



FREEDOM OF MIND FESTIVAL

OFF THE RECORD *BRISTOL*

*The
MENTALITY
Project*

Freedom Of Mind Conference Program Monday 10th October 2016

Hello and welcome to the Freedom of Mind Conference.

Fittingly held on World Mental Health Day, this event aims to explore young people's emotional wellbeing and discuss the factors that impact upon it.

Throughout the past two weeks, the Freedom of Mind Festival has focused on three themes- conversation, education and change. As the closing event, the structure of the conference embraces these points in three key sections; having conversations about mental health, sharing education and knowledge, and finally looking at how we can make a change.

When we first started planning this event, it was clear that we wanted to provide a space for young people to have their voices heard by service providers, and for professionals to learn from young people and other professionals how to best improve their services. Fast-forward to today and it is wonderful to see our ambitions become a reality.

We really believe that this event can be a great vehicle for change- so we invite you all to engage in the activities as much as you feel fit, and hope everyone will leave knowing that together we are sowing the seeds for a positive change in Bristol youth mental health services.

SCHEDULE

- 9:00 am Registration
- 9:30 am Welcome from the Councillor Clare Campion-Smith and Youth Mayors
- 9:40 am Aims from the Freedom of Mind founders, Katie and Ella
- 9:50 am Viki Browne performs a section from her award winning play, 'HELP!'

CONVERSATION

- 10:10 am Split off into youth-led workshops focussing on how we talk about mental health. Please see the letter on your ticket for which workshop you are attending:

A	The Mentality Project (Off The Record's Youth Participation Project): My mental health is not an adjective
B	HYPE (Barnardos' Youth Participation Project): Title TBC
C	Bristol City Youth Council: Healthy Body, Healthy Minds
D	TBC- African Caribbean Association, UWE: Mental Health in Different Cultures

- 10:40 am Break

EDUCATION

- 11:00 am Keynote Speech: Dr Simon Newitt – Understanding mental health as a social and political issue
- 11:10 am Split into professional-led workshops focussing on how we can look after our own mental health and that of others. Please see the number on your ticket for which workshop you are attending:

1	The Sad Ghost Club: Guide to self care (using creativity in self care planning)
2	Dr Dominique Thompson: How can your GP help young people with mental health issues?
3	Michelle Mcmorrow: Laughter workshop
4	The Resilience Lab: Building resilience using strengths

12:00 pm Reflection and Lunch

CHANGE

1:00 pm Keynote Speech: Rebecca Cross (Strategic Commissioning Manager (Children)): Listening and transforming services for future good mental health

1:20 pm Inspiration from Young People's achievements: Presentation on how young people have actively challenged mental health stigma and created service changes

1:30 pm Discussion tables- We have 17 key stakeholders in youth mental health heading tables for a large-scale debate. Each table has a solution-focussed question relating to the work of the table head. You will discuss for 20 minutes and then the lead professional will move to the next table. You will sit on 3 tables in total. We will then feedback the key ideas in our panel debate. Please see your ticket for your starting table number

1	Heather Kapeluch (Head of CAMHS)
2	Rebecca Cross (Strategic Commissioning Manager (Children))
3	Becky Pollard (Director of Public Health) & Sue Moss (Public Health)
4	Ellen Devine (Healthwatch Bristol Project Coordinator)
5	Kate Gough (Director of Youth services at the Creative Youth Network)
6	Rachel Beatty (Bristol City Council Commissioning Manager/Bristol Youth Links)
7	Simon Newitt (Chief Executive, Off The Record Bristol)
8	Pat Carr (South Gloucester School Nurse Head, Community Children's Health Partnership (CCHP) Services.)
9	Julia Coulthard (PSHE Advisor and Manager, Healthy Schools Team, Bristol City Council)
10	Glenn Townsend (User Monitoring and Development Co-ordinator - Mental Health Commissioning NHS Bristol.)
11	Mark Allen (Specialist Health Improvement Practitioner, Children and young people's mental health and emotional wellbeing)
12	Tanne Spielman and Naomi Russell (Time to Change)
13	Tom Renhard (Bristol Independent Mental Health Network)
14	Carmel McKenna (Partnership Outreach Team- Team Leader/ Senior Practitioner)
15	Lydine Gold (Primary Mental Health Services Coordinator)
16	Ailsa Fineron (Rife, A magazine for young people, by young people-

	born out of a partnership between Bristol Youth Links and The Watershed)
17	Peter de Boer (Bristol Safeguarding Children Board)

2:45 pm Break

3:00pm Creating actions for moving forward: Sharing ideas from the discussion tables, mapping out change and forming the start of a mental health manifesto for the Southwest
 Guests: Marvin Rees (Mayor of Bristol)
 Heather Kapeluch (Head of CAMHS)
 Becky Pollard (Director of Public Health)
 Karen Black (Service Manger OTR)
 Chair: Grace Jeremy (Conference Lead/ National Mental Health Activist)

CLOSING

3:30 pm Take home message and closing speech

3:40 pm ‘This is My State Today’: Expressing how our mental health is defined by our environment

4:00 pm Building Connections For Change: an opportunity for young people, campaigning groups and professionals to interact and network

5:00 pm Event close



FREEDOM OF MIND FESTIVAL

OFF THE RECORD *BRISTOL*

*The
MENTALITY
Project*