



**St Albans
Mental Health Conference**
Saturday 24 November 2018



Tickets can be bought here -

www.eventbrite.co.uk/e/st-albans-mental-health-conference-tickets-49687176683

www.facebook.com/stamhc #staMHC

09.00 - 09.30	Arrival Registration, Refreshments, Community Networking and Marketplace											
09.30 - 09.45	Welcome Head Boy and Girl. Opening Address - Zara Phillips											
09.45 - 10.45	Key Note Natasha Devon MBE											
10.45 - 11.10	Coffee break, Networking and Market Place											
	PROFESSIONAL STREAM			PARENTS & PROFESSIONALS	PARENT STREAM				STUDENTS			ALL
11.15 - 12.00	Josh Pelled Bright Futures UK How Volunteering Enhances Your Skills And How To Best Support Children Who Are Off School With Long Term Health Issues.	Dr. Alan Barnard Harmony Decision App How An APP Can Support Wellbeing And Improve Decision Making.	Galina Dolya Emotional Regulation In The Early Years.	Olive Hickmott Your Superpower - How To Harness The Strengths Hidden Within Dyslexia, ADHD And ASD.	Prof. John Coleman OBE The Teen Brain.	Rianne Price How To Support Your Child Whilst They Are At University (Managing Dyslexia, ADHD And ASD).	Dr Annie Swanepoel (Clinical Director for CAMHS at Elysium Healthcare) The Physiological And Biological Impact Of Resilience.	Tamara Donn EFT (Emotional Freedom Technique) Tap Away Your Stress.	Dr Kathy Weston Becoming A Resilient Thinker: A Workshop for Teens.	Jo Askam Museums Are Good For Mental Health!	OLLIE Suicide Talk What We Need To Know And How To Support Our Friends.	Zara Phillips The Life Long Impact of Adoption.
12.05 - 12.50	Debi Roberts The Elliot Strickland Lecture. How A Simple Tool Can Support Those Who Do Not Have A Mental Illness But Are Struggling With Suicidal Ideation - An Overview.	HOPE UK What's New In Drugs And Alcohol Education.	Marta Piernikowska-Hewelt How To Improve Communication Skills In Children And Young Adults With Autism, Cerebral Palsy, Emotional And Or Behavioural Difficulties.	Youth Health Champions & Jen Beer Good Emotional Well Being Practise -#JustTalk	Hannah Brown Your Child And Disordered Eating - How You Can Help And Make The Difference.	Galina Dolya Emotional Regulation In The Early Years.	Marcello Lombard and Rosie Perez Addressing Bullying With Critical Thinking Tools.	Josh Pelled Bright Futures UK How Can We Best Support Children Who Are Off School With Long Term Health Issues?				
12.55 - 13.55	Lunch and Market Place											
14.00 - 15.00	Panel Discussion Jonny Benjamin MBE + Natasha Devon MBE + Prof. John Coleman OBE + Zara Phillips + Dr Kathy Weston + Rosa Perez and others											
15.05 - 15.50	Jonny Benjamin MBE Resilience And Suicide Prevention.	Prof. John Coleman The Teen Brain.	Dr. Kathy Weston Raising A Resilient Child: Practical Strategies For Busy Parents.	Hannah Brown Eating Disorders - Learnings Through An Experienced Voice.	Marta Piernikowska-Hewelt How To Improve Communication Skills In Children And Young Adults With Autism, Cerebral Palsy, Emotional And Or Behavioural Difficulties.	Nicole Zimbler Reflex Yoga Therapy Tools For Mental Health Management.	Victoria McDermott Visualisation For Stress Reduction.	HOPE UK Drugs and Alcohol What's New In Drugs And Alcohol Education.	Dr Pragma Agarwal Ace Motivation Clarify, Amplify, Audit And Achieve Your Goals.	Dr. Annie Swanepoel (Clinical Director for CAMHS at Elysium Healthcare) The Physiological And Biological Impact Of Resilience.	Rianne Price Creating Your Future. 90 Minute Workshop	Off The Record How To Get The Best From Your GP - What They Can, Should And Can't do And What You Need To Know About Moving Away From Home.
15.55 - 16.40	Alison Cowan How GPs Refer For MH Issues And Other Useful Notes From A GP.	Marcello and Rosie Lombard Addressing Bullying With Critical Thinking Tools.	Hugo Metcalf #Speaking Their Language - Navigating Mental Health's New Digital Dialogue.	Dr. Annie Swanepoel (Clinical Director for CAMHS at Elysium Healthcare) The Physiological And Biological Impact Of Resilience.	Prof. John Coleman The Teen Brain.	Pragma Agarwal Taking The Stress Out Of Applying To Universities In The USA And The UK.	Dr Alan Barnard Introducing the Harmony Decision Maker - How An APP Can Support Decision Making And Reduce Stress.	Dr Kathy Weston Raising A Resilient Child: Practical Strategies For Busy Parents.				
16.45 - 17.15	Plenary: Prof. Jim McManus - Public Health Hertfordshire. Close with Debi Roberts - YC Hertfordshire, Stuart Kemp – Sandringham School.											

Please note when purchasing a ticket for the conference that this timetable is subject to change. We cannot be held responsible or give refunds if a speaker is not available on the day to give their scheduled talk.