



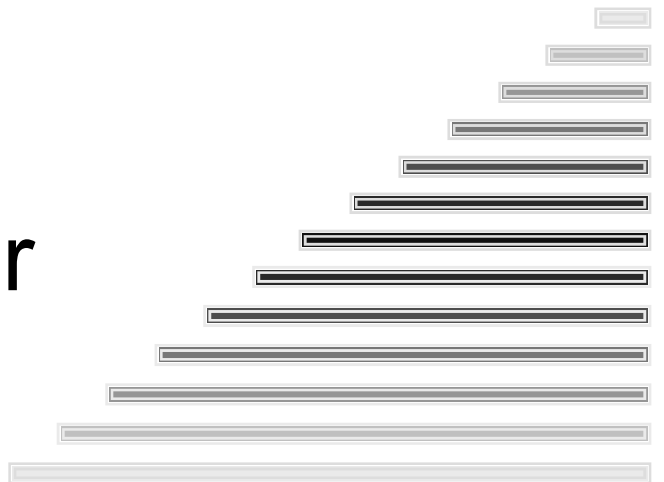
WaMH in PC Conference

‘Getting a Life’

Extending the length and quality
of life - living well

Mercure Holland House Hotel
Cardiff

27th September
2012



WaMH in PC

funded by Welsh Government

WaMH in PC has been championing primary care mental health for nearly ten years. We have raised the profile of this often neglected yet hugely important area, and have gained widespread credibility. WaMH in PC is a special interest working group established by RCGP Wales and is made up of a highly diverse group of professionals from many backgrounds including the third sector, counselling and psychotherapy, social services, health boards, policy makers, practitioners, psychiatrists, as well as GPs.

We are in the process of developing a Gold Standard Programme for primary care mental health in Wales. This involves a wide variety of work streams all of which are aimed at increasing the knowledge and skills of the primary care workforce, as well as improving the services for patients.

The Gold Standard Programme has provided the Network with the opportunity of working in collaboration with a number of interested organisations across Wales to develop easily recognisable, valuable Information Sheets, disseminated into Primary Care on a bi-monthly basis. At the heart of the Gold Standard Programme are the group's three Hallmarks of positive relationships:

- **Trust (demonstration of honesty, competence and openness)**
- **Good Communication (all parties understanding a common language, ensuring a shared understanding)**
- **Person Centredness (see the client as a person, see the practitioner as a person, share power and responsibility)**

All Information Sheets published to date can be found in your delegate pack.

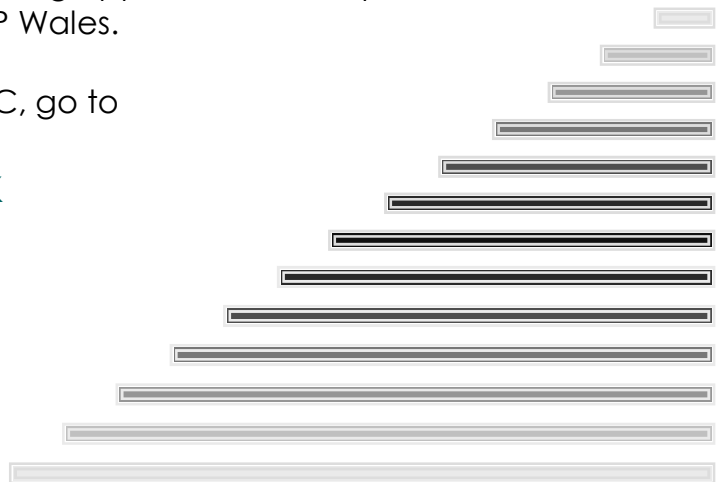
Improved primary care mental health requires consistent standards of care, whilst striving for continuous improvement in health and wellbeing through education, prevention, support and treatment to ensure the recovery and maintenance of wellbeing; we believe that WaMH in PC can play an important role in this development via our multi disciplinary core group membership, networking opportunities and professional credibility afforded to WaMH in PC by RCGP Wales.

If you want to learn more about WaMH in PC, go to

www.wamhinpc.org.uk



Royal College of
General Practitioners



'Getting a Life'

Extending the length and quality of life—living well

Agenda	
09:30—10:00	Registration, tea and coffee
10:00—10:10	Welcome and Introduction <i>Dr Mark Boulter</i> <i>Chair of WaMH in PC</i>
10:10—10:20	Keynote Speech Lesley Griffiths <i>Minister for Health and Social Services</i>
10:20-10:25	Presentation of WaMH in PC Bursary Certificates Lesley Griffiths <i>Minister for Health and Social Services</i>
10:25—10:45	Keeping a Life - Respecting a Life Dignity in Care Dr Paul Myres <i>Chair of RCGP Wales</i>
10:45—11:15	Refreshments
11:15—11:45	Improving Outcomes for Patients with Co-Morbid Common Mental Health Problems and Long Term Physical Conditions Professor André Tylee MD FRCGP MRCPsych <i>Head, Section of Primary Care Mental Health</i> <i>Institute of Psychiatry, Kings College London</i>
11:45—12:45	Morning Workshops
Workshop 1	Improving Outcomes for Patients with Depression and Symptomatic Heart Disease in General Practice Professor André Tylee MD FRCGP MRCPsych <i>Head, Section of Primary Care Mental Health</i> <i>Institute of Psychiatry, Kings College London</i>
Workshop 2	Mental Health in Primary Care Dr Ihtesham Sabri <i>Chair RCGP SE Faculty, GP Principal, Former KSS Deanery GP Tutor,</i> <i>Director of InMind, GPwSI Mental Health</i> Dr Huw Lloyd <i>Immediate past Chair of WaMH in PC</i>
Workshop 3	'Bethan's Life' using narrative to build bridges Dr Mark Boulter <i>Chair of WaMH in PC</i> Dr Ray Jacques <i>Consultant in Psychiatry in Learning Disabilities</i> <i>Consultant and Associate Clinical Director with responsibility for Community Services, Abertawe Bro Morgannwg HB</i>
Workshop 4	Self Management—mentoring / Self Management—patient's voice David Crepez-Keay <i>Head of Empowerment and Social Inclusion</i> <i>Mental Health Foundation</i>

'Getting a Life'

Extending the length and quality of life—living well

Agenda	
11:45—12:45	Morning Workshops cont..
Workshop 5	Welsh National Exercise Referral Scheme Jeannie Wyatt-Williams <i>National Exercise Referral Coordinator for Wales Welsh Local Government Association</i>
12:45—14:00	Review of posters / stands / lunch
14:00—15:00	'I want to die ...' —a patient's story Theatr Fforwm
15:00—16:00	Afternoon Workshops
Workshop 6	Ex-service Personnel with Service Related Mental Health Problems. Should they be a Special Population for Health and Social Services? Dr Neil Kitchiner Principal Clinician and Honorary Lecturer <i>All Wales Veterans' Health and Wellbeing Service</i>
Workshop 7	Together for Mental Health Siân Richards <i>Mental Health Strategy Lead Welsh Government</i> Phill Chick <i>Mental Health Development Lead for Wales NLIAH</i>
Workshop 8	Delivery of Psychological Therapies and Support—What It Means for the Patient Dr Jane Boyd <i>Consultant Clinical Psychologist. Interim Clinical Director of Psychology and Counselling. Head of Counselling in Primary Care Whitchurch Hospital</i>
Workshop 9	GP Consultations With Teenagers for Mental Health—How Not to Miss Anything Dr Maryanne Freer <i>Charlie Waller Memorial Trust North East Associate</i>
Workshop 10	Mental Health, Mental Wealth: Where Positive Psychology Meets Primary Care Dr Simon Braybrook <i>GP/Academic Fellow Cardiff University</i>
16:45	What next?
16:50	Finish and Close

'Getting a Life'

Extending the length and quality of life—living well

Speakers

<p>Dr Mark Boulter <i>Chair of WaMH in PC</i></p>	<p>Mark is a GP in Carmarthenshire and has been a partner in Llanfair Surgery Llandovery since 1994. Since undertaking a 6 month psychiatry post at St David's Hospital, Carmarthen in 1988, he has had a long term interest in mental health issues in the primary care setting. He is a founder member and Chair of WaMH in PC which has been operating since 2002. It has been his long term ambition to get policy makers, commissioners and all primary care staff to raise the profile of mental health in primary care, especially in view of the enormous work load it involves and the often startling lack of training and confidence in this area.</p> <p>Outside of medicine Mark is interested in music, coaching junior football and cycling but has not managed to accomplish them all at the same time.</p>
<p>Lesley Griffiths <i>Minister for Health and Social Services</i></p>	<p>Lesley Griffiths was brought up in North East Wales and has lived and worked in Wrexham all her adult life. She has two daughters and has served as a school Governor and Community Councillor. Lesley worked at the Wrexham Maelor Hospital for twenty years. Prior to her election she worked as Constituency Assistant to Ian Lucas, MP. As a strong supporter of devolution for Wales, Lesley played an active role in the 1997 'Yes for Wales' campaign. She is a member of Unison.</p> <p>Lesley was elected to the National Assembly for Wales in May 2007 and has sat on the Communities and Culture, Sustainability and Audit Committees and Legislation Committee No 5. She set up and chaired the Cross Party Hospice Group. In December 2009 Lesley was appointed Deputy Minister for Science, Innovation and Skills. Following re-election to the National Assembly for Wales in May 2011, Lesley Griffiths was appointed Minister for Health and Social Services.</p> <p>Outside of politics, her main hobbies are music, walking and watching Wrexham Football Club. Lesley is a former elected Director of the Wrexham Supporters Trust.</p>
<p>Dr Paul Myres <i>Chair of RCGP Wales</i></p>	<p>Paul is the current Chair of RCGP Wales.</p> <p>He has been a GP near Wrexham for 27 years and now works part time in practice. Paul has been a CME tutor and VTS course organiser and was a Clinical Assistant in psychiatry in Wrexham for several years. His interests are clinical governance, GP performance and quality improvement, and Paul leads the Primary Care Quality Team in Public Health Wales.</p> <p>Two of Paul's areas of interest as Chair are supporting doctors, and the issue of dignity in primary care.</p>

'Getting a Life'

Extending the length and quality of life—living well

Speakers

<p>Professor André Tylee MD FRCGP MRC Psych <i>Head, Section of Primary Care Mental Health Institute of Psychiatry, Kings College London</i></p>	<p>Professor André Tylee MD FRCGP MRCPsych was a GP in South London for 21 years before taking up the first Chair in Primary Care Mental Health at the Institute of Psychiatry, Kings College London in 2001.</p> <p>André is the Academic Director for the Mood Anxiety and Personality Clinical Academic Group in Kings Health Partners Academic Sciences Centre and lead for mood anxiety and personality research in the NIHR Mental Health Biomedical Research Centre at the South London and Maudsley Mental Health Foundation Trust and Institute of Psychiatry, Kings College London.</p> <p>His main research interest is to improve the primary care of people with long term physical illness and depression / anxiety disorder, and he runs UPBEAT, a 5 year NIHR programme of research to improve the primary and personalised care of people with coronary heart disease and depression.</p> <p>André is National Expert Advisor on long term conditions to the Improving Access to Psychological Therapies Programme (IAPT) at the Department of Health. His clinical work focuses on providing for people with long term conditions and depression/anxiety disorders within the Southwark IAPT service at the Maudsley.</p> <p>André has published over 100 research papers mainly on depression in primary care.</p>
<p>Dr Huw Lloyd <i>Immediate Past Chair of WaMH in PC</i></p>	<p>Huw was the Senior Partner in a seven partner training practice in Old Colwyn on the North Wales coast until he retired in October 2010. He has a long term interest in mental health issues with a desire to see improved care for people with mental health problems. Huw believes that there should be recognition of the fact that all of us have mental health needs, and every effort must be made to remove stigma from mental health issues.</p> <p>Currently Huw is a member of the Core Group of the Wales Mental Health in Primary Care Network (WaMH in PC).</p>
<p>Dr Ihtesham Sabri <i>Chair RCGP SE Faculty, GP Principal, Former KSS Deanery GP Tutor, Director of InMind, GPwSI Mental Health</i></p>	<p>Dr Sabri went to school in London at the famous Dulwich College and qualified as a Doctor at St George's Hospital. Dr Sabri is a GP with a special interest in mental health having completed the advanced diploma delivered by PRIMHE in mental health.</p> <p>He is also currently Chair of the South East Faculty of the RCGP and former KSS Deanery GP tutor.</p> <p>Dr Sabri is a Partner at a surgery in Redhill and has appeared on the Health show on Sky.</p>

'Getting a Life'

Extending the length and quality of life—living well

Speakers

<p>Dr Ray Jacques <i>Consultant in Psychiatry in Learning Disability Consultant and Associate Clinical Director with responsibility for Community Services, Abertawe Bro Morgannwg HB</i></p>	<p>Ray is a Consultant in Psychiatry in Learning Disability and works with Abertawe Bro Morgannwg Health Board as a Consultant and Associate Clinical Director with responsibility for Community Services. Previously Ray was Consultant and Clinical Director of Learning Disability Services in Gwent.</p> <p>He is an elected member of the Welsh Division of the Royal College of Psychiatrists with a lead role on Primary and Secondary Mental Health Care interface.</p> <p>Ray has also been a member on the Royal College Learning Disability Executive and led it's work on Service User Involvement from 2003—2010.</p>
<p>David Crepaz-Keay <i>Head of Empowerment and Social Inclusion Mental Health Foundation</i></p>	<p>David has worked for the Mental Health Foundation for 5 years. His role involves developing, delivering and evaluating service user involvement, carer involvement, peer support, mental health awareness training, and self management training.</p> <p>With over 20 years' experience in service user involvement, David has previously occupied a number of prestigious posts including Chief Executive of Mental Health Media, former board member and Vice-Chair for the Commission for Patient and Public Involvement in Health, founding member of National Survivor User Network (NSUN), and former Chair and Treasurer of Survivors Speak Out.</p> <p>David has been widely published in the field of mental health and is currently studying for a Doctorate at Middlesex University. Furthermore, David is a member of the All Wales Mental Health Promotion Board and an Advisor to World Health Organisation (WHO) Europe on empowerment.</p> <p>In his spare time, David pursues his interest as a qualified cricket umpire.</p>
<p>Jeannie Wyatt Williams <i>National Exercise Referral Coordinator for Wales Welsh Local Government Association</i></p>	<p>Jeannie has been involved in delivery and coordination of health related exercise opportunities for referred clients for 20 years; originally employed by Bridgend County Borough Council as a casual coach teaching Aerobics, Aqua-Fit, Step, Yoga, Pilates and Circuits, and quickly advancing to become a Gym Instructor specialising in exercise referral and cardiac rehabilitation.</p> <p>In August 2008 Jeannie was appointed by the Welsh Local Government Association as the full time National Exercise Referral Scheme's Coordinator for Wales.</p> <p>Jeannie's role is to monitor, support and establish the training needs for all 22 referral schemes coordinators and exercise professionals to ensure that a quality service is developed that meets patient's needs; she delivers practical demo workshops for exercise professionals on condition specific adaptations based on her qualifications, experience and following discussions with nominated physiotherapy leads who also attend demo sessions.</p> <p>Jeannie holds a number of specialised exercise referral qualifications and is registered with both Fitness Wales and the Register of Exercise Professionals.</p> <p>Jeannie also sits on a number of professional groups associated with Health and Fitness.</p>

'Getting a Life'

Extending the length and quality of life—living well

Speakers

Theatr Fforwm	<p>Theatr Fforwm Cymru (ThFfC) is an educational charity that was set up in 1993. Originally based in Pembrokeshire, ThFfC has recently moved into Swansea Metropolitan University.</p> <p>ThFfC aims to provide safe, creative, educational, energising and empowering environments where everyone can learn together. They specialise in working with vulnerable and/or marginalised groups, including mental health service users, people with learning difficulties, disengaged young people etc.</p> <p>ThFfC use theatre, based on real stories and real issues, to promote emotional literacy and active citizenship in individuals and communities. They provide bespoke courses in liaison with commissioning groups, present forum theatre performances and/or workshops at conferences, train others in Theatre of the Oppressed techniques, and work with community groups, professionals, legislators, and many others. Forum Theatre is often described as 'rehearsal for reality'. The work can also include Legislative Theatre which highlights policies and laws that aren't working, and investigates changes that are needed to make them work.</p> <p>Theatr Fforwm Cymru have worked extensively in Wales and throughout Europe over the past 19 years.</p>
Dr Neil Kitchiner Principal Clinician & Honorary Lecturer <i>All Wales Veterans' Health and Wellbeing Service</i>	<p>Neil has 27 years experience of working in mental health in the UK and Australia. His core profession is nursing (mental health). He has experience of forensic inpatient and out-patient settings before completing his clinical psychological training in Cognitive Behavioural Psychotherapy in 1997 at Sheffield Hallam University. He has worked at the Priory Hospital, Bristol and for the past 11 years in the University Hospital of Wales within the departments of Liaison Psychiatry and the Traumatic Stress Service and part time with the South Wales Fire and Rescue Service. Neil ran the Welsh veterans' MOD pilot between 2008—2010.</p> <p>He regularly lectures and runs workshops on the psychological effects of trauma and psychological therapy for medical and non-medical personnel and has written over 30 papers and book chapters.</p> <p>Neil was awarded a PhD from Cardiff University in 2011—investigating an integrated care pathway for ex-service personnel with mental health problems.</p>
Siân Richards <i>Mental Health Strategy Lead</i> <i>Welsh Government</i>	<p>Siân has 25 years experience in health services management in NHS Wales having joined the service via the graduate management training scheme. Her career has embraced operational provider management, national strategic work and planning/commissioning roles. Siân was the Chief Executive of Cardiff Local Health Board from its inception in 2003 to its abolition in 2009.</p> <p>Mental health has been central to many of her roles. She has been a manager of a mental health hospital and developed community based plans in two health authorities, taking these through formal public consultation. Commissioning mental health services has been an important element in more recent positions. Siân has also led a mental health homicide review and was a member of the All Wales Project Board that oversaw the transfer of prison health to the NHS.</p> <p>Siân took up the role of National Programme Director: Mental Health in 2010, establishing and acting as lead officer for the All Wales Mental Health Programme Board and in November 2011 was delighted to be seconded to Welsh Government to lead on the development and implementation of a new Mental Health Strategy for Wales.</p>

'Getting a Life'

Extending the length and quality of life—living well

Speakers

Phill Chick <i>Mental Health Development Lead for Wales NLIAH</i>	<p>Phill is the Mental Health Development Lead for Wales within the National Leadership and Innovation Agency for Healthcare and a member of WaMH in PC.</p> <p>He was formerly Implementation Director for the Integrated Family Support Service 2009—2011 and the Director of Mental Health within the Welsh Assembly Government from 2003—2008 advising the Minister and Chief Executive of NHS Wales on mental health matters.</p> <p>Phill is a qualified social worker with nearly 30 years experience of working in local authorities, the NHS and WAG providing, managing and commissioning mental health and substance misuse services.</p>
Dr Jane Boyd <i>Consultant Clinical Psychologist. Interim Clinical Director of Psychology and Counselling. Head of Counselling in Primary Care Whitchurch Hospital</i>	<p>Dr Jane Boyd is Clinical Director of Psychology and Counselling for Cardiff and Vale University Health Board. There are 93 professional psychology and counselling staff providing services across physical and mental health services. Jane is also Head of the Primary Care Counselling for Cardiff and Vale NHS. This service has 28 counsellors providing to 74 practices, covering a population of approximately 470,000.</p> <p>Prior to gaining her Doctorate in Clinical Psychology, Jane achieved a PhD in cognitive neuro-psychology in relation to chronic disabling and progressive conditions. She has a 20 year connection to the health service.</p> <p>Jane has an interest in several forms of therapy, with early post-qualification interest in psychodynamic ways of working and developing her interest in systemic practice undertaking further professional training at the Family Institute. Her ongoing clinical work includes specialist interventions for post traumatic stress with clients presenting with complex difficulties using trauma focused psychological therapy.</p>
Dr Maryanne Freer <i>Charlie Waller Memorial Trust North East Associate</i>	<p>Dr Maryanne Freer is the Charlie Waller Memorial Trust North East Associate. Maryanne is a practising community psychiatrist, a primary care academic and a post-graduate GP educator. Having held a lectureship in primary care since 1996, she now leads the primary care foundation part of the Newcastle Medical Degree. Having worked on primary care mental health UK wide since 2000, including some memorable visits to Wales, Maryanne teaches mental health on GP VTS and GP CPD schemes across the UK.</p> <p>Maryanne is a member of the RCGP Mental Health Forum.</p>
Dr Simon Braybrook <i>GP/Academic Fellow Cardiff University</i>	<p>Dr Simon Braybrook is a 'First 5' General Practitioner and is currently working as an Academic Fellow at Cardiff University, doing clinical sessional work in the South Wales Valleys. He has an interest in mental health promotion and is the WaMH in PC Core Group's newest member.</p> <p>He lives in Cardiff with his wife and two children.</p>

'Getting a Life'

Extending the length and quality of life—living well

Workshop Information

Workshop 1

Improving outcomes for patients with depression and symptomatic heart disease in general practice

This workshop will help participants to consider how to improve services for people with co-morbid depression/anxiety and coronary heart disease and multi-morbidity in general practice using the findings from UPBEAT-UK, a five year programme of research and development of nurse lead personalised care for people with depression and symptomatic coronary heart disease (chest pain) in 37 general practices across South London.

Workshop 2

Mental Health in Primary Care

Dr Sabri will talk about the skills required in Primary Care to support patients and individuals with their mental health needs, which will enable and empower them to live happy, healthy lives.

Dr Sabri will share his experience of completing the Diploma course, and how his learning journey and skills acquired enabled him to become an official GPwSI in Mental Health and work positively with the key principles of primary care mental health and wellbeing using a bio-psychosocial approach.

Workshop 3

'Bethan's Life' using narrative to build bridges

This innovative workshop will use a new tool developed by RCGP Wales, RCPsych and WaMH in PC to build inter professional bridges and improve collaboration in a fun and challenging way.

Workshop 4

Self Management—mentoring / self management—patient's voice

To follow

Workshop 5

Welsh National Exercise Referral Scheme

- * Introduction
- * Promotional NERS launch DVD
- * Aims and objectives of workshop
- * Overview of NERS development to date
- * NERS Mental Health Intervention specific development
- * Issues affecting delivery
- * Case studies
- * Questions

'Getting a Life'

Extending the length and quality of life—living well

Workshop Information

Workshop 6

Ex-service personnel with service related mental health problems. Should they be a special population for health and social services?

This workshop will consider what ex-service personnel are and their likely health presentations within primary care. The psychological treatments that work with veterans will be considered.

The workshop will use case vignettes and data from the All Wales Veterans Health and Wellbeing Service.

Workshop 7

Together for Mental Health

Welsh Government has recently been out to public consultation on its draft mental health strategy: Together for Mental Health, this workshop session will provide the opportunity to debate the key issues emerging from that process and to discuss the forthcoming delivery plan.

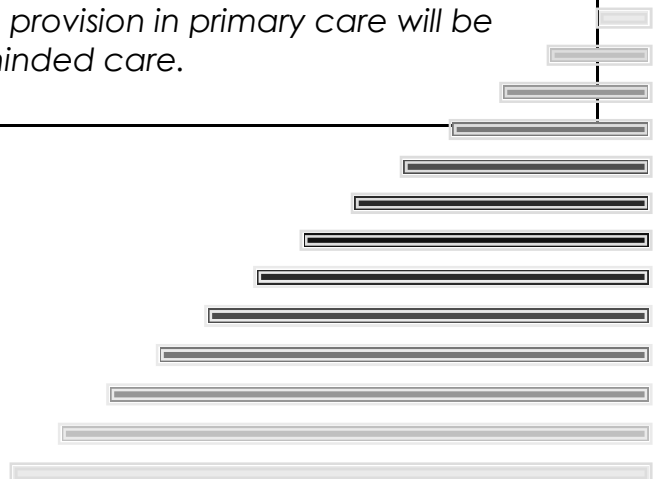
Workshop 8

Deliver psychological therapies and support—what it means for the patient

This workshop will consider the patient experience of seeking help for their problems: the challenge of finding the right support at the right time.

How do clients and primary care practitioners decide what intervention / therapy is for whom? How will the Mental Health Measure impact on services for patients and what are essential elements for service development in ensuring improved access and effectiveness of psychological therapies for service users?

The workshop will clarify the different types of psychological therapy interventions available, the evidence base and the challenges of maintaining 'bio-psycho-social' to support patient's pursuit of their own recovery whilst working alongside diagnostically driven problem focused services. Also the workshop will consider where 'counselling' fits into patient and mental health care in the GP Practice; clients' experiences and comments in relation to existing counselling service provision in primary care will be discussed in relation to providing psychologically minded care.



'Getting a Life'

Extending the length and quality of life—living well

Workshop Information

Workshop 9

Consultations with teenagers for mental health—how not to miss anything

Teenagers are the patient group who consult the most with minor problems—each seeing their GP between 2 and 18 times per year. However 1 in 3 teenagers consulting in primary care, have a diagnosable mental health problem.

Common practice issues include:

- ◇ *Is the presentation part of normal teenage behaviour or does a serious diagnosis lie underneath?*
- ◇ *How not to miss anything in a 10 minute consultation without over running*
- ◇ *How to be approachable, but not dull and boring!*
- ◇ *What to do if there are long referral wait times and mum keeps bringing the teenager back to you, saying 'the family are desperate—can't you do something?'*
- ◇ *What if the teenager is suicidal, but doesn't say? Should we be getting them back?*
- ◇ *What if the teenager is self-harming and they are refusing to see anyone else?*

Workshop 10

Mental Health, Mental Wealth: Where Positive Psychology Meets Primary Care

Throughout the 20th Century, physical health care shifted from being predominately reactive, dealing with illnesses as and when they arose, to being predominately preventative. At the start of the 21st Century, we are just beginning to see a similar shift in mental health care. But what are the building blocks to wellbeing, and how can we prevent problems before they arise?

In this interactive workshop we will look at the expanding science of wellbeing research, and how we can foster wellbeing in ourselves and others.

