

# BRIDGING TRANSITIONS: YOUTH MENTAL HEALTH - RISK AND RESILIENCE 14 June 2017

Queen Elizabeth Teaching  
and Learning Centre,  
1345 Govan Road,  
GLASGOW,  
G51 4TF



9.00–9.30 am **Registration (tea/coffee)**

9.30–9.45 am **Welcome (Dr Ruchika Gajwani)**

9.45–10.45 am **Professor Andrew Chanen**, Deputy Research Director, Head of Personality Disorder Research Orygen, the National Centre of Excellence in Youth Mental Health, Professorial Fellow, Centre for Youth Mental Health, University of Melbourne, Australia

**“Prevention and early intervention for Borderline Personality Disorder: a novel public health priority”**

10.45–11.15am *Tea/coffee*

11.15–12.15pm **Professor Mikael Landén**, Professor/Senior Consultant Psychiatrist, Gothenburg University and Guest Professor in Psychiatric Epidemiology at Karolinska Institutet, Stockholm, Sweden

**“Bipolar Disorder: balancing the need for correct diagnosis against early detection and treatment”**

12.15–1.30 pm *Lunch*

1.30–2.00 pm **Dr Louise Beattie**, Psychology Visiting Researcher, University of Glasgow

**“What it means to have a diagnosis: personal account of strengths and challenges”**

2.00–3.00 pm **Dr Dennis Ougrin**, Consultant in Child and Adolescent Psychiatry, South London and Maudsley NHS Foundation Trust, Clinical Senior Lecturer, Institute of Psychiatry, Psychology and Neuroscience, London

**“Self-harm in young people”**

3.00–3.30 pm *Tea/coffee*

3.30–4.30 pm **Professor Max Birchwood**, Professor of Youth Mental Health, Mental Health and Wellbeing Warwick Medical School, University of Warwick

**“Translating the science of prevention to service reform in youth mental health: the emergence of 0-25 years services across the West Midlands of England”**

4.30–5.00 pm **Closing remarks/discussion**



Early Bird (before 1<sup>st</sup> May 2017) delegate fee = £80

Standard (after 1<sup>st</sup> May 2017) = £95

*Students = £50*

*(lunch provided)*

To secure a place please complete the enclosed booking form and return to

Irene O'Neill, Academic Secretary, Caledonia House, 2<sup>nd</sup> Floor,  
Academic CAMHS, West Glasgow Ambulatory Care Hospital,  
Yorkhill, Glasgow, G3 8SJ

0141 201 9239 / irene.o'neill@glasgow.ac.uk

# BIOGRAPHIES

## Professor Andrew Chanen



Deputy Research Director and Head of Personality Disorder Research at Orygen, the National Centre of Excellence in Youth Mental Health and a Professorial Fellow at the Centre for Youth Mental Health, The University of Melbourne. He is also Director of Clinical Services at Orygen Youth in Melbourne, Australia. Andrew's clinical, research and knowledge translation interests lie in prevention and early intervention for severe mental disorders, principally personality disorder, along with mood and psychotic disorders. He established and directs the Helping Young People Early (HYPE) program, a clinical, research and knowledge translation program investigating the understanding of and prevention and early intervention for severe personality disorder, particularly borderline personality disorder in youth. HYPE has been recognised with several awards for advancing healthcare. Andrew currently receives grant funding from the National Health and Medical Research Council (NHMRC), has over 100 scientific publications and a forthcoming book, *Early Intervention for Borderline Personality Disorder*, to be published by Cambridge University Press. Andrew serves on several Editorial Boards and on a number of expert mental health groups. He is the Past President of the International Society for the Study of Personality Disorders (ISSPD).

## Professor Mikael Landén



Professor in Psychiatry at the Gothenburg University, and Guest Professor in Psychiatric Epidemiology at Karolinska Institutet, Stockholm, Sweden. He is an active clinical investigator whose research revolves around affective disorders in general and bipolar disorders in particular. In his research, Landén studies the pathophysiology and identification of risk factors for bipolar disorder, with the ultimate goals to develop tools for tailored treatments, finding new leads for improved biological treatments, and to develop preventive measures. Landén has also conducted pharmacoepidemiological studies using national registers to evaluate the efficacy and safety of drugs used for bipolar disorder in a causally informative design. Dr Landén is Director for the Swedish National Quality Register for bipolar disorders (Bipolär) which contains baseline assessments with annual follow-ups for over 19 000 patients. Dr Landén is also the founding Director for the Sahlgrenska Centre of Psychiatric Research and Education at Gothenburg University. Professor Landén has authored or co-authored over 200 scientific articles and book chapters. The website of the research group: [www.cibris.se](http://www.cibris.se)

## Louise Beattie



Psychology Visiting Researcher, University of Glasgow. Louise graduated in 2010, with an MSc in Research Methods of Psychological Science (with distinction), when she started her PhD. Her doctoral research focussed on the role of sleep in socio-emotional functioning. In 2014, while completing her PhD and about to move to England to start a research assistant job, she experienced her first episode of psychosis. This resulted in her spending four weeks in a psychiatric hospital and she was referred to ESTEEM. In 2015 she completed her PhD, and she has now published several publications in the field of sleep. She has also written a first person account of some of her experiences in *Schizophrenia Bulletin*.

## Dr Dennis Ougrin



Consultant in Child and Adolescent Psychiatry leading Supported Discharge Service at South London and Maudsley NHS Foundation Trust. He graduated from medical school in Ukraine in 1998 and came to England to undertake his post-graduate training. He completed higher training in child and adolescent psychiatry at Guy's and Maudsley. He is a Clinical Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience. He also leads a programme of information exchange between the UK and Ukraine and organises annual conferences on psychiatric services' development in Ukraine. His main professional interests include prevention of Borderline Personality Disorder and effective

interventions for self-harm. He is the author of Therapeutic Assessment, a novel mode of assessment for the young people presenting with self-harm in emergency. He is the Chief Investigator of a randomised controlled trial of Supported Discharge Service versus Treatment as Usual in adolescents admitted for in-patient care. He is a mental health theme editor of London Journal of General Practice and an Honorary Research and Audit Consultant at NHS Brent.

## Professor Max Birchwood



Professor of Youth Mental Health, Mental Health and Wellbeing Warwick Medical School, University Warwick. He has worked for many years as Clinical Director of Youth Mental Health Services and Director of Research and Innovation in Birmingham and Solihull Mental Health Foundation Trust. He pioneered the concept and practice of early intervention in psychosis in the UK and internationally and opened the UK's first Early Intervention in Psychosis service in 1994, informed by his concept of the 'critical period' in psychosis, which he translated into the mental health policy framework for the UK government as part of the NHS 'National Plan'. The service has been replicated with over

140 teams across the UK and internationally. He leads the national evaluation of these services through the NIHR National EDEN and SUPEREDEN programme grants. Max was given the Richard Wyatt award for 'outstanding contribution to early psychosis research and treatment', by the IEPA ([www.iepa.org.au](http://www.iepa.org.au)). He has undertaken leading edge research into the application of CBT to psychosis: his RCTs in acute psychosis (1996; 2000), in reducing harmful compliance with command hallucinations (2004,2013) and collaborative RCTs in high risk psychosis (2012), are regarded as breakthrough trials and have been incorporated into UK NICE guidelines for schizophrenia. He has also undertaken extensive work developing the cognitive model of 'voices' , particularly the role of appraisals of voices' power and their role in driving affective dysregulation and compliance with command hallucinations. Max heads the mental health theme of the NIHR BBC CLAHRC (2008-2013) and NIHR CLAHRC West Midlands (2014-2019). As clinical director, he developed the 'Youthspace' youth mental health programme for Birmingham and Solihull NHS Foundation Trust ([www.youthspace.me](http://www.youthspace.me) ) and is developing this further to embrace public youth mental health in Birmingham, promoting the early identification of emerging mental health problems in adolescence. Max is a member of the NICE guideline development group for schizophrenia in children and young people (2013) and adults (2014).

# CALL FOR POSTER PRESENTATIONS

**14 June 2017 9 am - 5 pm**

## **Bridging Transitions: Youth Mental Health - Risk and Resilience**

Queen Elizabeth Teaching and Learning Centre  
1345 Govan Road, Glasgow, G51 4TF



2<sup>nd</sup> International Conference  
Glasgow

**CALL FOR POSTERS - deadline extended to – 1<sup>ST</sup> May 2017.**

If you would like to submit a poster for the event, submit an expression of interest via email to [irene.o'neill@glasgow.ac.uk](mailto:irene.o'neill@glasgow.ac.uk) no later than 1st April 2017 confirming the following:

1. Stating your name, job title, place of work, contact details.
2. Submit an abstract of no more than 300 words.

You will be notified by email whether or not your poster has been allocated a space at the event by 1<sup>st</sup> May 2017.

If you have been successful, you will be allocated an exhibition space at the event.

Total of 40 posters will be selected for inclusion.

All posters will be presented in paper format – Size A0 – Portrait style.

### **Planning your poster content and submitting a poster abstract**

**Title and subtitle** – This section should give a more detailed account of the methods used to achieve this outcomes.

**Aim** – Highlight why the project was undertaken and the aim and objectives of the work.

**Methods** – Should give a more detailed account of methods used to achieve outcomes.

**Outcomes/Results** – Show illustrative example of the main results of the work undertaken.

**Conclusions** – Should list the main implications of your findings.

***There will be a poster competition for the best poster on the day.***

# BOOKING FORM

**14 June 2017**      **9 am - 5 pm**  
**Bridging Transitions:**  
**Youth Mental Health - Risk and Resilience**



2<sup>nd</sup> International Conference  
Glasgow

Queen Elizabeth Teaching and Learning Centre  
1345 Govan Road, Glasgow, G51 4TF

*To secure a place at the conference please complete the booking form and send to:*

Mrs Irene O'Neill, Academic Secretary,  
Caledonia House, 2<sup>nd</sup> Floor, Academic CAMHS,  
West Glasgow Ambulatory Care Hospital,  
Yorkhill, Glasgow, G3 8SJ

Tel: 0141 201 9239

email: [irene.o'neill@glasgow.ac.uk](mailto:irene.o'neill@glasgow.ac.uk)

*An email confirmation will be sent to you.*

(PLEASE PRINT CLEARLY)

Name	
Job Title	
Work place	
Name of organisation	
Email	
Phone number(s)	

Delegate fee options	please ✓
Early bird (before 1.5.17)	£80
Standard fee	£95
Students	£50

See next page for payment options

PLEASE CHOOSE ONE OF THE FOLLOWING

## PAYMENT OPTIONS

tick relevant box and complete information as indicated

1	2	3	4	5
<b>(1) Paying via NHS GG&amp;C - please complete</b>	Cost Centre number			
	Budget code			
	PO number			
<b>(2) Invoice - please complete</b>	For the attention of:			
	Address			
	Any other relevant information, e.g. ref number			
<b>(3) Paying via Bank - Our BACS detail are:-</b>	<b>Quote reference number CG1574</b>			
Name of Bank	ROYAL BANK OF SCOTLAND, GLASGOW CITY BRANCH, 8-10 GORDON STREET, GLASGOW G1 3PL			
Name of Account	NHS GREATER GLASGOW & CLYDE ENDOWMENTS			
Sort Code	83-07-06			
Account no.	10554856			
IBAN no.	GB27RBOS83070610554856			
SWIFT BIC	RBOSGB2L			
<b>(4) CHEQUE</b>	Payable to 'Understanding Children'  Please send booking form and cheque to: Mrs Irene O'Neill, Academic Secretary, Greater Glasgow and Clyde, Child and Adolescent Psychiatry, Caledonia House, 2 <sup>nd</sup> Floor, Academic CAMHS, West Glasgow Ambulatory Care Hospital, Yorkhill, Glasgow, G3 8SJ			
<b>(5) CASH</b>	Please contact Irene O'Neill			

# DIRECTIONS

## Queen Elizabeth Teaching and Learning Centre (QETLC)

Event – Wednesday 14<sup>th</sup> June 2017 (9 am – 5 pm)

‘Bridging Transitions: Youth Mental Health - Risk and Resilience’

See link – bus/trains/ferry

<http://www.nhsggc.org.uk/patients-and-visitors/transport-travel-parking/transport/queen-elizabeth-university-hospital-campus/>

Glasgow airport is very close by – approximately 5 miles

<https://www.google.co.uk/maps/dir/glasgow+airport/Queen+Elizabeth+University+Hospital,+1345+Govan+Rd,+Govan,+Glasgow+G51+4TF/@55.8639671,-4.4560812,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x48884eb90111e0dd:0x24a888b519aa330b!2m2!1d-4.4350529!2d55.8690744!1m5!1m1!1s0x488845fecbf02a57:0x33dd33e6099c64e6!2m2!1d-4.3408682!2d55.8620375>

