

Smoking Cessation in Mental Health

10% Card payments
discount**
15% Group booking
discount**

*Improving the Physical Health of People
with Mental Health Conditions*

Friday 22 April 2016

Hallam Conference Centre London



Chaired by

Dr Jonathan Champion *Director for Public Mental Health and Consultant Psychiatrist
South London and Maudsley NHS Foundation Trust
Visiting Professor of Population Mental Health
University College London*

Supporting Organisations:



Smoking Cessation in Mental Health

Improving the Physical Health of People with Mental Health Conditions

Friday 22 April 2016 Hallam Conference Centre London

10% Card payments discount**
15% Group booking discount**

"Figures from Public Health England (PHE) and NHS England shine fresh light on the high smoking rates among people living with mental health problems. Nationally 33% of people with a mental health problem smoke compared to 18.7% in the population as a whole. A PHE and NHS England survey found that smoking rates among service users in mental health units is even higher at 64%. High smoking rates among people with mental health problems are the single largest contributor to their 10 to 20-year reduced life expectancy. In 2015, NHS England published new guidance to help medium and low secure mental health units best implement the NICE recommendation that all NHS funded sites should provide access to on-site stop smoking services and deliver care in an environment free of smoke... The guidance highlights case studies which show the benefits of completely smokefree mental health units, where service users are provided support to stop smoking. This has resulted in better patient health, freeing up staff time, and improved ward atmosphere. Alongside the physical health improvements, an increasing body of research is finding that mental health can be improved by stopping smoking. Contrary to the myth, evidence shows that stopping smoking is associated with reduced depression, anxiety, stress and improved positive mood and quality of life." NHS England & Public Health England 2015

This conference features a number of extended interactive sessions will provide a practical guide to smoking cessation in mental health, ensuring your service effectively supports people with mental illness to stop smoking and does so within a smoke free environment. Smoking Cessation in Mental Health, and delivering smoke free environments is key to the government ambition for parity of esteem and to reduce the lower life expectancy of people with mental health disorders: "Smoking remains the primary cause of preventable illness and premature death in England, and evidence shows that people living with mental health problems are more likely to smoke. Public Health England believe it is vital to reduce smoking rates among people living with mental health problems" Seamus Watson, national programme manager for wellbeing and mental health at Public Health England

There will also be a focus on e-cigarettes. Deborah Arnott Chief Executive Action on Smoking and Health (ASH) & Specialist Advisory Committee Member, Smoking: Harm Reduction Quality Standard, NICE stated in October 2015 that "Organisations should consider the role of electronic cigarettes in supporting smokers to reduce harm to themselves and others"

"The main targets for such intervention should probably be smoking cessation and management of the cardiometabolic risk factors of obesity, diabetes and hypertension. Effective tobacco control policies for people with mental disorders are needed, including rapid access to smoking cessation services. Mental health professionals should be confident in giving advice about smoking cessation, as well as ensuring that patients are referred to smoking cessation services... Many potential causes for the excess mortality in people with mental illness exist The most obvious candidate causes of this health disparity are health behaviours, and above all, smoking. There is strong evidence that the prevalence of smoking is higher in people with mental disorders,44 with one UK sample finding that 60% of those receiving secondary mental health care smoke.45 Addiction to tobacco among smokers with severe mental illness is also stronger than in smokers in the general population... Evidence indicates that many patients want help to stop48 but often do not receive it, perhaps because of stigmatised attitudes by health professionals...NICE recently suggested a number of interventions, including mandatory recording of smoking status by mental health trusts; education for mental health workers on smoking cessation; smoke-free policies on NHS trust grounds; rapid referral to enhanced smoking cessation services; and encouragement and support to stop for those mental health workers who smoke"

Annual Report of the Chief Medical Officer, Public Mental Health Priorities: Investing in the Evidence

10.00 Chairman's Introduction

Dr Jonathan Campion

Director for Public Mental Health and Consultant Psychiatrist
South London and Maudsley NHS Foundation Trust
Visiting Professor of Population Mental Health
University College London

10.10 Service user perspectives on smoking cessation

Paul Scates

Peer Specialist
Campaigner and Ambassador

- understanding the side effects of smoking
- how we can support service users to quit
- service user views on smoke free inpatient units

10.40 The importance of smoking cessation in improving the physical health of people with mental disorder: The evidence

Dr Jonathan Campion

Director for Public Mental Health and Consultant Psychiatrist
South London and Maudsley NHS Foundation Trust
Visiting Professor of Population Mental Health
University College London

- impact of smoking on mental health, physical health and mortality
- impact of smoking cessation on mental health and physical health
- smoking cessation interventions in people with mental disorder

11.25 Question and answers, followed by coffee and exhibition

12.00 Extended session: Developing a smoke free organisation

Jane Beenstock Consultant in Public Health
with **Sarah Heys** Integrated Business Manager
Lancashire Care NHS Foundation Trust

- developing a smoke free organisation sharing our challenges and successes, with a particular focus on specialist services

12.50 Question and answers, followed by lunch and exhibition

14.00 Implementing the July 2015 NICE Quality Standard to reduce harm from smoking

Emily James

Policy and Campaigns Officer
Action on Smoking and Health

- offering harm reduction approaches to those who are not ready to quit
- implementing the new NICE Quality Standard
- how do we integrate a harm reduction approach into stop smoking services?

14.30 Cannabis cessation in mental health and the role of drug abuse in serious mental illness and physical ill-health

Dr Amir England

Research Worker
King's College London

- the role of cannabis in serious mental illness and physical ill health
- emerging evidence
- cannabis cessation in mental health: how services can support people

15.00 The role of e-cigarettes

Dave Jones

Tobacco Control Manager
Public Health England

- evidence regarding electronic nicotine delivery devices
- recent research
- implications for smoking cessation practice

15.30 Question and answers, followed by tea

16.00 EXTENDED SESSION: Changing culture and attitudes in staff and patients

Dr Debbie Robson

Senior Post Doc Researcher in Tobacco Addiction
National Addiction Centre Institute of Psychiatry
Psychology & Neuroscience

- why do people with mental health illness smoke?
- changing culture and attitudes in healthcare staff
- which NRT works for smokers with mental health conditions?
- behavioural support strategies
- take home messages

17.00 Question and answers, followed by close

100% Card payments discount*

15% Group booking discount**

Smoking Cessation in Mental Health

Friday 22 April 2016 Hallam Conference Centre, London

> How to book

Book with credit card and receive a 10% discount*

www.healthcareconferencesuk.co.uk

Fax the booking form to
0208 181 6491

Post this form to Healthcare Conferences UK,
8 Wilson Drive, Ottershaw KT16 0NT

> Your Details

(please complete a new form for each delegate. Photocopies are acceptable)

Dr Mr Mrs Ms (Please Circle)

First Name

Surname

Job Title

Department

Organisation

Address

Postcode

Telephone

Fax

Email

Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box, ☐
Please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements

This form must be signed by the delegate or an authorised person before we can accept the booking

(By signing this form you are accepting the terms and conditions below)

Name

Signature

Date

> Payment

☐ **By Cheque** A cheque for is enclosed

Please make Cheques Payable to: Healthcare Conferences UK Ltd

☐ **By Invoice** Please send an invoice to

Name

Organisation

Address

Postcode

PURCHASE ORDER NUMBER
(If Applicable)

Please note if you are requesting an invoice many NHS organisations now require a Purchase Order Number to be provided. If you do not provide this number this may slow down the processing of this delegate place.

☐ **By B A C S**

For Payments in £: Sort Code 40-46-22 Account No. 21553690

■ Please send your BACS remittance form as confirmation of payment

■ Your BACS Reference

☐ **By credit card** Please debit my Visa/Mastercard/Switch

Cardholder's Name

Card No.

Valid From

Expiry Date

Issue No. (switch only)

You will be contacted during the processing of your booking for your card security code (this is the last three digits of the number printed on the back of your card)

Signature

Card billing address

Promotional Code

Conference Documentation

☐ 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 sent out after the conference, please fill in the 'Your Details' section above for delivery, and the 'Payment' section.

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

Venue

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

Date Friday 22 April 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%.

*Card Discount

10% discount when you book with credit card. This offer is exclusive to card bookings and cannot be used in conjunction with any other Healthcare Conferences UK offer.

**Group Rates

A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

Terms & Conditions

A refund, less a 20% administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the conference. We regret that any cancellation after this cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome at any time.

Accommodation

On confirmation of your booking you will receive details of accommodation.

Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email Carolyn@hc-uk.org.uk

Credits

CPD Certified. Recognised by the Good Governance Institute. Conference Producer is a member of the British Association of Professional Conference Organisers

The information provided will be held on the Healthcare Conferences UK database and may be used to update you with details of other events that we organise. If you DO NOT wish to receive this information, please tick this box ☐

We occasionally release your details to companies sponsoring or exhibiting at our events. If you DO NOT wish to receive information from these companies, please tick this box ☐

Healthcare Conferences UK reserve the right to make changes to speakers and programmes without prior notice. ©Healthcare Conferences UK Ltd 2015

