

25th International Mental Health Nursing Research Conference 2019

Keynote speakers

We are very pleased to confirm the following keynote speakers will be presenting at this year's MHNR conference:



**Professor Fiona Nolan, Florence Nightingale Foundation
Clinical Professor of Mental Health Nursing, University of
Essex**

Improving mental health care through nurse education in low income countries; a Mongolian case study

Mental health is increasingly recognized globally as being vital to the well-being of individuals, societies and countries, whilst the level of suffering and economic costs from mental health conditions now top league tables of burdensome disease. Despite effective treatments now being available, they are not available to most people, with the 'treatment gap' being at its widest in low income countries.

Nurses are the largest group of professionals providing mental health care in primary and specialist health services, although their role and skills are generally underdeveloped. They are extremely well positioned to contribute to the treatment of mental disorders yet in most low and middle income countries their specialist education in mental health is minimal, both pre or post qualification. The World Health Organisation (WHO) views appropriate training as key to strengthening the contribution that nurses can make to relieve the burden of mental health problems internationally.

As a case study, Mongolia is an Official Development Assistance (ODA) country, in the low to middle income group, with a per capita Gross National Income (GNI) of \$2340. In mental health care it is representative of most other LMI countries in having centralized hospital based services, low allocation of government funding and of professional expertise. Professor Nolan has built relationships with Mongolian stakeholders since 2014 and now leads a 3 year programme to develop and pilot post graduate training in mental health nursing in Mongolia, which aims to improve the status of nursing, enhance care provision and address stigmatized attitudes to mental health amongst healthcare professionals and wider Mongolian society.

Professor Nolan will describe some of the organisational, cultural and resource challenges faced in trying to deliver such a development in an LMI country.

Fiona is Florence Nightingale Foundation Clinical Professor of Mental Health Nursing at the University of Essex, a joint appointment with Essex University Partnership NHS Trust, where she is deputy director of nursing and research.

She currently leads a team of 6 university partners, from Finland, the Netherlands, Mongolia and the UK, to deliver the Mongolian Mental health Nurse Training (MoMeNT) project. This is a 3 year program funded by the European Union to develop post graduate training in mental health nursing in Mongolia and builds on her work there since 2014. She is Vice-chair of UK Mental Health Nurse Academics, and a member of the RCN expert group on mental health and chair of the Zimbabwe Life Project, in which UK mental health staff provide training and resources to Zimbabwean colleagues to improve care.



Professor Ricardo Araya, Lead of the Global Mental Health Research Group and Director of the Centre for Global Mental Health, King's College London

Global mental health: how to fill in the gap

Professor Araya will present some basic information on global mental health, with a focus on low-and-middle income countries. The huge treatment gap and the reasons leading to this situation will be highlighted. Some successful innovative solutions that have been used in an attempt to fill in this gap will be presented and. Among these the role of task-shifting in so far as transferring the healthcare of people with mental health problems to non-medical doctors and the role technology can play assisting this strategy. He will attempt to draw some lessons from this experience that can be applied to more developed countries.

Professor Ricardo Araya is Professor of Global Mental Health and academic lead of the Global Mental Health Research Group, in the Health Service and Population Research Department at the Institute of Psychiatry, Psychology & Neuroscience, King's College London. He is also director of the Centre for Global Mental Health, a research and education collaboration between the LSHTM and IoPPN which he helped foster. Ricardo's field of expertise is in the development and implementation of simple and affordable interventions to treat mental disorders, particularly in resource-poor settings. He has previously developed a model of care to treat depression and anxiety in Chile, which has been adapted and used in several middle and low-income countries. Ricardo plays a leading role in a number of major initiatives to increase mental research capacity in Latin America, and holds strong collaborative links with a wide range of research partners in Africa.



Professor Sue McAndrew, Professor of Mental Health and Young People, University of Salford

MHNAUK Lecture - Connect Three: Winning the game by exploring the mental ill health connections between young service users, adult users of services and young carers.

This paper focuses on the mental health of young people (YP), both in terms of them being service users and carers. Evidence suggests three quarters of all mental health problems are established before the age of 18, with one in eight children, aged between 10 and 15, reporting symptoms of mental health problems. Developing a mental health problem at a young age can have life-long adverse consequences; affecting emotional, social and educational development and subsequent chances of employment. Likewise, research also suggests in the UK 29% of people diagnosed with a mental illness are being cared for by young people, and with an estimated 17,000 young people living with a parent who experiences severe and enduring mental illness. In the UK parental mental ill health is a significant factor for children entering the care system, and it is estimated between one and two thirds of young people whose parent has a mental illness will experience mental health difficulties themselves. This paper bring together the findings of three small qualitative research projects, all using a narrative approach, to further explore the interconnectedness of three groups of people; young service users, adult users of services and young carers. The onset and long term consequences of mental ill health for these three

groups and the implications it has on their lives will be discussed with regard to mental health practice, research and education. Finally consideration will be given as to how, as mental health nurses, we can refocus nursing practice in order to make serious inroads into providing more cohesive, effective primary and secondary mental health care.

Dr Sue McAndrew is Professor of Mental health and Young People at the University of Salford. Sue has worked in mental health nursing since 1972, working in numerous clinical settings, including community mental health, before moving to education. In 1992 she became a lecturer at the University of Leeds where she worked for 17 years, and during which time she continued to work 1 day per week in primary MH care. In 2009 Sue took up a part time post as Research Fellow [MH] at the University of Salford, was promoted to Reader in 2014 and became Professor in 2017. Sue has published extensively; having published 60 peer reviewed papers, 18 book chapters and co-editing 3 books. In addition, Sue has presented papers at over 80 conferences locally, nationally and internationally. Sue is an active researcher, her interests including young carers and service users; Childhood Sexual Abuse and its impact on mental health; self harm & suicide and therapeutic engagement. Sue is on the editorial board for the International Journal of Mental Health Nursing and until recently chaired the Post Graduate Research Ethics Panel for the School of Health and Society. Sue is a member of Mental Health Nurse Academics UK and a board member of Inspiring Minds in Salford.



Edilma Yearwood, Past President of the International Society of Psychiatric-Mental Health Nurses

Examining the Evidence on Mental Health Literacy and Stigma Reduction in Low and Middle-Income Countries

Anthony Jorm defines mental health literacy as the “knowledge and beliefs about mental disorders which aid their recognition, management or prevention (1997, p. 182).” This presentation will explore types and impact of stigma on individuals and communities dealing with mental illnesses and describe the role of mental health literacy in healthcare. Existing evidence on stigma reduction associated with increasing mental health literacy among care providers, families and individuals challenged by psychiatric symptoms in low-and middle-income countries will be presented.

Dr. Edilma Yearwood is a certified Child and Adolescent Psychiatric-Mental Health nurse with over 40 years of clinical, teaching and research experience. She is Chair of the Department of Professional Nursing Practice at Georgetown University in the School of Nursing & Health Studies. Dr. Yearwood’s research interest is in mood dysregulation, the intersection of culture and mental health and community-based participatory action methodologies. She is an editor and chapter contributor to two mental health textbooks, Child and Adolescent Behavioral Health and Routledge Handbook of Global Mental Health Nursing. Dr. Yearwood served as the President of the International Society of Psychiatric Nurses from 2016-2017.



Bethan Edwards, Rick Burgess and Ellie Thomas from Recovery in the Bin

Neorecovery: A survivor led conceptualisation and critique

This keynote aims to introduce the survivor led critique and conceptualisation of Neorecovery. It will do this by:-



- Contextualising the emergence of Neorecovery, paying particular attention to its policy, service and political context.
- Conceptualising Neorecovery as a distinct vision and approach by examining its values, politics, practices and harms.
- Examining Neorecovery's implications for mental health nursing and research.

Bethan is a cat fostering mental health activist and Recovery in the Bin admin. She has lived experience of using mental health services for 20 years. Since 2011 she has been a 'service user' member of the PAR (Partnership in Research Group) at the National Centre for Mental Health (NCMH), Cardiff University and worked on both COCAPP and COCAPP-A studies, led by Professor Alan Simpson, as a service user researcher between 2013-2016. She has been involved in multiple studies as a service user research consultant since 2011 and is currently a co-applicant on the STRETCHED study, with the Wales Centre for Primary and Emergency Care (PRIME) Centre, Swansea University.

Bethan openly leads a double life as a 'professional': She was the first research occupational therapist to be employed on a permanent basis by the NHS in Wales (2014 – present) and is also a PhD candidate at Cardiff University. Her thesis seeks to develop an occupational therapy intervention for people living with early-stage dementia delivered in memory assessment services. She received a Royal College of Occupational Therapists' Career Development Grant to support her studies. Bethan was a member of Wales REC 1 between 2005 – 2013 and was a member of the Royal College of Occupational Therapists' Project Research Ethics Network from 2011-2016.

You can follow Bethan on twitter: @pixiegirlle

Rick Burgess recently: 2012-2014 Co-founder WOW Petition campaign which succeeded in being the first time a motion was brought by and for disabled people to the main chamber of the House of Commons in 2014. Co-founded Manchester Disabled People Against Cuts in 2015, we protest, do radical peer advocacy and do non violent direct action. Also an administrator for Recovery in the Bin; a disabled people and service user collective - we peer support and try and make the healthcare system better and also are 'scathingly funny' (RecoveryInTheBin.org). I am also now at the Greater Manchester Coalition of Disabled People where I am leading the creation of a first for the country- a disabled people's panel that advises and consults Mayor GM Mayor Andy Burnham and the GM Combined Authority on disability issues for the entire City Region.