



DE STRESS PROJECT

DeSTRESS CONFERENCE 2019
**POVERTY, PATHOLOGY
AND PILLS**

TUESDAY 15 &
WEDNESDAY 16 JANUARY

**FRANK & STEEL ROOMS,
WELLCOME COLLECTION**
183 Euston Road, London

PROGRAMME OF EVENTS



POVERTY, PATHOLOGY AND PILLS

THIS TWO-DAY LONDON SYMPOSIUM:

- Examines the impact of poverty on mental health through the lives and experiences of people in disadvantaged communities.
- Considers the different social factors that contribute to this experience and how the NHS responds to these needs.
- Shows how austerity is making things worse for individuals and their families, as well as the public services that support them.
- Sets out new ways for GPs and primary care services to understand these issues and provide the most appropriate care.

PROGRAMME OF EVENTS: TUESDAY 15 JANUARY

- Coffee and registration (10.30am)

Session 1 (11am)

SETTING THE SCENE

- Welcome and introduction
- Impact of the social determinants of health on the mental health of society
Jessica Allen, Institute of Health Equity
- The impact of mental health on communities: the view from civil society
Vanessa Pinfold, McPin Foundation

Session 2 (11.45am)

THE DeSTRESS PROJECT

- Introduction to the project
Felicity Thomas, DeSTRESS Project Director, University of Exeter
- Project findings and panel discussion with research team and participants

LUNCH BREAK (1pm)

Session 3 (2pm)

LINKS BETWEEN POVERTY, DEPRIVATION AND MENTAL HEALTH

- How poverty exacerbates mental health and scars communities
Lynne Friedli, Centre for Welfare Reform

- What the evidence tells us about the links between poverty, deprivation and mental health

- Impact of poverty and isolation on mental wellbeing in lone parenthood
John McKendrick, Glasgow Caledonian University
- Family income inequalities and self-harm in young people
Pearl Mok, The University of Manchester

- Panel discussion

Session 4 (3.15pm)

RECONCEPTUALISING RESPONSES TO MENTAL HEALTH

- What is the role of diagnosis and what are the treatment options?
Joanna Moncrieff, University College London
- Exploring the impact of social prescribing on health and wellbeing
Bethan Griffith, University of Newcastle
- Community social prescribing: a case study from Thanet
Kay Byatt, Community Project Worker, Simone Crouchman and Lola Christopher, SpeakUp CIC
- Communities in control: why community empowerment matters
Jennie Popay, University of Lancaster
- Panel discussion

(Ends 4.45pm)



PROGRAMME OF EVENTS: WEDNESDAY 16 JANUARY

- Coffee and registration (9.30am)

Session 1 (10am)

MENTAL HEALTH POLICY AND PRACTICE

- Is 'parity of esteem' for mental health just pie in the sky?
Paul Farmer, CEO Mind
- The lived experience of 'austerity Britain'
 - Living with austerity: lessons from the DeSTRESS Project team
 - Debt and depression: findings from the Decoder project
Adele Ring, University of Liverpool
 - Violence as a symptom of poverty and mental ill health, not a cause
Tony Bone, Lawyer and Former Chief Inspector, Violence Reduction Unit

BREAK (11.15am)

Session 2 (11.30am)

PERSPECTIVE FROM THE POLICY SECTOR

- The policy challenge
Heather Henry, Brightness Management
- How can policy help relieve the social causes of distress and improve mental health?
Gregor Henderson, Public Health England, Helen Gilbert, King's Fund

LUNCH BREAK (12.45pm)

Session 3 (1.45pm)

THE ROLE OF GPs IN TIMES OF AUSTERITY

- What is the role of primary care in meeting this challenge?
Chris Dowrick, University of Liverpool

- How can medical education better support GPs working under austerity?
Karen Mattick, University of Exeter

- How is RCGP responding to the challenges of poverty and mental health?
Helen Stokes-Lampard, Chair Royal College of General Practitioners (RCGP)

Session 4 (2.45pm)

ALTERNATIVE APPROACHES TO MENTAL HEALTH IN PRIMARY CARE

- GP/Primary care training materials developed from the DeSTRESS Project
DeSTRESS Project team
- Q&A / discussion

Session 5 (3.30pm)

WHAT WE HAVE LEARNED AND WHERE DO WE GO FROM HERE?

- A new consultation model: different approaches to consultation
Daisy Parker, University of Exeter
- Experiences implementing a new approach in primary care practice
Matteo Pizzo
- Where do we go from here?
Stewart Mercer, University of Glasgow

(Ends 4.30pm)

Click on underlined names in this PDF to link to website profiles of that speaker, or the organisation which they represent.



This is a **FREE** event but spaces are very limited so registration is essential.

To register, or for further information, please contact Susanne Hughes: s.hughes@exeter.ac.uk | 07792 256421



Contact

DeSTRESS Project
University of Exeter Medical School,
St Luke's Campus, Heavitree Road, Exeter EX1 2LU

f.thomas@exeter.ac.uk

s.hughes@exeter.ac.uk | 07792 256421

destressproject.org.uk