

Capita's National Conference

# Improving Mental Health in Scotland

Tuesday 18th September 2012 – Edinburgh



**Chair: Frances Simpson**  
Chief Executive  
**Support in Mind Scotland**

**Speakers Include:**

**Monica Merson**  
Head of Health and Wellbeing Team  
**NHS Health Scotland**

**Linda Irvine**  
Strategic Programme Manager for  
Mental Health and Wellbeing  
**NHS Lothian**

**Andreana Adamson**  
Chief Executive, **The State Hospitals  
Board for Scotland** and  
Chief Executive, **The Forensic Network**

**Alison White**  
Acting Head of Service  
**Midlothian Council**

**Dr David Gerber**  
Clinical Director  
**Gartnavel Royal Hospital**

**Simon Bradstreet**  
Director  
**Scottish Recovery Network**

**Linda Brown**  
Housing Support Services Manager  
**Health in Mind**

Contributors



## Improving Mental Health in Scotland

Tuesday 18th September 2012 – Edinburgh

### About the Event

Capita's Improving Mental Health in Scotland Conference provides delegates with a crucial opportunity to gain insight into the key themes and proposals outlined in the new **Mental Health Strategy 2012-2015**, due this summer.

Bringing together into a single document their mental health improvement work, measures for mental illness prevention and work to improve mental health services, **the forthcoming strategy signals the Scottish Government's intention to take forward mental health policy in a more joined-up and systematic way.**

**Timed to coincide with the release of the strategy**, this unmissable event will focus on the direction of travel for the next 4 years and provide expert advice and guidance from best practice examples of the work to improve mental health services, including sessions on:

- Implementing **early intervention and prevention work**
- Delivering **person-centred**, safe and effective care
- **Developing improved community mental health services**
- **Engaging families and carers** in service design and delivery
- Driving forward **the anti-stigma agenda**
- Embedding an **outcomes-focussed approach** to mental health improvement

Attend this event to develop a strategic approach to promoting mental wellbeing in your community and ensure a culture of **continuous improvement of mental health service provision.**

### Benefits of Attending

- Benefit from **an overview by NHS Health Scotland** on their work in **driving mental health improvement**
- Understand the importance of **early recognition** in improving **outcomes for patients to make cost savings** to the NHS, local authorities and other services
- Examine the **balance between community and inpatient provision** and the **role of crisis services** as a first contact for those in distress
- Ensure **service users are placed at the centre of care and treatment** and are involved in decisions about service design and planning
- Hear best practice work on **improving the mental health of offenders and interventions for reducing reoffending**
- Identify strategies for **embedding peer support** in your provision as part of a **recovery-based approach** within mental health services
- Learn how to effectively **eliminate stigma and tackle discrimination** to **improve public attitudes towards people with mental illness**



### Who Should Attend

All Health, Social Care, Local Authority, Housing and Voluntary Sectors including:

- Chief Executives
- Directors of Public Health
- Mental Health Improvement Teams
- Dementia Teams
- Supporting People Teams
- Health and Social Care Leads
- Health Improvement Teams
- Long Term Conditions Teams
- Personalisation Teams
- Commissioners and Joint Commissioning Teams
- Independent Living Teams
- Direct Payment and Personal Health Budget Teams
- Medical Directors and Directors of Nursing
- Community Health Partnerships
- Supported Housing Services
- Advocates, Carers and Mental Health Support Groups

### Forthcoming Events

**Housing Benefit Scotland** – Friday 15th June – Edinburgh

**Public Sector Records Scotland** – Wednesday 19th September - Edinburgh

**Adult Social Care Workforce** – Tuesday 25th September – Central London

### Sponsorship and Exhibition Opportunities

We offer a range of flexible packages which offer your organisation a platform to network and communicate with key organisations in the public sector.

For further information please contact Matt Turton on 020 7960 7717 or email [matt.turton@capita.co.uk](mailto:matt.turton@capita.co.uk)

09.20 Registration Tea and Coffee

09.50 Chairman's Opening Remarks

**Frances Simpson**, Chief Executive, **Support in Mind Scotland**

## Opening Address

10.00 Improving Mental Health Services

- The place of prevention and promotion in a new integrated Mental Health Strategy 2012-2015
- Improving mental health outcomes
- Indicators for mental health and measuring wellbeing
- Delivering change through better mental health

**Monica Merson**, Head of Health and Wellbeing Team  
**NHS Health Scotland**

10.25 Questions and Discussion

10.35 Moving the Anti-Stigma Agenda Forward

- Tackling stigma and addressing discrimination
- Addressing wider structural elements that can lead to discrimination
- Engaging the community in supporting and preventing mental illness
- Increasing employment opportunities for those with mental health problems and promoting mental wellbeing in the workplace

**Charlie McMillan**, Director of Operations, **Scottish Association for Mental Health**

10.55 Questions and Discussion

11.05 Networking Tea and Coffee Break

## A Focus on Early Intervention and Prevention Work

11.30 Enabling Early Recognition and Treatment of Mental Illness and Disorder

- Reducing the duration of untreated illness
- Focusing resources on the earliest definable clinical stage of illness
- Adopting an evidence-based approach to providing services
- Improving outcomes for patients and achieving wider cost savings to the NHS, local authorities and other services

**Linda Irvine**, Strategic Programme Manager for Mental Health and Wellbeing, **NHS Lothian**

11.50 Transforming Inpatient Care and Community Services

- Meeting the needs of a wide range of service users
- Developing and improving community-based facilities
- Increasing the offer of crisis services and primary care services
- Training NHS frontline, primary care, accident and emergency and substance misuse staff in suicide prevention and awareness

**Dr David Gerber**, Clinical Director and  
**Tom Mackay**, Hospital Manager  
**Gartnavel Royal Hospital**

12.10 Session Questions and Discussion

12.20 Providing Health Services for Mentally Disordered Offenders

- Embedding multi-agency working and a joined-up approach
- Ensuring offenders are given the right level of security
- Quality standards in secure care
- Establishing strong links with prisons, local authorities, police, carers and service users

**Andreana Adamson**, Chief Executive  
**The State Hospitals Board for Scotland** and  
Chief Executive, **The Forensic Network**

12.40 Questions and Discussion

12.45 Networking Lunch

13.45 Ensuring Patient-Centred Care

- Respecting the individual needs and values of services users, their families and carers
- Demonstrating compassion, clear communication and shared decision making
- Adopting a recovery-based approach
- Involving service users in decisions about their own care and treatment
- Working across organisational boundaries

**Alison White**, Acting Head of Service  
**Midlothian Council**

14.10 A Focus on Suicide Prevention

- Early prevention and intervention
- Responding to immediate crisis
- Longer-term work to provide hope and support recovery
- Promoting greater public awareness and encouraging people to seek help early

**Alana Atkinson**, Health Improvement Programme Manager  
**NHS Health Scotland**

14.35 Session Questions and Discussion

14.55 Assessing the Impact of Peer Support Services

- Training peer support workers to help themselves and other people in recovery
- Approaching recovery using new strategies
- Encouraging service users to take control of their own recovery
- Integrating with existing teams

**Simon Bradstreet**, Director, **Scottish Recovery Network**  
*The SRN were involved in developing the Government's pilot programme to employ peer support workers in a number of Health Board areas across Scotland*

15.10 Providing Integrated Care, Support and Housing Services

- Reducing reliance on hospital admission
- Providing additional support for families and carers
- Implementing self directed support
- Embedding dignity and independence in service provision

**Linda Brown**, Housing Support Services Manager  
**Health in Mind**

15.35 Session Questions and Discussion

15.45 Chair's Closing Remarks and Close of Conference



# Booking Form

## Improving Mental Health in Scotland

Tuesday 18th September 2012 – Edinburgh

BOOKING SOURCE CODE: EMOSC

### DELEGATE DETAILS (Please use BLOCK CAPITALS and complete in full)

#### Correspondence Address

Organisation
Address
Postcode

#### 1st Delegate

Surname	Title
Forename	
Job Title	
Organisation	
Department	
Email	
Telephone	
Dietary/Access requirements	


#### 2nd Delegate


Surname	Title
Forename	
Job Title	
Organisation	
Department	
Email	
Telephone	
Dietary/Access requirements	


#### 3rd Delegate

Surname	Title
Forename	
Job Title	
Organisation	
Department	
Email	
Telephone	
Dietary/Access requirements	

### EASY WAYS TO BOOK

 FAX your completed form to 0870 165 8989

 EMAIL [conference.events@capita.co.uk](mailto:conference.events@capita.co.uk)

 POST your completed form to:  
Capita Conferences Administration, Ground Floor,  
17-19 Rochester Row, London, SW1P 1LA

Book a 3rd  
delegate @  
1/2 price

This offer may not be  
used in conjunction  
with other discounts

 **ENQUIRIES 0870 400 1020**

[conference.events@capita.co.uk](mailto:conference.events@capita.co.uk)

### PAYMENT DETAILS

**Public Sector @ £350.00 plus VAT** No. of delegates

**Private Sector @ £545.00 plus VAT** No. of delegates

**\*Concessionary Discount @ £225.00 plus VAT** No. of delegates

*\*Discounts cannot be combined*

*Only charities registered with the OSCR are eligible for this discount.*

*Patient Groups and Older People's Forums are eligible for this discount.*

**TOTAL NUMBER OF DELEGATES**

Charity Commission Registration No.

**TOTAL COST** £ \_\_\_\_\_

Your Purchase Order/Reference Number \_\_\_\_\_

### INVOICE ADDRESS

Surname	Title
Forename	
Job Title	
Organisation	
Address	
Postcode	
Telephone	
Email	

**Payment terms are 30 days and payment must be received before the conference date.**  
We will issue an invoice upon receipt of your booking and payment can be made: online by credit/debit card; BACS or cheque.

**I have read the terms and conditions and understand the cancellation policy  
Signature required**

#### Purchase of Delegate Pack Only

If you are unable to attend the event, but would like to receive supporting documentation please indicate below:

PDF Electronic Version @ £95 – plus VAT

Hard Copy Paper @ £95 – no VAT

*Invoices issued after the event when order processed. See payment options below.*

### PAYMENT INFORMATION

**Payments to CAPITA BUSINESS SERVICES LTD.**

Bank: Barclays Bank Plc

Sort Code: 20-67-59

Account No: 60864978

Email remittances:

[csremittances@capita.co.uk](mailto:csremittances@capita.co.uk) or fax  
to 020 7504 3551

Please send payments, quoting conference code

**HS09121**, to: Capita Business Services

Ltd. Accounts Receivable, PO Box 212, Faverdale

Industrial Estate, Darlington DL1 9HN.

A VAT invoice will be issued on receipt of payment

VAT No: 618 1841 40

### HOTEL ACCOMMODATION

The conference fees do not include accommodation.

For discounted accommodation rates, please

contact Capita Business Travel on Tel: 0871 521 9816

or email [capexternal@capita.co.uk](mailto:capexternal@capita.co.uk). Please quote the

title of the Conference for preferential rates.

### TERMS & CONDITIONS

**CANCELLATIONS** confirmed in writing 14 days before the conference date will be refunded, minus an administration fee of £50.

We regret that no refund can be made after that date, although substitutions can be made at any time.

Capita are not able to offer refunds for cancellations arising from events outside of our control.

**VENUE AND REGISTRATION DETAILS** will be sent within 14 days of the event date. We cannot be held responsible for non arrival of this information, if you have not received within 7 days of the event date, please call us on 0870 400 1020.

**PROGRAMME AMENDMENTS** Capita reserves the right to alter the programme or venue without notice due to unforeseen circumstances.

#### CHANGE OF DETAILS

Have your details changed, are they incorrect or you do not wish to receive any future mailings? Please email: [conference.events@capita.co.uk](mailto:conference.events@capita.co.uk).

#### DATA PROTECTION

Capita Business Services Ltd may use your details to send you information about our further conferences and services. If you would prefer not to receive this information, please tick this box.

© COPYRIGHT 2012.

