

Mental Health Conference

Positive outcomes, which enable recovery and resilience



**Complimentary event for mental health awareness
bringing together advocates, professionals, staff,
family members and the people we support.**

Main Focus of the Day

- This will be a fascinating day, that will provide learning outcomes for enabling resilience and recovery.
- The day will offer practical guidance in supporting people with mental health needs.
- Self assess and reflect on own practice.
- Network with colleagues and other professionals, who are working to improve services and best practice.



Future Inn, Cardiff
Thursday 26th April
9.30am till 4.00pm



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The presentations from today will be emailed to you as well as a feedback questionnaire. If you have any further questions regarding the conference or you would like to receive a certificate of attendance please contact:

events@accomplish-group.co.uk

We hope you enjoy the conference.

Conference Programme

9.30am - 10.00am

Registration

Complimentary Tea and Coffee

10.00am - 10.10am

Introduction to the Conference

Peter Battle

Chief Executive Officer, accomplish

10.10am - 11.00am

Getting better, staying better

How the “7 Principles of Public Life” (aka the “Nolan Principles”), can support a framework for improved outcomes

Wayne Saville

Expert by Experience

11.00am - 11.35am

The value of peer support and sharing experience in building resilience

Gayle Woodcock

Quality Lead RMN, accomplish

11.35am - 11.50am

Tea and Coffee Break

11.50am - 12.20pm

Mental wellness rather than illness

Maggie Rose RMN, Clinical Team Leader

12.20pm - 12.50pm

Relational Responding-improving outcomes via the social environment

Dr Victoria Valentine, Consultant Clinical

Psychologist and Head of Therapies and

Elise Stephen, Principal Clinical Psychologist

12.50pm - 1.50pm

Complimentary Lunch

1.50pm - 2.20pm

Talking about change

Samantha Drohan, WCADA

2.20pm - 2.50pm

Transitional support and the Recovery Star Model

Sue Hullin - Quality and Service Development Director

2.50pm - 3.30pm

Telling the story of success - a personal journey to recovery

Presented by Cally Blake

Closing Words - Peter Battle

Conference Speakers



Peter Battle Chief Executive Officer, accomplish

Peter has worked within the health and social care sector for over 12 years. He passionately believes in market leading quality, which is the first item on the agenda every day and in every meeting. Peter's motivation is providing fulfilment and genuinely moving mountains for all those supported by accomplish.



Maggie Rose Clinical Team Leader, accomplish

Maggie has over 30 years' experience as a Mental Health Nurse. She has been on an interesting journey over the years witnessing a change of focus. From illness, diagnosis and treatment to wellness, quality of life and remaining as a participant in society. This experience is now used to support managers and people we support at accomplish.



Wayne Saville Expert by Experience

Wayne Saville a former service user who has travelled the long-trodden path through the Prison Mental Health system and Medium Secure Forensic Services. For the past five years he has successfully been living in the community. He is continually identifying and developing roles for Service User involvement and engagement, because engaging in "Meaningful Activity" post-discharge, is a key element to preventing people returning to previous cycles identified within the Blueprint Metaphor. Service Users are now valued and treated as equals, and the term "Expert by Experience" is a defined job description within Mental Health Services. He co-produces and co-delivers training and awareness programmes and presentations throughout Europe, to: secure care teams; mental health students, preceptees, prison and probation staff.

Wayne also sits on various Project Boards for NHSE and their private sector providers, as well as co-facilitating the Knowledge and Understanding Framework (KUF) obo the NHSE Personality Disorder Offender Pathway Service.



Dr Victoria Valentine Head of Therapeutic Services and Consultant Clinical Psychologist, accomplish

Victoria is Chartered Consultant Clinical Psychologist with experience in working in adult mental health, learning disabilities and developmental disorders. She has specialist expertise in a number of psychological approaches including; Cognitive Behavioural Therapy, Cognitive Analytic Therapy, Dialectical Behaviour Therapy, Narrative Therapy, and Systemically informed approaches. She is registered with the British Psychological Society and the Health Care Professions Council.



Gayle Woodcock Quality Lead RMN, accomplish

Gayle is a Mental Health Nurse and Quality Lead at Lakeside. She has extensive experience working with adults with Mental Health needs, Learning Disabilities and behaviours that challenge. Prior to joining accomplish, Gayle worked in training and practice development, including initiatives to improve patient involvement. In addition to nursing, she is an outcomes star trainer, positive behaviour coach and the Lead for the East of England National Recovery and Outcomes Project. Gayle was a finalist for the Laing & Buisson Award for recovery pathways and a finalist at the National Learning Disabilities and Autism Awards. She is passionate about involving the people she supports in service development.



Elise Stephen Principal Clinical Psychologist, accomplish

Elise is a Principal Clinical Psychologist with experience working in adult mental health and secure/forensic settings. She is accredited with the Society for Dialectical behavior Therapy UK & Ireland, and is also experienced in using approaches including including Cognitive Behaviour Therapy, Mindfulness, and Acceptance and Commitment Therapy. She is registered with the British Psychological Society and the Health Professionals Council.

Conference Speakers



Samantha Drohan

WCADA - (Welsh Centre for Action on Dependency and Addiction)

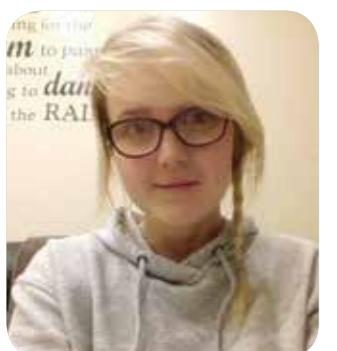
Samantha is WCADA's Volunteer and Training Coordinator. WCADA is a leading substance use agency that has been delivering a range of quality services since 1979. Samantha has worked for over 16 years in the substance use field and has been delivering training for more than 11 years. Her ability to relate the subject matter to day to day service delivery is what makes WCADA training so relevant and accessible to all. She has a BTEC in counselling and psychotherapy, an NVQ in management and leadership and has completed her certificate in Post Compulsory Education and Training.



Sue Hullin

Quality and Service Director, accomplish

Sue is a Mental Health nurse with over twenty years' experience in providing quality services for adults with Mental Health, ABI, Learning Disability and Autistic backgrounds. Sue has experience of one-to-one counselling and leading therapeutic group work. Sue has a passion for providing high quality, person centred support, aimed at promoting and maximising everyone's independence. She strives to ensure that these values are reflected in all aspects of her work.



Cally Blake

Cally has had a complex and long journey with Mental Health since a teenager. She has resided in various secure and low-secure units over the past years before moving to Ffordd Newydd, an accomplish residential service in 2016. Cally has actively engaged in therapy whilst in hospital to give herself the best chance of a full recovery. She has recently left supported living and moved into her own accommodation. Cally has secured herself a full time job and is passionate about telling her journey and encouraging people that Mental Health does not define you.

Our Values

Quality

We are passionate about **Quality** and we specialise in supporting people to achieve their full potential. Through empathy, belief and market leading training, our focus is to bring out the amazing in everyone. We use all of our resources, skills and abilities to ensure that everyone can reach for the stars.



Celebrate Uniqueness

We understand that everyone is unique and we listen to each person's needs and respond to them in a personalised way. We work hard to uncover everyone's abilities and to celebrate their uniqueness, in a way that engages, encourages and empowers people.



Fun

We are passionate about making each day enjoyable and we celebrate the successes of everyone we support and our brilliant staff. We have a love of life and know how important it is to have fun. We believe in enabling people to live fulfilled lives, their way.



Brave

We empower people to live their lives in the way they want to and we support them to make this happen. We encourage our staff teams to seek out new and innovative ways of doing things. We are creative in our ideas and we challenge and inspire each other to be brave every day. We are not afraid to support people to achieve their dreams.



Move Mountains

We work with passion and energy to make things happen and go above and beyond to overcome challenges. We do not stand still. We collaborate with funders, families and stakeholders and thrive on exceeding expectations. At the heart of everything we do are the people we support.

accomplish.
make every day *amazing*

About accomplish



We provide specialist support for people with Mental Health needs, Autism, Learning Disabilities and Acquired Brain Injuries. Our therapeutic, residential and supported living services support over 1,000 people across England and Wales.

We believe in the potential of everyone and enable them to work towards their goals, live more independently and take control of their lives. We listen to each person to understand what they would like to achieve in life. We then work closely with them, their family, circle of support and other professionals to achieve them together.

We are passionate about quality and we specialise in supporting people to achieve their full potential. Our priority is to make every day amazing.

Mental Health Services

Our focus is on recovery. We support people whose mental health is impacted by a personality disorder, an anxiety disorder, schizophrenia, depression, mood affective disorder, self-harm behaviour, suicidal ideation and substance misuse backgrounds.

We follow the Recovery Model whilst utilising tools such as the Recovery Star. This is completed collaboratively with the individual and their support team. The Recovery Star focuses on the 10 major life areas such as managing their mental health, physical health and self-care, identity and self-esteem. In using the Recovery Star, it enables staff to measure and summarise changes in the individual's mental health and behaviour.

Autism Services

When we meet an autistic person, we know that by listening to them and their friends and family, we will increase our understanding of how to support them. This helps us build an Autism Profile with each person. We encourage people to gain self awareness and increased understanding of their Autism. This enables us to provide the support which makes the most of the gifts and skills their Autism can bring, as well as seeking to reduce the difficulties each person will face.

Our experienced and well trained staff are supported by our Autism Advisor, Communication Development Workers, Psychologists, Clinical Support Nurses and Behavioural Advisors who have a wealth of knowledge and experience of working with autistic people.

We understand that people may feel anxious about change. We ensure that each person has a transition plan which includes pre-visits, personal information booklets, photo's, maps, timetables, social stories and schedules to ensure everyone feels welcome as well as comfortable.

"We believe in enabling people to live fulfilled lives, their way".

"We set the standard to bring out the amazing in people".



Learning Disabilities Services

Our individual support plans enable people with Learning Disabilities to have more choice and control over their own lives, encouraging individuals to reach their full potential.

Everyone we support with a learning disability has a person-centred, strengths based assessment. The assessment highlights their existing abilities and identifies how support staff and specialist support can enhance their independent living skills.

The assessment is based on the Active Support model, which encourages the person's involvement in every aspect of their lives. Active Support is outcomes focused and allows for monitoring of progress towards the individual reaching their full potential.

We provide support with personal care, social and recreational needs, personal budget management, accessing the community, education and much more.

Care Pathway

Therapeutic



Residential



Supported Living

At Lakeside, our inpatient service located in Wyboston, Bedfordshire, we work to actively support people in a recovery outcome focussed way to transition to residential and supported living services.

Our residential settings are tailored to meet the needs of each person who lives there. We work with people to develop their support plan which is unique to their individual needs.

Our supported living services enable people to live independently in the community, in their own homes or in a supported tenancy. Support can be from a few hours a week to 24 hours a day as well as overnight support if needed.

Each person's pathway is unique. People can join at any point and move up or down the care pathway dependent on their needs.

Acquired Brain Injury Services

Our Acquired Brain injury (ABI) services are dedicated to providing support for people with complex needs following a brain injury. We understand that no two people and no two brain injuries are the same. We offer a variety of supportive pathways, personalised to suit each person's specific needs. We are focussed on the strengths, interests and dreams of everyone we support.

We utilise a range of tools including:

BIIES - Brain Injury Independence and Emotional Scale which measures independent living skills and emotional disposition.

SASNOS - St Andrews Swansea Neuro-behavioural Outcomes Scale which measures social interaction, relationships, engagement, cognition, inhibition (sexuality, social aspects and aggression) and band communication. A graph and profile chart is produced and the assessment is repeated prior to each review so outcomes are measured and shared.

Goal Attainment Scoring (GAS) - We support people to identify one or two goals to focus on (more if appropriate). The goals are broken down into smaller, manageable milestones. Daily records are kept to assess achievements and progress.

Our services also offer neuro-disability, to support people with conditions such as early onset dementia and Huntington's.

Notes

Notes



**Thank you for
attending our
conference.**

**We hope you
enjoyed the event.**

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make every day amazing