

## Improving transitional mental health care for young people across Europe

29<sup>th</sup> April 2019, Church House, Dean's Yard, Westminster, London SW1P 3NZ

Time	Title	Presenter/s
09:00 – 9:30	<b>Arrival and registration</b>	
09:30 – 9:40	Welcome and brief outline of MILESTONE	Professor Swaran Singh
09:45 – 10:00	<b>Opening remarks</b>	Professor Dame Sue Bailey (chair) Co-chairs: Leanne Walker (morning), James Kirwan (afternoon) Young Project Advisors (YPA)
10:00 – 10:20	How to take the power to influence and transform?	Dr Helen Bevan
10:20 – 10:40	Why transitions matter?	Professor Maryann Davis
10:40 – 10:50	<b>Break and refreshments</b>	
10:50 – 11:05	What is the state of CAMHS provision across Europe?	Dr Giulia Signorini
11:05 – 11:20	Structured assessment before transition	Professor Paramala Santosh
11:20 – 11:30	<b>Film: “I am the Loneliness of 4am”</b>	Introduced by Dr Cathy Street
11:30 – 11:50	Who is at the transition boundary in Europe?	Dr Athanasios Maras
11:50 – 12:10	Managed transition: an 8-country trial	Professor Jane Warwick
12:10 – 12:40	<b>Panel reflection and Q&amp;A</b>	Sue Bailey (chair), Leanne Walker (co-chair), Helen Bevan, Maryann Davis, Charlotte Gatherer & Courtney Smyth (YPAs), Wendy Minnicott (carer)
12:40 – 13:25	<b>Lunch and networking</b>	
13:30 – 13:45	Transitions: the economic case	Professor Jason Madan
13:45 – 14:00	Ethics of transitioning	Professor Fiona McNicholas
14:00 – 14:15	Improving training on transition	Professor Bie Tremmery and Professor Diane Purper-Ouakil
14:15 – 14:45	<b>Keynote speech</b>	<b>Norman Lamb MP</b>
14:45 – 15:00	<b>Break and refreshments</b>	
15:00 – 16:25	<b>Interactive World Café</b>	Choose your topic on the day
16:25 – 16:40	Looking ahead	Professor Norman Sartorius
16:40 – 16:45	Closing remarks and thank you	Professor Swaran Singh
16:45	Close	



## Interactive World Café (15:00 – 16:25)

Time for afternoon tea and conversation!

Join the Milestone teams for relaxed group discussions on the issues of transition.

Choose your preferred topic when you register:

1. **Key challenges:** What are the key challenges to be addressed? What can we do to keep young people's transitions high on the policy agenda? (Professor McNicholas, Professor Santosh)
2. **Practice & policy initiatives:** What good or innovative practice or policy initiatives do delegates know of in their countries/local areas? How can we share this to achieve the widest impact? (Professor Schulze, Professor Franic, Professor Tremmery)
3. **Research:** The unknown unknown – future research priorities? (Dr Dieleman, Professor Purper-Ouakil, Dr Paul)
4. **Service user input:** Involving young people and parents and carers – to take in the PPI and issues raised in the focus groups (Dr Street, Young Project Advisors)

#MILESTOGO

**Event Website & Registration:**

[www.warwick.ac.uk/milestogo](http://www.warwick.ac.uk/milestogo)

**Event venue:**

Church House, Dean's Yard, Westminster, London SW1P 3NZ

<https://www.churchhouseconf.co.uk/location>



## List of Speakers

### Chair



**Professor Dame Sue Bailey** OBE, DBE, FRCPsych, is the Chair of the Children and Young People's mental Health Coalition

A child and forensic psychiatrist by background Sue is now Chair of the Children and Young People Mental Health Coalition and Chair of the centre for Mental Health previously she held the positions of President of the Royal College of Psychiatrists and as Chair of the Academy of Medical Royal Colleges.

### Keynote speaker



**Norman Lamb MP** has been the Liberal Democrat MP for North Norfolk since 2001. After serving as a minister in the Department for Business, Innovation and Skills, he was appointed Minister of State for Care and Support at the Department of Health in September 2012 and served in this position until the end of the Coalition Government in May 2015. As Health Minister, Norman worked to reform the care system and led the drive to integrate health and social care, with a greater focus on preventing ill health. He also challenged the NHS to ensure that mental health was treated with the same priority as physical health, including the introduction of access and waiting standards in mental health for the first time. He was the Liberal Democrat Health spokesperson between 2015 and 2017, and was elected Chair of the Science & Technology Select Committee in July 2017.

### Invited Speakers



**Dr Norman Sartorius**, MD, MA, DPM, PhD, FRCPsych was the first Director of the Division of Mental Health of WHO and served as President of the World Psychiatric Association (WPA) (1993-1999) and President of the Association of European Psychiatrists (EAP) (1999-2001). He is now the President of the Association for the Improvement of Mental Health Programmes and holds professorial appointments at several universities in the UK, USA and China.

He has published more than 400 articles in peer-reviewed journals, authored, co-authored and edited a number of books.

He is an Honorary Fellow of numerous professional associations and Medical Academies. He received honorary doctorates from universities in the Czech Republic, Denmark, Romania, Sweden and the UK.





**Professor Maryann Davis, Ph.D.**, is a Professor of Psychiatry (Psychology), Director of the Implementation Science and Practice Advances Research Center, and Director of the Transitions to Adulthood Center for Research, in the Department of Psychiatry at the University of Massachusetts Medical School. She is a clinically trained research psychologist, with a distinguished career studying transition-age youth and young adults with serious mental health conditions. This research has focused on those who have or should receive services from public systems, such as mental health, special education, foster care, and the justice system. Her research informs, develops, and tests interventions, and informs policy and system change. She has received grant funding from the National Institute of Mental Health, the National Institute on Disability, Independent Living, and Rehabilitation Research, the National Institute on Drug Abuse, and the Substance Abuse and Mental Health Services Administration. In much of this research Dr. Davis has accumulated significant experience developing real-world strategies for successful and genuine partnerships with transition-age youth and young adults with lived experience of mental health conditions in the design, conduct, and dissemination of research. She has shared her expertise in testimony before Congress, in her appointments to multiple committees of the National Academies of Science, Engineering and Medicine, and the Federal Interdepartmental Serious Mental Illness Coordinating Committee. She is also a founding member of the International Association for Youth Mental Health and the International Youth Mental Health Research Network.



**Dr Helen Bevan** is a leader of change within the NHS. She has led and facilitated many nationwide initiatives to improve care. Helen has demonstrated a constancy of purpose and resilience to stay within the system over decades that is rare in internal change agents. Her focus has shifted from managing big programmes of change to approaches that mobilise and build energy and commitment to change on a large scale. Helen has an ability to connect directly with thousands of frontline staff and patient leaders. She is one of the top social influencers in healthcare globally, reaching more than a million people each month through her social media connections, virtual presentations, commentaries and blogs.



## Milestone Presenters



**Dr Jason Madan** is Professor of Health Economics at Warwick Medical School. He has experience leading health economic studies in both UK and international settings. His research interests include the application of health economics to mental health care, and he is particularly interested in the economic evaluation of health system innovation.



**Professor Fiona McNicholas** is a Consultant in Child and Adolescent Psychiatry in Lucena Clinic, Rathgar and Our Lady's Hospital for Sick Children, Crumlin. She trained in psychiatry in Guys hospital, and in child Psychiatry in Great Ormond Street Hospital, London. She carried out a fellowship in Stanford University, CA and was Assistant Professor at Columbia University, NY. Her clinical interests are ADHD, 22Q11DS and Eating Disorders. She is chair in child psychiatry at University College, Dublin and actively involved in undergraduate, postgraduate teaching, and national and international research. She regularly contributes to postgraduate training courses in Educational Psychology, Special Education Needs and teacher training. She was a lead contributor to the development of a training package in Assessment of Mental Health needs of children and their families for Area Medical officers and Health Visitors. She was a founding member of Lucena Foundation, an organization developed to deliver psycho-education, training and research in the area of child and adolescent mental health wellbeing. She contributes to the training of GPs, teachers and pediatricians and has co-authored a book on mental health in child and adolescents, a guide for teachers, along with over a 150 scientific papers.



**Professor Diane Purper-Ouakil** is full professor of child and adolescent psychiatry at the university hospital of Montpellier, France. She has studied medicine at the University Paris-V, specialized in psychiatry and obtained a PhD in psychopathology. Since 2011, she is head of the child and adolescent unit of the Saint Eloi Hospital. Since 2016, she is mandated as medical director of a pool of psychiatric units with both CAMHS and AMHS services. The Child and Adolescent Unit at the Saint Eloi Hospital has facilities for both inpatient and outpatient care and takes care of young patients with various conditions. The team also has specialized services for ADHD and for eating disorders.

Diane Purper-Ouakil aims to develop the evidence-base of psychological, neurophysiological and pharmacological treatments, especially for children and adolescents with challenging and enduring behavioural and emotional symptoms. She is involved in collaborative treatment studies, some involving parent programs, an important feature of comprehensive treatment plans for young people with complex needs. Diane Purper-Ouakil is also involved in national committees organizing the training curriculum for psychiatry during medical studies and in continuous professional development.







**Professor Paramala J Santosh** is a Professor in Developmental Neuropsychiatry and Psychopharmacology at the Institute of Psychiatry, Psychology & Neurosciences (IoPPN), King's College London, and a Consultant Child & Adolescent Psychiatrist who developed and heads the Centre for Interventional Paediatric Psychopharmacology and Rare Diseases (CIPPRD) at the Maudsley Hospital, London. The CIPPRD is a national service involved in assessing and managing children and adolescents with severe and complex treatment-resistant neuropsychiatric disorders. The team is involved in psychopharmacology of complex patients. He has also focussed on achieving a recovery centred model of care using feedback from patient reported outcome measures and wearable sensor-based psychophysiological monitoring in routine clinical care.

Professor Santosh's focus is on translational research exploring new ways to improve patient care. He has conducted research into adolescent suicidality, transitioning from CAMHS services, the overlap of Autism, ADHD, and Bipolar Disorder and its psychopharmacology, acquired brain injury, paediatric neurodegeneration with specialised interest in Mucopolysaccharidoses, Rett syndrome, and other diseases. Professor Santosh has developed the web-based HealthTracker™ platform to improve health assessment, monitoring and delivery, which was used in the MILESTONE project to collect the data across the different work-packages.



**Dr Giulia Signorini** works as research psychologist at the St John of God Clinical Research Centre in Brescia - Psychiatric Epidemiology and Evaluation Unit.

She is a CBT psychotherapist, with clinical experience in both adult and child/adolescent mental health services, strongly interested in youth mental health. She is also co-editor of *European Child and Adolescent Psychiatry*.



**Professor Swaran Singh** heads Mental Health & Wellbeing at Warwick University and also works as an NHS Consultant Psychiatrist with the Coventry and Warwickshire Partnership Trust. He is a Commissioner for *Equality & Human Rights Commission*. He has published extensively on culture & ethnicity in mental health, onset & outcomes of early psychosis, early intervention services, transition from child to adult care, mental health law & medical education.



**Dr Cathy Street** is the MILESTONE Patient and Public Involvement (PPI) Lead. Cathy has held senior mental health research and management roles at various national mental health charities, was extensively involved in children and young people's participation in the Children and Young People's Improving Access to Psychological Therapies programme and is passionate about creating avenues for children and young people's experiences to improve mental health care.





**Professor Jane Warwick** is Professor in Clinical Trials Statistics at Warwick Clinical Trials Unit (WCTU), Warwick Medical School, University of Warwick.

She has over 25 years' experience in medical statistics, epidemiology and clinical trials. Her first post in medical statistics was at the Cancer Research Campaign Clinical Trials Unit at the University of Birmingham where she specialised in gynaecological oncology and developed a particular interest in ovarian cancer. After completing her PhD she joined the Cancer Research UK Centre for Cancer Prevention, Wolfson Institute of Preventive Medicine, Queen Mary University of London, where for ten years she worked with Professor Stephen Duffy on the evaluation of breast screening programmes and breast cancer aetiology and with Professor Jack Cuzick on breast cancer prevention and models to predict breast cancer risk. Currently, her work mostly focuses on randomised trials in surgery and mental health and on the use of frailty indices as a measure of general health, biological ageing and prognosis in the very elderly but she maintains a personal interest in cancer research.

