

Delivering Accessible Quality Services To Promote The Emotional Health And Wellbeing Of Young People

Gain insight into the latest research, psychology and treatments and discover how to create accessible joined-up and responsive services for young people.

- > Research insight: clearly defining emotional, behavioural and mental wellbeing to foster a shared language and understanding
- > Discover best practice techniques for early detection, intervention and prevention
- > Provide referral support and increased accessibility through inter-agency working

- **GUIDED SPEED NETWORKING**
- **INTER-AGENCY PANEL ON PARTNERSHIP WORKING**
- **TRAINING WORKSHOPS FOR TAILORED LEARNING**
- **YOUNG PEOPLE IN VIDEO DIARIES**

“The mental health of children and young people is everybody’s business. We can all do something to help improve the quality of children’s lives and assist in building their self-esteem and increasing their resilience to problems.” YoungMinds

TRAINING WORKSHOPS FOR NON-SPECIALISTS AND SPECIALISTS TO ENSURE THE EMOTIONAL WELLBEING OF YOUNG PEOPLE COVERING:

- > SELF-HARM
- > 16+ SERVICE PROVISION
- > MINORITY, ETHNIC AND ASYLUM SERVICES
- > ANXIETY AND DEPRESSION
- > DETECTION IN PRE-TEENAGE YEARS
- > YOUNG PEOPLE IN CARE

Discover best practice case studies from our line-up of specialists and non-specialists:

Barbara Herts, Director, **YoungMinds**

Professor Sue Bailey, Registrar, **Royal College of Psychiatrists**

Panos Vostanis, Professor of Child and Adolescent Psychiatry, **University of Leicester**

Jonathan Nicholls, Programme Director - Mental Health Promotion, **Mental Health Foundation**

Dawn Rees, CAMHS Programme Lead, **CSIP East of England**

Barbara Rayment, Director, **Youth Access**

Stephanie Hunter, Project Co-ordinator, **CAMHS Looked-After System Project (CLASP) Darlington**

Hilary Tillotson, Fostering with Children’s Service, **Darlington Borough Council**

Ruth Marriott, Chief Executive, **Youth Enquiry Service**

Pauline Heslop, **Independent Trainer**

Steve Sipple, Head of Youth and Community Services, **London Borough of Tower Hamlets**

Claire Turner, Principal Policy and Practice Officer Emotional Wellbeing and Mental Health, **Barnardo’s**

Allan Watson, Coram Associate, **Coram Family**

Yesim Deveci, Project Manager, **Trinity Centre**

Christine Lister-Ford, Vice Chair, **United Kingdom Council for Psychotherapy**

Jennie McNamara, Director of Child Services, **Northern Guild for Psychotherapy**

One in ten children in Great Britain aged 5 to 16 had a clinically recognisable mental disorder in 2004. This was the same as the proportion recorded in the 1999 survey.

Prevalence of children's mental disorders 2004, GB

	Percentages				
	5-10 year olds		11-16 year olds		All 5-16 year olds
	Boys	Girls	Boys	Girls	
Emotional disorders	2.2	2.5	4.0	6.1	3.7
Conduct disorders	6.9	2.8	8.1	5.1	5.8
Hyperkinetic disorders	2.7	0.4	2.4	0.4	1.5
Less common disorders	2.2	0.4	1.6	1.1	1.3
Any disorder	10.2	5.1	12.6	10.3	9.6

Source: Survey of the mental health of children and young people in Great Britain in 2004
Office Of National Statistics

Ensuring the emotional health and wellbeing of young people is an issue for most professionals and volunteers who work with young people, especially in today's stressful and fast-moving society.

Establishing that mental health is not just an issue for young people with a specific disorder, *Young People Now's* conference will bring together specialists and non-specialists to explore how they can work together to deliver accessible services and ensure the emotional health and wellbeing of young people across the board.

Foster a shared understanding of emotional wellbeing and mental health

Discover techniques for early detection, intervention and prevention

Disseminate best practice in working in partnership to support young people and recognise when and how a referral can be made

Raise awareness of self-harm and better your understanding of how to deal with this issue effectively

Discern the diagnosis levels of anxiety and depression to provide the right support

Unearth the different pathways to gain access to the 16+ age group and provide a smooth transition to adult services

Assess the vulnerability and needs of children in care to deliver accessible services

Incorporating an innovative and interactive format, this one-day intensive conference will enhance your learning through:

- Training workshops for tailored learning
- Youth insight through video diaries
- Guided speed networking
- Inter-agency panel

Who should attend?

This conference is a must-attend event for all those professionals who work with young people, including:

- Chief Executives
- Managing Directors
- Charities
- Voluntary Organisations
- Youth Workers
- Project Managers
- Statutory Services
- Connexions
- Schools
- Local Councils
- CAMHS Teams
- Health Service Managers
- Youth Offending Team Workers
- Youth Counsellor

09.20 Chair's Opening Remarks
Barbara Herts, Director, **YoungMinds**

DE-STIGMATISING MENTAL HEALTH TO FOSTER A SHARED UNDERSTANDING OF THE ISSUES

09.25 Linking Policy With Practice To Place Service Delivery On The Agenda

KEYNOTE
From Every Child Matters to the Youth Green Paper to the Public Health Agenda, the issues of youth mental health and behavioural and emotional wellbeing are present. In this session, Professor Sue Bailey will examine how policy links with mental health service delivery, and explore how to bridge the gap between policy and reality.
Professor Sue Bailey, Registrar, **Royal College of Psychiatrists**

09.55 Mainstreaming Mental Health And Emotional Wellbeing To Foster A Shared Understanding Of What Mental Health Is

- Promoting mental health is a responsibility of all services, not solely mental health services – but what does this mean in practice?
- Three challenges:
 1. Different agencies, different agendas, different language: is mental health the common ground?
 2. 'Designing in' mental health: getting mental health to the front of mind when developing services
 3. Monitoring impacts: developing indicators relevant to services, stakeholders and mental health
- Meeting the challenges: Mental Health Impact Assessment as a way forward
Jonathan Nicholls, Programme Director - Mental Health Promotion, **Mental Health Foundation**

10.25 Best Practice Techniques For Early Detection, Intervention And Prevention

- Establishing a preventive strategy to anticipate risk factors and act on the early indicators of stress and despair
- Discovering where to draw the line between teenage angst and a developing problem
- Early intervention: evidence for the types of intervention available and how they work in practice
- Qualitative data and studies exploring young people's views of different interventions
Panos Vostanis, Professor of Child and Adolescent Psychiatry, **Leicester University**

10.55 Q&A Session

11.10 Refreshment Break

11.25 Guided Inter-Agency Experience Sharing

NETWORKING
Dividing delegates into three groups of multiple agency representatives, this networking session will provide you with the opportunity to gain insight into best practice techniques for joined-up responsive working with young people. Discover how you can work in partnership with each other and overcome problems and obstacles to provide supportive and accessible services for all young people.
Chaired by Barbara Herts, Director, **YoungMinds**

DELIVERING JOINED-UP RESPONSIVE SERVICES AND REFERRAL SUPPORT THROUGH INTEGRATED PARTNERSHIP WORKING

SNAPSHOT: Inter-Agency Case Studies

This session will provide the opportunity to hear how specialists and non-specialists are actively engaging with one another to foster a shared understanding and provide unanimous support to positively move forward with young people.

Providing referral support and access through inter-agency working, each snapshot will:

- Provide a breakdown of the referral mechanism and how specialists and non-specialists can work in unison with one another
 - Discover how working in partnership can bring in key skills and key workers to those services that are most accessible for young people to use
 - Examine individual case studies highlighting effective referrals or alternative solutions
- 11.50 CAMHS Perspective
Dawn Rees, CAMHS Programme Lead, **CSIP East of England**
- 12.10 Voluntary Sector
Barbara Rayment, Director, **Youth Access**
- 12.30 Statutory Service
Steve Sipple, Head of Youth and Community Services, **London Borough of Tower Hamlets**

12.50 Q&A Session

13.00 Lunch - Use this opportunity to reflect on the previous session and write down any questions you have for our interactive multi-agency panel after lunch.

14.00 Cross Section Of Inter-Agency Working To Create Joined-Up Responsive Services And Improve Access For Young People

PANEL DISCUSSION
Representing a cross section of the public sector, this panel will offer you the opportunity to gain a deeper insight into the process of referrals and access, and examine how some services are offering support for children and young people with emotional issues. Recognise the potential for partnership working by asking your questions about funding, different service models and what training and support is available to ensure the delivery of accessible services for all young people.
CAMHS Dawn Rees, CAMHS Programme Lead, **CSIP East of England Voluntary Youth Sector** Allan Watson, Coram Associate, **Coram Family Voluntary Youth Sector** Barbara Rayment, Director, **Youth Access Statutory Youth Sector** Steve Sipple, Head of Youth and Community Services, **London Borough Of Tower Hamlets Connexions** Speaker to be confirmed

14.50 Youth Insight Video Diaries

Showcasing the view of young people through video diaries that document their experiences and views on the present process of care and referrals.
London Borough Of Tower Hamlets Youth Enquiry Service, Plymouth

15.15 Refreshment Break

Afternoon Break-Out Sessions Tailor the programme according to your individual needs by choosing any two from six session options. Benefit from insightful training and discussion to help tackle your problems, achieve your key learning objectives and discover the most effective therapeutic approaches.

15.30 Self-Harm: Raising Awareness To Better Your Understanding

- Explore what we mean by self-harm and self injury, and how that differs from suicidal behaviours
- Review the research about self-harm in young people, including what young people say works best in tackling the issue and responding to these issues
- Hear about best practice guidelines in working with young people who self harm
Pauline Heslop, **Independent Trainer**

Case Study

16.10 5 MINUTE BREAK TO CHANGE ROOMS

16.15 Early Intervention Before The Teenage Years

- Recognise the early stages and signs of risk to promote positive mental health and emotional wellbeing
- Hear how **Barnardo's** is working towards fulfilling a 'tier one' requirement of CAMHS and how the nature of its service provision is filling that gap
Claire Turner, Principal Policy and Practice Officer Emotional Wellbeing and Mental Health, **Barnardo's**

Case Study

Speakers from the morning sessions will close the conference

15.30 Project DOST: Promoting The Wellbeing Of Separated Refugee And Asylum Seeker Children And Young People

- Creating a holistic approach to promote the wellbeing of separated refugee and asylum seeker children and victims of child trafficking
- Develop knowledge around key issues affecting separated refugee children and ways to identify key risk and resilience factors to support individual young people
- Simple practical activities to engage separated refugee children and creative ways of working through distress, trauma, and loss including case study exercises and opportunities to share good practice
Yesim Deveci, Project Manager, **Trinity Centre**

Case Study

16.15 Assessing The Vulnerability And Needs Of Children And Young People In Care To Deliver An Accessible Service

- Highlighting the vulnerability of care leavers to engage with their difficulties and provide support
- Ascertain the needs of looked-after children and care leavers to establish the range of services and support they require
- Discover best practice in overcoming issues of mobility and movement to provide accessible services for looked-after children and young people
Stephanie Hunter, Project Co-ordinator, **CAMHS Looked After System Project (CLASP) Darlington**
Hilary Tillotson, Fostering with Children's Service, **Darlington Borough Council**

Young People Now

3 WAYS TO BOOK

Please complete one registration form for each delegate.

1. Book online at www.emotionalhealthconference.com
2. Fax this completed registration form to +44 (0) 20 8267 4486
3. Post the booking form with payment to FREEPOST (LON3727), Haymarket Conferences, 174 Hammersmith Road, London, W6 7JP

If you have any problems registering please call +44 (0) 20 8267 4011

Name of person completing form if different from delegate:

Please register the following delegate (BLOCK CAPITALS)

Name (Mr/Mrs/Ms/Dr)

Position

Organisation

Address

Postcode

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Fax

Email

How did you hear about this conference?

I agree to the terms and conditions as stated opposite.

Signed

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One Whitehall Place, London

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Price Information

Full Rate Commercial Sector, Central Government Departments and Agencies <small>*Speaker Notes Included</small>	<input type="checkbox"/> £499 + VAT = £586.33
Reduced Rate Public Sector Bodies, Local Authorities, NHS Trusts, PCTs, Universities, Colleges <small>*Speaker Notes Included</small>	<input type="checkbox"/> £379 + VAT = £445.33
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Please note that there are a limited number of supported rates available.

Group discounts do not apply to supported rates.

Group Discounts 3rd attendee receives £50 off by booking before 08/12/05.

Speaker Notes

Full £199 (No VAT) Reduced £99 (No VAT) Supported £99 (No VAT)

* Please note that speakers' notes are accessible via a password protected internet site and are not supplied in a printed form. Speakers' presentations are usually made available five working days after the conference and are subject to speaker disclosure.

* Only one discount can be used per registration.

Accommodation

Overnight accommodation is not included in the registration fee. However, reduced rates are available at The Royal Horseguards Hotel, Whitehall, Central London, Phone: +44 (0) 870 333 9122.

Please choose option five to speak to reservations or email: reservations@thistle.co.uk. ALWAYS QUOTE PROMOTIONAL CODE "GA2". Alternatively please search www.cityhotelaccommodation.com.

Please book early, as reduced rates are subject to availability.

Confirmation

Once written confirmation of a booking has been received, together with a full remittance, you will be sent a receipted VAT invoice. A letter of confirmation and joining instructions will be sent to you within seven days. **If you have not received an invoice or confirmation of your booking two weeks before the conference, please contact the conference organisers, as any invoices issued must be honoured. (NB We must receive payment prior to the conference date.)**

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