



The Association
for Child and Adolescent
Mental Health

Parental Mental Illness



Parental Mental Illness – Supporting children and young people who live with a parent with a mental illness

The Arc Centre 98b St Paul St, Islington, London N1 7DF

Monday 11 November *EARLY BIRD UNTIL 31 JULY*

ACE research identifies Parental Mental Illness as one of the 10 most significant adversities and risk factors for children and young people's mental wellbeing. This day will 'Challenge the Silence' that young children and young people face with a parent with mental illness.

The day will provide you with the skills, knowledge and confidence to help children and young people discuss Parental Mental Illness, understanding its impact. You will gain practical skills for talking to children and young people to help them develop resilience.

This day comprises a series of interactive discussions and lectures, given in an informal workshop style. There will be a combination of presentations to impart information, discussions and practical exercises to develop skills and confidence.

This event is run in partnership with Our Time.

www.acamh.org/event/pmi-nov

Who should attend

This event should be of interest to professionals those who work with children and young people in many different settings, health, social care, education, youth justice, in particular;

- Mental Health professionals
- Health professionals
- Commissioners of health and education services
- Social Care workers and leaders
- Teachers and Support Staff
- Youth-based service workers and leaders
- Charity workers

Learning Outcomes

- Understanding the nature and prevalence of the impact of parental mental illness
- Clarity about the impact of not intervening and the positive impact of intervening as early as possible
- Increased awareness of how to build resilience in affected children – a conceptual model of mental illness that both the children and parents can understand together
- Recognition of the importance of protecting the child's thinking from the disordered aspects of their parents' thinking
- Appreciation of the power of explanation and understanding as a protective intervention
- Gain a new model of explanation as well as skills and confidence in talking to children and young people about mental illness

Prices

Early Bird prices have up to **20% discount until 31 July**

Teachers Special Offer – Until 31 July teachers can access the entry rate of £47.25, saving over £100 on the standard non-member rate

The events we organise are not profit-making, many are subsidised through our other commercial activities, without which they would not be able to run. As a charity, any surplus that we make is invested back into the business to benefit our Members and the sector. Members get a discounted rate and we hope you consider joining.

Digital & Publications Members:

Early bird (ends 31/07/19) **£47.25**
Non early bird **£52.50** (10 spaces are available at this rate)

Platinum Members:

Early bird (ends 31/07/19) **£88**
Non early bird **£110**

Gold Members:

Early bird (ends 31/07/19) **£100.80**
Non early bird **£126**

Silver & Bronze Members:

Early bird (ends 31/07/19) **£113.60**
Non early bird **£142**

Non-Members

Early bird (ends 31/07/19) **£126.40**
Non early bird **£158**

About the speakers

Jessica Streeting

Master Trainer - Our Time

Jessica is a Queen's Nurse. Her professional background and expertise is in child and adolescent public health – primarily nursing and lecturing. She is the Named Nurse for Looked After Children in Westminster, working for CLCH NHS Community Trust. Jessica's school and public health nursing career has afforded her diverse opportunities including a recent secondment to Public Health England Chief Nursing Directorate as a school nurse advisor and a practice lecturer post at London South Bank University. Jessica has been struck by how often parental mental illness is at the root of many childhood problems. She has seen how Our Time concepts have made a real difference to families and has played a key part in establishing the 'Who Cares?' programme for the charity.

Dympna Cunnane

Chief Executive Officer Our Time

Dympna has a BA (University College Dublin) in Psychology and Philosophy, an MA in Psychology (Tavistock Institute London) and a Postgraduate Diploma in Systems Thinking, as well as professional training in psychoanalysis (Jungian). She has worked as an organisation development specialist in large organisations and has over twenty years' experience of working as a consultant to top level executives in international public and private sector companies. Dympna is interested in mental wellbeing in its broadest sense, having trained and worked in therapeutic settings as well as applying her knowledge to the world of work and workplaces. She believes that the mind is our most powerful resource, and as such, determines much of our life experience.

Kirsty Tahta-Wraith

Expert by experience and Assistant Psychologist (NHS Barking and Dagenham)

Kirsty has worked with Our Time since 2011 in several capacities and is determined to ensure the impact of Our Time's services is made available to more than just the lucky few. Kirsty attended Our Time's KidsTime Workshops from the age of eight with her father who had bipolar disorder. She is clear that the support she and her family received at the workshops made a big difference to her confidence, as well as influencing her career choice. She is passionate about supporting families affected by parental mental illness and she now contributes to the workshops as a counsellor, drawing on her own experiences to support those in similar situations. She continues to be involved in the development of the resources for schools as part of the 'Who Cares?' programme and has delivered numerous presentations to school staff and other professional audiences, including the Marlborough Family Service Conference.

Programme

09.00	Registration
09.30	Introductions and Objective Setting – Jessica Streeting, Programme Lead for Who Cares? and Kirsty Tahta-Wraith, beneficiary and Ambassador, Our Time
10.30	Children of Parents with a Mental Illness – Who are they and what is the impact?
11.15	Coffee break
11.30	Understanding the group and how to support them – Dr Alan Cooklin, Founder Our Time Charity
13.30	Live Case Study – Kirsty's story and the young person's perspective
14.00	Resilience – what do we know makes a difference?
14.30	An Explanation – helping the child to understand mental illness and what it means; gaining skills for talking to children about mental illness
16.00	Questions and Discussion
16.30	Close



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Monday 11 November / 09.00 – 17.00 / The Arc Centre 98b St Paul St, Islington, London N1 7DF

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

REF: PMI

ACAMH Conferences
St Saviour's House
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Fees include conference materials,
lunch and refreshments. Please note
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Booking form

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Title

Job title

Name

Dietary
requirements

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PERSON MAKING THE BOOKING (IF DIFFERENT FROM PERSON ATTENDING)

Title

Job title

Name

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Contact
Number

CONTACT DETAILS OF PERSON ATTENDING

Address type WORK HOME

Address

Postcode

Email

Telephone

PAYMENT

LATINUM MEMBER
**Early Bird £88 until 31 July,
then 10**

GOLD MEMBER
**Early Bird £99 until
31 July, then 26**

SILVER/BRONZE MEMBER
**Early Bird £113 until 31 July,
then 42**

PUBLICATIONS/DIGITAL MEMBER **Early Bird £47.25
until 31 July, then £52.50 (10 spaces available)**

Non-Member Early Bird £125 until 31 July, then £158

Cheque
I enclose a cheque made payable to ACAMH

Invoice payment

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.

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Closing date: 7 November

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.