

08:45 Tea, coffee and pastries will be served in the Osler Long Room on the first floor.

09:30
Welcome and introduction
Alison Sturgess-Durden @asturgessdurden @Maydentweets
Director, Mayden

09:45
Opening remarks
Pooky Knightsmith @Pookyh
Mental health advisor, educator, speaker and author

10:00
IAPT at 11: Achievements and future developments
The IAPT programme has inspired similar models across the globe. David will review the growth and success of this landmark service in its first decade and look at the future developments needed to achieve the expansion of IAPT set out in the NHS Long Term Plan.
David M Clark @NHSEngland
National Clinical and Informatics Advisor for IAPT, NHS England

10:30
The future for digital technology in mental health
Indra and James will explore how digital technology is likely to shape healthcare, consider the standards and evidence framework that will be needed, and share findings from the Topol review on how mental health teams can prepare.
Indra Joshi @IndraJoshi10 @NHSX
Head of Digital Health and AI, NHSX
James Woollard @Psycle_Doc @NHSEngland
Senior Clinical Fellow, NHS England

11:00
Break
Tea and coffee will be served in the Osler Long Room on the first floor.

11:30
Learning from the Grenfell Health and Wellbeing Service
Ross will examine the response to Grenfell and how virtual reality was used to reconnect with a traumatised and bereaved community who were distrusting of authority and statutory sector services.
Ross O'Brien @rossobr1en @CNWLNHS
Digital Innovation Director, Grenfell Health and Wellbeing Service
CNWL NHS Foundation Trust

12:00
Panel discussion: How can therapy teams prepare for the digital future?
Digital technologies can transform mental healthcare and improve the working lives of our teams. To be effective they must be accompanied by changes to the way we work. Our panel will explore the challenges and discuss their ideas for how teams can prepare.

12:35
Data driven mental healthcare
Chris will discuss the opportunities for digital technology and data to increase patient engagement, choice and delivery of effective treatment in stepped care psychological therapies.
Chris May @Chrism_mayden @Maydentweets
Founder and Managing Director, Mayden

13:00
Lunchtime
Lunch will be served in our main networking space in the Osler Long Room on the first floor.

14:15
Testing behavioural insights to increase patient engagement
The Behavioural Insights Team will present results of research carried out in partnership with Mayden which tested a low cost, non-clinical and scalable intervention with the aim of increasing the number of adult IAPT referrals attending treatment appointments.
Hugo Harper @B_I_Tweets
Head of Health, Behavioural Insights Team

14:35
Developing student wellbeing pathways
The Steps2Wellbeing team will talk about their work with local universities to develop student wellbeing pathways and how webinars and other digital innovations are helping to engage the student population.
Morad Margoum @DorsetHealth
Senior Service Lead and Service Manager
Steps2Wellbeing, Dorset Healthcare NHS Trust
Emma Spencer @DorsetHealth
Low Intensity and Assessment Team Lead IAPT
Steps2Wellbeing, Dorset Healthcare NHS Trust
Kerry Rolls @BournemouthUni
Student Wellbeing Coordinator, Bournemouth University

14:55
Integrated psychological and social interventions
The Norfolk and Waveney Wellbeing Service runs an integrated psychological and social model in a partnership between NSFT, Mind and Relate. Lived experience plays a key role in the service and peer support workers are valued members of the team.
Nesta Reeve @nestareeve @NSFTtweets
Consultant Clinical Psychologist and Clinical Lead
Norfolk and Waveney Wellbeing Service, Norfolk and Suffolk NHS Foundation Trust
Esmee Henstra @NSFTtweets
Social Team Lead
Norfolk and Waveney Wellbeing Service, Norfolk and Suffolk NHS Foundation Trust

15:20
Making us matter: Are we different to our patients?
Wellbeing Matters believes a resilient, thriving workforce is essential to delivering high quality mental healthcare. Rupal will share the successes her team has had in implementing multiple strategies to help raise awareness and improve wellbeing in the team.
Rupal Panchal @SeniorLeadWBM @MPFTwellbeing
Operational Lead and Senior Cognitive Behavioural Therapist
Wellbeing Matters, South East Staffordshire IAPT
Midlands Partnership NHS Foundation Trust

15:40
Closing remarks
Alison Sturgess-Durden @asturgessdurden @Maydentweets
Director, Mayden

Networking
After the agenda closes, tea and coffee will be served in the networking area in the Osler Long Room on the first floor.