

# Quick Guide: Zones

## Independent Living Zone

Please sign up at the Independent Living Zone for these sessions

10.00 – 10.30am

**Screening of Disability Rights Commission's cinema adverts and a short film on health**

10.40 – 11.40am

**Independent living workshop: Direct payment**

12noon – 1.00pm

**Independent living workshop: Do the duty (for healthcare professionals)**

2.40 – 3.00pm

**'Flowers for Seeta' – a play on independent living**

3.30 – 4.30pm

**Advising time – small group discussion**

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## Training Zone

Please sign up at the Training Zone for these sessions

2 sessions run simultaneously throughout the day

10.30 – 11.00am:

■ **The common induction standards**

■ **Recovery in mental health**

11.00am – 11.30am:

■ **Assessing risk to enable individuals**

■ **Promoting self advocacy**

11.30 – 12noon:

■ **Qualifying in mental health care**

■ **Deliberate self-harm**

12noon – 12.30pm

■ **Developing good practice through NVQs**

■ **Safeguarding adults**

2.30 – 3.00pm

■ **The common induction standards**

■ **Understanding stress and vulnerability**

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## Mental Capacity Advice Zone

Department of Health, Welsh Assembly Government and DCA representatives will be available throughout the day to answer questions on the Mental Capacity Act, which comes into effect in England and Wales in April 2007.

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## Laughter Zone

Please sign up for these laughter therapy sessions at the information point

11.00am – 12noon  
2.30 – 3.00pm

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## Art Zone

Art work displayed by CoolTan Arts and Art Matters

## Career Surgery Zone

Visit City and Guilds at the Career Surgery for one to one career advice sessions.

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# Seminar programme

## Time/Place Seminar

10.00 – 11.00am

**Welfare**

**Auditorium**

**Chair:** Paul Farmer *Chief Executive, Mind*

**Speakers:** Chris Fitch *Research Fellow, Royal College of Psychiatrists*, and Colin Trend *Project Manager, Money Advice, Plymouth*  
One in three people with a serious mental health problem is in debt. Such debt is not only triggered by income-specific factors; mental health can also affect an individual's financial situation. This seminar provides essential insights into the problem and key strategies for intervention.

**Speaker:** Gary Lashko *Chief Executive, Carr Gomm*

Gary will outline the benefits of the supported housing model in empowering clients for citizenship and look at new developments in client involvement, using person-centred planning and advanced techniques involving family and friends. He will also briefly address voluntary sector clinical governance and the work of the Mental Health Providers Forum.

10.15 – 11.15am

**Mental health promotion**

**Seminar Room A**

**Chair:** Jenny Bywaters *Senior Public Mental Health Adviser, CSIP*

**Speaker:** Kathryn Hill *Director of Mental Health Programmes, Mental Health Foundation*

The first report of the Inquiry into Mental Health in Later Life, jointly commissioned by the Mental Health Foundation and Age Concern, has recently been completed. This presentation will draw on the findings relevant to promoting the mental health and well-being of older people.

**Speaker:** Simon Lawton-Smith *Senior Fellow, Mental Health, The King's Fund*

This session will focus on promoting the mental health of children, based on data from a preliminary study of eight 'good practice' projects in London focusing on the emotional well-being of children of primary school age (5-11). Issues covered will include funding, key working relationships, work with families, levels of unmet need and evaluation.

10.30 – 11.30am

**Mental health nursing**

**Seminar Room D**

**Chair:** Brian Rogers *Professional Officer, Amicus/Mental Health Nurses Association*

**Speakers:** Neil Brimblecombe *Director of Mental Health Nursing, Department of Health*

Richard Gray *Senior Lecturer, Institute of Psychiatry*

The recent review of mental health nursing has set the agenda for the development of the profession over the next ten years. This presentation will describe and discuss the implications of the review for mental health nurses, focusing on the development of new ways of working, including the development of prescribing roles.

10.30 – 11.30am

**Mental Capacity Act (repeated at 2.30pm)**

**Seminar Room E**

**Speakers:** Toby Williamson *Stakeholder and Communications Manager, Department of Constitutional Affairs*

Paul Gantley *National Implementation Manager, Mental Capacity Act, CSIP/Department of Health*

This joint session will start with a brief overview of the Mental Capacity Act and its implementation, including the implications for service users, carers and mental health practitioners, when the Act comes into effect in April 2007. Information will also be provided about how the implementation programme is addressing the awareness, training and information needs of these groups, including the work that is being done in Wales on implementation. There will be time for questions and comments.

11.30am – 12.30pm

**Delivering race equality**

**Auditorium**

**Chair:** Frank Keating *Senior Lecturer in Health and Social Care, Royal Holloway, University of London*

**Speaker:** Marcel Vige *Manager, Diverse Minds/Chair, National BME Mental Health Network*

Marcel will explore the underlying principles of delivering race equality, asking whether it is adequate to address ethnic bias in the mental health system. He will also review the degree to which the current mental health 'landscape' is facilitating or hindering the delivery of race equality.

**Speaker:** Poppy Jarman *Race Equality and Mental Health Well-Being Lead, CSIP*

Poppy will outline the progress made to date in the implementation of the delivering race equality strategy in the South East region.

# Seminar programme

## Time/Place Seminar

11.45am – 12.45pm	<div> <div>Children and young people</div> <div>Chair: <b>Catherine McLoughlin</b> <i>Chair, Inquiry into Self Harm in Young People, Camelot Foundation and Mental Health Foundation</i></div> <div>Speaker: <b>Nicola Didlock</b> <i>Young Person's Strategy Manager, Turning Point</i></div> <div>This presentation will identify the impact that parental alcohol misuse can have on children, parenting and family functioning, and discuss ways in which services could be better configured and developed to meet their needs.</div> <div>Speaker: <b>Jude Sellen</b> <i>CAMHS Consultant, Young Minds</i></div> <div>Jude will be talking about See Beyond the Label, the new training manual published by Young Minds, and based on the views and experiences of young people who self-harm. She will argue that all those working with children and young people need to rethink our responses to self-harm if we are to empower young people to make positive choices.</div> </div>	Seminar Room A
12.00 – 1.00pm	<div> <div>Workforce development</div> <div>Chair: <b>Peter Lindley</b> <i>Independent Consultant</i></div> <div>Speaker: <b>Joanna Bennett</b> <i>Senior Research Fellow, Sainsbury Centre for Mental Health</i></div> <div>How effective is the race equality training currently available to frontline mental health staff? This session will review the various training programmes and question whether the current focus on cultural awareness and diversity really does address the racism found in mental health service provision.</div> <div>Speaker: <b>Liz Nightingale</b> <i>Media Volunteers Manager, Rethink</i></div> <div>This presentation will outline Rethink's Anti-Stigma Training and Evaluation Collaboration (ASTEC) project, looking at how involving service users and carers right from the start of their training has helped shape the practice of doctors and psychiatrists.</div> </div>	Seminar Room D
12.00 – 1.00pm	<div> <div>Occupational therapy in mental health</div> <div>Chair: <b>Gabrielle Richards</b> <i>Chair, Association of Occupational Therapists in Mental Health</i></div> <div>Speakers: <b>Geraldine Vacher</b> <i>Head Occupational Therapist/Day Services Manager, CNWL Mental Health Trust,</i> and <b>Katherine Sims</b> <i>Head Occupational Therapist (Acute), Riverside Centre, Hillingdon</i></div> <div>This session will outline the Capital Volunteering project, which aims to tackle social exclusion by developing volunteering opportunities for mental health service users. It will describe the benefits of volunteering, and offer some practical advice on how best to support volunteers.</div> <div>Speaker: <b>Carla van Heerden</b> <i>Consultant Occupational Therapist, NELMHT, ELCMHT and LSBU</i></div> <div>Carla will describe the Routes2Employment project established by occupational therapy services in the north and east of London to provide employment preparation and support to mental health service users. The initiative is based on principles of recovery and social inclusion, and seeks to embed these principles within mainstream local mental health service provision.</div> </div>	Room E
1.15 – 2.30pm	<div> <div>Question time: panel debate</div> <div>Chair: <b>David Brindle</b> <i>Public Services Editor, The Guardian</i></div> <div>Panel members: <b>The Rt Hon Rosie Winterton MP</b> <i>Minister of State for Health Services</i></div> <div><b>Lord Victor Adebowale CBE</b> <i>Chief Executive, Turning Point</i>     <b>Peter Horn</b> <i>National Programme Director for Mental Health, CSIP</i></div> <div><b>Anne Beales</b> <i>Director of Service User Involvement, Together</i>     <b>Paul Farmer</b> <i>Chief Executive, Mind</i></div> </div>	Auditorium
1.15 – 2.15pm	<div> <div>Commissioning mental health services (invitation only)</div> <div>Chair: <b>Andy Porter</b> <i>Lead Mental Health Commissioner, Brighton and Hove Primary Care Trust</i></div> <div>Speaker: <b>Miles Rinaldi</b> <i>Head of Delivery, National Social Inclusion Programme, CSIP</i></div> <div>This session will outline how PCT commissioning strategies for day and vocational services can contribute to the national social inclusion agenda for people with severe mental illness by facilitating the modernisation of traditional, buildings-based services into supportive outreach and mainstream opportunities.</div> <div>Speaker: <b>Robin Murray-Neill</b> <i>Direct Payments Lead, National Social Inclusion Programme, CSIP</i></div> <div>Direct payments and individual budgets are among the top priorities in the recent white paper Our Health, Our Care, Our Say. This session will consider the key role of health and social care commissioners in facilitating these initiatives in the transformation of community services, with opportunity to explore the issues that need to be addressed to make direct payments and individual budgets accessible and effective.</div> </div>	Seminar Room A

# Seminar programme

## Time/Place Seminar

2.30 – 3.30pm	<div> <div>Mental Capacity Act</div> <div>Speakers: <b>Toby Williamson</b> <i>Stakeholder and Communications Manager, Department of Constitutional Affairs</i></div> <div><b>Paul Gantley</b> <i>National Implementation Manager, Mental Capacity Act, CSIP/Department of Health</i></div> <div>This joint session will start with a brief overview of the Mental Capacity Act and its implementation, including the implications for service users, carers and mental health practitioners, when the Act comes into effect in April 2007. Information will also be provided about how the implementation programme is addressing the awareness, training and information needs of these groups, including the work that is being done in Wales on implementation. There will be time for questions and comments.</div> </div>	Seminar Room E
2.30 – 3.30pm	<div> <div>Mental health in primary care</div> <div>Chair: <b>Alan Cohen</b> <i>Senior Fellow, Sainsbury Centre for Mental Health</i></div> <div>Speaker: <b>James Seward</b> <i>Choice and Access Programme Director, CSIP/Department of Health</i></div> <div>This session will outline the Department of Health's national Improving Access to Psychological Therapies (IAPT) programme, with a specific focus on steps towards widening access to talking treatments in primary care through use of computerised CBT programmes, in line with the NICE guidelines.</div> <div>Speaker: <b>Ben Wright</b> <i>Consultant Psychiatrist in Psychotherapy, East London and The City Mental Health NHS Trust</i></div> <div>The Improving Access to Psychological Therapies programme has two demonstration sites, one of which is located in Newham. The service is provided within the Newham Psychological Treatment Centre (NPTC) and complements existing primary and secondary care services. This presentation will provide a brief outline of the key ingredients of the NPTC.</div> </div>	Seminar Room A
3.00 – 4.00pm	<div> <div>Personality disorder</div> <div>Chair: <b>Heather Castillo</b> <i>Director, The Haven Project</i></div> <div>Speaker: <b>John Levy</b> <i>Project Manager, Commissioning, Strategy and Implementation, NHS London</i></div> <div>The design and availability of treatment pathways for people with personality disorder has at times been contentious and disputed. This session will explore some of the issues and consider the current situation in both mainstream and forensic mental health care.</div> <div>Speaker: <b>Christopher Scanlon</b> <i>Consultant Adult Psychotherapist/Lead, Training and Consultation, Henderson Hospital Services</i></div> <div>This presentation will explore the concept of 'personality disorder' and discuss some of the problems that people with these difficulties present to non-specialist systems of care and the difficulties that these systems of care present to people with personality disorders. The place of and case for specialist services will then be presented for discussion.</div> </div>	Auditorium
3.00 – 4.00pm	<div> <div>Physical health inequalities</div> <div>Chair: <b>Liz Sayce</b> <i>Director of Policy and Communications, Disability Rights Commission</i></div> <div>Speaker: <b>Sue O'Brien</b> <i>Stop Smoking Specialist, West Surrey NHS Stop Smoking Service</i></div> <div>Evidence suggests that stop smoking services have not been readily accessible to people with mental health problems, despite higher than average risk of smoking-related ill health. This presentation will outline the specialist training for mental health workers developed by West Surrey Stop Smoking Service to improve access to stop smoking support in mental health settings and the specialist one-to-one support offered in the community.</div> <div>Speaker: <b>Mark McKeown</b> <i>National Nurse Manager, Inventive Solutions</i></div> <div>This presentation will outline the Wellbeing Support Programme – an independent project that works with mental health trusts to support and enhance service provision to meet the physical health needs of people with severe mental illness though regular health checks, medication management and lifestyle advice.</div> </div>	Seminar Room D