

Conference Speaker Biographies

Piers Allott



Piers Allott Piers trained as a social worker after entering the mental health field in 1966. He has been committed, since that time, to seeing services delivered more effectively and to thinking differently about peoples experiences. In the 1980's and early 1990's he was interested in service systems design and helped to bring the whole systems approach to the UK through organising visits to the US.

Since the mid 1990's he has been committed to the promotion and development of recovery knowledge, practice and development. He was the main developer of Scallagrigg House (later Anam Cara) that provided a peer-operated alternative to psychiatric hospital inpatient treatment based

around recovery principles.

He is a recognised Recovery and WRAP (Wellness Recovery Action Planning) trainer and approved to run WRAP Facilitators training. He is currently the National Fellow for Recovery and is based with CSIP (Care Services Improvement Partnership) East Midlands.

Karen Colligan

Is an Associate Fellow for Recovery with CSIP. Karen has led the Sefton Recovery Group, which emerged in 2002 in response to the 'Discovering Hope for Recovery from a British Perspective', which was written by Piers and others.

She has trained with Mary Ellen Copeland in WRAP. The group has worked with Southport College of Further Education and Seaforth Adult Education Centres to develop wellness toolbox sessions for students experiencing mental distress.

Karen and Piers worked together to produce a UK version of Mary Ellen Copeland's 'little red WRAP book'.

Matt Harvey

Matt has been delighting audiences in the South West and beyond since 1992 when he leapt from anonymity to relative obscurity at the New Writers' Festival at Plymouth Theatre Royal. Bookings at the Drum Theatre followed which led to performances around the country in cabarets, conferences, colleges, and festivals. He has been heard frequently on Radio 4.

Matt has published four books, *Here We Are Then, Songs Sung Sideways, Standing Up To Be Counted Out* and *Curtains and Other Material*, which can be enjoyed by readers of all ages, backgrounds and body-types. His consuming interest in the core concerns of contemporary society has led him into many interesting shops.

One Night Stanza, the Radio 4 series Matt co-created with Rory Motion, was twice 'Pick of the Week' and featured in the prime 6.30pm comedy slot after its initial late night success.

Matt's first 'proper' book has just been published by the Poetry Trust. *The Hole in the Sum of my Parts* contains a selection of poems from Matt's four self-published books



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Frank Bristol

Frank Bristol is from Wanganui, New Zealand.

He was hospitalised in an asylum after a severe nervous breakdown whilst still at school and regularly relapsed and was a regular user of mental hospital services for ten years.

He recovered and has not used Government run Mental Health services for twenty six years. He is happily married and has two adult daughters. The oldest daughter has graduated with a Design degree and the youngest studied health sciences and is now doing a Physiotherapy degree.

Frank now has more than seven years leadership/management experience within a consumer governed and run National mental health Non Government Organisation: Balance NZ Bipolar & Depression Network (www.balance.org.nz). He has been involved in a leadership/facilitation role for fifteen years in a local consumer run mental health support group. Frank is a qualified Wellness Recovery Action Plan facilitator and will be running a WRAP "Train the Trainers" in New Zea-

land in the near future. Last year he presented on Mental Health Stigma and Discrimination to General Practitioner's and their support staff as part of Government "Like Minds, Like Mine" program. He has sat on the Mental Health Workforce Training Tender Evaluations Board. He has a thorough understanding of mood disorders and mental health consumer issues and the services they access through experiential wisdom gained in his earlier years. His areas of interests include personal development, self determination, self management and the mental health recovery processes. From these interests he has developed a passionate interest in consumers as providers of treatments and assistance for people with psychiatric illness.

He has been a partner with his wife in a successful horticulture business since 1980 until the present. These years have included three years as Managing Director of NZ/ Japan Joint Venture Broccoli Breeding Company. (1990's). He has served as Chairperson of New



Zealand Vegetable Industry Plan Working Party and also served on various national horticulture committees during the late 1980's and early 1990's. He also developed and taught the Vegetable Production course for the local Polytechnic. He has a keen interest in e-communication & commerce, website construction and maintenance, and information management but most of all of people and their relationships and the communities they live in.

The indigenous people of New Zealand; the Maori have a saying that goes something like this: What is important in life? It is people, it is people, it is people which is very fitting for our work in Mental Health Recovery.

Thank you.

Shery Mead



Shery Mead is the past director of three New Hampshire Peer Support Programs including a peer run hospital alternative. She has done extensive speaking and training, nationally and internationally, on the

topics of alternative approaches to crisis, trauma informed peer services, systems change, and the development and implementation of peer operated services. Her publications include academic articles, training manuals and a new book co-authored with Mary Ellen Copeland, Wellness Recovery Action Planning and Peer Support. Shery is currently the project director for the Evidence Based Practice, Consumer Operated Programs Toolkit funded by SAMHSA.

David Gonzalez

David Gonzalez is the Program Director of Goodwill Industries Peer Advocacy Leadership Program and is a former trainer from the Mental Health Empowerment Project.

He is a recovery consultant who shares an inspiring message of hope and self-determination by weaving his own story of recovery throughout his trainings.

David trains both providers and services users in all areas of wellness management and recovery.

He lives in New York City and has travelled both extensively to

speaking on a wide array of topics, including advocacy, self-help, and stigma.

In **“Recovery in New York City” workshop** David shares his own experiences as a user of mental health services chasing recovery in the city that never sleeps. He takes the audience through a synopsis of the recovery



movement in New York State and emphasizes the need to shift the mindset from one of “mental illness” to one of “mental wellness” in order to foster environments conducive to recovery. It is a presentation designed for both providers and users of mental health services as an introduction to the principles of recovery, wellness management and the importance of peer support in the recovery process.

David is also the founder of an anti-stigma website.

Jim White

Jim White is a consultant clinical psychologist and currently leads the STEPS primary care mental health team in south-east Glasgow. He has mainly worked in primary care settings and has a reputation for innovation in his approach to common mental health problems. In particular, he is interested in getting to much larger numbers of people a lot sooner, empowering them to make real choices about how they want to tackle their problems and to work with them in ensuring they are able to act on their choices. The STEPS approach is possibly one of the most radical approaches in primary care mental health in Britain. We are a Scottish Executive Exemplar Project.

STEPS offers a 6 level stepped-care approach:

- ✦ Individual therapy



- ✦ Group work
- ✦ Single contacts
- ✦ Non-face-to-face interventions
- ✦ Working with others

Awareness raising / community involvement / early intervention and prevention

This talk will look at the philosophy behind the service; the range of interventions we can offer and look at the results of our first year evaluation.

Iain Caldwell



Iain Caldwell studied Applied Psychology at Liverpool's John Moores University, a PGCE at Sunderland University and Assertive Outreach Nursing at Teesside University.

He has studied various forms of therapy including counselling, Hypnosis and Human Givens Therapy.

He is currently a trainer for Mindfields College and a Fellow of the Human Givens Institute.

Iain has worked as a Self Advocacy worker and developed Hartlepool Art Studio Limited (HASL) which is a service user led Art studio: The Artrium. Iain is currently the Strategy and Practice Manager at Hartlepool Mind, a Recovery based project

The Torquay COOL House (11.35 6th April)

Martin Smith & Tim Ramsay

The COOL House was set up with independent funding to be pre-crisis house, drop in house or anything -else -house which those who attend. It will be run on recovery lines and although set up under the Carer's One to One Link (COOL), it is run by service users, supporters and anybody else of good will.– it is run by and for PEOPLE. A number of activities / complementary approaches are on offer. The workshop will share the story of the COOL House and some of the lessons and experiences which have been captured along the journey from idealistic dream to reality.

Changing into a Recovery Orientated Organisation (2.35 6th April)

Community Care Trust (South Devon) This workshop describes the transformation of a voluntary organisation to adopting recovery through a top down commitment to recovery, WRAP, a Recovery Action Group and the development of the workforce into Support, Time and Recovery Workers. From the Recovery conference in 2003 in Dawlish to a second conference in 2004 for all staff to a transformation of approach and many exciting innovations including a Women's Network. It will show how ideas can be turned into reality.

Recovery in Inpatient Settings (2.35 6th April)

Dr Elina Baker, John Good & Rachel Webb

The aim of this workshop is to explore the obstacles to putting Recovery principles into practice in in-patient settings. The facilitators hope to use their experience of working with a Recovery orientation in in-patient rehabilitation and forensic services to help participants identify strategies for overcoming such obstacles



Wolf and Water (2.35 6th April)

Peter Harris and group

This interactive drama and arts workshop will explore key issues in mental health by celebrating people's skills and giving participants an opportunity to look at different ways of expressing ideas and thoughts or tackling the challenges we face. It will be a taster of drama and arts in a safe setting run by people who are sensitive to the issues and those taking part. Wolf and Water are experienced in running drama and art workshops in inpatient settings as well as in the community.

Art on Prescription (2.35 6th April)

Joyce Reed and David Baker

Quick Hello and introduction with power point presentation 10-15 mins. An opportunity for 'art in action activity' if participants feel so inclined but not compulsory! David Baker and I would like to provide 'an interactive display' hopefully including previous Art on Prescription students for more informal conversation.

Researching Recovery (11.35 6th April)**Piers Allott, Dr Glenn Roberts and Rachel Webb**

Recovery ideas are relatively new in this country and in a culture where evidence is highly valued and may form the basis of future funding, it is important to research the effectiveness of recovery orientated approaches. The use of **DREEM (Developing Recovery Enhanced Environments Measure)** in the UK has been piloted in the Russell Clinic in Exeter and in other selected sites throughout the UK. Progress and results locally and nationally will be shared in this workshop and direction will be charted.

Employment and the Mindful Employer (11.35 6th April)**Bryony Sweeny and Lynne Aggett**

A brief presentations on the support offered locally by DIRECTIONS, Workways and Mindful Employer followed by discussion around the issues of support for the employee and from the employer to facilitate access / return to work and a plenary to end.

Challenging Stigma & Discrimination (11.35 6th April)**James Wooldridge Mental Health Awareness Trainer**

We will be looking at two different, current strategies to challenge the stigma and discrimination experienced by those who have mental health conditions. The first is the ASTEC training being carried out at the Institute of Psychiatry in London by Rethink. ASTEC (Anti-Stigma Training & Evaluation Collaboration) is delivering anti-stigma interventions to year 3 medical students and year 1 trainee psychiatrists. These sessions are being co-facilitated by service-users and carers who have all been participants on a Rethink training course. The effectiveness of the intervention, in terms of changes in knowledge, attitude and behaviour, is being closely monitored by staff at King's College, IoP.

The second anti-stigma and anti-discrimination resource currently being re-launched nationally, is the Open Up project devised by Mental Health Media. As the south west co-ordinator for Open Up, I will be giving a brief overview of the Open Up toolkit which has been designed for use by service-user organisations to directly and effectively challenge discriminatory behaviour in our society.

Having been involved with mental health services for over twenty years both as a patient and more latterly as a freelance awareness trainer, I am only too aware of the stigma and discrimination that can come with mental ill health.

Over the years I have dealt extensively with the media and firmly believe that our combined voices telling the truth about mental illness is one of the major ways in which prejudicial attitudes can be changed.

On a personal note I have been married for twelve years and live in north Devon with my wife Lesley and our ageing collie, Gemma. I have been mostly full-time employed during my adult life, apart from a six-month stay in a medium secure unit, and I believe my most successful time in employment was the eight years spent as a retained fire fighter with Devon & Fire Rescue Service.

**Intentional Peer Support 11.35 6th April)****Shery Mead**

This is an opportunity to find out more following Shery's presentation on peer support

Life Coaching (2.35 6th April)

Saija Leaning and Karen Thomas

An informative and interactive workshop introducing the concept and model of coaching. At the end of the session participants will:- have an understanding about the process and philosophy behind coaching, have an awareness of huge potential and be inspired to think/do/be different. To have experienced a brief coaching session.

Mindfulness (4.00 6th April)

Sally Ornellas

This will be an experiential workshop, exploring Mindfulness and how we can introduce it into day to day life. Mindfulness is the practice whereby a person is intentionally aware of his or her thoughts and actions in the present moment. Mindfulness is applied to both bodily actions and the mind's own thoughts and feelings

Singing workshop. (4.00 6th April)

Meg Compton has a lifelong enthusiasm for singing, coming as she does from a singing family, and enjoys passing this life-affirming activity onto other people.

She has many years experience as a folk singer, both solo and in a group, and has participated in numerous singing workshops and events. More recently, she has been running regular singing workshops for MIND in Plymouth, and teaching a group of local women who get themselves together and invite Meg to encourage them into some singing.

Her speciality with groups is to introduce beginners to the pleasure of singing harmonies with other people. Essentially this workshop will be about creating a relaxed and safe atmosphere, enjoying ourselves without pressure, very likely laughing quite a lot, and learning some easy rounds and, if the group is up for it, one simple but gorgeous African song with a chorus in three parts – a great part for men as well as two for women. No sight reading, just picking things up by ear. Beginners and more experienced people all welcome- it's a wonderful way of being with other people, joining together in song. There will be a gentle physical warm-up to start with, some breathing exercises to relax everyone, and then some singing. Everyone will be free to rest and just watch, no pressure!

Unrecognised Grieving. (4.00 6th April)

Trish Horgan

Grieving incorporates a far wider spectrum of experiences. When we loose things that we care about and love; child leaving home, moving house, car gets stolen, to name but a few, we will grieve. Even anticipating a loss will trigger the grieving process. What we experience on an emotional level is not only attributable to the overlying, obvious loss. There are less obvious hidden losses being experienced at the same time. When we draw them all together, you will hopefully gain insight that will be extremely useful for your own life as well as those around you; family, friends, colleagues etc.

Service User Led Approaches. (4.00 6th April)

Experts by Experience / Extraordinary People

The Joan of Arc Room in Exeter is service user led initiative under MIND. The group has set up several exciting and innovative projects including Experts by Experience, who provide training, for a range of people including the Police, Extraordinary People, which supports people with the label/diagnosis of personality diagnosis and the Greenwood Project, which is about experiencing and learning from the great outdoors. The group plans to become entirely service user led in the future and the workshop will share some of the exciting journey of this group.