

Some of stem4's conferences

Conferences4schools

Who is it for?

For heads, school leaders, teachers and SENCOS

Stem4's conference for school brought together a range of educational professionals from a range of schools representing both the State and Independent sectors. Delegates heard from three keynote speakers who each struck a chord with their audience, stimulating discussions and questions in a fairly tightly packed programme.

Each speaker acknowledged that mental health issues have increased significantly amongst young people and that some local services are struggling to cope with the number of referrals. It is therefore more important than ever that schools are able to recognise problems early and to be innovative and creative in their response.

Young people need to be able to talk about who and what they are, as high levels of resilience are asked of them in the modern world. Activities and interests, positive peer relationships and emotional resilience can be 'protective' for teenagers.

Openness about mental health issues in schools is an important factor in their success at managing problems when they arise.

Delegates were given copies of more details information and guidance from speakers in the filed and mental health policy and practice in their Conference packs, on a memory stick. It is hoped that this information will inform decisions about individual school strategies.

In addition, a 'stem4 Standard' for the management of mental health issues was created, covering the areas: how students are monitored, who has responsibility. Action framework, time frame and training.

Conferences4nurses

Who is it for? School Nurses and practice nurses who work with Children and Young People (CYP)

Early management of student mental health issues for nurses was held on Monday 10 June 2013 and attended by 80 school nurses. The speakers included school nurse, Julie Coombes, who spoke on 'School Nurses – our role in mental health' and Dr Jonathan Brudney, GP and school doctor, who spoke on 'Teenage problems looking for solutions'. Dr Nihara Krause, from stem4 and a Consultant Clinical Psychologist on 'Mental Health Issues in young people – gave an overview of current issues, early identification and evidence based practice.'

A facilitated discussion on working towards a stem4 school nurse standard to include issues such as training, risk assessment and supervision was facilitated by Patsy Preece from STEM4. This conference provided a forum in which to discuss the challenges faced in school nursing in the area of teenage mental health, explore ways of setting standards, create self reflected practice and enhance support.

Some of the comments we received from delegates:

"This morning was excellent, with completely relevant speakers"

"High quality speakers and good resources"

"Speakers very informative"

Nurses cited the ability to share concerns and information as useful:

"Comforting that we are all experiencing the same problems accessing services"

"Open forum very useful"

NURSESmw=mc

Other Nurses conferences include:

School Nurse conference at the RCN in 2014

School nurse conference for Hounslow, Twickenham and Richmond school nurses 2015

School nurse conference for Merton school nurses 2015

Conferences4students

Who is it for?

Groups of students from around 10 schools, who are motivated to learn more about mental health and make a difference

Newstead Wood School Student Conference

In June 2016 **stem4** ran their 5th and very successful Student Conference at Newstead Wood School, Orpington. One hundred Year 10 student delegates from eight schools, took part in the event, entitled 'mw=mc [Mental wise means mental cred]'. They heard from keynote speaker: Consultant Clinical Psychologist, Dr Nihara Krause, who is CEO and Founder of stem4. Dr Krause spoke about why good mental health is important. A second speaker, **stem4** Ambassador: actor, Rosie Day also gave a presentation on the importance of communication and recognising early signs whilst Patsy Preece, Education coordinator for stem4 chaired the event.

Delegates engaged actively in group discussion and raised a broad number of questions in a lively plenary. They considered ways in which schools might highlight student mental health, and then came up with statements, which would get the message across to their peers. It was clear from their contributions to the Conference that students appreciated the chance to consider important questions about mental wellbeing and care passionately about teenage mental health issues.

Comments included "I particularly liked the guest speaker and how she added personal topics". One of the other students said "I really liked the Conference; I thought it was very factual".

Harris Academy Student Conference

The second **stem4 Student Conference** was held at **Harris Academy**, Merton on July 1st, 2014. Almost 100 students and staff attended, from 9 schools in South London and Surrey. The students were a mixture of Years 10 and 12, as these are two-year groups, which experience lots of challenge and change, as well as increased levels of exam pressure.



Conference

delegates, working in mixed groups, were asked to consider facts about commonly occurring mental health issues and the best ways to inform other students about the importance of early awareness, then action, if things start to go wrong. They heard a presentation from speaker, Dr Nihara Krause about teenage mental health issues and the range of possible treatments, with particular reference to: addiction, anxiety, depression, eating disorders and self harm.

Groups were given different case studies on film and they discussed the signs that indicated that things weren't right, going on to suggest what might be said and done to set the young person on the right course to address the particular problem. Representatives from each group then fed back to the conference at large, while different pairs from each group recorded specific video messages for young people, which could be used on the **stem4** website.

A number of the participants also expressed an interest in follow-up work with **stem4**: either as Young Ambassadors, or by taking a lead in their school on raising mental health awareness.

Stem4 would like to thank Rachel Simpson and Julie Anne Harris of Harris Academy, Merton, for their help in organising and promoting this successful conference.

STUDENT $mw=mc$

Other Student conferences include:

Guildford High School with six other local schools attending

2015 Hollyfield School in Kingston who hosted it for ten other schools

2013 Ursuline school in Wimbledon for ten other Merton Schools



Conferences4GPs

Who is it for? GPs and GP assistants, trainee GPs, primary care medical specialists



Dr Rob Hicks, Georgina Campbell, Dr Nihara Krause and Dr Faraz Mughal at the first **stem4** conference for GP's - 'Children and Young People's Mental Health for GP's - A focus on prevention, early identification and intervention in eating disorders, depression and self-harm' which was held on 22nd June 2016 and was a great success. One of the delegates said: "I spent today at an event for GPs organised by **stem4** a charity supporting young persons with emotional and mental health needs. The amount of information given to us by the speakers was staggering and I await the slide decks of their presentations in order to fully appreciate their contributions on for example self-harm, eating disorders and GP interventions. Specifically they have produced an app freely available to patients at risk of self-harm."

Dr Nihara Krause, Consultant Clinical Psychologist and Founder of **stem4** said: "we at **stem4** are delighted with the feedback from our half day conference which aimed to provide GPs with the latest information on aetiology, advances in Evidence Based Practice, and a forum for discussion on how eating disorders, depression and self-harm can be managed most effectively in primary care. Each topic was presented by experts in the field together with a facilitated discussion on best practice. There was also a panel discussion with representation from the RCGP."