

## Yorkshire and the Humber Adolescent Emotional Well-Being and Mental Health Conference

6 November 2008  
Crowne Plaza Hotel, Central Leeds

As a collaboration between CSIP Children & Families Programme; CAMHS Workstream; Government Office Public Health Directorate and the National Healthy Schools Programme, a one day conference was held at the Crowne Plaza in Leeds on 6 November to focus on adolescent emotional well-being and resilience.

The conference was chaired by the GO Director of Children & Learners, Helen McMullen and the GO Health Policy Manager, Keith Wilson.

The conference included:

- **Update on What is Happening in CAMHS Services for 16-17 year olds in Yorkshire and the Humber** – Kate Gibbon, Primary Mental Health Worker for Older Adolescents, Harrogate CAMHS
- **“Some to Talk To Who You Can Trust”** - a DVD made by young people of Bradford
- **Encouraging Emotional Well-Being in Schools** - Linda Jackson, National Coordinator, National Healthy Schools Programme
- **Taking a Public Health Approach to the Emotional Well-Being of Young People** - Keith Wilson, Health Policy Manager, GOYH Public Health
- **Local Wellbeing Project – Promoting Emotional Resilience in 11-13 Year Olds** - Dr Marcia Brophy, Wellbeing Programme Leader, Young Foundation
- **A Psychiatrists Approach to Emotional Wellbeing** - Dr Greg Richardson, Consultant Psychiatrist, York Child & Adolescent Mental Health Service

The conference also offered the opportunity for service providers who are working on the emotional resilience of young people to showcase their work in a ‘hosted table’ format. Rather like ‘speed dating’ people sat at a table for 20 minutes, then moved onto the next table having the opportunity to visit 6 of the 9 workshops/discussions taking place over two sessions, one before lunch and the other later in the afternoon.

The conference proved extremely popular with 100% attendance on the day, a buzz of excitement throughout and people going home fired up with new ideas and enthusiasm.

At the end of the day all delegates were asked for their comments on what they thought went well on the day and also what the next steps may be, these are detailed overleaf.

## WHAT WENT WELL.....

### Workshop Sessions:

- Innovative and refreshing
- Design and format of moving around workshops - 'speed-dating'
- Range of topics covered in workshops was excellent
- Content of all workshops relevant to the theme of the conference
- Useful information taken away from all workshops
- Very effective (as groups were not too big) and diverse range of well presented workshops
- Great way of delivery – we should do more like this
- A few thought the workshops were a little short but most preferred to keep it short and have chance to visit more

### General Comments about the Conference:

- Excellent and enjoyable day all round
- Great to see so many different colleagues with an interest in this area
- Excellent opportunity to network and speak to colleagues from different backgrounds
- Access to different resources
- Great to hear examples of innovative practice
- All presentations were very good
- Powerful DVD from the children of Bradford
- Lots of ideas and very good information to take away - 'food for thought'
- Good range of topics covered in presentations and workshops
- Excellent environment and refreshments
- Timing and facilitation was very good
- Very well organised – very impressed it ran to time
- Pre-conference information and booking of workshops was excellent
- Needs more events like this!

## WHAT NEXT?

- Would like the opportunity to meet again in the near future.
- Take care not to construct emotional wellbeing as delivering the right curriculum (e.g via SEAL). What people need is autonomy and connectiveness – this can be achieved in many ways.
- An email/network/regional contact list would be good (NB: Tracey has already circulated contact details (email and phone) for all those at the conference including speakers and workshop facilitators).
- Greg Richardson got it right – we need to change systems and develop a more emotionally healthy attitude towards difference.
- Workshops were brilliant and inspirational – now we all need resources for these initiatives in our area.
- Multi-agency working – good models of.
- Locality and centre based cooperation/working practices.
- CAR revisited and ECM.