

CHILDREN & YOUNG PEOPLE UNDER PRESSURE CONFERENCE

Anxiety, Depression, Self-Harm & Eating Disorders

-How Can We Best Support Children & Young People?

Monday 7th November 2016, Glasgow

A **"MUST"** attend conference for all those working in Schools, Colleges, Universities, Mental Health and Social Care settings. Take away plenty of practical ideas, strategies and resources that you can use tomorrow!

Bringing you Inspirational, Knowledgeable & Enthusiastic Speakers



Dick Moore

Has been an English teacher, rugby coach and headmaster, the latter for almost 23 years. Circumstances led to him developing a passion for adolescent emotional well-being, within an educational context. Dick is a qualified instructor for Youth Mental Health First Aid and trainer for the Charlie Waller Memorial Trust. He is a much sought after conference speaker and trainer throughout the UK and overseas.



Dr Pooky Knightsmith

An ambassador for mental health; who loves to research, write, teach and share all manner of ideas and practical strategies on mental health and well-being that work! Her enthusiasm is backed by a PhD in Child & Adolescent Mental Health and her own lived experiences of anorexia, self-harm, anxiety and depression. Pooky is the Director of the Children, Young People and Schools Programme at the Charlie Waller Memorial Trust.



Dr Alex Yellowlees

Is the Medical Director of the Priory Hospital in Glasgow and Edinburgh and a Consultant Psychiatrist. He specialises in eating disorders and is widely published in this field. Alex speaks at numerous conferences, training courses and to the media; and will share with you his in-depth knowledge and understanding of eating disorders, delivered in his very easy to listen to manner.



Maria Naranjo

Is a Consultant at The Mind's Well Recovery College, which aims to reduce the need to resort to self-harming behaviours. She trained as a Psychotherapist in Spain and she obtained a MSc in Cognitive Science by Edinburgh University. Maria has worked in the field of mental health in Scotland for over a decade. In a national charity she worked as Self Harm Co-ordinator and gained valuable experience and knowledge of the issues affecting people who engage on self-harming behaviours and those who look after them, professionally or personally.

In Partnership with



4 Easy Ways to Book

Online: www.medicapd.com

Tel: 0141 638 4098

Post: Fill in the registration form and post to us
Email: Fill in the registration form and email to us



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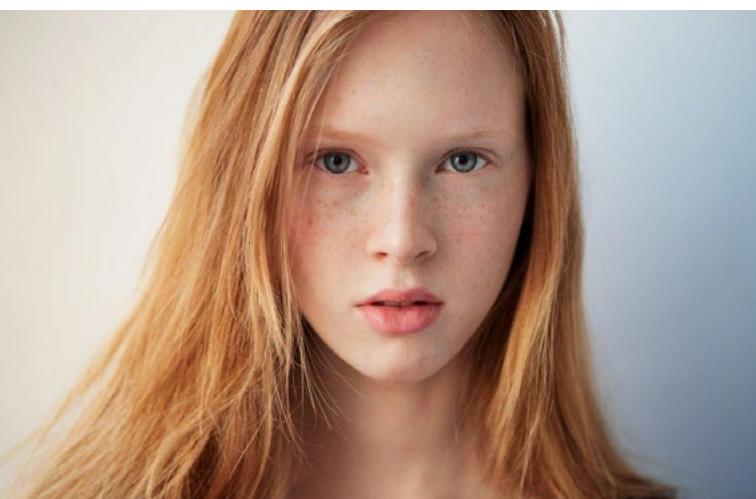
Monday 7th November 2016, Glasgow

Anxiety, depression, self-harm and eating disorders make up the four commonest mental illnesses in under 21s. Not only does this mean that a vast number of children and young people are unhappy, but also that they are underperforming at school, college and university; as well as in the early stages of their careers.

This conference brings together some of the most experienced practitioners in the field who are enthusiastic and inspiring speakers too. They will share with you their knowledge and increase your understanding of these key mental health issues; as well as providing you with information and practical strategies on how best to respond and support children and young people in your care and staff too!

Who Should Attend?

This is a conference for all teachers, head teachers, school counselors, psychologists, support staff, school nurses, school policy makers, college and university student welfare support services, CAMHS and health professionals, social care, youth workers and others interested in health and well-being.



Conference Details:

- Date :** Monday 7th November 2016
- Venue:** Hilton Glasgow Grosvenor Hotel,
1-9 Grosvenor Terrace, Glasgow, G12 0TA
- Phone:** 0141 339 8811
- Time:** The conference will commence promptly at 9.45am and finish approximately at 4.30pm
(Registration is 9.15am – 9.45am)
- Cost:** £199 + VAT per delegate
(including lunch & refreshments)

How to Register:

Online: At www.medicacpd.com

Tel: Call 0141 638 4098

Post: Fill in the registration form and post to us at the address at the bottom of the form by no later than 01/11/2016

Email: Fill in the registration form and email to carolyn@medicacpd.com by no later than 01/11/2016

For group bookings please contact the Medica Cpd Team on 0141 638 4098

It is advisable to book ASAP as places are restricted.

Confirmation of booking and further information will be emailed to you. If you have not received confirmation within 5 days of submitting your booking, please contact the Medica Cpd Team on the above numbers.

Cancellations: Please read our cancellation and refund policy on our booking form before registering.

Great Savings: Book our conference “**Children – Under Pressure Conference**” 7/11/2016 and our training course “**Promoting Emotional Well-Being**” 8/11/2016, together and receive a discount! Details in the leaflet or call the Medica Cpd office on 0141 638 4098 to book or online at www.medicacpd.com by selecting the Discount Button.

CHILDREN UNDER PRESSURE

Conference Programme - 7/11/2016

9:15 - 9:45	Registration & Refreshments on arrival
9:45 - 9:50	Welcome & Opening Remarks from the Morning Chair Tam Baillie , <i>Children & Young People's Commissioner Scotland</i>
9:50 - 10:50	'Helping them Tick' <ul style="list-style-type: none"> • Why is adolescence such a challenging time? • How might education respond? Dick Moore , <i>Associate Trainer - Charlie Waller Memorial Trust</i>
10:50 - 11:00	Questions and Discussion

11:00 - 11:25 Refreshment Break

11:25 - 12:25	Understanding Eating Disorders & Body Image Issues <ul style="list-style-type: none"> • What you need to know about eating disorders. • How to recognise and help children and young people in need of support. • Building positive body image and self-esteem. Alex Yellowlees , <i>Medical Director & Consultant Psychiatrist - Priory Group Glasgow & Edinburgh</i>
12:25 - 12:35	Questions and Discussion

12:35 - 13:30 Lunch & Exhibitors

13:30 - 13:35	Welcome & Opening Remarks from the Afternoon Chair Richard Leckerman , <i>Breathing Space Advisor - NHS 24</i>
13:35 - 14:35	Self-Harm & Suicide - It's Okay to Talk About It <ul style="list-style-type: none"> • How do we identify students who may be at risk. • How can we best support and help young people who might be at risk of suicide or self-harm. • Listening, engaging and raising self-esteem. • Resources in place to help young people cope with stress and to improve their resilience. Maria Naranjo , <i>Consultant - The Mind's Well Recovery College</i>
14:35 - 14:45	Questions and Discussion

14:45 - 15:05 Refreshment Break

15:05 - 16:05	Supporting & Understanding Children with Depression & Anxiety <ul style="list-style-type: none"> • Learn to recognise and respond to the early warning signs for depression and anxiety with simple approaches that can be learned and implemented by non-specialist staff. • Gain a better understanding and a range of resources to draw on when working with children and young people. Dr Pooky Knightsmith , <i>Director: Children Young People & Schools Programme - Charlie Waller Memorial Trust</i>
16:05 - 16:25	Questions & Discussion with Panel of Experts: James Jopling , Executive Director for Scotland – Samaritans Maria Naranjo , Consultant – The Mind's Well Recovery College Dr Pooky Knightsmith , Director: Children Young People & Schools Programme- Charlie Waller Memorial Trust
16:25 - 16:30	Closing Remarks from Afternoon Chair Richard Leckerman , As Above

16:30 Approx. Close

Also Announcing...

Promoting Emotional Well-Being

Implementing Whole School/College/University Approaches Which Make a Difference

Course date: Tuesday 8th November 2016, Glasgow

This half day course is designed for early years, primary, secondary school, college or university staff and senior leaders keen to improve the emotional well-being and mental health of their students.



Course Tutor: Dr Pooky Knightsmith

Is a passionate ambassador for mental health who loves to research, write, speak, teach and share all manner of ideas about mental health and well-being as well as being an exceptional presenter. Her enthusiasm is backed up by, both, a PhD in Child & Adolescent Mental Health from the Institute of Psychiatry, Kings College London, and her own lived experience of anorexia, self-harm, anxiety and depression. Pooky directs the Children, Young People and Schools Programme at the Charlie Waller Memorial Trust.

About the Course:

This course will make you think practically, as well as out of the box, about what needs to happen in your education setting with staff and your students in order to promote emotional well-being.

The course will be taught through a lively mix of presentations, case studies, questions and discussion; and will include drafting policies, procedures and curriculums as we go. These will all draw on best practice and ideas shared from a range of education settings and will be tailored to meet the specific needs of your own. It will be delivered with empathy and a real commitment to help you to move things forward.

We will take a whole school/education setting approach, which will focus on promoting well-being through 8 core strands:

- Leadership and management that supports and champions efforts to promote emotional health and well-being.
- An ethos and environment that promotes respect and values diversity.
- Curriculum teaching and learning to promote resilience as well as support social and emotional learning.
- Enabling student voices to influence decisions.
- Staff development to support their own well-being and that of students.
- Identifying needs and monitoring impact of interventions.
- Working with parents and carers.
- Targeted support and appropriate referrals.

Take Away Goodies

Not only will you gain plenty of practical strategies that you can implement, you will also receive:

- ✓ A copy of Pooky's presentations to view with your colleagues.
- ✓ Access to some fantastic resources and worksheets on mental health.
- ✓ A free copy of the Eating Disorders Pocket Book.

Training Course Details:

Date: Tuesday 8th November 2016

Venue: Hilton Glasgow Grosvenor Hotel, 1-9 Grosvenor Terrace, Glasgow G12 0TA, Tel: 0141 339 8811

Time: The training course will begin promptly at 9.30am and finish at approx. 12.30pm (Registration is 9.00am – 9.30am)

Cost: £98.00 + VAT per delegate (including Tea & Coffee)

How to Register:

Online: At www.medicacpd.com

Tel: Call 0141 638 4098

Post: Fill in the registration form and post to us at the address at the bottom of the form by no later than 01/11/2016

Email: Fill in the registration form and email to carolyn@medicacpd.com by no later than 01/11/2016

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Cancellations: Please read our cancellation and refund policy on our booking form before registering.

Registration Form



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- Email: Fill in the registration form and [email to us](#)

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Delegate Details (Please fill in block capitals)

First Name Surname
Job Title Organisation
Email Tel
Address Postcode
Special Diets / Mobility

Confirmation of your registration and further details will be sent by email. If you would prefer to receive confirmation by post, please tick this box. If you do not receive confirmation of your booking within 10 days, please call the Medica Cpd Team on 0141 638 4098

I wish to attend the following event: (Please tick the appropriate box)

07/11/2016: Children – Under Pressure – Conference at £199 + VAT = £238.80

08/11/2016: Promoting Emotional Well-Being Training Course at £98 + VAT = £117.60

Discount Rate: Both Conference on 07/11/2016 & Training Course on 08/11/2016 at £267 + VAT = £320.40 *T&Cs Apply

How to Pay (Please tick the appropriate box)

It is the responsibility of the delegate to ensure payment is made prior to the attendance of the event

By Cheque I enclose a cheque for the appropriate amount made payable to “Medica CPD Ltd” and send with the form to the address below

By Credit Card Please book online at www.medicacpd.com
(Please note a small charge of 3.4% will be added to all credit/debit card charges)

By Invoice Please send invoice to: (if different from above)

First Name Surname
Job Title Organisation
Email Tel
Address Postcode

Purchase Order Number (If relevant)

An invoice will be sent to the appropriate person by email. If you would prefer to receive an invoice by post, please tick this box. Please note we are unable to send invoices to home addresses.

PAYMENT IS DUE 30 DAYS FROM DATE OF THE INVOICE OR BEFORE THE EVENT START DATE (WHICHEVER COMES SOONER)

Full confirmation of attendance will only be issued when payment of invoice is received in full. Early registration is essential for invoices.

REGISTRATION TERMS & CONDITIONS

1. Once we have received your booking via online, by telephone, email or in the post, this constitutes a firm booking.
2. Your registration constitutes a legally binding agreement, payment must be received before the event. Any outstanding payment becomes the responsibility of the named delegate attending.
3. Cancellations must be made in writing. A refund less an administration charge of £25 will be given to cancellations received before 8 September 2016. After this date the full fee is payable, regardless if the delegate attends on the day or not. Substitutions can be made, if we are notified up to 3 working days before the event.
4. The organisers reserve the right to change the programme, speakers and venue as required.
5. In the unlikely event that we have to cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs incurred.
6. To qualify for the Discounted Rate, registration bookings for both events must be made on the same day and booked under the same delegate name to attend both the conference and training course.

Please visit our website at www.medicacpd.com for full terms and conditions

DATA PROTECTION:

The personal data that you supply during the registration of this event will be entered into a database and used by the event organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the event organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of, the events. The personal data in the database will be retained by the event organisers, unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.