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Improving Mental Health Services for Young Adults Supporting the Transition to Adulthood

Thursday 28 January 2016 ICO Conference Centre, London

Topics Include:

- Opening Address: Young Adults Perspectives
- Improving Mental Health Services for young adults
- Building emotional resilience in young adults
- An evidence based approach to the development and evaluation of youth mental health service (16-25)
- Delivering an integrated age inclusive pathways and making sure young people don't fall into gaps
- Improving the access and the effectiveness of psychological therapies in young adults
- Schools based counselling for psychological distress: what works, what needs improving?
- Improving mental health support in university and higher education
- EXTENDED SESSION: Bridging the gap between Adolescent and Adult Mental Health Services
- Moving forward: securing excellence in mental health services for young adults of the future
- Feedback and Summary from Young Adults

Speakers include:

Dr Jacqueline Cornish OBE

*National Clinical Director for Children,
Young People and Transition to Adulthood
NHS England*

Karen Cromarty

*Lead Advisor for Children
and Young People
BACP*

Supporter Organisations:



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The voice for young people's mental health and wellbeing

5 Boroughs Partnership **NHS**
NHS Foundation Trust



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This conference will focus on improving mental health services for young adults, and supporting the transition from child and adolescent mental health services to adult services. Through national updates and practical case studies the conference will support you to improve mental health services for young adults in your practice.

“There is a growing movement that recognises that young adults aged 17 years and 364 days are no different to young adults aged 18 or 19. The brain doesn’t finish developing until the age of 25, so there is an argument for building young adult services that meet the developmental needs of young people while they have so many changes in their lives, to make sure there is continuity in their support from those of us in health and support services. All clinicians, whether paediatricians like myself, child and adolescent mental health practitioners, or adult clinicians, working with this age group must recognise the need for a planned and supported transition process for young people with long term health conditions and complex healthcare needs as they move from child centred to adult delivered services and lifestyles...Although there are some shining exemplars of good practice, in general transition is poorly planned, poorly executed, and poorly experienced. There are enormous risks for young people disengaging or being lost in the transition process, at this vulnerable point in their development as they leave secondary education, move towards more independent living, gain legal responsibility for their choices and lose those parts of their support network that are only available within child and adolescent services.” Dr Jacqueline Cornish National Clinical Director for Children, Young People and Transition to Adulthood NHS England, 2015.

The conference will open with an opening address of a Young Adults Perspectives followed by Dr Jacqueline Cornish OBE, National Clinical Director for Children, Young People and Transition to Adulthood, NHS England who will provided an insight in to improving mental health services for young adults through ensuring timely preparation started within child and adolescent services, actively managing and co-ordinating transfers between child and adolescent and adult services, ensuring continuous developmentally appropriate support from adult services and commissioning tools, support and looking forward.

“The issue of transition for young people is long standing, but focusing on a moment in time masks the real issue, which is how we ensure better co-ordination of mental health services for young adults..All young people face multiple and often simultaneous transitions as they move to adulthood... For some young people, the nature of adult mental health services and their emphasis on working with the individual rather than a more holistic approach including the family means that young people prematurely disappear from services altogether despite needing further support.” Future in mind Promoting, protecting and improving our children and young people’s mental health and well being.

“Youth mental health services are poised for a paradigm shift. Recent epidemiological evidence confirms the seriousness of adolescence as a risk period for mental ill-health - 50% of all adult mental disorders begin before the age of 16% and 75% before the age of 25. Here, we identify issues with transition of care between CAMHS-AMHS service, and effectiveness of early intervention services.” Vyas, N. S. , Birchwood, Max and Singh, Swaran P.. (2015) Youth services : meeting the mental health needs of adolescents. Irish Journal of Psychology.

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10.00 Chair's introduction

Sarah Brennan *Chief Executive YoungMinds*

10.05 Opening Address: Young Adults Perspectives

James Downs *Young Adult with Lived Experience* & **Representatives** YoungMinds

10.35 Improving Mental Health Services for young adults**Dr Jacqueline Cornish OBE**

National Clinical Director for Children, Young People and Transition to Adulthood
NHS England

- improving mental health services for young adults
- ensuring timely preparation started within child and adolescent services
- actively managing and co-ordinating transfers between child and adolescent and adult services
- ensuring continuous developmentally appropriate support from adult services
- commissioning tools, support and looking forward

11.05 Building emotional resilience in young adults**Paul Scates**

Peer Specialist Dorset
Mental Health Forum

- building emotional resilience and mindfulness in teenagers
- preparing people to deal with their emotions
- why does it take a crisis to get support?
- the importance of early intervention

11.30 Question and answers, followed by coffee and exhibition at 11.20

12.00 An evidence based approach to the development and evaluation of youth mental health service (16-25)**Professor Swaran Singh**

Professor of Social and Community Psychiatry
University of Warwick

- developing youth services: the evidence and case study of Birmingham Youthspace
- who is in the transition gap?
- how do we meet the needs of young adults who are not in employment or education
- practical advice for commissioning and developing services

12.30 Delivering an integrated age inclusive pathways and making sure young people don't fall into gaps**Dr Sarah Maxwell**

Consultant CAMHS Psychiatrist

& Dr Jon Wilson

Consultant Psychiatrist (EI/Youth) & Deputy Medical Director (Research)
Norfolk and Suffolk NHS Foundation Trust

- improving CAMHS Services: what is and isn't working
- how do we remove the gaps during transition to adult services?
- looking forward

13.00 Feedback and Summary from Young Adults

James Downs *Young Adult with Lived Experience* & **Representatives** YoungMinds

13.15 Questions and answers, followed by lunch and exhibition

14.00 Improving the access and the effectiveness of psychological therapies in young adults**Dr Margaret Murphy**

Consultant Psychiatrist
Cambridgeshire & Peterborough Mental Health Partnership NHS Trust

- improving access to IAPT in teenagers
- effectiveness: what works?
- case studies in practice

14.30 Schools based counselling for psychological distress: what works, what needs improving?**Karen Cromarty**

Lead Advisor for Children and Young People
BACP

- what works in counselling in schools
- improving counselling in schools
- delivering an integrated care pathway and ensuring joined up services
- improving services for school leavers

15.00 Improving mental health support in university and higher education**Lydia Pell**

Chair
University Mental Health Advisors Network

- supporting Students with Mental Health Issues
- removing the barriers to the full participation of people with mental health difficulties in Higher Education and society generally
- delivering effective specialist mental health support in universities
- creating an all-inclusive environment in Higher Education

15.30 Questions and answers, followed by tea and exhibition at 15.40

15.50 EXTENDED SESSION: Bridging the gap between Adolescent and Adult Mental Health Services**Carol Murphy**

Nurse Consultant in CAMHS 5 Boroughs Partnership NHS Foundation Trust, Member Quality Network for Community CAMHS (QNCC) Advisory Board & Secretary Merseyside Branch of the Association for Child and Adolescent Mental health **With Dr Tessa Myatt**, *Consultant Child and Adolescent Psychiatrist and Associate Medical Director, CAMHS 5 Boroughs Partnership NHS Foundation Trust*

- current issues in transition to adult mental health services
- how can we improve the transition?
- case studies of good practice

16.25 Moving forward: Securing excellence in mental health services for young adults of the future**Dame Professor Susan Bailey**

Chair Children and Young People's Mental Health Coalition, Chair Academy of Medical Royal Colleges

16.50 Feedback and Summary from Young Adults

James Downs *Young Adult with Lived Experience* & **Representatives** YoungMinds

17.05 Questions and answers, followed by close at 17.15

Improving

Mental Health Services for Young Adults

Supporting the Transition to Adulthood

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For more information contact Healthcare Conferences UK on **01932 429933** or email **jayne@hc-uk.org.uk****Venue**

Venue: ICO Conference Centre, 22 Berners Street, London, W1T 3DD. A map of the venue will be sent with confirmation of your booking.

Date

Thursday 28 January 2016

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
- ☐ £300 + VAT (£360.00) for voluntary sector / charities.
- ☐ £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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