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# Improving Mental Health Services for Young Adults

## Supporting the Transition to Adulthood

**Tuesday 21 June 2016**    **Hallam Conference Centre, London**

### Topics Include:

- Opening Address: Young Adults Perspectives
- Improving Mental Health Services for young adults
- Moving away from tiers: towards a whole system approach
- 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: Developing emotional resilience, early intervention and peer support



### Chair & Speakers include:

**Lysanne Wilson**

*Director of Operations*  
YoungMinds

**Dr Peter Hindley**

*Chair, Faculty of Child and Adolescent Psychiatry*  
The Royal College of Psychiatrists

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

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*"Between 2013/14 and 2014/15 the number of referrals to Child and Adolescent Mental Health Services increased five times faster than the growth of the workforce in these services."*

**Mental Health Taskforce Report, 15 February 2016**

*"The £1.4bn (over five years) committed for children and young people's (CYP) mental health should be invested to ensure that by 2020 at least 70,000 more children and young people have access to high quality care. The Taskforce endorses the recommendations in the Future in Mind report in 2015."*

**Mental Health Taskforce Report, 15 February 2016**

*"The spotlight is on children and young people's mental health... Paediatric and adult health care professionals need to provide developmentally appropriate health care for adolescents and young adults with long term physical and mental health conditions addressing medical, psychosocial and educational/vocational needs working together when necessary to support continuity of care as they move from child-centred to adult delivered services... there should not be "a cliff face at 18 - bang - when you move from a child to an adult... what we should be dealing with is people at an age appropriate level"*

**Dr Jacqueline Cornish OBE National Clinical Director for Children, Young People and Transition to Adulthood, NHS England, 2016**

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, practical case studies and new ways of working that move away from the tiered and stepped age based transition models, 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 Young Adults Perspectives followed a national update session providing 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.

## 10.00 Chair's introduction

**Lysanne Wilson** *Director of Operations* 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

### Speaker to be announced

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 Moving forward: securing excellence in the mental health services for young adults of the future

### Dr Peter Hindley

*Chair of the Faculty of Child and Adolescent Psychiatry*  
NHS England

- why do young adults need a different approach
- new service models and developments for young adults
- should we be moving away from tiers and transition points?
- are we just moving the transition points?
- how do we create a service that is "young adult friendly"?
- early intervention: moving from reactive to proactive services

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

## 12.00 Moving away from tiers: towards a whole system approach

### Dr Rita Harris

*Clinical Lead for i-thrive, Consultant Clinical Psychologist  
& Family Therapist*  
Tavistock and Portman NHS Foundation Trust

- ensuring children, young people and families are active decision makers in the process of choosing the right approach
- the THRIVE approach: five needs-based groupings for young people with mental health issues and their families
- THRIVE and outcomes: our experience

## 12.30 Delivering an integrated age inclusive pathways and making sure young people don't fall into gaps

### Dr Sarah Maxwell

*Consultant CAMHS Psychiatrist*  
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?
- developing a truly integrated service from 0-25
- our experience introducing use of peer support workers
- looking forward

13.00 Questions and answers, followed by lunch and exhibition

## 14.00 An evidence based approach to the development and evaluation of youth mental health service (16-25)

### Speaker to be announced

- developing youth services: the evidence and case study of Birmingham Youtospace
- who is in the transition gap? Why change to a 0-25 service?
- the case for commissioning a 0-25 service
- how do we meet the needs of young adults who are not in employment or education

## 14.30 Improving access to IAPT and schools based counselling for psychological distress: what works, what needs improv-

### Speaker to be announced

- improving access to IAPT in young adults
- effectiveness: what works?
- improving access to 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: Building emotional resilience in young adults, early intervention and developing peer support

### Paul Scates

*Peer Specialist, Campaigner & Ambassador*

- 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
- the practicalities of developing effective peer support

## 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

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Improving

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☐ I cannot attend the conference but would like to receive a PDF containing the conference handbook material, which includes speaker slides, at £49 each.

*The PDF will be emailed out after the conference, please fill in the 'Your Details' section above, ensuring your email address is clear and the 'Payment' section..*

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

### Venue

Venue: Hallam Conference Centre, 44 Hallam Street  
London, W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

### Date

Tuesday 21 June 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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