

Meriden Family Programme 20th Anniversary

One Day Conference

Family Interventions in Mental Health – Future Directions

Wednesday 20 June 2018

Venue: Ramada Birmingham Solihull Hotel, The Square, Solihull, B91 3RF

Keynote Speakers

Dr Alison Brabban ▪ National Clinical Advisor for Severe Mental Illness (NHS England) ▪
The Future of Family Interventions in Mental Health



Although Alison is a clinical psychologist by profession she now has a number of roles within the NHS, each concerned with trying to improve service users' experience of mental health services in some way. In her role as Expert Advisor to the Adult Mental Health team within NHS England her focus is on improving access to psychological therapies for people diagnosed with psychosis, bipolar disorder and personality disorders, on the promotion of values based care as well as measuring outcomes (looking at what difference interventions and services are making). She is the Recovery Lead within Tees, Esk and Wear Valleys NHS Trust, working in partnership with service users and carers to ensure local services are meeting their needs. Alison also works as a clinician within the Early Intervention Service within the Trust. Over the last few years she has also been involved in the development of the NICE Guideline for Psychosis & Schizophrenia and the related NICE Quality Standards and was part of the Schizophrenia Commission.

Dr Frank Burbach ▪ Consultant Clinical Psychologist (Somerset Partnership NHS Foundation Trust) ▪ SW EIP Programme Lead (NHS England) ▪
Family Interventions Lead (University of Exeter) ▪

Integrating Behavioural and Systemic Approaches in a Service Context

Frank is a Consultant Clinical Psychologist with the Somerset Partnership NHS Foundation Trust where he is also a Senior Operational Manager and the Clinical Lead for Early Intervention in Psychosis, the Connect18 transitions service and the Triangle of Care. He is the Clinical Lead for the South West Early Intervention in Psychosis Programme (seconded to NHS England) and in 2017 he developed and led the University of Exeter's Family Interventions Programme.



He has a Diploma in Marital & Family Therapy and is also a registered Cognitive-Behavioural Psychotherapist. He is a member of the Triangle of Care national steering group and is also a member of the Editorial Board of the Journal of Family Therapy. Dr Burbach completed a PhD from Plymouth University on developing systemically-oriented mental health services and has published numerous papers and book chapters on family inclusive practice, family interventions and early intervention in psychosis.



Dr Gráinne Fadden ▪ Director, Meriden Family Programme
(Birmingham & Solihull Mental Health NHS Foundation Trust) ▪

Twenty Years of the Meriden Family Programme

Dr Gráinne Fadden is a Consultant Clinical Psychologist based in Birmingham and Solihull Mental Health Foundation NHS Trust, Honorary Senior Research Fellow at the University of Birmingham and Director of the Meriden Family Programme. The Programme has been awarded joint-winner of the National Institute for Mental Health in England (NIMHE) 2003 Positive Practice Award for 'Modernising Mental Health Services', winner of the 'Social Care Award' (Midlands and East Region) in 2005 in the Health and Social Care Awards organised by the Department of Health, and winner of the Health Service Journal national award for Mental Health Innovation in 2008. In November 2009, Dr Fadden was awarded the prestigious Marsh Award which is a lifetime achievement award given by Rethink, the UK national mental health charity, for her outstanding contribution to mental health. In 2017, she was awarded a Fellowship from the BABCP in recognition of her contribution to clinical practice, research, training and implementation of family work.

Dr Fadden has worked in the area of family work throughout her career; in clinical practice, research, training and more recently in relation to influencing organisational change to incorporate family work routinely into mental health services. She has also written extensively on the effects of mental health problems on families, the ways in which families can be supported, and on the training of mental health professionals to work with families, including books, book chapters and research articles. She has been involved in a number of EU funded research projects evaluating various aspects of the impact of mental health problems on families, and the development of services to families. Current initiatives being developed include family member peer support and recovery for family members.

Dr Fadden links with the NHS England and Health Education England on issues relating to families and carers, and also works closely with a range of national bodies, regarding these issues. Her international reputation has resulted in her delivering training in Europe and as far afield as Canada, Australia and Japan.

Ms Rhona Jennings ▪ Programme Manager, Health Service Executive
Mental Health Services, Republic of Ireland ▪ ***Implementing Behavioural
Family Therapy in Ireland – The Opportunities and Challenges of
Introducing a National Programme***

Rhona Jennings was appointed Programme Manager for the HSE Mental Health Clinical Programmes in August 2012. Since then she has been involved in the development of the National Clinical Programme for Early Intervention in Psychosis. This has included developing programmes for CBTp, Individual Placement support and family work. In 2013 she began working with Meriden to introduce BFT into each mental health service in Ireland. This has included the development of national plan for delivery and supervision of BFT and a standard operating procedure.



Rhona qualified as an Occupational Therapist from Trinity College Dublin 1993 and has worked in a variety of health care settings in Scotland and Ireland. She was appointed Assistant Inspector of Mental Health Services in 2004 and was a member of the team for five years. She

project managed the National Mental Health Services Collaborative (HSE and Mental Health Commission) on Individual Care Planning from 2009 -2011. In addition she has completed an MBA in Health Service Management (RCSI and Michael Smurfit, School of Business 2003) and a Diploma in International Human Rights and Mental Health Law (WHO and Pune School of Law).

She is currently involved with IMPART (IMPLementation of A Relatives' Toolkit) and EFFIP (e-support for Families and Friends of Individuals affected by Psychosis) research trials.



Prof Jo Smith ▪ Professor of Early Intervention and Psychosis
(University of Worcester) ▪

Evidence for different modalities of family interventions

Professor Jo Smith is Professor of Early Intervention and Psychosis at University of Worcester. She is a Chartered Clinical Psychologist and a Health Professions Council (HPC) Registered Practitioner Psychologist who worked in adult mental health services during a 34 years NHS career. For 16 years, she was the Early Intervention in Psychosis (EIP) Lead for Worcestershire Health and Care NHS Trust and a Joint National EIP Programme Lead for England from 2004-2010. Jo was made a Fellow of the British Psychological Society (FBPsS) for her work in psychosis and a Fellow of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) for her contribution to Cognitive Behavioural Therapy (CBT).

Jo has been involved in the development and roll out of national policy and guidelines and delivering, teaching and supervising a wide range of CBT based approaches including family and sibling interventions. Her clinical and research work has largely focused on the development, evaluation and delivery of psychosocial interventions to individuals with psychosis and their families. She is currently involved with IMPART (IMPLementation of A Relatives' Toolkit) and EFFIP (e-support for Families and Friends of Individuals affected by Psychosis) research trials.

Mr Peter Woodhams ▪ Carer Consultant, Meriden Family Programme
(Birmingham & Solihull Mental Health NHS Foundation Trust) ▪

Reflections of a Carer Consultant

Peter Woodhams is a carer of his son who has suffered from schizophrenia for over 20 years and whose family unit has benefited from good mental health services, including Behavioural Family Therapy (BFT). Since retiring from a role in industry many years ago Peter has been actively involved in working with mental health services and works on a part time basis with the Meriden Family Programme as a Carer Consultant and Carer Trainer on Carer Education courses.



He has contributed to research papers and books from a carer perspective and has also been involved in the development of Meriden's resources for carers, such as the MyCare app and the Caring for Yourself self-help manual.

He has worked on the development of three Guidelines for NICE (National Institute for Health and Care Excellence) as the only Carer Representative, including the NICE Guideline for Psychosis and Schizophrenia which was published in 2014. He is an AIMS Reviewer for the Royal College of Psychiatrists.