



Government  
Events

# The 2nd Annual Transforming Children and Young People's Mental Health Provisions Conference 2020

Tuesday 13<sup>th</sup> October 2020

Event Guide



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For this Conference, you are entitled to 8 CPD points.



# Welcome Letter

Dear Delegate,

Welcome to The 2nd Annual Transforming Children and Young People's Mental Health Provisions Conference 2020.

With one in eight children and young people in the UK having a diagnosable mental health condition (NHS Digital) it is more important now than ever for parents, educators, legislators and health officials to work together to confront this burgeoning crisis.

Indeed, with children spending the majority of their time at school, educators face increasing pressure to identify and respond to mental health and wellbeing issues amongst their students and form internal and external partnerships to tackle the issue. The recently announced Link Programme, a £9.3 million DfE training programme ran by the Anna Freud National Centre for Children and Families will provide educators with the skills needed to collaborate with NHS professionals in supporting children and young people with mental health challenges.

It is widely understood that mental health and wellbeing issues can have a damaging impact on the physical health, relationships and future prospects of children and young people.

The challenge often extends into a person's adult life, with half of all mental health conditions beginning before the age of 14. At this conference attendees will be able to share in best practice multi-agency approaches, from schools through to the NHS.

If you have any technical issues, please get in touch with our technical team through the support button at the top of the EventsAir platform.

We hope you have a rewarding and enjoyable day.

Yours Truly,

David Blake  
Government Events



# Agenda AM

09:30-10:00 **Online Registration**

10:00-10:10 **Chair's Welcome Address**

Helena Kulikowska, Development Director, Our Time

10:10-10:30 **Keynote Address: Attitudes for a New Generation: Changing How we all Think and Act About Mental Health Problems**

Jenny Taylor, Head of Children and Young People, Time To Change, Rethink

10:30-10:50 **Keynote Address: Exploring Rates Of Mental Health And Wellbeing Disorders In Children By Analysing Predictor Factors**

Tim Vizard, Principal Research Officer, Office for National Statistics

10:50-11:10 **Question and Answer Session**

11:10-11:25 **Comfort Break**

11:25-11:55 **Keynote Address: Protecting Children's Mental Health Through Teaching Internet Safety and Resilience**

Will Gardner, Chief Executive, Childnet

11:55-12:15 **Case Study: Confronting Self-Harm In Schools By Identifying And Safeguarding Vulnerable Pupils**

Dani Worthington, Principal, Carlinghow Academy, and Director of School Improvement, Great Heights Trust

12:15-12:35 **Case Study: Improving Children and Adolescent Mental Health Services Pathways in Schools**

Samantha Mortimer, Strategic Lead for CAMHS and Associate Director, North Staffordshire Combined Healthcare NHS Trust

Julia Ford, CAMHS in Schools Lead, Learning Disability Nurse (RNLD), North Staffordshire Combined Healthcare NHS Trust

12:35-12:55 **Questions and Answers**

12:55-13:35 **Lunch Break**

\*Programme Subject to Change



# Agenda PM

- 13:35-13:55**     **Personal Perspective: Reflecting on the Realities of Children and Young People facing Mental Health Challenges**  
Diana Omokore, Care Leaver and Medical Student, DeMontfort University
- 13:55-14:25**     **Case Study: Providing Outstanding and Innovative CAMHS Provisions From Within An NHS Trust**  
Dr Tracey Urquhart, Consultant Lead Psychologist/Service Manager, Lincolnshire Partnerships Foundation Trust  
Harry Dixon, peer support worker, Lincolnshire Partnerships Foundation Trust
- 14:25-14:45**     **Question and Answer Session**
- 14:45-15:00**     **Comfort Break**
- 15:00-15:20**     **Case Study: Reflections on Mental Health Provisions for Young Black Men**  
Louis Allwood, Policy and Public Affairs Lead, Centre for Mental Health  
Alex Augustine, Lead Peer Researcher, Centre for Mental Health
- 15:20- 15:40**     **Case Study: Bridging The Gap Between Children And Young People And The Health And Wellbeing Board To Build Better Mental Health Services**  
Kim Markham Jones, Community Engagement Officer (Children and Young People), Healthwatch Hillingdon
- 15:40- 16:00**     **Questions and Answers**
- 16:00**             **Chair's Summary and Close**

\*Programme Subject to Change



# Speaker Biographies (A-Z)

## Louis Allwood

Policy and Public Affairs Lead, Centre for Mental Health

Louis became Centre for Mental Health's Policy and Public Affairs Lead in 2019 after over three years as the Centre's Business Development Lead, during which time he was part of the team which secured major funding for the Centre's work with young black men in Birmingham.

Before joining the Centre, Louis worked with charities dedicated to children's education, health and wellbeing. He was briefly seconded to the Mental Health Network at the NHS Confederation as a Policy Officer.

Louis continues to be interested in improving the lives of children and young people and is looking forward to working with the wider sector on a range of issues affecting people of all ages. Louis has authored policy reports on the mental health workforce, the relationship between the voluntary and statutory sectors, local authority mental health initiatives, inequalities in mental health and the experiences of children in geographically remote communities.

## Alex Augustine

Alex Augustine, Lead Peer Researcher, Centre for Mental Health

Alex began his career at MAC-UK, a psychologically informed mental health charity, where he worked as a tutor alongside clinical psychologists, going into schools, prisons, Pupil Referral Units (PRUs) and youth clubs to work directly with 'hard to reach' young people, supporting them in expressing themselves using creative writing and music.

He also worked as an embedded Integrate Practitioner as part of a Home Office funded project, where he was responsible for disseminating MAC-UK's psychologically informed approach – better known as the 'Integrate approach' – ensuring that this was implemented by the team.

Alex then became a content writer and facilitator for The Integrate Movement, training professionals who work with young people on the best way to try to meet their mental health needs.

Alex has worked as a peer researcher for Centre for Mental Health for five years and counting. He has been involved in two main projects: firstly, highlighting the overrepresentation of young black men in mental health services, and secondly, illustrating the lack of diversity and of appropriate and relevant measuring tools in mental health services.

Having worked in this field since 2012, Alex has gained plenty of knowledge and experience as a one-to-one worker, facilitator and researcher, as well as many other skills which he brings to any project looking to meet the needs of vulnerable adults and young people.

## Julia Ford

Improvement CAMHS in Schools Lead, Learning Disability Nurse (RNLD), North Staffordshire Combined Healthcare NHS Trust

Julia Ford; Learning Disability Nurse, Behavioural and Cognitive psychotherapist (accredited by the BABCP) Has worked for the NHS for 36 years, and has a wide extent of knowledge and experience particularly with children and young people with Learning Disabilities.

Her current role is the CAMHS in Schools Lead which provides a service which is commissioned by a number of schools in Stoke-on-Trent. In addition is the Clinical Lead for the for the North Staffordshire Trail Blazer Pilot Project "Transformation of mental health and wellbeing for children and young people"

Julia was also the finalist for the "Clinical leader of the year 2017 HSI awards" and " HSI Value Maker Awards 2018".

CAMHS in Schools is an award winning service and has been nationally recognised by the CQC, NHS England Positive Practice Guide.

This service provides clinical evidenced based whole school approaches; facilitates staff training and support sessions aimed at improving mental health and wellbeing. By working directly within school environment engages staff and enables the development of their expertise in emotional wellbeing which has positive impact on classroom values, beliefs and routines. Having direct clinical experience within the school setting informs her Clinical Leadership into the Trail Blazer Project, to improve mental health and wellbeing to children and young people at the earliest opportunity within the education setting.



## Will Gardner

Chief Executive, Childnet

Will Gardner, OBE is the CEO of Childnet, a children's charity working with others to help make the internet a great and safe place for children. Will Gardner has been at Childnet since 2000 and has been the CEO since 2009.

He is a Director of the UK Safer Internet Centre, in which Childnet is a partner alongside two other charities, the Internet Watch Foundation and the South West Grid for Learning, and in this role Childnet organises Safer Internet Day in the UK.

He is a member of the Executive Board of the UK Council for Internet Safety, and is also on Facebook's Safety Advisory Board.

Will lives in London with his wife and their 5 children.

## Helena Kulikowska

Development Director, Our Time

Helena is a senior manager at Our Time holding the position of development director, to promote, develop and expand the work of Our Time. Our Time is a national charity specialising in helping children and young people who have a parent with a mental illness to develop resilience. Helena has held senior roles in local government for several years as a project manager, coordinating a range of change and transformation projects and reviews of public services, undertaking the National Graduate Development Programme. Helena joined Our Time as she was keen to make a direct, immediate and positive difference to children and young people's lives, and to campaign for an issue that is close to her friends and family. Helena has a BA and MA in European Social and Political Studies (with German) from University College London. Outside of Our Time, Helena runs a public speaking training company with two business partners, helping people of all ages and walks of life to build confidence and resilience.

## Kim Markham Jones

Community Engagement Officer (Children and Young People), Healthwatch Hillingdon

Kim has worked in community engagement and participation for 12 years. Initially for Hillingdon Homes ALMO, subsequently for London Borough of Hillingdon Council and currently for Healthwatch Hillingdon and the national charity YoungMinds.

In her role at Healthwatch Hillingdon, Kim launched Young Healthwatch Hillingdon (YHwH) in November 2017 and to date has supported over 40 young volunteers to ensure young people's voices are represented throughout local health and social care services. YHwH members work with other young people, commissioners and providers on various projects about mental health and wellbeing, transitions, sexual health services and many more.

In her role with Trainer Consultant at YoungMinds, Kim works with young people, parents and carers and professionals throughout the country, designing and delivering training about youth participation within mental health and planning and facilitating consultancy projects about youth participation.

## Samantha Mortimer

Strategic Lead for CAMHS and Associate Director, North Staffordshire Combined Healthcare NHS Trust

Samantha (Sam) Mortimer ; Registered Mental Health Nurse of 30 years has worked for the NHS for 33 years , predominantly as a Community Adult Mental Health Practitioner with extensive experience in service and organisational development.

Current role is Associate Director within a Community locality with a strategic responsibility for the operational delivery of quality mental health care from birth to working age adults, influenced and lead the trust to an outstanding CQC rated position. In addition holds the function of strategic lead for Children's and Young People's Mental Health delivery, and the system wide chair of the children's transformation board.

Honoured to be leading on the delivery of the Staffordshire and Stoke on Trent Trailblazer Pilot Project "Transformation of mental health and wellbeing for children and young people"



## Diana Omokore

Care Leaver and Medical Student, DeMontfort University

Hi, I'm Diana. I am currently a medical science student at De Montfort University. Education was my focus and I saw it as a way out of my adverse experiences before going into care during my late teens. I overcame many significant barriers on my learning journey. I struggled a lot with my mental health and at times I didn't get the support that I needed. It means a lot to me that I am getting closer to where I want to be. Still, before coming to university here in Leicester I was nervous. Knowing that few children that leave the care system go to university in comparison to their peers can be quite daunting.

I also am a childline volunteer, and an active advocate on behalf of children in care; working with the Esmee Fairburn foundation's Young Person's Network run by Renaisi, with an aim to improve the support for care-experienced young people, through our podcasts; in addition to contributing towards inquiries such as the Independent Inquiry into Child Sexual Abuse, focusing on exploring ways we can keep children safe whilst proposing recommendation on how public authorities such as the police, social care, and mental health teams can improve their response and support to children that have experienced sexual abuse.

I am currently working towards becoming a paediatrician, whilst taking on a variety of work placements; exploring different specialties, I have found that the field of Paediatrics really does resonate. Hospitals can be a very scary experience for young children. It can be traumatic. My love for science and how our bodies fight to keep us alive is something that really connects me to my childhood, as I spent a lot of my childhood surviving.

## Dr Tracey Urquhart

Consultant Lead Psychologist/Service Manager, Lincolnshire Partnerships Foundation Trust

Dr Tracey Urquhart is a Consultant Clinical Psychologist with 20 years' experience. For the last 9 years she has been head of service of Young Minds Matter (formerly CAMHS) for North East Lincolnshire. Her duties include the day to day management and development of a 24/7 Child and Adolescent Mental Health Service. Tracey holds a clinical caseload, of complex neuropsychological or mental health presentations. She provides line management and clinical supervision to numerous disciplines. She provides consultation for a number of multi-agency panels and also provides on call management for community and inpatient mental health services for children and young people, learning disability, adults and older adults.

## Tim Vizard

Principal Research Officer, Office for National Statistics

Tim Vizard is a Principal Analyst at the Office for National Statistics (ONS).

He joined ONS in 2007 and has led several large-scale social surveys, including the Annual Population Survey and European Health Interview Survey. Most recently, Tim led the ONS contribution to the 2017 Mental Health of Children and Young People Survey, a survey delivered on behalf of NHS Digital and in collaboration with NatCen Social Research and YouthInMind.

Tim currently leads a multi-disciplinary team of analysts responding to emerging policy areas. This includes ONS' analysis into the "Coronavirus and the social impacts on adults in Great Britain", which provides weekly estimates from around 1,500 adults to understand the impact of the coronavirus (COVID-19) pandemic on people, households and communities in Great Britain. Tim is also working on a forthcoming publication looking at the mental health of children and young people in England during the coronavirus pandemic, in a collaboration between ONS, NHS Digital, Natcen Social Research, University of Cambridge and University of Exeter.

## Dani Worthington

Principal, Carlinghow Academy and Director of School Improvement, Great Heights Trust

Dani Worthington is a Local Leader of Education and Director of School improvement for the Great Heights Trust. She has recently taken up the post of Principal of Carlinghow Academy in Batley as the school joined The Great Heights Academy Trust as a sponsor school in April. Dani has a proven track record in school improvement and extensive experience of working in schools in areas of high social deprivation with up 60% on the pupils eligible for pupil premium funding. Throughout her teaching career she has worked with many children displaying challenging behaviours, complex needs and mental health issues and is passionate about ensuring all children have access to quality professional support. Last year she was invited to Westminster to speak at The All Parliamentary Group launch of The Child Mental Health Charter.



# Delegate List

ACS International Schools, *Lead DSL*  
ACS International Schools, *Health, Safety & Wellbeing Manager*  
Alternative Creative Therapies, *Counsellor*  
Avon and Wiltshire Mental Health Partnership NHS Trust, *Head of Operations, CAMHS*  
Barnardos, *Children Service Manager*  
BCH Charities, *Transition Psychological Practitioner & Systemic Practitioner*  
Beechwood Park School, *Deputy Head (Pastoral) - DSL*  
Brighton & Hove CAMHS, *Assistant Psychologist*  
CAMHS, *Psychology Clinical Lead*  
CAMHS, *Senior Mental Health Practitioner*  
CAMHS, *Nursing Clinical Lead*  
CAMHS, *Psychiatrist Clinical Lead*  
Cardinal Newman School, *Head of Drama*  
Cerebra, *Lead Research and Education Officer*  
Cerebra, *KTP Research Associate*  
Cherry Tree Primary School, *Behaviour Lead*  
Cherry Tree Primary School, *Children & Families Manager*  
Cherry Tree Primary School, *Senco*  
Children and Family Health Devon, Torbay & South Devon NHS Foundation Trust, *Clinical Lead and Consultant Psychiatrist*  
Children and Family Health Devon, Torbay & South Devon NHS Foundation Trust, *Consultant Child and Adolescent Psychiatrist*  
Children and Family Health Devon, Torbay & South Devon NHS Foundation Trust, *CAMHS Head of Service*  
Children's Hospital for Wales - Paediatric Psychology, *Clinical Psychologist*  
CNTW Finance Department, *Clinical Lead*  
CNTW Finance Department, *Clinical Nurse Manager*  
CNTW Finance Department, *Team Manager*  
Cotton Primary School, *Deputy Head Teacher*  
Council for Learning Outside the Classroom, *CEO*  
Coventry and warwickshire partnership NHS trust, *Consultant psychiatrist*  
Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust, *Clinical Lead*  
Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust, *Clinical Lead*  
Diverse Academies Trust, *Assistant Principal/Designated Safeguarding Lead*  
Dorset HealthCare University NHS Foundation Trust, *Consultant Child & Adolescent Psychiatrist*  
Dr Andrea Pickering, *Consultant Clinical Psychologist*  
Dr Bharti Seth, *Consultant & Lead for Pain Management*  
Dr Louisa Pavlakovic, *Consultant Anaesthetist*  
Dudley Academies Trust, *Compliance and Safeguarding Officer*  
Durham High School for Girls, *Head of Year 10*  
Durham High School for Girls, *Head of Sixth Form*  
Essex Partnership University NHS Foundation Trust, *Social Worker*  
FOLS, *Clinical Support Worker*  
Fortismere school, *Mental Health Lead*  
Gloucestershire Royal Hospital, *Consultant Paediatrician*  
Guy's and St Thomas' Hospital, *Consultant Dermatologist*  
Guy's and St Thomas' Hospital, *Consultant Dermatology*  
Hampshire & Isle of Wight Forensic CAMHS, *ST8 Specialty Registrar Forensic CAMHS*  
Hertfordshire County Council, *Strategic Lead for Mental Health in Schools*  
HISP Multi Academy Trust (c/o Thornden School), *Assistant Headteacher/Designated Safeguarding Lead*  
Humankind, *Senior Manager Health, Young People and Families/Work and Skills*  
Keerthika Rajendran, *Dental officer in Special care dentistry*  
Kent County Council, *Team Manager*  
Kent Police, *Youth Justice Supervisor*  
Kent Police, *Youth Justice Team Officer*  
Kingsmead School, *Learning Director of Year*  
Kirklees Council, *Admin*  
Luton & Dunstable Hospital, *TBC*



## Government Events

Luton & Dunstable Hospital, *TBC*  
Luton & Dunstable Hospital, *TBC*  
LVS Ascot, *Well-Being Manager*  
Midlands Partnership NHS Foundation Trust, *Consultant Child and Adolescent Psychiatrist*  
Mind, *Policy & Campaigns Officer*  
Mind (NAMH), *Information Officer (Young People)*  
NHS Ayrshire & Arran, *Consultant Psychiatrist Intellectual Disabilities*  
NHS Centre for Integrative Care, *Associate specialist*  
NHS Wales, *Mental Health and Learning Disability Improvement Manager*  
Northern Ireland Hospice, *Senior social worker*  
Northern Ireland Hospice, *Social worker*  
Northern Ireland Hospice, *Family support Worker*  
Oakdale Infants School, *Assistant Head Teacher & Inclusion Lead*  
Office for National Statistics, .  
Peterborough City Hospital, *Consultant Paediatrician*  
Princess Royal Hospital, *Staff Nurse*  
Princess Royal Hospital, *Sister*  
Princess Royal Hospital, *Sister*  
Reading Blue Coat, *Deputy Head Pastoral*  
Reigate College, *Director of Mental Health and Wellbeing*  
Sandhurst School, *Head of House*  
Sefton CAMHS, Alder Hey Children's NHS Foundation Trust, *Mental Health Practitioner*  
Sefton CAMHS, Alder Hey Children's NHS Foundation Trust, *Mental Health Practitioner*  
Sefton CAMHS, Alder Hey Children's NHS Foundation Trust, *Mental Health Practitioner*  
Sefton CAMHS, Alder Hey Children's NHS Foundation Trust, *Mental Health Practitioner*  
Sefton CAMHS, Alder Hey Children's NHS Foundation Trust, *Mental health Practitioner*  
SMART Wokingham, *Young Person & Family Drug and Alcohol worker*  
Somerset NHS Foundation Trust, *Teenage and Young Adult Clinical Nurse Specialist*  
South West London and St George's NHS Trust, *Speciality Registrar in CAMHS*  
South West London and St Georges Mental Health NHS Trust, *Ward Manager*  
Southern Health and Social Care Trust, *ST5 Paediatric Registrar*  
St James' C of E Primary School, *Business manager*  
St John Wall Catholic School, *Inclusion co-ordinator*  
St John XXIII Catholic Primary School, *Teacher*  
St. Chad's Catholic Primary School, *Leader for Inclusion/SENCo*  
St. Marys Catholic Primary School, *Class Teacher*  
Standard Life, *People and Engagement Analyst*  
Standard Life, *Senior People Consultant*  
Stepping Hill Hospital, Stockport NHS Foundation Trust, *Paediatric Sister/Team Leader*  
Stepping Hill Hospital, Stockport NHS Foundation Trust, *Children and Young People's Mental Health Education Practitioner*  
Stevenage Borough Council, *Health & Sport Strategy Manager*  
Stockport NHS Foundation Trust, *MASSH / Early Help Safeguarding Nurse*  
Suffolk County Council, *Suicide Prevention Project Officer*  
Sussex Partnership Foundation Trust, *CAMHS General Manager*  
The Beeches Primary School, *Family Support Worker and DDSL*  
The Beeches Primary School, *SENCO and DDSL*  
The Beeches Primary School, *Deputy Head and DSL*  
The Christie Hospital NHS Trust, *Speciality Doctor Young Oncology*  
The King John School, *Head of Year*  
The Polygon School, *SENDCO*  
Tunstall Primary School, *Teacher*  
University of East Anglia, *Lecturer*  
Wirral University Teaching Hospital, *Paediatric Consultant*  
Wirral University Teaching Hospital, *Consultant*  
Woodbourne Priory Hospital, *CAMHS Consultant Psychiatrist*  
Young Epilepsy, *Pathway Lead - Personal & Social Wellbeing & Safeguarding*  
Young Epilepsy, *Assistant Principal*



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9<sup>th</sup> February 2021, Central London

## [The Children in Care Conference 2021](#)

11<sup>th</sup> February 2021, Central London

## [Further Education Leadership: Delivering Excellence in Uncertain Times](#)

24<sup>th</sup> November 2020, Online

For any enquiries, please call 0330 0584 285 or email [Enquiries@governmentevents.co.uk](mailto:Enquiries@governmentevents.co.uk)



## Thank you for attending our conference.

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We wish you a safe journey home.

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