

Childrens Mental Health Conference 2014

knowledge updates, current developments, best practice and networking opportunities

Wednesday 28th May 2014, Glasgow



Plus

Understanding Self-Harm –

& Using that Understanding to Provide Effective, Sustainable Support for Children and Young People

A Half Day Training Course

Thursday 29th May 2014, Glasgow



MEDICACPD

In association with



Teaching Scotland

3 Easy Ways to Book

Online: www.medicacpd.com

Telephone: 0141 638 4098 / 0141 387 4684

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Childrens Mental Health Conference 2014

About the Conference – Day 1

Welcome to the 2014 Annual Childrens Mental Health Conference, we've brought together a great line up of entertaining and informative speakers who will refresh and enhance your knowledge on a range of hot topics and current developments in the field of children and young people's mental health and well being - show examples of good practice and most importantly provide you practical information to take away. We look forward to welcoming you in May 2014!

Some Great Reasons to Attend

■ Benefit from the latest updates, current thinking and guidelines ■ Hear and share practical strategies for supporting children and young people ■ Hear from and meet leading experts ■ Learn from examples of best practice ■ Debate and discuss hot topics ■ Meet others with an interest in children's mental health ■ Certificates of Attendance.

Who Should Attend

The conference will be of particular relevance to those working with children and young people in education, social care and health settings, voluntary and charity organisations. Others with an interest in this area are welcome to attend.

Conference Details

Date: Wednesday 28th May 2014

Venue: Hilton Glasgow Grosvenor Hotel, 1-9 Grosvenor Terrace, Glasgow, G12 0TA, Tel 0141 339 8811

Time: The conference will commence promptly at 10.00am and finish approximately at 4.15pm, registration will be from 9.15 am to 10.00am.

Registration

By Post: To register for this conference, please complete the registration form on the leaflet, detach and return no later than Wednesday 21st May 2014.

Book Online: www.medicacpd.com

Telephone: 0141 638 4098/387 4684

It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you. If you have not received confirmation within ten days of submitting your booking, please contact us on the above numbers or email: carolyn@medicacpd.com

Registration cost

£199 + vat including lunch and refreshments.

Forthcoming Event:

You may like to attend our training course on "Understanding Self-Harm – & Using that Understanding to Provide Effective, Sustainable Support for Children and Young People" 29th May 2014, Glasgow, full details on this leaflet.

Save: £40 If You Book Both The Conference And Training Course Together!



Childrens Mental Health Conference 2014

Programme

9.15 - 10.00	Registration and Refreshments on Arrival
10.00 - 10.05	Welcome and Introduction from the Conference Chair <i>Jim Taylor, Director, knows autism</i>
10.05 - 10.30	All you need is Love? <i>Tam Baillie, Scotland's Commissioner for Children and Young People</i>
10.30 - 10.35	Questions
10.35 - 11.00	Understanding Complexity in Maltreated Children with Psychiatric Problems <i>Dr Helen Minnis, Senior Lecturer in Child and Adolescent Psychiatry, University of Glasgow</i>
11.00 - 11.10	Questions and discussion
11.10 - 11.40	Refreshment Break
11.40 - 12.05	Getting Up Again How can we best support children and young people who self harm? <i>Martin Donnelly, Clinical Nurse Specialist, Liaison Psychiatry, RHSC, Yorkhill</i>
12.05 - 12.10	Questions
12.10 - 12.35	Building Resilience in a Technological Age How social media can help improve the mental health and well being of children and young people and associated issues <i>Dr Claire Stubbs, Counselling Psychologist and Psychotherapist, East Sussex</i>
12.35 - 12.45	Questions and discussion
12.45 - 1.45	Lunch
1.45 - 1.50	Introduction from the Conference Chair <i>Jim Taylor, as above</i>
1.50 - 2.15	ADHD - Fact or Fiction? - Recent developments in our understanding of ADHD - Removing the barriers to successful treatment and support - Identification of positive trajectories so that we Get It Right for all children and young people with ADHD <i>Bill Colley, The UK ADHD Partnership (UKAP)</i>
2.15 - 2.20	Questions
2.20 - 2.45	Children & Young Peoples Relationship with Drugs and Alcohol <i>Jan Melia, Outreach Development Worker, crewe2000</i>
2.45 - 2.55	Questions and discussion
2.55 - 3.10	Refreshment break
3.10 - 3.35	Containing Trauma, Bereavement and Loss - A therapeutic approach to service improvement plans - The 1st response - Sustainability <i>Steve Sweeney, Director of Bereavement Sector Support Scotland</i> Child Bereavement UK
3.35 - 3.40	Questions
3.40 - 4.05	Healthy Body Healthy Mind John's presentation will address the extent to which exercise might improve educational attainment, mental health, and wellbeing, in children and adolescents? <i>John J Reilly, Professor of Physical Activity and Public Health Science, University of Strathclyde</i>
4.05 - 4.15pm	Questions, discussion and closing remarks
4.15pm	Approx close

Optional Breakout Session A - 3.10 – 4.15pm

'How Technology Can Help Improve The Mental Health And Wellbeing Of Children And Young People'

Tutors: Billy Dann & Chris O'Sullivan

This lively and informative session will look at current digital ideas and products aimed at improving children and young people's mental health and wellbeing. Bill and Chris will draw on their experiences across the UK with particular focus on the Innovation Labs initiative (www.innovationlabs.org.uk), a UK programme to co-develop with young people as service users seven digital assets to improve their mental health and wellbeing; and Project 99, an initiative funded by NHS Greater Glasgow and Clyde to use co-design with young people to help the health board in exploring the potential to use technology to support their mental health.

This session is particularly targeted at those professionals working with children and young people of secondary school age and above. Participants

are actively encouraged to bring their laptops, tablets and phones to look at and use the products as they are being discussed.

Billy Dann is a UK Programme Manager for Comic Relief with a particular interest in funding projects that use technology to improve service delivery to beneficiaries.

Chris O'Sullivan is Policy and Development Manager at Mental Health Foundation in Scotland. He has a particular interest in co-design, and the positive value of digital technology in promoting mental health and addressing distress.

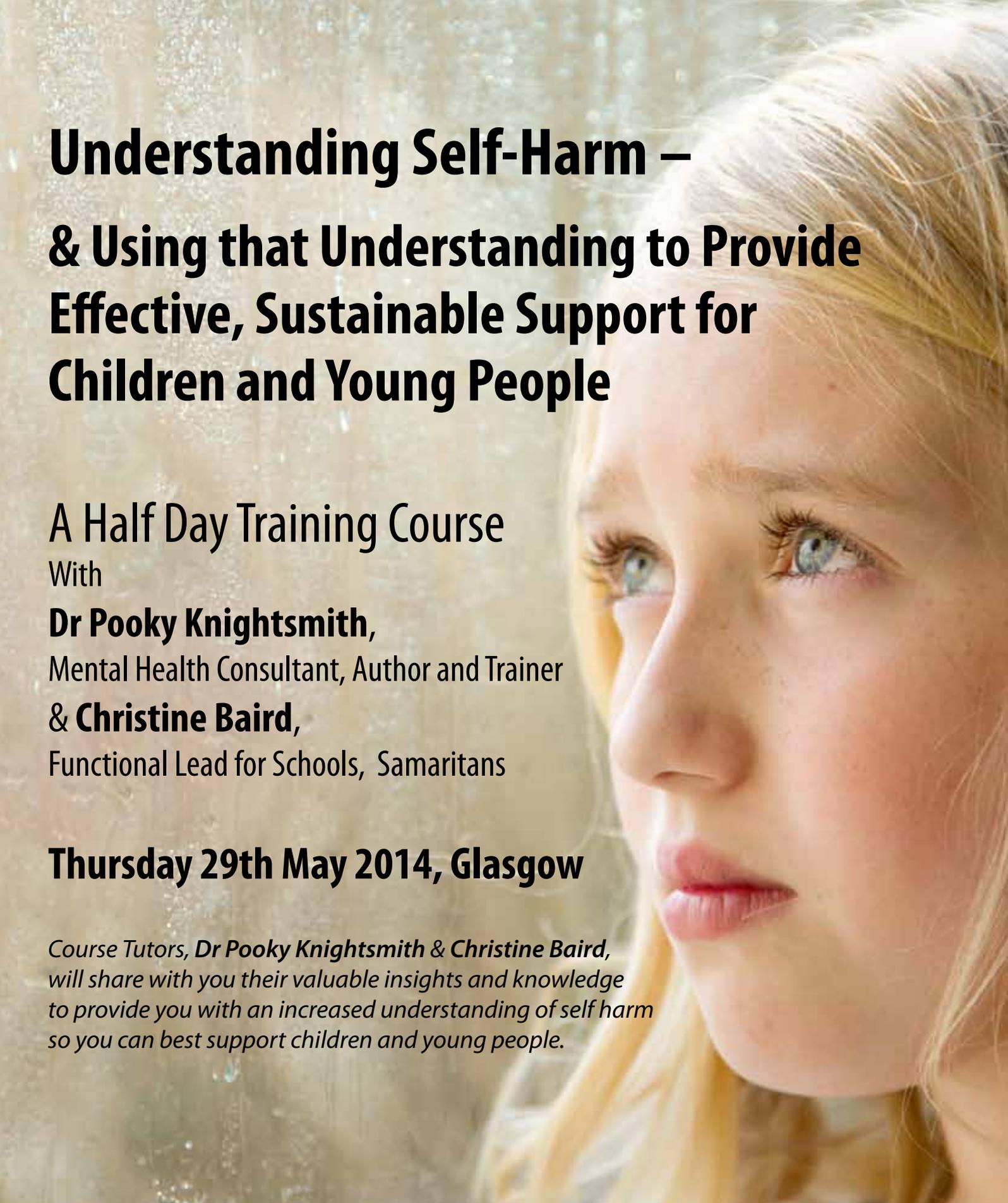
To Book For This Session:

Please tick the box on the paper copy of this booking form

Or

Booking online - please type in the **special requests box** you wish to attend **Breakout Session A.**

LIMITED SPACE, PREBOOKING ESSENTIAL.



Understanding Self-Harm – & Using that Understanding to Provide Effective, Sustainable Support for Children and Young People

A Half Day Training Course

With

Dr Pooky Knightsmith,

Mental Health Consultant, Author and Trainer

& Christine Baird,

Functional Lead for Schools, Samaritans

Thursday 29th May 2014, Glasgow

*Course Tutors, Dr Pooky Knightsmith & Christine Baird,
will share with you their valuable insights and knowledge
to provide you with an increased understanding of self harm
so you can best support children and young people.*



MEDICACPD

3 Easy Ways to Book

Online: www.medicacpd.com

Telephone: 0141 638 4098 / 0141 387 4684

Post: 

About the Training Course

Understanding Self-Harm

& Using that Understanding to Provide Effective, Sustainable Support.

Self-harm is a growing problem in children and young people, when faced with self-harming behaviours, many of us feel a complete lack of comprehension – and this can make it incredibly hard to offer effective support.

During this course, a thorough exploration of the motivations that children & young people use to explain their self-harm, will enable you to gain an in depth understanding of why some young people turn to self-harm and why it can be so difficult for them to stop.

You'll then learn how you can use this understanding to provide effective, sustainable support to the children in your care, enabling them to develop healthier coping mechanisms and to address their underlying issues safely and sensitively.

This course will enable participants to:

- *Understand what self-harm is, who it might affect and why*
- *Recognise children most at risk and pick up cases early*
- *Develop personalised action plans to support young people overcoming self-harm*

Who Should Attend

This training course should be invaluable to anyone who is working with children and young people including: teachers, head teachers, teaching assistants, social workers and other care staff, school nurses, children centre workers, community workers, charity and voluntary organisations, youth justice staff, police and others with an interest.

About Your Course Tutors

Dr Pooky Knightsmith is a Mental health consultant, author and trainer. Pooky is known for her passionate, engaging and highly practical teaching style and has run many courses particularly for teachers, parents and students on a wide range of mental health topics.

Pooky completed her PhD in child and adolescent mental health at the Institute of Psychiatry, London, where she specialised in developing practical strategies for supporting self-harm and eating disorders in schools and other non-clinical settings. The strategies that Pooky advocates are all developed as a result of direct consultation with school staff and students and she also seeks inspiration from her clinical colleagues at the world famous Maudsley Hospital, adapting and simplifying evidence based approaches for use in school.

Christine Baird has extensive experience in working with young people, developing and delivering training in emotional health and self harm awareness and is the Samaritans' Functional Lead for Schools. A role which carries the responsibility for overseeing Samaritans' integrated approach to work in schools, which provides a range of services developed to encourage young people to become aware of, and how to manage, their emotional health.

Course Information:

Date: Thursday 29th May 2014

Venue: Glasgow Caledonian University

Time: The course will start promptly at 9.30am and finish at 12.30pm.

Registration will be from 9.00am – 9.30am.

Registration cost: **£94.00** + vat including refreshments

Registration:

By Post: To register for this course, please complete the registration form on the leaflet, detach and return no later than 21st May 2014.

Online: www.medicacpd.com

Telephone: 0141 638 4098 / 079 6656 1474

It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you, if you have not received confirmation within ten days of submitting your booking, please contact Carolyn on the above numbers or email carolyn@medicacpd.com.



Registration Form

You can register:

- Online at – www.medicacpd.com
- By Telephone - 0141 638 4098 / 07966 561474
- By Post - Please complete this registration form, download and return no later than 21st May 2014, to the address at the bottom of this form.

I wish to attend the following event: (please tick the appropriate box)

- Childrens Mental Health Conference 2014**, Wednesday 28th May 2014, £199.00 + £39.80 vat = £238.80
- Understanding Self-Harm**, Thursday 29th May 2014, £94.00 + £18.80 vat = £112.80
- Discount - I wish to attend both events: £253.00 + £50.60 vat = £303.60
- Breakout session A**

Please note: To receive the discounted price to attend both events you must register at the same time under one registration name

Your Details (BLOCK CAPITALS)

First name _____ Surname _____

Job Title _____

Organisation _____

Email (required) _____

Address: _____

Postcode _____ Tel _____

Special diets/mobility _____

How did you hear about the event? _____

It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you. If you have not received confirmation within ten days of submitting your booking, please contact Carolyn on the above numbers or email carolyn@medicacpd.com

How to Pay:

It is the responsibility of the delegate to ensure payment is made prior to attendance of the event/s. (Please tick appropriate box)

- By Cheque: I enclose a cheque for the appropriate amount made payable to "Medica Cpd Ltd" and send with the form to the address below.
- By Credit Card: Please book online at www.medicacpd.com (A small charge of 3.5% will be added to all credit credit/debit card charges)
- By Invoice: Please send invoice to –

Name (in block capitals) _____

Job Title _____

Organisation _____

Address _____

Postcode _____ Tel _____

Email _____

Purchase order number (if relevant) _____

An invoice will be sent to the appropriate person by email. If you would prefer to receive confirmation by post please tick this box.

Payment due: 30 days from invoice date or before the event date (**whichever comes sooner**). Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

Group Bookings – Please call Carolyn on 0141 638 4098

Terms and Conditions 1. Your registration constitutes a legally binding agreement. Payment must be received before the event. 2. Cancellation policy: Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before the 18 March 2014. After this date the full fee is payable, regardless if the delegate attends or not. Substitutions can be made if we are notified up to 3 days before the event. "No shows" on the day are liable for the registration fee. 3. The organisers reserve the right to change the programme, speakers and venue as required. 4. In the unlikely event that we have to cancel the event/s we will issue a refund for the registration fee. We are not responsible for any other costs.

Data Protection The personal data that you supply during the registration of these events will be entered into a database and used by the conference organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the Conference Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the events. The personal data in the database will be retained by the Conference Organisers unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.



Medica Cpd Ltd

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