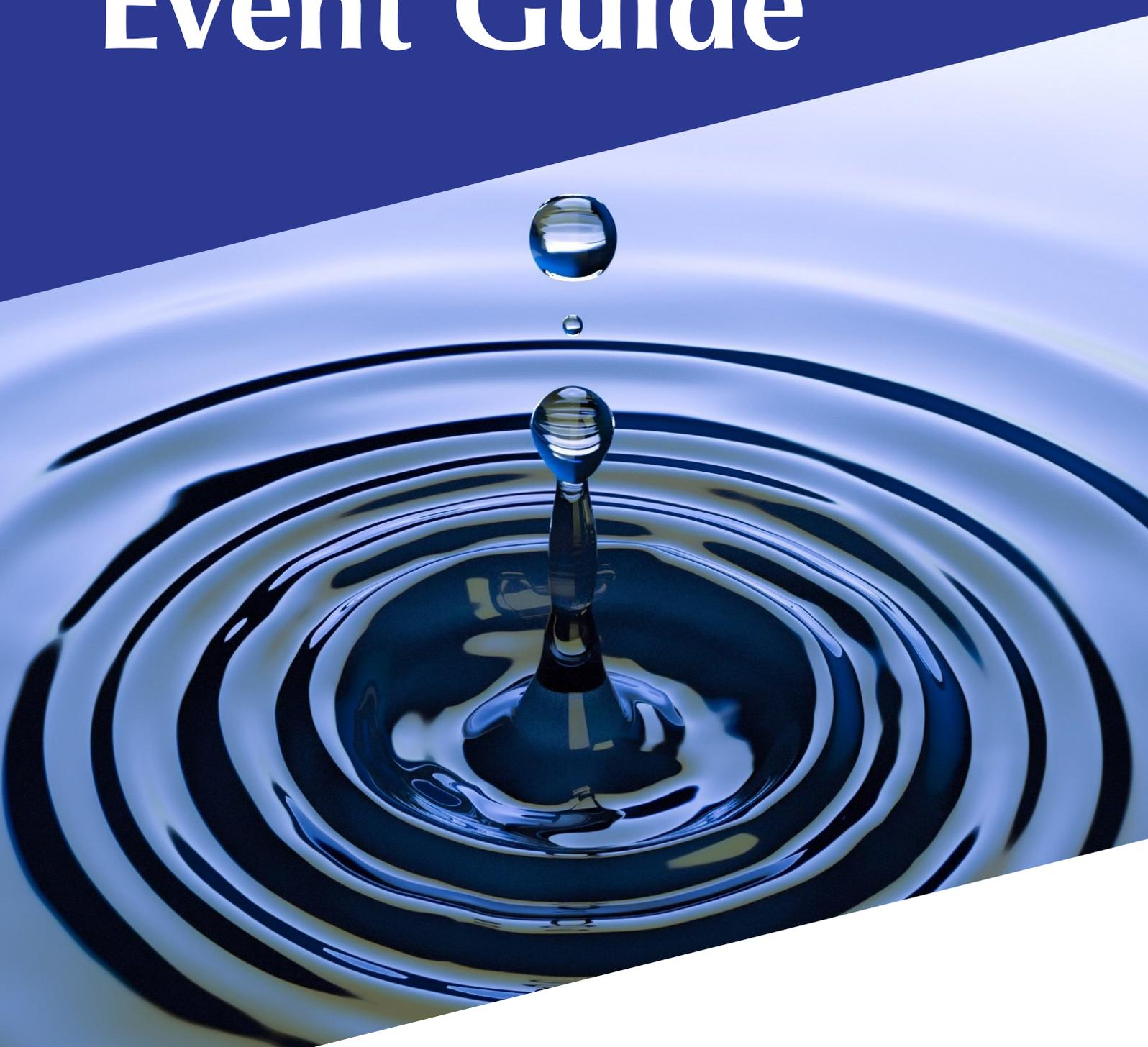


MMH Medication in Mental Health
24th & 25th November 2021
09:30 – 16:45

Event Guide



Hosted on:



Medication in Mental Health

Welcome to the launch of Medication in Mental Health! We are delighted that you will be joining us for this live webinar, bringing together some of the UK's leading experts to discuss how medication is used to treat mental health. Now more than ever, and with Covid-19 continuing to impact our lives in unprecedented ways, it is vital that we start to truly understand how medication works, what options there are and what can be achieved through the use of alternative therapies.

Over the next two days, we will bring you four sessions designed to create conversation. Each session will include a Q&A giving you an opportunity to ask questions directly to the panel. Please also familiarise yourself with the Mental Health Matters Hub, reach out, make contact, share information and best practice. The Hub and the Webinar are all designed to help bring everyone together to discuss Mental Health, raise awareness and remove the stigma. Join the discussion groups, let's create lots of conversations about mental health. Only by having these conversations can you be heard and we want to help you do that.

Let's connect, not disconnect. Together we can make a difference.

We hope you enjoy the webinar.



Anne-Marie Khouri
Co-Founder, Red Rocket Events



Jenny Rayner
Co-Founder, Red Rocket Events



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Mental Health Matters Hub: <https://connect.redrocketevents.com>
Medication in Mental Health: www.mmhuk.com

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Day One 24th November 2021

09:30 Opening Address:
**Anne-Marie Khouri – Co-Founder,
Red Rocket Events**

09:45 Facilitator Introduction:
**Jenny Rayner – Co-Founder,
Red Rocket Events**

Session One – Sign & Symptoms

10:05 Brain functions and mental health – the
example of depression
**Dr Roland Zhan – Reader in Neurocognitive
Bases of Mood Disorder**

10:25 Lived Experience – Guest Speaker:
Zeina Raad

10:40 Comfort Break

10:45 Research in Hormones. Impact of hormones
on mental wellbeing
**Dr Abbi Lulsegged – Specialist
Endocrinologist**

11:05 GP's – Getting the diagnosis right. Is
medication the first port of call?
**Dame Clare Gerada – President, Royal
College of General Practitioners**

11:25 Lived Experience – Guest Speaker:
Lizzie Reynolds

11:45 Psychiatry – getting the medication right and
factors contributing to good outcomes
Dr Phil Ferreira-Lay – Consultant Psychiatrist

12:05 Q&A – Panel Discussion

12:30 Lunch Break

Session Two – Research and Medication

13:30 Antidepressants and young people –
what we know and what we need to know
**Dr Susannah Murphy – Senior Research
Fellow, Dept of Psychiatry University of
Oxford**

13:50 Pharma – Research & Testing – mental health
drug trials
**Professor Claire Anderson – Royal
Pharmaceutical Society**

14:15 Pharma – what does research show us?
Statistics?
**Dr Adrian James – President, Royal College
of Psychiatrists**

14:35 World Health – what is the global trend in
treating mental health?
**Ellie Caley – MSc, Bsc(Hons) MBPsS, MABP
Business Psychologist, Wellity Global**

14:55 Comfort Break

15:10 Lived Experience, Guest Speaker:
Gregg Leighton

15:25 Corporate Responsibility
Dr Judith Mohring – Consultant Psychiatrist

15:45 Pharma – Future research in mental health
**Geoff Wootton – Director Global
Generic Supplier Relationship & Business
Development**

16:05 Q&A Panel Discussion

16:30 Closing Address and round up –
Jenny Rayner, Facilitator

16:45 Close of Day One

Day Two 25th November 2021

09:30 Opening Address:
**Anne-Marie Khouri – Co-Founder,
Red Rocket Events**

09:45 Facilitator Introduction:
**Jenny Rayner – Co-Founder,
Red Rocket Events**

Session Three – Treatment and Medication

10:00 Pharmacist – Long Term effects of medication
and contra indications
**Ciara Ni Dhubhlaing – President, College of
Mental Health Pharmacy**

10:20 Is the mental health issue a worldwide
problem and does it need a worldwide
approach?
**Dr Gabriel Ivbijaro – Medical Director, The
World Dignity Project**

10:40 Lived Experience, Guest Speaker:
Katherine Bruce

10:55 Comfort Break

11:00 The Physical – Taking matters into your own
hands
**Sharron Moffatt – Mental Health Trainer &
Person-Centered Fitness Professional**

11:20 Private Health Care – The use of APPS for
wellbeing – is it the way forward?
David Fox – CEO, Moxi Health

11:40 Lived Experience, Guest Speaker:
Jason Velez

11:50 Employee Wellbeing – Cost 'v' Productivity
**Robbie Cairns – Chief Operations Officer,
Optimal Minds**

12:05 Q&A Panel Discussion

12:30 Lunch Break

Session Four – Alternative Medicine

13:30 Alternative Medicines – The use of
psychedelics in mental health
Dr David Adams – CEO, Ranvier Health

13:50 Lived Experience, Guest Speaker:
Silas Walker

14:10 Plant Based Medical Research
**Professor David Nutt – Professor of
Neuropsychopharmacology, Imperial College
London and Chair of Drug Science UK**

14:30 Natural Solutions for mental health
**Nicki Williams – Happy Hormones for Life
(Author, Nutritionist)**

14:50 Is the workplace putting the employees
needs first
**Rachel Parsons & Nicola Johnson – People
Development Team, Canon UK**

15:05 Comfort Break

15:20 Lifestyle choices to be stress free
Cate Murden – CEO, Push

15:50 Final Thought of the 2 days – round up
Sarah Matthew – CEO, The Vibrant Company

16:10 Q&A Panel Discussion

16:30 Closing Address – Facilitator,
Jenny Rayner

16:45 Close of Event

Keynote Speakers

Day One – 24th November 2021

Dr Roland Zhan Reader in Neurocognitive Bases of Mood Disorder

Reader and Honorary Consultant Psychiatrist in Mood Disorders, Institute of Psychiatry, Psychology & Neuroscience, King's College, London & National Service for Affective Disorders at the Maudsley



Dr Zahn's research focusses on understanding the psychological and brain mechanisms of self-blame in depression and has led to novel ways of predicting recurrence risk and functional MRI-based biofeedback in depression, featured in Alastair Campbell's BBC Horizon Film and Book "Living Better". Dr Zahn completed his psychiatry training at Freiburg University Hospital in 2007. He subsequently worked as an honorary consultant psychiatrist in the cognitive assessment clinic and the specialist service for affective disorders at South and Central Manchester University Hospitals. In 2013, he has joined the Centre for Affective Disorders at the Institute of Psychiatry, Psychology & Neuroscience at King's College London as a Senior Clinical Lecturer and, since 2018, as a Reader in the Neurocognitive Bases of Mood Disorders. His clinical expertise is in treatment-resistant affective disorders, as well as differential diagnosis and treatment of cognitive and organic affective disorders. He is also co-programme leader for the MSc in Affective Disorders at King's College London and leads the module on understanding affective disorders.

Zeina Raad Lived Experience, Guest Speaker

My name is Zeina, I'm a 40-year-old woman working as a marketing executive. I've struggled with my mental health throughout my life after a turbulent childhood. More so in recent years after a sexual assault where I was diagnosed as having PTSD and have had contact with crisis management services. I think it's important for everyone, especially young people to know when their mental health is slipping so they can get help before it reaches crisis point. I'd like to speak about my experiences with different kinds of therapy including the spiritual practices I engage in.



Dr Abbi Lulsegg Specialist Endocrinologist

Dr Lulsegg is a Consultant Physician with a specialist interest in Endocrinology, Diabetes, General medicine. He has an interest in Functional (Integrative) medicine. He has had specialised training in reproductive endocrinology including from a functional perspective and has worked closely with Psychiatric colleagues in the treatment of mental health issues overlapping with Endocrine or hormonal imbalances/problems. He trained at Guys and St Thomas Medical Schools in London and postgraduate training in the UK and the US.



Dame Clare Gerada President, Royal College of General Practitioners

Having first trained in psychiatry at the Maudsley hospital, Dr Clare Gerada followed her father's footsteps and became a general practitioner, working in her practice in South London for more than thirty years.



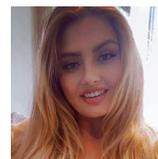
Over this time, alongside her clinical practice, she has held several national leadership positions including in 2010, Chair of the Royal College of General Practitioners, only the second woman in its 55-year history to hold this position. She has led the way in reforming how drug users are managed in general practice and was awarded an MBE for his services to medicine and substance misuse in the 2000 Birthday honours.

Since she has also led the development of a service for doctors and dentists with mental health problems, establishing and leading NHS Practitioner Health since 2008. This has been, not only a world first, but massively impactful, particularly on young doctors and consequently on the patients they look after and the teams in which they work. The service was awarded Outstanding by CQC rating in March 2019.

Currently Clare not only still leads NHS Practitioner Health but has, in 2020 established a service for problem gamblers; Chairs the newly formed registered charity, Doctors in Distress, is co-chair of the NHS Assembly.

Lizzie Reynolds Lived Experience, Guest Speaker

My name is Elizabeth Reynolds or El as everyone calls me. I am a young voice and advocate for mental health awareness and have both lived experience and career experience in the mental health system.



I am passionate about increasing the prevention of suicide and mental health deterioration, along with educating people around stigmas and how to support each other. I hope my talk today can give some insight and knowledge into this.

Dr Phil Ferreira-Lay Consultant Psychiatrist

Dr Ferreira-Lay is a Consultant Psychiatrist with specialist expertise in Child & Adolescent Psychiatry and Medical Psychotherapy. He works in the Community CAMHS Service and Specialist Adult ADHD & ASD Service. He is the Clinical Director for Children & Young People's Services for Surrey & Borders Partnership Foundation Trust. He has a national specialist advisory role with the RCPsych in supporting the continued improvement of CAMHS services across the UK.



Dr Ferreira-Lay is passionate about breaking down the stigma that mental health still has in today's society and feels that talking about our feelings is the way forward.

Dr Susannah Murphy Senior Research Fellow, Dept of Psychiatry University of Oxford

Susannah Murphy is a Senior Research Fellow in the Department of Psychiatry at the University of Oxford. Her research is focussed on understanding how antidepressants work at a psychological level and using this information to help the development of new treatments for depression. She has active programs of work in collaboration with pharmaceutical companies characterising the neuropsychological effects of novel antidepressant treatment approaches, including ketamine and the 5-HT4 receptor agonists. She has recently completed a project commissioned by the Wellcome Trust, which reviewed what we currently know about antidepressant use in young people and what research is needed in this area in the future.



Professor Claire Anderson BPharm PhD, FRPharmS, FFRPS, FFIP, FRSPH Royal Pharmaceutical Society

Claire Anderson is President of the Royal Pharmaceutical Society. And Chair of Social Pharmacy in the Division of Pharmacy Practice and Policy at the School of Pharmacy, University of Nottingham, UK. Her research interests include the role of community pharmacists in improving the health of the public, people's experiences of using medicines and pharmacy education. She is currently an Associate Director for International Pharmaceutical Federation (FIP) education (FIPEd) and a past president of the FIP Academic Section



Dr Adrian James FRCPsych President, Royal College of Psychiatrists

Adrian was elected President of the Royal College of Psychiatrists in 2020. He holds this role until 2023 and leads the RCPsych on behalf of its members and associates.



Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon.

His priorities as President are:

- Establishing a pathway to parity for mental health services
- Equality and diversity
- Sustainability
- Workforce Wellbeing

Adrian is a keen cyclist.

Ellie Caley

MSc, Bsc(Hons) MBPsS, MABP Business Psychologist, Wellity Global

Ellie is a Business Psychologist at Wellity Global and a Global speaker with several years' experience of researching and developing interventions to improve employee wellbeing. She is co-founder of the wellbeing team and a member of the Youth board of trustees at Teenage Helpline, working closely with the senior leadership team, an amazing charity aiming to support young people across the country. Ellie has at least 5 years of experience working in the space of mental health and well-being, working closely with passionate and driven people to spread awareness and campaign to support young adults with their mental health and wellbeing. Ellie is a Founding Member of the Pioneers Advancing Cultural Transformation, (PACT) Wellbeing Collective and is part of the Great British Workplace Wellbeing Awards, senior leadership team. Having recently completed her UK-wide research on the psychological impact of remote working, Ellie is particularly proficient in addressing the challenges associated with hybrid working and how to overcome them.



Gregg Leighton

Lived Experience, Guest Speaker

Hi. My name is Gregg. I am married and father to two wonderful boys. For the past three years I have been on a journey of personal development and discovery after taking control of my mental well-being. Having encountered depression, anxiety and a recovering addict, I am hoping that my experiences may help serve others and to help them realise that they are not alone. I lived for the best part of 25 years feeling like I was alone, and the truth was that I wasn't. I want to raise awareness towards mental wellbeing and be a part of a much needed change in the attitudes towards mental health.



Dr Judith Mohring

Consultant Psychiatrist, JLM Medical Services

Dr Judith Mohring's career in mental health spans over 20 years in settings including the NHS, prison services and primary care. She is an expert in the emerging field of lifestyle psychiatry and evidence-based wellbeing having pioneered this approach in her City and Harley Street practice over the last 5 years. She is a skilled facilitator, coach and therapist. Her teaching career has expanded since the pandemic developing and delivering a broad range of webinars, fireside chats and keynote presentations in psychoeducation and public mental health to universities, businesses and schools.

Her passion is communicating ideas about the mind in a clear and accessible way. She graduated from the Universities of London and Cambridge as a Gold Medal finalist (MBBS, MA Cantab, MRCPsych) and is a member of the Royal College of Psychiatrists, American Psychiatric Association and the Mental Health Tribunal.



Geoff Wootton

Director Global Generic Supplier Relationship & Business Development

Geoff has worked in the pharmaceutical wholesale industry for the last 16 years in a variety of global roles across business development, supply chain and procurement.

Geoff became interested in the work of The Lucy Rayner Foundation around two years ago and he has been actively involved with the charity since then.

Geoff will not be representing his current employer but will share some of his own experiences of mental health within the workplace; and observations of recent trends in the pharma industry.

He lives in Surrey with his wife, two young daughters and dog.



Day Two – 24th November 2021

Ciara Ni Dhubhlaing

President, College of Mental Health Pharmacy

Ciara sees mental health pharmacy as an area in which clinicians can engage with patients as individuals and what treatment would suit their needs best, not where they fit in an algorithm.

She has worked in Community and Hospital Pharmacy across the UK and Ireland whilst completing her Diploma in Psychiatric Pharmacy, non-medical prescribing qualification, and credentialing at advanced level with the College of Mental Health Pharmacy (CMHP). She is a peer reviewer/contributor to several journals and has published on the impact of pharmacist counselling on medication knowledge of clozapine clinic attendees and on reducing benzodiazepine prescribing. Ciara is the current President of the CMHP and a member of the executive committee of the Hospital Pharmacist Association of Ireland. She is Chief Pharmacist in St. Patrick's University Hospital which is Ireland's largest, independent, not-for-profit mental health service. DoI: Honorarium from Magna Laboratories for chairing a sponsored meeting of the HPAI Special Interest Group, Feb.2020.



Dr Gabriel Ivbijaro

Medical Director, The World Dignity Project

Professor Ivbijaro advocates for dignity and respect for people with mental health lived experience, their families and carers internationally. He has a PhD on mental health stigma and discrimination, is Visiting Professor of Population Mental Health at NOVA University, Lisbon, Portugal, Joint Director of the NOVA University International Masters Programme in Primary Care Mental Health, President and Founder of the World Dignity Project, WFMH Secretary General and Chief Executive Officer and was 42nd President of WFMH. His contribution to the UK National Health Service was recognised in 2012 with an MBE. He is an International Distinguished Fellow of the American Psychiatric Association, a Wonca Fellow, a Fellow of the RCGP, a member of the American College of Psychiatrists, an Honorary Member of the World Psychiatric Association and World Association of Social Psychiatrists Honorary Fellowship.



Katherine Bruce

Lived Experience, Guest Speaker

A mental health coach, trainer, speaker, campaigner and MHFA England instructor with lived experience of depression and anxiety. With a family history of mental illness that impacted her mental health; following the birth of her daughter she trained in mental health learning to take control over her own wellbeing and breaking the cycle. She uses her experiences to empower others, regularly working with charities and speaking in schools. Her passion is talking to young people about their mental health, and educating parents to talk to and support their kids in a way that validates them, promotes understanding and minimises stigma.



Sharron Moffatt

Mental Health Trainer & Person Centered Fitness Professional

As a Personal Trainer with thirty years experience, guest speaker and mental health trainer working with individuals and organisations globally, Sharron is all about authenticity. She has experienced first-hand the effects of mental illness on quality of life, happiness and ultimately health. Physical health is one thing, but Mental Health is often overlooked as part of a person's wellbeing. Recognising that the two go together hand in hand are essential for a holistic approach to wellbeing. Utilising her coaching skills, life experiences and professional qualifications Sharon is passionate about, and committed to embedding positive change.



David Fox

Moxi Health

David Fox is a chartered physiotherapist and the founder and CEO of Moxi Health. After managing corporate health & wellbeing for many years as a musculoskeletal specialist, it became clear the current solutions were not adequate, and these solutions were not targeting those that needed it most. The solution? Moxi, a fun and friendly health & wellbeing platform giving employers real-time wellbeing data to tackle the increasing costs of absence and sickness related underperformance by keeping the workforce connected, active, and healthy.



Keynote Speakers

Jason Velez Lived Experience, Guest Speaker

Hi my name is Jason, I'm a 33 year old veteran with 2 young children. I joined the army in 2009 and was deployed to Afghanistan in 2011. Since my tour I have suffered with severe complex PTSD and have struggled with living day to day. I wish to tell my story to help others who suffer as I do and to help them to speak up and not be afraid to ask for help when help is needed.



Robbie Cairns Chief Operations Officer, Optimal Minds

Robbie's interest in stress in the workplace from his own personal experiences spanning a 25-year career as an employee, senior leader and a business owner. Each of these roles has brought its own unique challenges and stresses to Robbie and having experienced the negative effect of stress first-hand Robbie has a firm belief that a happy work place is a productive workplace and a productive workplace is a successful or profitable workplace (depending on how you define success). Robbie is currently the Chief Operations Officer at Optimal Minds where he works with individuals and organizations to identify and eliminate the causes of workplace stress.



Dr David Adams CEO, Ranvier Health

Dr David Adams is qualified as a pharmacist and medical doctor. He is the CEO of a start-up company, Ranvier Health. He previously worked as a surgical orthopaedic trainee before moving into the pharmaceutical industry as a medical director.

Ranvier Health's goal is to develop a diagnostic aid for depression. There is currently no objective test to assist doctors considering whether to prescribe an antidepressant, and if so, which one.

There is a known relationship between taste sensitivity and mood disorders such as depression. Taste changes occur within hours of taking a first antidepressant and can predict improvement in mood seen 4-6 weeks later.

Ranvier has developed a Mood Assessment Taste Test (MATT) including a device to acquire a patient's ability to taste certain concentrations of sweet, salt, bitter and sour. A trial has started in Bristol to ascertain the usefulness of the MATT in aiding depression management.



Silas Walker Lived Experience, Guest Speaker

Hi, my name is Silas Walker and I know all too well what it's like to suffer with my mental health. I spent years living with severe depression, anxiety and feeling suicidal. My battles with my mental health have led me to some very dark places and I've suffered from a vast array of mental health issues, which ultimately led me to attempting suicide twice in 2019. That was until I found a new way of living that eventually led me to travel to the Amazon rainforest to work with a plant medicine shaman in order to help me find my purpose in life.



Professor David Nutt DM, FRCP, FRCPsych, FMedSci, DLaws

David Nutt is a psychiatrist and the Edmond J. Safra Professor of Neuropsychopharmacology in Imperial College London. He has been president of the European Brain Council, the BAP, BNA, and ECNP. He is currently Founding Chair of the charity DrugScience.org.uk. David has published 35 books and over 1000 papers, including in Nature, Cell, Lancet and New England Journal of Medicine. These define his many landmark contributions to psychopharmacology including GABA and noradrenaline receptor function in anxiety disorders, serotonin function in depression, endorphin and dopamine function in addiction and the neuroscience and clinical utility of psychedelics.



Nicki Williams Happy Hormones for Life (Author, Nutritionist)

After failing to find any medical help for her health issues herself in her early 40's, Nicki discovered that she could turn things around using diet, lifestyle and natural supplements.

She is now an award-winning nutritionist, author, speaker and a leading expert in women's health and hormones. She is the founder of Happy Hormones for Life, helping women of all ages to rebalance their hormones, reclaim their health and feel better than ever.



Rachel Parsons & Nicola Johnson People Development Team, Canon UK

As part of the Canon UK HR Team, Nicola and Rachel hold key responsibilities in the area of People Development, where they believe no priority is higher than wellbeing. They are passionate about creating a working environment that is productive whilst at the same time supportive, allowing all colleagues the opportunity and environment in which they are enabled to thrive and fulfil their potential. Keeping wellbeing at the top of the agenda is crucial to achieving this goal. Nicola and Rachel also lead the Canon UK Mental Health Champion Network which as well as providing Mental Health First Aid support within the organisation, the network of over 60 volunteers help to emphasise the message of proactively looking after individual wellbeing and reducing the stigma around talking about mental health. Canon's vision of enabling everyone to bring their whole selves to work is something that Nicola and Rachel are proud to work on every day.



Cate Murden CEO, Push

Cate's desire is to help busy, stressed-out professionals, which stems from wanting a similar service at a crucial point in her career but finding nothing available. In a moment of clarity, PUSH was born. If people are happy and healthy, they work better and are more resilient to whatever is thrown at them. And finally, having a sense of self-awareness is the key to evolving and improving ourselves. Since founding PUSH, Cate has built a hand-picked team of world-class experts to help develop both individuals and teams, truly transforming how businesses work whilst improving their productivity.



Sarah Matthew The Vibrant Company

With a multi-dimensional career spanning 30 years, Sarah Matthew is a serial entrepreneur, strategic business consultant, mentor and transformative coach. Her background is in healthcare communications; the communication of science and the science of communication - for the purpose of helping people to live longer and better lives. Despite now working with leaders and organisations across many sectors, health is still key focus for Sarah and mental health in particular, is a topic very close to her heart. In addition to supporting the LRF, Sarah is also a lay advisor to the Liver Advisory Board for NHS Blood and Transplant.



Jenny Rayner Facilitator

Since the death of her daughter in 2012 to suicide, Jenny has dedicated her time and efforts to raising awareness of mental ill health and reducing the stigma in our society. As Co-Founder of Red Rocket Events Jenny loves to create platforms to give a voice to those who wouldn't normally share their lived experience. Can Anyone Hear Me? Summits, Medication in Mental Health and now the Mental Health Matters Hub all offer a space to have conversations, to share knowledge and best practice. Her mantra these days is 'Let's Connect - Not Disconnect' as she recognises that collaboration is key, that many voices is better than one!

