his.

Biography: David's interest in mental health developed through personal involvement as a carer from the mid 90s. 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 (2004-10).

Through an active research interest since retirement, David continues to challenge why people like his daughter should accept poor physical health, participating in several relevant NICE guideline and quality standards, as clinical advisor to National Audits of Schizophrenia (2011 onwards), and most recently in the NICE guideline on rehabilitation for adults with complex psychosis.

David has been acknowledged by peers; OBE 2016; RC Psych 'Carer of the Year' award 2015; RC Psych president's medal 2012; IEPA Richard J Wyatt lifetime achievement award 2012.

Implications of the guideline for Early Intervention in Psychosis (EIP) services

Professor Jo Smith, Emeritus Professor of EIP and Psychosis, University of Worcester, UK

Abstract: The publication of the NICE CG 181 Guidance on rehabilitation for adults with complex psychosis helpfully focuses the attention of EIP services from access and entry to EIP to consider discharge and transition for the 10-20% of people in EIP services who, in spite of an intensive EIP approach over 2-3 years, attain only a limited recovery from psychotic related symptoms and functional impairments. This presentation will consider the relevance of this guidance for EIP services and consider the potential challenges and opportunities for EIP services to support adults with complex psychosis and enable transition to specialist rehabilitation teams to potentially create a 'family of services for psychosis' without losing the distinctive phase-specific emphasis of either EIP or rehabilitation services.

Biography: Jo Smith is an Emeritus Professor of Early Intervention and Psychosis at University of Worcester in the UK. Jo previously worked for 34 years as a Clinical Psychologist in the NHS delivering, teaching and supervising a wide range of CBT based approaches including family, sibling and IPS employment support interventions. She was Early Intervention in Psychosis (EIP) Lead for Worcestershire Health and Care NHS Trust (2000-2015) and Joint National EIP Programme Lead

for England from 2004-2010. She was an invited EIP expert on several national expert reference task groups and involved in the development and roll out of several key national policies and guidance relating to EIP and IPS. She is co-chair of the International First Episode Vocational Recovery Group (iFEVR) and co-author of the 'Newcastle Declaration' (2002), 'Early Psychosis Declaration'(2004) and 'Meaningful Lives'(2008) EIP International Consensus Statements. She has published research articles in relation to first episode psychosis and been involved in several national multi-site EIP research trials. Her clinical and research work has largely focused on the development, evaluation and delivery of psychosocial interventions to individuals with psychosis and their families. Jo is currently National Clinical Audit of Psychosis (NCAP) Joint Clinical Advisor to the EIP Audit in England, Wales and Ireland.

Wednesday 2 December

08:50-09:30

Plenary 1

Theme: International perspectives on the care of people with longer term mental health problems

Chair: Professor Helen Killaspy, UCL London

Developments in mental health rehabilitation in the Asia-Pacific Region

Professor Carol Harvey, University of Melbourne, Australia

Abstract: *Not available at time of publication*

Biography: Carol Harvey is a Professor in the Department of Psychiatry, University of Melbourne and Consultant Psychiatrist in North West Area Mental Health Service, Melbourne, Australia. She is the Director of the Psychosocial Research Centre. Carol leads research in epidemiology, social and rehabilitation psychiatry and mental health services. Carol was an investigator in the 2010 Australian national survey of psychosis (SHIP) and has conducted research into diverse service models, including Assertive Community Treatment and Prevention and Recovery Care services (PARCs). She has a special interest in psychosocial aspects of prevention, treatment and recovery from mental illness, including the involvement of families in treatment and care. She is Secretary of the Australian branch of the World Association for Psychosocial Rehabilitation and is on the bi-national committee for the RANZCP Section of Social, Cultural and Rehabilitation Psychiatry. Carol also contributes regularly to service, workforce and policy developments, including in the Asia Pacific region.

<https://findanexpert.unimelb.edu.au/profile/2957-carol-harvey>

09:30-10:10

Plenary 2

Theme: International perspectives on the care of people with longer term mental health problems

Chair: Dr Rajesh Mohan

The relevance of European policy for mental health rehabilitation

Professor Jose Miguel Caldas de Almeida, Lisbon Institute of Global Mental Health, Nova Medical School, Lisbon, Portugal

Abstract: *Not available at time of publication*

Biography: José Miguel Caldas de Almeida is Professor of Psychiatry and Mental Health of the NOVA Medical School, NOVA University of Lisbon. He has been associated for many years with the reform of mental health services both at the national and global levels. He was the founder of one of the first community based mental health services in Portugal, the Director of National Mental Health Services in Portugal, Coordinator of the Task-Force for the elaboration of the new mental health law passed in 1998, and the Coordinator of the National Mental Health Plan from 2007 to 2011.

He was the Chief of the Mental Health Unit at the Pan American Health Organization, the Regional Office of the World Health Organization for the Americas, in Washington D.C. (2000-2005), and the leader of the European Union Joint Action for Mental Health and Wellbeing (2013-2016) and one of the leaders of the EU Compass on Mental Health. He had also a key role in the development of the Gulbenkian Global Mental Health Platform, the monitoring of mental health policy and care in the EU (within the EU Compass for Mental Health and Wellbeing), and the coordination of Master Courses on mental health policy, mental health systems and global mental health, developed in collaboration with WHO.

He is currently the President of Lisbon Institute of Global Mental Health, and coordinates the “Global and Population Mental Health Group” of the Comprehensive Health Research Center, Nova Medical School, Nova University of Lisbon. He is also the Vice-Chair of the EU Cost Action FOSTREN, dedicated to reduce the use of coercion on mental health services in Europe.

He has conducted a significant number of research projects in the areas of public mental health, mental health services research and quality of care.

His current research interests are focused on the effects of economic crises on mental health of the populations, transition from institutional to community-based care, and implementation of mental health policies and services.

10:40-11:40

Symposium 4: Getting It Right in Mental Health Rehabilitation

Chair: Dr Priya Khanna

Measuring and Reducing Variation in Quality of Rehabilitation Services

Dr Sridevi Kalidindi, Consultant Psychiatrist, South London & Maudsley Trust and National Clinical Lead, GIRFT programme, NHS England & Improvement

Abstract: *Not available at time of publication*

Biography: *Not available at time of publication*

First class Rehabilitation within the ever changing national environment

Professor Sean Duggan, Chief Executive, Mental Health Network, NHS Confederation

Abstract: *Not available at time of publication*

Biography: Sean Duggan joined the Mental Health Network as Chief Executive in November 2016. He has focused on influencing politicians, policy makers and heads of public sector organizations and other key stakeholders to deliver evidence-based intervention with a sound economic basis. Previously, Sean joined the Centre for Mental Health as director of Criminal Justice Programme in 2006, and became Chief Executive in 2011. Before this, Sean was Director of Health and Social Care for Criminal Justice at the London Development Centre and offender health consultant for the Department of Health. Sean was Vice Chair of the National Advisory Group to the Health and Criminal Justice Programme Board, which was set up following the Bradley report in 2009. Sean is a Professorial Fellow at the Institute of Mental Health and in 2013 was awarded the President's Medal by the Royal College of Psychiatrists.

From Dislocation to Discovering Hope- You Have to Get it Right!

Ms Ritah Bernadt, Executive member & lived experience representative, Rehabilitation Faculty, RCPsych

Abstract: *Not available at time of publication*

Biography: *Not available at time of publication*

A Journey Through Mental Health Services and the impact of Inequalities-A Carer's Perspective

Ms Karen Persaud, Carer Representative; Rehab Faculty, CCQI AIMS Rehab, NHSE Adult Mental Health, SWLSTG and Oxleas NHS Mental Health Trusts and Hon Researcher NIHR Mental Health Policy Research Unit

Abstract: *Not available at time of publication*

Biography: Karen Persaud is a lay adviser and campaigner for patients, service users and carers. 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 PRU (published research on BJPsych and EClinical), NHS England Adult Mental Health Steering Group, Rethink and with the SWLStG and Oxleas NHS Trusts.

12:20-12:55

Plenary 3

Chair: Dr Nuwan Dissanayaka

Social Justice in Psychiatric Practice and Training

Professor Subodh Dave, Professor of Psychiatry, University of Bolton Consultant Psychiatrist and Deputy Director of Undergraduate Medical Education, Derbyshire Healthcare Foundation Trust Chair, Association of University Teachers of Psychiatry (AUTP)

Abstract: *Not available at time of publication*

Biography: *Not available at time of publication*

Bursary Winners & Douglas Bennett Prize

Bursary Winners

Medical Student Essay Prize 2020

Do psychotherapeutic models have a role in rehabilitation and recovery?

John Goulder

Read essay [here](#).

View poster in this year's [online poster gallery](#).

Conference Attendee Bursary (Foundation)

Amanda Brickstock

Douglas Bennett Prize Shortlist

Background

The prize is awarded annually for the best paper on rehabilitation psychiatry. It will be awarded to the psychiatrist working in rehabilitation as a trainee, in a non-career grade post, or as a consultant within two years of appointment, who presents the best original work at our Residential Meeting.

The monetary value of the prize is determined by our Executive and is currently £200.

There is no set topic, but the prize given in Douglas Bennett's name will use his guiding values in adjudication.

He valued creativity with practicality, simplicity with illumination, applicability with humanity and had an eye for clear and rigorous methodology.

This is a high and demanding standard, which he applied to both his research and clinical work and for which he is honoured with this prize.

The winner of this year's Douglas Bennett Prize will be announced at 12:05 on Wednesday 02 December. Shortlisted posters are listed below.

Rehabilitation During a Pandemic: Psychiatrists as First Responders

Dr Jeremy Cave (CT2) Dr Matthieu Crews (Consultant)

Addressing the dual challenge of psychosis and substance misuse

Fraser Scott, James McParlin, Nikhil Sharma, George Gillett, Rajesh Mohan