



## **South Eastern Division**

## **Autumn Conference 2022**

***'Alcohol, substance misuse and challenge of dual diagnosis in secondary care mental health services'***

23 November 2022 | 9:30am – 16:00pm

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**EVENT BOOKLET**

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## GENERAL INFORMATION

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### Certificates

Certificates of attendance will be emailed to all attendees within **two weeks** of the event.

### Accreditation

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

### Photographs

Throughout the day photographs and/or videos may be taken of the event. These will not be focused on any individual person unless specific written consent has been given. Group and individual photographs may be used on our web page or our Twitter page and be kept on file for up to 5 years before being destroyed. If you do not wish to be included in any photographs, then please advise Michael Jamieson (Divisions Event Manager) as soon as possible at the event.

Should at any point you wish a photograph to be removed from either the webpage or the Twitter page, then please contact the Divisions Events Manager.

([Michael.Jamieson@rcpsych.ac.uk](mailto:Michael.Jamieson@rcpsych.ac.uk)).

### Wi-Fi Details

- Name - RCPsych-WiFi
- Password – RCP19@wifi

### Lunch and refreshment breaks

Lunch, and tea/coffee breaks will be served on the first floor in room 1.6.

### Feedback

We welcome all feedback for our events. Please complete and return the feedback form that will be available on the day, all comments received remain confidential and are viewed to improve future events.

### Social media

Please feel free to tweet during the event and please use [#SEDAutumnConf22](#) tag the South Eastern Division account; [@rcpsychSE](#)



[@RCpsychSE](#)  
[#SEDAutumnConf22](#)

## EVENT PROGRAMME

<b>09:25 – 09:30</b>	<b>Registration</b>
<b>09:30 – 09:40</b>	<b>Welcome and introduction</b> Dr Hesham Elnazer, Academic Secretary, South Eastern Division
<b>09:40 – 10:25</b>	<b>Why data Matters – setting up the Kingston PD Pathway</b> Dr Asif Bachlani
<b>10:25 – 11:10</b>	<b>Sexual and Drug Risk Behaviours</b> Dr Owen Bowden Jones
<b>11:10 – 11:30</b>	<b>Break</b>
<b>11:30 – 12:15</b>	<b>Psychopharmacology of Alcohol Use</b> Dr Sally Adams
<b>12:15 – 13:00</b>	<b>Alcohol –The Friendly Foe</b> Ms Diane Goslar
<b>13:00 – 14:00</b>	<b>Lunch</b> Including <b>poster prize</b> displays
<b>14:00 – 14:45</b>	<b>Realist Evaluation of service models and systems for CO- existing serious mental health and substance use conditions</b> Dr Emma Griffith
<b>14:45 – 15:30</b>	<b>Alcohol related brain damage and reducing alcohol related brain harm</b> Dr Rafey Faruqui
<b>15:30 – 16:00</b>	<b>Panel Discussion</b> Forecasting service models for alcoholism and drug misuse service
<b>16:00</b>	<b>Close</b>

The conference committee reserve the right to change the programme without prior notice. Maximum of **6 CPD** points can be allocated for attending this event pending peer group review.

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# TALKS AND PRESENTATIONS

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**09:30 – 09:40**

## **Welcome and Introduction**

### **Dr Hesham Elnazer**

Academic Secretary, South Eastern Division

Dr Elnazer is a consultant psychiatrist and neuropsychiatrist, currently based in Sussex. Dr Elnazer has a special interest in diagnosis and management of anxiety disorders. He has worked as a consultant neuropsychiatrist at Kemsley, National Centre for Brain Injury Rehabilitation, St Andrew's Hospital, Northampton and at the Atkinson-Morley Neuroscience centre, St George's Hospital, London. His clinical expertise covers different neuropsychiatric settings – acute, post-acute, inpatient rehabilitation and outpatient community-based settings. He is experienced in assessment and management of various neuropsychiatric conditions, acquired brain injury:- post neurosurgery, functional neuropsychiatric disorders, and neurodegenerative conditions (multiple sclerosis, Parkinson's disease and Huntington's disease).

Dr Elnazer is a senior clinical lecturer at the Brighton and Sussex School of Medicine, Sussex University and is the academic secretary of the Royal College of Psychiatrists, South Eastern Division. He was previously an executive member of the faculty of neuropsychiatry and secretary of neurorehabilitation working group, at the Royal College of Psychiatrist in London. He has worked to develop responses and recommendations to WHO and NHS-England. As a member of the National Neuro Advisory Group, he took part in national workshops to develop a five-year implementation plan for NHS-England in 2019, with the emphasis on development of specialised services and improving access to mental health services for patients with brain injury and psychiatric patients with comorbid neurological disorders. He worked to develop the Royal College's ICD-11 recommendations to WHO and to develop the Framework for Routine Outcome Measurement in Neuropsychiatry, for NHS England.

Dr Elnazer was also a member of the All-Party Parliamentary Group for Acquired Brain Injury Committee, which formalised parliamentary recommendation for brain injury services, to the UK government in 2018. Dr Elnazer has been involved with several research projects and he has a number of publications in peer-reviewed journals. Dr Elnazer presented his research work in national and international events.

He is a clinical and educational supervisor, and he has supervised a number of speciality trainees, MSc students and IPC pharmacists, over the years. He has formally taught in both NHS and university settings. He was appointed as the Royal College of Psychiatrist's South Eastern Division Academic Secretary in December 2019.

Dr Elnazer was awarded the Wessex Deanery Educational Excellence Award for his work to develop the Royal College Membership Course. He is a Royal College examiner and exam writer (neuropsychiatry and neuroscience). He is also a member of the senior panel of the Clinical Assessment of Skills and Competencies (CASC), Royal College of Psychiatrists, London. He has additionally worked, to develop the national training curriculum and the neuropsychiatry accreditation program.

He is now an executive member of the faculty of neuropsychiatry, RCPsych.

**09:40 – 10:25**

## **Why data Matters – setting up the Kingston PD Pathway**

### **Dr Asif Bachlani**

*Consultant Psychiatrist and Clinical Lead for NDD Pathway  
Woking Hospital Associate NED – Kent and Medway NHS and Social Care Partnership Trust*

Dr Bachlani is an inpatient Consultant Psychiatrist and clinical lead for NDD pathway at Priory Hospital Woking.

Asif is also associate NED for KMPT with a focus on data and digital.

Asif has held various clinical and managerial positions in NHS and independent sector including Clinical Director roles, Mental Health Outcomes Clinical Lead and Asif was 1st Chief Clinical Information Officer at SWLSTG. Asif was also the NHS London Clinical Lead for Mental Health Outcomes for 2 years, between 2017-19.

When Priory National Clinical Director, Asif had strategic role for Quality and Safety for 2 service lines (Acute & PICU ) for 25 priory hospitals within the Priory Group. Asif set up the Quality Patient Pathways for the Acute and PICU networks and then Quality data dashboards within the Priory Group in April 2022

In the NHS, Asif using data and QI methodology, developed patient pathways including the NELFT Acute Care Pathway, North East London Transition Pathway and Kingston Personality Disorder Pathway in order to meet unmet patient needs.

In 2016 Dr Bachlani was awarded a Health Foundation QI award for his project 'Improving Physical Health care for patients with psychosis'

Within the college, Asif has been leading on data literacy for clinicians and has been lead organiser for Better Data, Better Care Conference series. Asif is also the Treasurer for the RCPsych General Adult Faculty and is co-chair for the RCPsych Digital task and finish group developing digital literacy framework for future and current psychiatrists.

### **Overview**

- How to start on data analysis journey
- What data sets are available for clinicians to use to understand needs of local population.
- How to use nhs benchmarking data to get understanding of issues of adult trust services
- How to use data to get services commissioned
- Key enablers to support service development

**10:25 – 11:10**  
**Sexual and Drug Risk Behaviours**

***Dr Owen Bowden Jones***  
*Consultant Psychiatrist*

Professor Owen Bowden-Jones is a Consultant in Addiction Psychiatry at the CNWL Club Drug Clinic, London and an Honorary Professor at University College London.

In 2010, Owen founded the CNWL Club Drug Clinic, an innovative service offering treatment for emerging drug problems including novel psychoactive substances, club drugs and online purchased prescription medications. The service has recently expanded to support student health services at Imperial College London and University College London.

Education is a particular interest and Owen led the development and publication of the national NEPTUNE clinical guidance and associated e-learning, co-authored the Clinical Handbook of Club Drug and Novel Psychoactive Substances and oversaw the release of the ATOMIC mobile phone app, an educational tool covering prescription medication misuse.

National roles include Chair of the Advisory Council on the Misuse of Drugs (ACMD), trustee of the Society for the Study of Addiction (SSA), board member at the International Society for the Study of Emerging Drugs (ISSED) and a special adviser to the Universities UK drugs taskforce. His research interests include emerging drugs harms, particularly in young people.

Owen contributes widely to the public debate on substance use and authored 'The Drug Conversation', a book for parents about adolescent drug use, which was 'Highly Commended' at the BMA Book Awards. He regularly speaks in a wide variety of settings including schools, academic conferences and policy fora.

**Overview**

The presentation will cover the emerging understanding of sexualised drug use and associated harms.

**11:30 – 12:15**

## **Psychopharmacology of Alcohol Use**

***Dr Sally Adams***

*Associate Professor*

Sally completed a PhD at the University of Bristol in the “Psychopharmacology of Alcohol Use” beginning her interest in alcohol, the brain and behaviour.

Sally is currently associate professor at the University of Birmingham. Her research explores the cognitive and behavioural effects of alcohol and tobacco.

Sally is passionate about addressing myths and misconceptions surrounding alcohol use through her public engagement and science communication work.

### **Overview**

This presentation will explore how psychopharmacological research has advanced our understanding of the cognitive and behavioural processes underlying alcohol use. Specifically, we will examine the effects of acute and prolonged alcohol exposure on cognitive and behavioural mechanisms that underlie heavy and harmful alcohol use.



**12:15 – 13:00**

## **Alcohol – The Friendly Foe**

***Ms Diane Goslar***

Diane is a service user who is deeply involved with the Royal College of Psychiatrists including sitting on some of their committees. She has made presentations, written numerous articles and made a number of podcasts for the College- most of which are on their website.

Diane’s early career was in an academic library followed by teaching and translating French. After several years working in research and public relations for 3 leading London architectural practices she set up her own public relations company. Her career was rudely interrupted by becoming alcohol dependent but over time, and with a good deal of NHS support, she detox’d and entered recovery. It is, however, extremely difficult to maintain sobriety in a society where alcohol plays such an important role and the battle continues...

### **Overview**

Alcohol is often seen as a welcome friend when celebrating, commiserating or just enjoying a night out but alcohol can have a far darker side leading to addiction and even death. Diane will describe her descent into addiction, how it affected/affects her life and her on-going battle to deal with it.

**14:00 – 14:45**

**Realist Evaluation of service models and systems for CO-existing serious mental health and substance use conditions**

***Dr Emma Griffith***

*Consultant Clinical Psychologist*

Emma is the Head of Therapies for Specialised Services/Consultant Clinical Psychologist in Co-occurring Severe Mental Health and Substance Use Problems for Avon and Wiltshire Partnership NHS Mental Health Trust. She is an accredited as a Behavioural and Cognitive Psychotherapist in CBT by the British Association for Behavioural & Cognitive Psychotherapies (BABCP). She is also an Honorary Lecturer at the University of Bath, Doctorate in Clinical Psychology. Emma has been involved in multiple publications for journals and e.g. co-authored a treatment manual outlining a Brief Integrated Motivational Intervention (BIMI). She is currently involved in research locally, nationally and internationally.



**14:45 – 15:30**

**Alcohol Related Brain Damage (ARBD) and Reducing the Risk of Alcohol Related Brain Harm (ARBH)**

***Prof Rafey Faruqui***

*Consultant Neuropsychiatrist*

Rafey Faruqui works as a Consultant Neuropsychiatrist in Kent. He is Chair of RCPsych South Eastern Division and represents English Divisions at the RCPsych Board of Trustees.

Rafey is an Editor of Oxford Textbook of Neuropsychiatry and a Past-Chair of Faculty of Neuropsychiatry at the RCPsych. He has an established research and service development interest in Alcohol Related Brain Harm.

**Overview**

The talk analyses the historical development of our understanding of ARBD and extends this dialogue to reducing the risk of ARBH in clinical practice.



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## **SOUTH EASTERN DIVISION POETRY PRIZE 2022**

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We are delighted to announce the winner of our South Eastern Division Poetry Prize 2022 is Dr Benjamin Jones, a Core Trainee working within the Division. Please enjoy the poem below:

### ***Sunflowers***

*Beyond sterile glass  
they wilt, heads  
bowed in silence;  
goliaths that cast  
exhausted vigils over  
gardens greyed by  
straw and mud.  
Once brilliant bursts  
now weep amber  
onto cool shale,  
haunted by dark  
and brighter skies alike.  
Yet clutched deep within  
the spectacle nestle  
a hundred tiny promises  
of renewal - another  
flower, another summer.  
An assurance that life  
spites lifelessness and  
each breath succeeds  
a pause, always  
to begin again.*

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## UPCOMING EVENTS WITH THE SOUTH EASTERN DIVISION

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### **Medico-Legal Masterclass 4 – CTO vs extended s.17: Which to use?**

02 February 2023 | 2:00pm – 4:30pm

Online Via Zoom

#### **Topics to include:**

- Two psychiatrists on a medical perspective
- Treatment and is it effective
- CTOs and DOLS
- Guardianship Orders
- Tx on supervised discharge

For more information and to book your place, please visit the [event page](#).

#### **Did you know these masterclasses are part of a series of 7?**

#### **Missed the first three sessions?**

Don't worry – you can register now and receive the recordings!

If you register for all 7 Masterclass sessions now, you gain access to the previous 3 sessions recordings as well as access to the upcoming masterclasses and their recordings.

For more information and to book your place, please visit the [Medico-Legal Masterclass page](#).



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## RCPSYCH SOUTH EASTERN DIVISION VACANCIES

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There are currently a number of posts available for Regional Specialty Representatives within the South Eastern Division. Vacancies have arisen in the following specialties due to the current post holder reaching the end of their tenure or the post is currently vacant.

### Executive Committee – Elected

- ETC Rep – Vacant
- Committee Member - Vacant

Elected roles will be co-opted until June 2024

### Executive Committee

- Sustainability Champion - Vacant
- StartWell Lead - Vacant
- Choose Psychiatry Sub-Committee Member - Vacant
- Newsletter Editor - Vacant

### Regional Advisors/Deputy Regional Advisors

- Deputy Regional Advisor - Wessex
- Deputy Regional Advisor – Oxford

### Regional Specialty Representatives

All	KSS	Wessex	Oxford
General Adult (Non-consultant JDs)	Addictions	CAMHS	CAMHS
	CAMHS	Forensic	Eating Disorders
	Eating Disorders	General Adult	General Adult
	General Adult	ID	ID
	Liaison	Liaison	Liaison
	Neuropsychiatry	Neuropsychiatry	Neuropsychiatry
	Rehab & Social	Perinatal	Old Age
		Rehab & Social	Perinatal

Anyone interested in taking up any of the above posts should email the following information to [karen.morgan@rcpsych.ac.uk](mailto:karen.morgan@rcpsych.ac.uk):

- A copy of their CV
- Completion of a [Good Standing Form](#) (DOC).