



An invitation to a one-day conference

5th May 2017, Alder Hey Hospital

Alder Hey Academy

Alder Hey Children's 
NHS Foundation Trust

Sponsored by:

kaleidoscope

CREATIVE COMMUNICATIONS




Dear Colleague...

We would love to invite you to take part in our first FRESH Conference, which is set to be a day of inspiration and a call to action in our ongoing mission to improve the mental health of the next generation.

The Fresh CAMHS team is based at Alder Hey Children's Hospital and supports children and young people aged 0-18 in Liverpool and Sefton. CAMHS stands for Child and Adolescent Mental Health Services and we are commissioned as part of the wider Liverpool CAMHS partnership, because in Liverpool mental health is everyone's business

We truly believe in the principle and practice of listening to and valuing the voices of children, young people and families and involving in them fully in their care and in how mental health services are delivered. We know that participation in the widest sense can have a positive effect on the health and wellbeing of those participating and on the quality of services that are developed.

In true Fresh CAMHS style, we have teamed up with some of our young people and families to develop and deliver this exciting conference. Our theme is 'improving mental health by listening to young people' and the day is aimed at inspiring and showcasing good practice, participation and innovation in child and adolescent mental health. Specialist Practitioner, young people, parents and a frog will run seminars during the day, with opportunities for delegates to network and share best practice.



This conference will be of interest to any professional working with young people aged 0-25 and each delegate will get the opportunity to engage in the following workshops:

1. *Tuning into Infant Mental Health #BabyTalk*
2. *Don't tell us, we'll show you:
Creative ways to work with Primary Aged Children*
3. *You don't have to shout to make yourself heard #DifferentlyAbled*
4. *Talking to a Teen in 2017 #AmIBothered*
5. *Mother Knows Best? #YesButHaveYouTried*
6. *Finding the Frog: the FRESH Model of Participation*





Date: 5th May 2017

Venue: The Research & Education
Institute in the Park - Alder Hey Hospital

PROGRAMME

- | | | | |
|-------|---|-------|--|
| 9.15 | Arrivals | 12.30 | Lunch |
| 9.45 | Welcome & Introduction | 13.15 | Workshops 4 & 5: |
| 10.00 | Workshops 1 & 2: | | 4 Talking to a Teen in 2017
#AmIBothered |
| | 1 Tuning into Infant Mental health #BabyTalk | | 5 Mother Knows Best?
#YesButHaveYouTried |
| | 2 Don't tell us, we'll show you:
Creative ways to work with Primary Aged Children | 14.00 | Workshops 4 & 5: |
| 10.45 | Tea/Coffee | | 4 Talking to a Teen in 2017
#TherapyFails |
| 11.00 | Workshops 1 & 2: | | 5 Mother Knows Best?
#YesButHaveYouTried |
| | 1 Tuning into Infant Mental health #BabyTalk | 14.45 | Tea/Coffee |
| | 2 Don't tell us, we'll show you:
Creative ways to work with Primary Aged Children | 15.00 | Workshop 6
<i>Finding the Frog: the FRESH Model of Participation</i> #HowYouFeelin |
| 11.45 | Workshop 3
<i>You don't have to shout to make yourself heard</i>
#DifferentlyAbleD | 15.45 | Plenary / Closing speech |
| | | 16.00 | Finish |

BOOKING



Early booking is recommended as places are limited. Cost: £40

Please book and confirm your method of payment by telephone with
Sharon Goumas 0151 252 5791

If paying by cheque, please make payable to **Alder Hey Children's NHS Foundation Trust** and send to **Sharon Goumas, Institute in the Park, Education Centre, Alder Hey Children's NHS Foundation Trust, Eaton Road, Liverpool, L12 2AP**

If you have any special dietary or accessibility requirements, please let us know at point of booking.