

Should mental health services seek to cure mental ill health? If not, what are they there for?

Birmingham: 19 April 2018, 1.30pm – 4.30pm

London: 25 April 2018, 1.30pm – 4.30pm

Sheffield: 30 April, 1.30pm – 4.30pm

Aims and Audience

This seminar is an opportunity to hear the latest evidence about children's outcomes from mental health services from the Child Outcomes Research Consortium (CORC).

Join colleagues to discuss what the research can tell us about whether children and young people are being helped by mental health services. Debate with our panel (researchers and local commissioners, managers and young people) how these findings should inform future work in the children's mental health sector, and consider

- how we should respond to this data
- how we should define and measure a positive outcome
- how we communicate about the scope and focus of treatment

This seminar is open to mental health and education professionals, service leads, commissioners and anyone interested in the future of children and young people's mental health services.

This event is free to CORC members and £30 for non-members

Sign up for a place on our website: <http://www.corc.uk.net/training-events>

Or enquire further at: corc@annafreud.org



Draft programme

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| 1:30pm | Registration, refreshments and networking |
| 2:00pm | Welcome and introduction CORC Regional Officer |
| 2:05pm | Learning from CORC data a) Rates of improvement following care for anxiety and depression Miranda Wolpert (CORC Director) shares the latest findings from CORC's analysis of CYP IAPT data, looking at child- and parent- reported outcomes data on anxiety, depression and comorbid depression b) Comparing outcomes for those children seen by services with those not seen by services Recent thought-provoking research comparing symptom improvement for two matched samples Q&A having realistic conversations about how and how much services help; finding the best way to measure the impact of services |
| 2.25pm | What impact does routine treatment have on clinical outcomes for children and young people with anxiety and/ or depression?: a review of the research Holly Bear (UCL) shares findings from her systematic review and meta-analysis, including rates of improvement, response to treatment across time, secondary outcomes and other influencing factors |
| 2.45pm | Panel member reflections and discussion with the floor |
| 3.05pm | Framing a public health response to mental health: learning from obesity Miranda Wolpert (CORC Director) suggests a new paradigm for public mental health building on Ulijaszek's Models of Obesity |
| 3.25pm | Roundtable discussion: what are the implications for services? Discussion and feedback from attendees |
| 3.55pm | Panel-led discussion An opportunity for attendees to raise questions and reflections with a panel of researchers and local commissioners, managers and young people Facilitated by CORC Regional Officer |
| 4.15pm | Further research, next steps and closing comments CORC Regional Officer |
| 4:30pm | Event close |