

# How to be a preventative psychiatrist

Friday 23 October and Friday 6  
November 2020

Online Meeting



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## General Information

### Joining the webinar

We recommend you join the webinar at least 5 minutes prior to the start time so you can test your audio and ensure you are set up with the platform. You should have received a confirmation email from Zoom. This email will contain your unique joining link. Please check your spam folder if you have not received the confirmation. **Click the 'join the webinar' link**

### Technology Requirements

- Access to a reliable internet connection
- A PC, laptop, tablet or phone
- Google Chrome or Microsoft Edge browser or Zoom installed on your PC, laptop, tablet or phone
- You do not need to have a Zoom account to attend.

Some users may experience difficulty joining Zoom meetings due to security settings. If this is the case, we suggest you select the option to join via a web browser, rather than the Zoom app. If you cannot join on your computer you can still join on your phone.

If you are having difficulty please read our [FAQs page](#) and the [support guide](#) from Zoom.

### During the webinar

During the webinar you will be able to view the speakers as they present and any accompanying PowerPoint slides. You will not be visible to other attendees or speakers.

You can ask questions using the Q&A function located on the right-hand side of your screen. The speakers will endeavour to answer as many questions as

possible during the time period. There may be occasions when not all questions can be answered live, however we will try to answer any remaining questions offline, creating a Q&A resource sheet for all attendees.

If you lose connection during the webinar, please refresh your screen or try closing down browser and clicking the joining link again.

### **Watching on demand**

Once the webinar has taken place live you will receive a link to watch the webinar on demand. To access the recording you will be required to enter your name, email address and a password. This is unique to you as a registered delegate so please do not share the recording link.

Please note that the recordings of the webinars and presentations are the intellectual property of the speaker and the College and any unauthorised broadcasting/copying of the material is strictly prohibited.

### **Accreditation**

This conference is eligible for up to 6 CPD hours, subject to peer group approval.

### **Certificates**

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

### **Feedback**

A detailed feedback form will be emailed to you on the day of the meeting. All comments received remain confidential and are viewed in an effort to improve future meetings.

**Queries**

Please email [katie.newton@rcpsych.ac.uk](mailto:katie.newton@rcpsych.ac.uk) if you require any assistance. We will try and respond to your email as soon as possible.

**Social media**

Please tweet us @RCPsych

**Speaker presentations**

Delegates will be emailed speaker presentations (where permission has been given) after the meeting.

# Programme

## Friday 23 October

09.30	<b>Welcome and Introduction</b> Dr Adrian James, President RCPsych and Dr Peter Byrne, RCPsych lead for Public Health
09.40	<b>Session 1: Life Course</b> <b>Small interventions that make a big difference in protecting the next generation</b> Kirsty Tahta-Wraith and Dr Alan Cooklin, Our Time <b>Prevention</b> Dr Peter Byrne, RCPsych lead for Public Health
10.40	<b>Break</b>
11.00	<b>Session 2: Health Systems</b> <b>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</b> Clare Clark, Senior Business and Product Manager at Soil Association Food for Life <b>Prevention of mental health problems: the place-based agenda</b> Dr Antonis Kousoulis, Mental Health Foundation <b>Q &amp; A and Discussion</b>
12.25	<b>Meeting close</b>

## Friday 6 November

### 09.30 Welcome and Introduction

#### 09.35 **Session 1: Evidence and experience**

##### **Running an allotment for refugees**

Bettina Dreier & Robert Rush, Southwark Day Centre for Asylum Seekers

##### **Evidence of wellbeing benefits of green space**

Dr Rebecca Lovell, Research fellow, European Centre for Environment & Human Health, Exeter University

##### **Associations between air pollution and mental health**

Dr Isobel Braithwaite, Academic clinical fellow in public health, UCL

### 10.50 Break

#### 11.10 **Session 2: Sustainable mental health practice**

##### **Including Sustainability in QI**

Dr Stuart D'Arch Smith (Specialist Trainee in Psychiatry) & Dr Frances Mortimer, Medical Director of Centre for sustainable healthcare

##### **Working with others on sustainability**

Dr Guy Harvey, Consultant Psychiatrist, Cumbria, Northumberland, Tyne and Wear NHS trust

##### **Sustainable Development Unit**

### 12.25 Meeting close

# Presentation abstracts and biographies

(Listed in programme order)

## Introduction

Dr Adrian James, President RCPsych

**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.

## Small interventions that make a big difference in protecting the next generation

Kirsty Tahta-Wraith and Dr Alan Cooklin, Our Time

**Alan Cooklin** has worked as a family therapist, psychiatrist, and child and adolescent psychiatrist for some 45 years. For the past 20 years he has developed the multi-family Kidstime Workshops for the children of parents with mental illness and their families, and in 2012 established the charity (The Kidstime Foundation, later Our Time) to disseminate this approach. He has published widely.

**Kirsty Tahta-Wraith** is aged 25 and graduated with a BSc in Psychology from the University of East Anglia. She now works as an assistant psychologist in Child and Adolescent Mental Health within the NHS. Kirsty attended the Kidstime Workshops from the age of 8 with her father who had bipolar disorder. She describes the support she and her family received at the Kidstime Workshops as being critical in the development of her self-confidence, as well as influencing her career choice. She is passionate about supporting families affected by parental mental illness. She currently contributes to the Kidstime Workshops as an 'experience' counsellor, and

teaches across the mental health disciplines including the Think Family initiatives of South London and the Maudsley NHS Foundation Trust in 2017, a conference for the London Boroughs of Merton and Sutton in 2018, and a landmark conference on Adverse Childhood Experience sponsored by the Plymouth Excellence Committee in 2018 as well as regularly for Our Time.

## Prevention

Dr Peter Byrne, RCPsych lead for Public Health

**Peter Byrne** is consultant liaison psychiatrist at the Royal London Hospital, and lead consultant for general hospital psychiatry across four east London general hospitals. He graduated from University College Dublin in 1988, and completed all his medical and psychiatric training in Ireland before his first NHS consultant appointment in 1999. A former Director of Public Education for the Royal College of Psychiatrists, RCPsych, he was awarded the Public Educator of the Year Award by the College in 2012. He has published on general hospital psychiatry topics and on stigma-discrimination, the Psychiatry Textbook Clinical Cases Uncovered (2009) and is joint Editor with Professor Alan Rosen on a recent Wiley-Blackwell book, Early Intervention in Psychiatry in 2016. As a result of professional and research interests, building on lifelong interest in the Arts, he is a founder member of the Scottish Mental Health Arts and Film Festival, enjoying its 13th year in 2020 though virtual for the first time. He became public mental health (PMH) lead for RCPsych in 2014; the same year he was appointed visiting Professor at the University of Strathclyde. He has placed premature mortality and excess physical morbidities of people with severe mental illness at the centre of PMH activities with co-written national guidelines on smoking and substance misuse. He is a founder member of Equally Well ([www.equallywell.co.uk](http://www.equallywell.co.uk)) a national coalition of organisations working at multiple levels to reduce this mortality; he remains a member of their clinical advisory group, with special interests in smoking cessation, obesity and inequalities.

## 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

In the session, Clare will discuss the impact of nutrition on mental health, providing a simple solution to take steps to promote food that promotes good health in catered environments such as hospitals. Over and above nutrition, food has other health impacts, the Food for Life framework will be discussed, the application of a whole setting approach to food, showcasing positive mental health outcomes as well as positive environmental outcomes.

**Clare Clark** is an Environment and Sustainability professional determined to use our daily interactions with food to tackle health inequalities and solve the climate crisis. Her goal is to provide business and citizens with a practical toolkit of interactions improving human and environmental health. Clare is an Institute of Environmental Management and Assessment (IEMA) member and

two times Sustainable Restaurant Association (SRA) award winner. Clare has received recognition from the Mayor of London for work contributing to the reduction of food waste, as well as nominations for Foodism and Urban Food Awards.

## **Prevention of mental health problems: the place-based agenda**

Dr Antonis Kousoulis, Mental Health Foundation

From whole city movements to urban planning, and from walking during lockdown to social prescribing, promoting place-based mental health systems is now increasingly seen as part of standard public health practice. In this talk, we will explore examples from global cities (such as Toronto and Stockholm), outline the place-based interventions that are currently being promoted, and identify the trends in mental health practice that promotes prevention and recovery.

**Dr Antonis Kousoulis** is Director for England and Wales at the Mental Health Foundation. He is an experienced public health professional and a member of various panels on mental health and prevention, promotion and inequalities in the UK. Antonis is a doctor with an academic background in public health, having spent time in academia, the third sector and government. His experience includes leading the development team at the data research centre of the UK Department of Health, and numerous academic collaborations, including the Harvard School of Public Health and Imperial College London. He has published, peer reviewed and presented extensively, held editorial appointments for multiple publications, engaged widely with mainstream media, and held various visiting teaching appointments, including at Oxford University and the London School of Hygiene and Tropical Medicine.