

# Good Mental Health in General Practice Conference

Improving COMMUNITY mental health, your mental health, our mental health.

## Programme

TIME	ACTIVITY	SPEAKER
8.30 am	Registration & Refreshments	
9.00 am	Welcome	TBC
9.05 am	Keynote 1: TBC	TBC
9.30 am	Keynote 2: Loneliness in primary care: a silent killer, but what can be done?	Professor Simon Gilbody

## PARALLEL WORKSHOPS

10.10 am	Improving outcomes in learning disability	LD Team
	Children & young people's mental health	TEWV CAMHS Team
	Prescribing in Primary Care for Suicide Prevention	Dr Katharine Petersen
11.00 am	Comfort Break	
11.20 am	Working with people who experience emotional dysregulation and repeat self-harm.	Dr Shona McIlrae, Matt Houton, Dr Chantel Morland
	Children & young people's mental health	TEWV CAMHS Team
	Crisis situations in alcohol and substance abuse	Dr Wolf Kuster
12.15 pm	Keynote Speaker 3: Burnout Free Working	Dr Richard Duggins
1.00 pm	Lunch	

## WELLBEING WORKSHOPS

2.00 pm	Yoga	Dr Sharon Cox
	TBC	TBC
	TBC	TBC
2.45 pm	Evaluation	TBC
3 pm	Close	

# Keynote Speakers

## PROFESSOR SIMON GILBODY



DSc FMedSci,

Professor of Psychological Medicine & Psychiatric Epidemiology

Professor Simon Gilbody is a thought leader in the field of mental health. Simon founded the [Behavioural Therapeutics Lab](#) at the University of York. He generates scalable and effective strategies to combat loneliness, work-stress, depression and anxiety. Simon remains a practicing NHS consultant in psychiatrist and cognitive behavioural therapist. He is an honorary Fellow of the Royal College of General Practitioners and was elected Fellow of the Academy of Medical Sciences in 2023.

After designing and leading some of the largest trials in primary care to combat depression, he has turned his interests to loneliness. Loneliness is a silent killer and is as bad for our health as smoking 15 cigarettes daily. During the COVID pandemic, Simon co-led the largest trial undertaken [ever and anywhere] to combat loneliness. Brief behavioural interventions can now be delivered at scale and have the triple benefit of preventing loneliness, boosting mood and improving quality of life. The next challenge is to integrate this into primary and social care.

**“Loneliness in primary care: a silent killer, but what can be done?”**

Attendees will gain a sense of the extent of loneliness in primary care, and its economic and human cost. Simon will discuss ‘what works’ and ‘what is cost effective’ in combating loneliness. #EndLoneliness

## DR RICHARD DUGGINS



Consultant Psychiatrist in Medical Psychotherapy,

North East and North Cumbria Staff Mental Health and Wellbeing Hub

Twitter/X handle is @rduggins

For nearly two decades, Richard has dedicated himself to supporting individuals facing burnout, anxiety, and depression through his work as an NHS psychiatrist and psychotherapist.

Today, Richard leads a specialist regional NHS mental health and wellbeing service that supports all health and social care staff dealing with burnout, anxiety, depression, and trauma. For seven years, he served as a Clinical Lead for NHS Practitioner Health, an award-winning service for doctors and senior leaders managing psychological distress or substance use issues. He continues to provide care through this service.

A Fellow of the Royal College of Psychiatrists, Richard is a psychoanalytic, psychodynamic, and interpersonal psychotherapist. He is the Course Director of the Newcastle Interpersonal Therapy Training Institute.

Richard’s expertise extends into reflective practice in organizations, and he is trained as a Schwartz Round facilitator and accredited Balint Group leader, helping teams create supportive environments

to reflect on their work.

### “Burnout-Free Working”

Dr Richard Duggins will draw from this new book *Burnout-Free Working: Your Expert Guide to Thriving in a Stressful Workplace* to explore a wealth of proven tools for burnout-free working, including:

- ❖ Spotting early signs of burnout
- ❖ Steering clear of 'the burnout cliff'
- ❖ Tackling 'Keep calm and carry on' culture
- ❖ Moving from Stress to Decompress
- ❖ Strategies to support colleagues

Dr Duggins breaks down common burnout myths (it's really not about building resilience!) and encourages us all to shift our thinking away from burnout recovery, to instead living and working in a way that avoids burnout before you even get close.

# Workshop Speakers

## TEWV CAMHS TEAM

DETAILS TBC

## DR KATHARINE PETERSEN



**GP Partner, Forum Family Practice, Cramlington,  
Strategic clinical lead for mental health, learning disability, neurodivergence and wider determinants,  
Parity of esteem group chair for North East and North Cumbria Integrated Care Board**

Dr Kathy Petersen [she/her] works as a GP Partner in Northumberland and is a strategic clinical lead for mental health, learning disability and neurodivergence for North East and North Cumbria Integrated Care Board. She has been part of the Core20PLUS Ambassador programme 2023-2024. She is Co-chair of the special interest group for learning disability for the Royal College General Practice.

Her passions include health inequality, parity of esteem and improving systems of care for all vulnerable people.

### **“Prescribing in Primary Care for Suicide Prevention”**

Prescribing for suicide prevention' covers a pragmatic approach to managing medicines so as to reduce the chance of suicide in patients and provide some support to practitioners in working proactively in medicines safety to manage risk better with patients.

## DR SHONA MCILRAE & TEAM

**Consultant Psychiatrist**

The team presenting from Foss Park Hospital comprise of Mr Matt Houton, a nurse consultant who is AC approved and a non-medical prescriber; Dr Chantel Morland a consultant psychologist and Dr Shona McIlrae, a Consultant Psychiatrist.

They bring a combined experience of 30+ Years of working in inpatient settings with people with complex needs and personality difficulties.

Their approach to working with people with personality difficulties especially related to self-harm and emotional dysregulation has been recognised by NHS England as an approach that appreciates patient choice, least restrictive practice and as a result, lower self-harm rates.

### **“Working with people who experience emotional dysregulation and repeat self-harm”**

Understanding the personality who self-harms and understanding the communication and attachment styles of patients and their impact on the practitioner.

## DR WOLFGANG KUSTER & TEAM

DETAILS TBC

# Wellbeing Workshop Speakers

**DR SHARON COX**

**DETAILS TBC**

# Terms and Conditions

## 1. Event Registration and Payment:

- All participants must complete the registration process and submit payment to secure their place in the event.

## 2. Cancellation by Participant:

- Please note that once payment is made, no refunds will be issued for cancellations by the participant.

## 3. Event Cancellation by the Department:

- In the unlikely event that the department cancels the event, participants will receive a full refund of their registration fee.

## 4. Event Changes:

- The department reserves the right to make changes to the event schedule, location, or speakers. Participants will be notified promptly of any significant changes.

## 5. Liability:

- Participants agree to attend the event at their own risk. The department is not responsible for any personal injury, loss, or damage to personal property during the event.

## 6. Force Majeure:

- The department will not be held liable for any failure to hold the event due to circumstances beyond its control, including but not limited to natural disasters, governmental regulations, or other unforeseen events.

By registering for the event, participants agree to the above terms and conditions.