

# DPSIG Conference – ‘Digital Futures!’

RCPsych, 21 Prescott Street, London

Monday 4 September 2023

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## *Programme and Speaker Bios:*

### Registration

- 9am - 9:20am - Registration

### Morning Session

- 9:25am - 9:30am - Introduction, Dr Romaine Gadelrab and Dr David Rigby, Digital Psychiatry SIG Co-Chairs
- 9:30am – 9:40am - Dr Lade Smith, President, Royal College of Psychiatrists
- 9:40am – 10:10am - Prof Dan Joyce “Artificial Intelligence & Psychiatry”
- 10:10am – 10:45am – Dr Jason Ng Chet Sing & Dr Hamilton Morrin “The Intersections Between Gaming and Mental Health – Presented by Gaming the Mind”
- 10:45am - 11am - Panel discussion/Q &A
- **11am – 11:30am - Break**
- 11:30am – 12:10pm - Arden Tomison “The future of inter-organisation digital workflows”
- 12:10pm – 1pm - Pecha Kucha, including a presentation from last year’s winner, Dr Raheem Chaudhry

### Lunch

### Afternoon Session

- **Digital Careers – Chair, Dr David Rigby**
- 2pm - 2:20pm - Prof Alka Ahuja “The Genie is out of the bottle!”
- 2:20pm - 2:40pm - Dr Ian McCafferty “...And I took the cork out”.
- 2:40pm - 3pm - Dr Faith Ndebele “The Digital Consultant Psychiatrist”
- 3pm - 3:15pm - Panel discussion/Q & A
- **3:15pm - 3:30pm - Break**
- 3:30pm - 3:45pm - Dr Peter MacRae ‘Developing a digital career within the NHS’
- 3:45pm - 4:00pm - Kumar Jacob MBE, Founder Director, Mind Wave “Working in Digital Health outside the NHS”
- 4:00pm - 4:20pm - Q & A
- 4:20pm - 4:25pm - Pecha Kucha Prizes, Dr David Rigby , Dr Romaine Gadelrab, DPSIG Co-Chairs
- 4:25pm - 4:30pm - Conclusion Dr Faith Ndebele, Events Lead Digital Psychiatry SIG

## David Rigby



David Rigby is one of two co-chairs of the Digital SIG. He is an ST7 in General Adult and Older Adult Psychiatry currently working in Surrey and Borders Partnership NHS Trust. He has a Postgraduate Diploma in Medical Education and used to be the Mentoring Lead for East and North East London NHS Foundation Trust.

Outside of work, David is a keen gamer and VR enthusiast. He is the co-founder of PsychTech, a yearly conference on the theme of technology and mental health.

## Romayne Gadelrab



Dr Romayne Gadelrab is one of two chairs of the Digital SIG. Romayne is an Honorary Consultant Psychiatrist at the Maudsley Hospital, and a Clinical Research Fellow at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London. Romayne is interested in the effects of technology on our mental health.

Following her Maudsley psychiatry training, she studied Innovation at the Elisava School of Design, Barcelona and is keen to see the integration of new technologies in mental health. She also works as an honorary Doctor at the National Centre for Gaming Disorders with a special interest in problematic use of the internet and gaming.

## Lade Smith



Dr Shubulade (Lade) Smith was elected President of the RCPsych in 2023. She holds this role until 2026 and leads RCPsych on behalf of its members and associates.

Lade is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust and Visiting Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London.

Until July 2023, Lade was the Clinical and Strategic Director of the National Collaborating Centre for Mental Health at the RCPsych, providing medical leadership for the team developing mental health guidelines.

Lade sat on the core working group of the Independent Mental Health Act Review, chaired by Professor Sir Simon Wessely.

Lade was awarded a CBE in the Queen's Birthday Honours in June 2019 for services to Forensic Intensive Psychiatric care. In November 2019 she was awarded Psychiatrist of the Year by the RCPsych. In July 2020, she became joint Presidential Lead for Race and Equality at the RCPsych.

## Dan Joyce



Dan is a psychiatrist and formerly, a computer scientist who works on applications of data science and artificial intelligence applied to mental health. Before moving to the University of Liverpool in 2022, he worked at Oxford's Early Intervention for Psychosis team, clinical trial delivery and as a Senior Clinical Research Fellow at the University of Oxford's Department of Psychiatry. He completed his training at the South London and Maudsley NHS Foundation Trust and the Institute of Psychiatry, Psychology and Neuroscience at King's College London.

### **Hamilton Morrin**



Dr Hamilton Morrin is an NIHR Academic Clinical Fellow at the King's College London Institute of Psychiatry, Psychology & Neuroscience with interests in neuropsychiatry and digital health, in particular applications of VR in functional neurological disorder. Following his intercalated BSc in Medical Genetics, he received an RCPsych Psych Star award to conduct research on red flags for organic causes of psychosis, and he has since launched a blog and database of research on the neurology and neuropsychiatry of COVID-19. He is the current

Junior Doctor Committee President for the Maudsley Training Programme and also serves as a cohort rep for the King's College London Psychiatry Early Experience Programme.

In his roles as Core Lead and Trustee for UK charity 'Gaming the Mind' he has co-ordinated 'Reset Room' quiet spaces at major public conventions such as London Comic-Con and EGX, and he has taught Games Development Masters students at the National Film & Television School. He has also led on a project to provide psychiatric inpatient units with funding for video game consoles and equipment, and regularly hosts the BJPsych International and 'Gaming the Mind' podcasts.

### **Jason Ng**



Dr. Jason Ng is a higher trainee in the East London Foundation Trust and a member of Gaming The Mind (please refer to Dr. Hamilton Morrin's excellent bio for the stuff Jason has helped with).

### **Arden Tomison**



Arden is the Founder & CEO of Thalamos a for profit for purpose business focused on digitising the Mental Health Act.

Founded on Lived Experience Thalamos' core intention is to make access to, receipt of and discharge from care under the MHA swifter, simpler and safer.

Arden has been at the forefront of digitising pathways for the five years since found Thalamos, working alongside DHSC, CQC, NHS/E, the Met Police and others.

### **Raheem Chaudhry**



Raheem is the co-founder of Psyrin, an AI-powered app to detect serious mental illness through speech analysis, and an FY1 doctor at King's College Hospital.

He is a keen healthcare innovator and entrepreneur, working with the King's Entrepreneurship Institute as part of the King's 20. Last year, he won the Digital SIG pecha-kucha presentation prize on behalf of Psyrin and is thrilled to return to share his progress.

### **Alka Ahuja**



Professor Alka Ahuja MBE is a Consultant Child and Adolescent Psychiatrist at Aneurin Bevan University Health Board. Alka is the National Clinical lead for the Welsh Government Technology Enabled Care Programme. She is the vice chair of the Child and Adolescent Faculty of the Royal College of Psychiatrists and the Public Education lead, Royal College of Psychiatrists in Wales. Also a Visiting Professor at University of South Wales and an Honorary Professor at Cardiff University

She has expertise in qualitative research methodology and her areas of special interest include neurodevelopmental disorders including autism and ADHD, user and carer involvement in healthcare services and employment of digital technology in healthcare.

### **Ian McCafferty**



Dr Ian McCafferty is a Consultant General Adult Psychiatrist, Lead Undergraduate Tutor and Clinical Director for mental health services for Solent NHS in Portsmouth. He remains a passionate clinician with consultant experience in PICU, community and new assessment teams.

His role as a Clinical Director often demands that he finds innovative solutions to service delivery. During Covid he was made to realise the value of working remotely in both his educational and clinical roles and saw this as an opportunity to employ 100% remote working, “virtual” consultant psychiatrists to his team. This was the first time this has been done in any specialty anywhere in the NHS. He believes that whilst the software packages we use, and the hardware including cameras and speakers need to be right, the priority remains the expert clinician doing their job well. Whilst speaking here at the RcPsych Digital SIG he has no particular passion for “tech”. However, he does have a belief that digital working will become an increasingly common and eventually essential part of all medical practice.

### **Kumar Jacob**



Kumar is the Founder and CEO of Mindwave - a digital technology company focusing on developing patient portals and digital front doors for NHS organisations and healthcare charities. Also, builds apps for clinical research teams at universities. Mindwave was a non-funded spin-out of the NIHR Maudsley BRC. Started as design consultancy with five staff in 2015. Now a SaaS company with some design and development projects. Currently has over 100 staff in the UK and India. Having started life as an accountant

Kumar moved into game development. Was a non-executive director on the trust board at South London and Maudsley and chaired the Maudsley Charity.

### **Faith Ndebele**



Dr Faith Ndebele is a fully remote working Virtual Consultant Psychiatrist, Digital Innovation Lead Mental Health at Solent NHS Trust and Clinical Lead for Neurodiversity Pathways, HIOW.

An NHS consultant psychiatrist since 2003, she has worked in a variety of settings in acute services and in the community. Prior to her current role she worked for over 10 years as a consultant psychiatrist in psychiatric intensive care (PICU). She is among the first consultant psychiatrists to pioneer 100% remote working in the NHS and is excited to contribute to the development of this innovative role which includes digital remote clinical assessments, virtual clinical and educational supervision of postgraduate doctors, teaching, and research.

She is a digital health enthusiast, interested in exploring and developing flexible, novel ways of working in mental health supported by technology.