



The Association
for Child and Adolescent
Mental Health



**FREE
EVENT**

The experience of trauma for young people and families

An afternoon informed by the aftermath of the attack at the MEN arena

ACAMH North West Branch half-day event and AGM

Friday 6 October 2017 / 14.00 - 18.30 / Manchester

Greater Manchester NHS Foundation Trust, Prestwich Hospital, Manchester, M25 3BL

This half-day event is aimed at a multi-disciplinary professional audience within the North West and beyond who are interested in understanding and reflecting on the impact of the recent traumatic MEN event and similar events elsewhere for young people and their families, as well as the response from health and other agencies within North West to this disaster. Attendees would be able to reflect on their own role with the speakers and peers in the context of similar traumatic situations and become familiar with resources used within the North West.

This event is free to attend, but please book your place through the ACAMH website, as spaces are limited. Teas and coffees will be provided, but there is a £2 charge for parking.

Speaker Biographies

Alex Habens and Chris Jacob

Alex Habens is an experienced Cognitive Behavioural Therapist and clinical supervisor, currently employed as IAPT Lead Practitioner for 42nd Street. Alex has several years of experience delivering CBT, with specific training and expertise working with children, adolescents and their families. Previously trained as a Social Worker, Alex has many years of experience supporting children and young adults in both NHS and third sector settings. Alex has a lead role in the ongoing development of evidence based therapies at 42nd Street and has provided training in the assessment and treatment of specific anxiety disorders and has been working closely with the resilience hub supporting young people after the MEN Arena Attack.

Chris Jacob has worked in the Voluntary Sector for nearly twenty years and is currently Head of Service at 42nd Streets. A qualified counsellor, Chris is experienced in delivering and managing one to one support, group work and project work, including taking a lead role around safeguarding and risk management. Chris is a respected national expert in young people and self-harm and has delivered training locally regionally and nationally around all aspects of adolescent mental health and emotional wellbeing. Chris has been closely linked with 42nd Streets role in the response to the MEN arena attack and the service response to the growing needs around addressing trauma with young people.

Sara Barnes and Dr Mark Bowers

Sara Barnes is a Mental Health Nurse who has worked in CAMHS as a practitioner and manager for 27 years. She is currently the Directorate Manager for the Healthy Young Minds teams in Pennine Care Foundation Trust and the CYP Pathway Lead for the Manchester Resilience Hub (a service established in response to the Manchester Terror attack in May 2017).

Sara has a passion for service transformation and is always looking for ways to make CAMH services more acceptable, accessible and useful to young people and families. More recently Sara has had the privilege of being involved in some whole system pathway reviews across Greater Manchester through devolution. She has co led a review and redesign of the whole crisis pathway for CYP which will be implemented in the next year.

Dr Mark Bowers is a consultant clinical psychologist and current clinical lead at Bolton CAMHS. As a busy clinician he is keen to ensure the best evidenced based care is offered to the children and young people of Bolton. As clinical lead his focus is on improving inter agency relationships to ensure that the right care is readily accessible at the right time. He has specialist interests in trauma, the care of looked after children and forensic mental health issues. Dr Bowers joined the group of clinicians and managers that was rapidly formed after the Manchester terrorist incident to advise on the response of mental health services.

Dr Sue Posada, Dr Emma Harding, and Dr Lucy Chartres

Dr Sue Posada, Lead Educational Psychologist at One Education Ltd in Manchester, Dr Emma Harding, Principal Educational Psychologist at Bury LA & Dr Lucy Chartres, Principal Educational Psychologist at Rochdale LA will be describing their roles within their regional Critical Incident Support Teams in supporting schools following the MEN Arena terror attack in May. They will also be giving a brief overview about their NW EP group's current work around developing two different training packages for schools and other LA services. One package is aimed at supporting schools in providing emotional support for children and young people following such a traumatic event and the other is aimed at promoting Community Cohesion within our communities.

Programme

- 14.00 Arrivals, tea, coffee
**Welcome by Shermin Imran – ACAMH
North West branch Committee member**
- 14.30 **The importance of choice: The role of the
voluntary community and social enterprise
sector in a joined-up response after the
MEN Arena attack.**
Alex Habens and Chris Jacob – 42nd Street
- 15.00 **Questions for 42nd Street**
- 15.10 10 minute break
- 15.20 **Mental health service response to terrorist
incidents: Reflections on the GM partnership
response**
**Sara Barnes – Healthy Young Minds, and Dr
Mark Bowers – Bolton CAMHS**
- 15.50 **Questions for Sara and Mark**
- 16.00 Coffee break
- 16.30 **Critical incident support: Schools support
following the MEN terror attack**
**Dr Sue Posada – One Education LTD,
Dr Emma Harding, Bury LA, and
Dr Lucy Charters, Rochdale**
- 17.00 **Questions for Sue, Emma, and Lucy**
- 17.10 **Final words, thanks given by Shermin Imran**
- 17.30 North West AGM

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Networking

ACAMH conferences present a fantastic opportunity to network with your peers over lunch and coffee and start networking before the event:



@acamh



/acamh

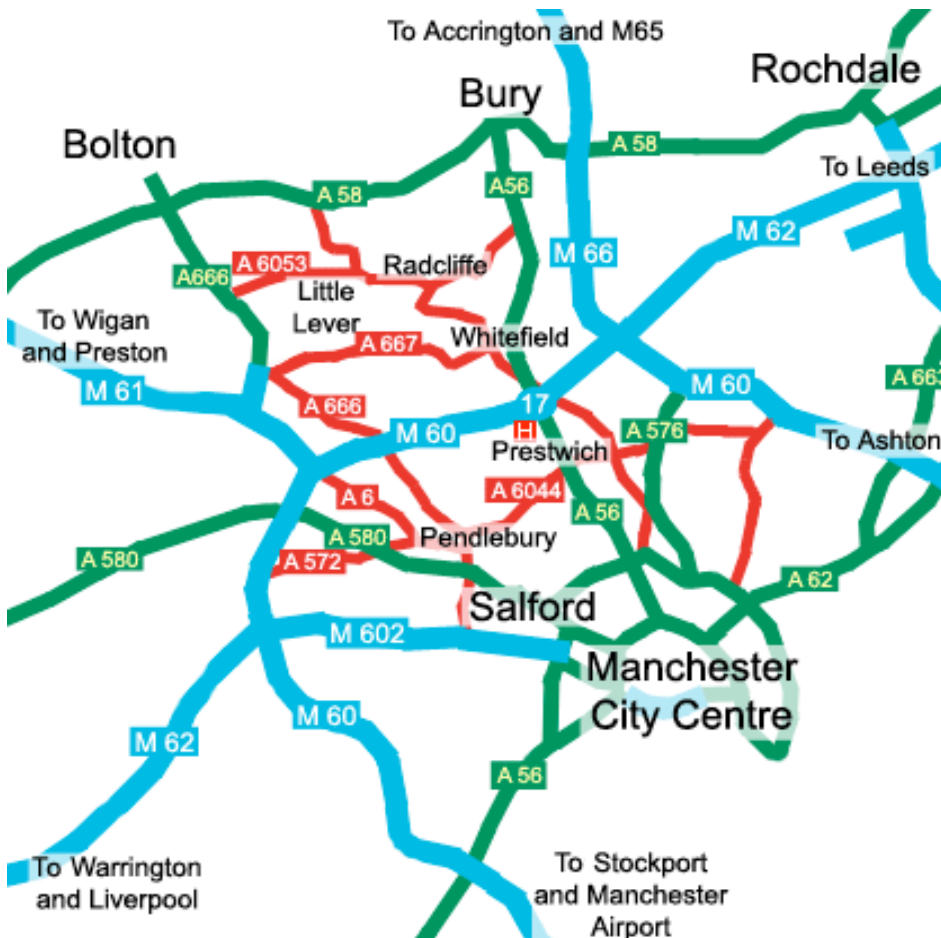


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Map of the region surrounding the Prestwich site



**Greater Manchester
Mental Health**
NHS Foundation Trust



From the East and West

Leave the M60 at Junction 17 and head South, marked A56 Prestwich. Take the first right turn at a set of traffic lights. At the roundabout, take the third exit and enter the Hospital through the barrier.

From the North

Either use the motorway system to get to the M60 and follow the directions above or use the A56 until it reaches Junction 17 on the M60 and follow the directions as explained above.

From the South

Either use the motorway system to get to the M60 and follow the directions above or use the A56. After passing through Prestwich Village, continue past the main Post Office which is located on the corner of Bury New Road and Kingswood Road. Turn left straight after Tesco Superstore and take the third exit from the roundabout and enter the Hospital through the barrier.

