

Improving Access to Psychological Therapies for Older Adults NHS England South East, South West, Thames Valley, Wessex and London Clinical Networks

10:00 – 16:00 Wednesday 8 November 2017

Reading Town Hall, Blgrave Street, Reading, Berkshire, RG1 1QH

Objectives for the day

- **To provide an overview of the national direction for Older People’s Mental Health**
- **To explore the application and effectiveness of low intensity interventions with older people**
- **To discuss case examples of successful service innovations**

Time	Items	Lead
10:00	Registration and coffee	
10:30	Welcome and Introduction to the Older People’s Mental Health Programme	Professor Alistair Burns, Professor of Old Age Psychiatry, University of Manchester & National Clinical Director for Dementia and for Mental Health in Older People, NHSE
11:00	Delivering effective CBT for carers of people with dementia: Group work and online approaches	Jo-Ann Fowler, Project Manager, CFMAY, Oxford Health NHS FT Dr Amanda Robinson, Clinical Psychologist, TalkingSpace Plus Dr Tania Thorn, Acting Consultant Clinical Psychologist & Family Therapist, Oxford Health NHS FT Sonia Morton, CBT Therapist, Oxford Health NHS FT
12:00	Lunch and Networking (1 hour)	
13:00	Camden and Age UK Model	Judy Leibowitz, IAPT Clinical Lead and Head of IAPT Camden Psychological Therapies and Wellbeing Service Dr Maria Alicia Vicencio-Silva Counselling, Psychotherapy & Group Therapy Services Manager, Age UK Camden
13:30	Interactive session on solutions	Michael Oates, Programme Manager, Mental Health Clinical Network, NHS England, London Region

14:00	Increasing Older Adult Access to Psychological Therapies in Southampton: the challenges and delights!	Liz Doyle, Acting Clinical Lead and Service Manager, Southampton Steps 2 Wellbeing, Dorset HealthCare University NHS Foundation Trust
14:30	Tea & Coffee Break (20 Minutes)	
14:50	Treatability of depression in older people	Dr Peter Bagshaw, General Practitioner and Clinical Lead, S.Gloucestershire CCG, and Director South West Clinical Network for Dementia and Co-author of 'mental health in older people'
15:20	Q&A panel Discussion	All Speakers
15:45	Close & Evaluation	Ursula James, IAPT Programme Manager, NHS England
16:00	Close	