



The Association
for Child and Adolescent
Mental Health



CPD

5 points The College
of Psychiatrists Ireland
Approved by Irish
Association of Social
Workers
4 learning credits
Psychological Society
of Ireland

SAVE

over €120

Trainees of:
College of Psychiatrists Ireland
*Psychological Society of
Ireland*
Irish Assoc. Social Workers
call
+44 (0) 20 7403 7458

Sleep and Mental Health

Friday 15 June / 09.00 – 17.00 / Dublin

Ashling Hotel Dublin, Parkgate St, Arran Quay, Dublin 8, Ireland

Sleep difficulties are common in children and adolescents, especially in some high-risk groups, such as young people with developmental difficulties or mental health problems. Clinicians working in paediatric or child mental health settings need an understanding of sleep disorders. It is important to know how sleep disturbance impacts on a young person's physical and cognitive development, and mental health.

Learning Outcomes and key takeaways

- Understand the physiology of sleep and how it changes over time and in different contexts
- Understand the relationship between sleep, behaviour and mental health
- Understand the principles of management and the adaptations that may be required to these
- Gain insight into delivering interventions in the management of sleep issues in CAMHS, paediatric and primary care settings

Approved for 5 CPD points from The College of Psychiatrists Ireland, 4 Learning Credits for the members of the PSI, CPD approved Irish Society of Social Workers.

With leading
Paediatric Sleep
Consultant
**Dr Michael
Farquhar**

www.acamh.org

About the day

The ACAMH Ireland Branch presents an insightful and engaging event on Sleep and Mental Health. This all-day conference presents you with the perfect opportunity to increase your understanding of the topic through a series of lectures and presentations. We will be updating this page with further details about the day in due course.

Who should attend

This day would be beneficial to those who work both in a clinical and non-clinical setting, who are looking to expand their skills and knowledge, specifically around sleep and mental health. In particular; paediatricians, sleep consultants, GPs, psychologists, psychiatrists, allied health professionals, social workers, speciality doctors, educational psychologist, therapists, and those that work with children affected with mental health issues.

Programme

9am-9.30am: Registration

9.30am: Welcome from ACAMH Ireland Branch

9.35am – 10.35am: Dr Michael Farquhar

- General overview of sleep (to include physiology, why it's important, emphasising the relationship with MH)
- Adolescent sleep

10.35am – 11am: Coffee

11am – 12pm: Dr Michael Farquhar

- Approach to management/intervention, the principles of behavioural interventions, pharmacological management, when/how to investigate.

12pm-1pm: Lunch

1pm: Welcome back by ACAMH Ireland Branch

1.05pm-2.25pm Sleep in context part 1 (Dr Max Davie, Dr Sally Hobson, Dr Jenna Vyas-Lee)

- Sleep in children with behavioural problems
- Sleep and neurodevelopmental disorders
- Sleep and mental health
- Substance misuse and sleep

2.25pm-2.45pm: Coffee

2.45pm-4pm: Sleep in context part 2

- Practical management: - structure, processes and outcomes of the sleep clinic in Lambeth and Southwark
- Case studies/discussion/practical strategies

4pm: Thanks by ACAMH Ireland Branch and conference close

Pricing

We're sorry that the prices are in Sterling and not Euro; we understand that this is inconvenient and we are working with our banking partner and online payment system to resolve it for future events.

Unfortunately this issue will not be sorted quickly, but we will keep you updated as this progresses. We appreciate your patience in this matter.

Networking

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

 @acamh

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About the Speakers

Dr Michael Farquhar

Paediatric Sleep Consultant

Dr Farquhar has been a consultant in sleep medicine at Evelina London since 2012. He works in both the general and hypersomnia clinics, and the diagnostics sleep study service. He also works with other departments to assist colleagues in caring for children experiencing sleep difficulties due to complex medical issues.

Dr Farquhar is also involved in educating healthcare professionals on the importance of sleep, with a focus on sleep for staff working night shifts. External departments wishing to request teaching in these areas should contact Dr Farquhar's secretaries to discuss this. Dr Farquhar is a member of the Royal College of Paediatrics and Child Health, The British Paediatric Sleep Association, the British Sleep Society, the European Sleep Research Society and the British Paediatric Respiratory Society.

Max Davie

Community Paediatrician

Max Davie is a consultant community paediatrician, working in Lambeth as part of Guy's and St Thomas' Hospital NHS Trust Community services. He has a special interest in the assessment and diagnosis of neurodevelopmental conditions in school-age children, and in the mental health of paediatric patients more generally. He is convenor of the Paediatric Mental Health Association. He is involved with the RCPCH MindEd and disability e-portal projects. Max is an active member of the ACAMH Board.

Dr Sally Hobson

Associate Specialist Community Paediatrician

Dr Sally Hobson is a community paediatrician working in the London borough of Lambeth. She is passionate about understanding the presentations and needs of children with complex neurodevelopmental and behavioural difficulties in the context of their families schools and communities. Having recognised sleep difficulties as frequently significant and hugely impairing in this population she undertook training and increased clinical experience in diagnosis and management.

Alongside a colleague she worked to demonstrate the significant frequency and impact of sleep difficulties in the children who present to community paediatricians and to design and set up a multidisciplinary cross borough sleep clinic in Lambeth and Southwark. This service aims to assess diagnose understand and support children's sleep problems and to demonstrate improved outcomes when sleep problems are tackled.

Dr Jenna Vyas-Lee

Clinical Psychologist

Dr Jenna Vyas-Lee is a Clinical Psychologist who splits her working week between the Complex Autism National and Specialist CAMHS at the Michael Rutter Centre, and leading the psychology service in the Lambeth and Southwark Community Sleep Clinic in South London. Jenna has also spent time working in the Evelina Sleep medicine department where she set up and evaluated a sleep and mood group for teenagers with sleep difficulties.

Jenna has an interest in sleep and exercise in vulnerable groups and is currently leading on a study to understand the impact of exercise on sleep and wellbeing in a population of children with neurodevelopmental disabilities.



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TO BOOK YOUR PLACE, PLEASE COMPLETE AND RETURN THIS FORM TO:

REF: 817

ACAMH Conferences
St Saviour's House
39–41 Union Street
London SE1 1SD, UK

T +44 (0)20 7403 7458
F +44 (0)20 7403 7081
events@acamh.org

Fees include conference materials, lunch and refreshments. Please note that ACAMH may record at this event.

To read more about this and future events visit www.acamh.org/events

Booking form

PERSON ATTENDING

Title	PROFESSOR	DR	MR	MRS	MS	MISS
Job title						
Name						
Dietary requirements						
Organisation						

PERSON MAKING THE BOOKING (IF DIFFERENT FROM PERSON ATTENDING)

Title	
Job title	
Name	
Organisation	
Contact Number	

CONTACT DETAILS OF PERSON ATTENDING

Address type	WORK	HOME
Address		
		Postcode
Email		Telephone

PAYMENT

£110 PLATINUM MEMBER	£126 GOLD MEMBER	£142 SILVER/BRONZE MEMBER	£52.50 PUBLICATIONS/DIGITAL MEMBER
			£158 NON-MEMBER
Cheque	Invoice payment		
I enclose a cheque made payable to ACAMH	Invoice can only be issued on receipt of an official purchase order, clearly indicating purchase order number and paying body. Invoice requests without relevant documentation will be returned.		
Card Payment	VISA	MASTERCARD	EUROCARD MAESTRO ELECTRON AMEX
For your own security please do not send any credit card details via email.			
Name on card	Card number		
Expiry date	Issue No (if Maestro)	CCV (last three digits on back of card or four on front for AMEX)	
Billing address			
Cardholder's signature	Date		

Closing date: 13 June 2018.

Confirmation will be emailed to all delegates, if you have not received confirmation at least one week before the event please contact the office on 020 7403 7458. Please do not turn up on the day without having received confirmation by email.

Cancellation policy: cancellations received 6 weeks in advance of the event will be refunded in full less a £10 administration charge; cancellations received after this date will receive no refund.

Data Protection: By signing this application you are entering into a contract with ACAMH to attend the above event. ACAMH will use the information provided to communicate details with you about the event. As part of the contract the email address provided will be added to our weekly newsletter, with details about CYP mental health topics, you can unsubscribe from this at any time.