



NIHR | Applied Research Collaboration
Kent, Surrey and Sussex



The British Psychological Society
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PARENTAL MENTAL HEALTH NETWORK CONFERENCE 15TH & 16TH NOVEMBER 2023 BRIGHTON

Welcome to this inaugural two-day event bringing together academics, policy makers, clinicians, charities, and people with lived experience to explore the question:

HOW CAN WE PREVENT POOR MENTAL HEALTH RUNNING IN FAMILIES?

Holiday Inn 137 Kings Rd, Brighton and Hove, Brighton BN1 2JF
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Day 1: 15th Nov

10:30am **Registration and Refreshments.**

11am **Introduction**

11.15 – 11.50am **Symposium 1: Limiting the impact of parental mental health: Research from the South Coast.**
Professor Sam Cartwright-Hatton (University of Sussex) and Dr Abby Dunn (University of Surrey)

11:30 – 12am **Reflection: When your wife is hospitalised: Mark Oliver**

12-1pm **Symposium 2: Stigma: Stigma and communication in families where a parent has a mental illness**
Chair: Professor Scott Yates
Presenting: Professor Scott Yates (University of Leicester), Dr Lina Gatsou (Leicester Partnership NHS Foundation Trust), Patrica Jarrett (Queens University Belfast)

1-1.45pm **Lunch and Posters**

1.45-2.30pm **Keynote: Dr Anne Grant (Queens University Belfast)**
Think Family Initiative NI: practice development and research

2,30-3.30pm **Symposium 3: Novel research in parental mental health**
Chair: Dr Kate Blake Holmes (UEA)
Presenting: Dr Kate Blake Holmes (UEA), Dr Louise Dalton (University of Oxford), Professor Elizabeth Rapa (University of Oxford), Laura Chapman (University of Bristol)

3.30-4pm **Coffee and Posters**

4-5pm **Symposium 4: Psychosis and Parenting**
Chair Dr Lynsey Gregg (University of Manchester)
Presenting: Dr Lynsey Gregg (University of Manchester), Dr Anja Wittkowski (University of Manchester); Dr Joanne Hodgekins (UEA)

Day 2: 16th Nov

8.45–9.15am Coffee

9.15am Introduction

Symposium 5: Parental mental health: where in the community should support be delivered?
Chair Chris McCrae (South London and Maudsley NHS Foundation Trust)
Presenting: Associate Professor Scott Yates (University of Leicester), Emma Maynard (Kings College London), Chris McCrae (South London and Maudsley NHS Foundation Trust), Dr Jo Nicoll (South London and Maudsley NHS Foundation Trust), Dr Joanna Gibbons (South London and Maudsley NHS Foundation Trust).

10:30 – 10.40am Reflection: As a parent who has experienced mental health challenges

10.40–11.20am **Keynote Dr Belinda Platt (University Hospital LMU Munich)**
Preventative research and practice within the German context.

11.30–12pm Coffee and posters

Symposium 6: Research from ARC KSS
Chair: Becca Randall(ARC KSS) & Hasu (ARC KSS)
Presenters: Dr Anna Cox (University of Surrey), Dr Tim Clarke (Norfolk and Suffolk NHS Foundation Trust), Rachel Ricketts (Norfolk and Suffolk NHS Foundation Trust), Dr Kathryn Berzins (University of Central Lancaster)

1–1.45pm Lunch

1.45–3pm Workshops

Round Table: Future steps – key themes highlighted by attendees
Mark Oliver (lived experience)
Professor Sam Cartwright-Hatton (University of Sussex)
Becca Randall (ARC KSS)
Speaker TBC

4–4.15pm Closing words
