

## Collaborative Approaches to Improve Mental Health in schools

Friday 14<sup>th</sup> December 2018

All Nations Centre, Cardiff, CF14 3NY

*Sessions to be booked at registration on the day. Please arrive early to avoid disappointment*

### *Final Conference Programme*

10:00	<p><b>Registration, Refreshments and Exhibitors (Ground floor, Foyer)</b></p> <p><b>Delegates have the option to attend the RCPsych in Wales Mental Health debate for Young People 'This house believes that good exam results are critical to success' (1<sup>st</sup> floor, Muller Hall)</b></p> <p><i>Please be advised if you wish to attend the debate, you will need to arrive at the venue by 9.45.</i></p>
11:15	<p><b>Welcome and Introductions (1<sup>st</sup> floor, Muller Hall)</b></p> <p>Chair: Professor Alka Ahuja, Public Engagement Lead, RCPsych in Wales/Consultant Child and Adolescent Psychiatrist, Aneurin Bevan University Health Board</p> <p>Chair: Mr Robert Williams, Director, National Association of Head Teachers Cymru</p>
11.30	<p><b>Keynote Lecture: Epidemiology: Why we should focus on mental health in Schools</b></p> <p>Professor Tasmin Ford, Exeter University</p>
12:15	<p><i>A choice of 4 workshops</i></p> <p><b>1: Attachment, Adoption and ACEs – let's understand the Act.</b> <b>(Primary school focus but may be of interest to Secondary school colleagues to enable understanding of how older children may be affected)</b> <b>(1<sup>st</sup> floor, Wallis room)</b></p> <p>Ann Bell, Director, Adoption UK</p> <p>Caroline Newman, Head Teacher, Gladstone Primary School, Barry, Vale of Glamorgan</p>

	<p><b>2: Your Bakers Dozen: A toolkit supporting wellness and resilience (generic focus)</b> <b>(Ground floor, Syndicate room 1)</b></p> <p>Professor Andy McCann, Co-Director DNA Definitive/Visiting Professor Manchester Metropolitan University Dr Ceri Evans, Consultant Psychiatrist, Cwm Taf Health Board/Senior Lecturer, Cardiff University School of Medicine</p> <p><b>3: Promoting emotional resilience in schools (Secondary school focus)</b> <b>(Ground floor, Syndicate room 2)</b></p> <p>Sarah Stone, Executive Director and Emma Gooding, Policy and Communications Officer, Samaritans Wales.</p> <p><b>4: Mental Health Literacy for High Schools (Secondary school focus)</b> <b>(Location: Muller Hall, 1<sup>st</sup> floor)</b></p> <p>The Guide Cymru Project Team, Action for Children</p>
13:15	<p><b>Lunch</b> – Foyer, ground floor</p>
14:00	<p><i>A choice of 4 workshops</i></p> <p><b>5: Lessons from Collaborative Working: How the Arrow Project hits the target improving mental health and wellbeing (Secondary school focus)</b> <b>(1<sup>st</sup> floor, Wallis Room)</b></p> <p>Dr James Cording, Educational Psychologist/Education Lead – Emotional Wellbeing in Schools Improvement Project Bethan Williams, Emotional Wellbeing in Schools Improvement Project Lead.</p> <p><b>6: Place2Be’s whole school approach to mental health and wellbeing (Generic)</b> <b>(1<sup>st</sup> floor, Muller Hall)</b></p> <p>Professor Tamsin Ford, Exeter University &amp; Jonathan Wood, Head of Service, Place2Be</p> <p><b>7. Anxiety – What is it? How can schools recognise it in young people and what support can be offered? (Generic)</b> <b>(Ground floor, Syndicate room 1)</b></p> <p>Steve Rees, Headteacher Evenlode PS, Mental Health First Aid Instructor (Training in Mind) Dr Kavitha Pasunuru, Consultant Child and Adolescent Psychiatrist, AB UHB</p>

	<p><b>8: Girls under the radar (<i>Generic focus</i>)</b> <b>(Ground floor, Syndicate room 2)</b></p> <p>Anne-Marie McKigney, Consultant Child and Adolescent Psychologist, CARIAD, Tertiary Neurodevelopmental Service, AB UHB</p> <p>Emma Carver, Assistant Headteacher Ysgol y Deri, outreach service for pupils with autism and neurodevelopmental difficulties</p>
15:00	<p><b>Welsh Government update (1<sup>st</sup> floor, Muller Hall)</b></p> <p>Dr Dave Williams, CAMHS Advisor to Welsh Government/Consultant Child and Adolescent Psychiatrist, Aneurin Bevan University Health Board</p>
15:15	<p><b>Winston Churchill Memorial Trust. The secret recipe for whole school change to promote mental health and wellbeing: Lessons learnt from Canada (1<sup>st</sup> floor, Muller Hall)</b></p> <p>Mr Rob Brookes, Educational Psychologist, Gloucestershire County Council</p>
15.30	<p><b>Summary and Conference close (1<sup>st</sup> floor Muller Hall)</b></p> <p>Professor Sally Holland, Childrens Commissioner for Wales</p>
15.45	<p><b>End</b></p>