

How to be a preventative psychiatrist



Date: Friday 23 October and Friday 6 November
Online Course

Friday 23 October	
Time	Session
09.30	Welcome and Introduction Dr Adrian James, President RCPsych and Dr Peter Byrne, RCPsych lead for Public Health
09.40	Session 1: Life Course Small interventions that make a big difference in protecting the next generation Kirsty Tahta-Wraith and Dr Alan Cooklin, Our Time Prevention Dr Peter Byrne, RCPsych lead for Public Health
10.40	Break
11.00	Session 2: Health Systems Solving all the world's problems with Food: An exploration into food and mental health, its application and taking a global look at impact from a UN perspective Clare Clark, Senior Business and Product Manager at Soil Association Food for Life Prevention of mental health problems: the place-based agenda Dr Antonis Kousoulis, Mental Health Foundation Q & A and Discussion
12.25	Finish and close

Friday 6 November

Time	Session
09.30	Start
09.35	<p>Session 1: Evidence and experience</p> <p>Running an allotment for refugees Bettina Dreier & Robert Rush, Southwark Day Centre for Asylum Seekers</p> <p>Evidence of wellbeing benefits of green space Dr Rebecca Lovell, Research fellow, European Centre for Environment & Human Health, Exeter University</p> <p>Associations between air pollution and mental health Dr Isobel Braithwaite, Academic clinical fellow in public health, UCL</p>
10.50	Break
11.10	<p>Session 2: Sustainable mental health practice</p> <p>Including Sustainability in QI Dr Stuart D'Arch Smith (Specialist Trainee in Psychiatry) & Dr Frances Mortimer, Medical Director of Centre for sustainable healthcare</p> <p>Working with others on sustainability Dr Guy Harvey, Consultant Psychiatrist, Cumbria, Northumberland, Tyne and Wear NHS trust, Anna Foster Deputy Director of Commissioning & Quality Assurance Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust and Kim Croasdale, Strategy Advisor – Regions and Networks, Sustainable Development Unit</p>
12.25	Finish and close