



## Speaker Biographies

### Conference Chairs



## Sean Duggan OBE

### Chief Executive, Mental Health Network

Sean Duggan has been Chief Executive of the NHS Confederation's Mental Health Network since 2016. Sean is dedicated to raising standards of care and treatment of mental health services and improving lives of those who use services and their carers. His focus is on influencing politicians, policy makers and heads of public sector organisations and other key stakeholders to deliver evidence-based intervention with a sound economic basis.

Sean is a passionate supporter of multi-sector service delivery within mental health and has ensured this is reflected in the membership of the network, which has grown to include independent and third sector organisations, including digital providers and housing associations, under his leadership.

Sean has championed partnership working within these specialist areas, leading to the establishment of the MHN's Digital Mental Health and Mental Health and Housing forums. Championing inclusion at all levels and the importance of the service user voice, Sean has overseen the creation of Service User and Carer Representative roles on the MHN board.

Training as a registered mental health nurse in 1979 set the scene for a career motivated by passion for the profession and for the professionals within it. Sean ensures that mental health nursing is promoted at all opportunities, with the Mental Health Network and Nurse Directors Network's Aspiring Nurse Director Programme a recent project.

To ensure the continued improvement of mental health services, Sean has influenced health policy on a national level; through his membership of the NHS Long-Term Plan steering group and chairing of the Mental Health Act Review's 'Addressing Rising Detention Rates' Topic Group. Sean has led on several health economic studies, many of which were eventually included in the NHS Long Term Plan and is pleased to be chairing the Mental Health Economics Collaborative which sees the MHN working in partnership with Centre for Mental Health and the London School of Economics.

Criminal justice and prison mental health have been priorities for Sean over the past 30 years; in 2006 he joined the Sainsbury's Centre for Mental Health as director of Criminal Justice Programme, before becoming Chief Executive. Immediately before this, Sean was Director of Health and Social Care for Criminal Justice at the London Development Centre and offender health consultant for the Department of Health.

Sean was awarded an OBE in the Queen's Birthday Honours 2022 in recognition of his services to public health. He was also awarded the President's Medal by the Royal College of Psychiatrists in 2013.



## Dr Adrian J B James FRCPsych

Medical Lead for Sequoia Therapeutic Community and NAVIGO Rehabilitation Services

Adrian was elected President of the Royal College of Psychiatrists in 2020. He holds this role until July 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



## **Dr Sridevi Kalidindi C.B.E., MBBS, BSc (Hons), FRCPsych, PhD**

South London and Maudsley NHS

Dr Sri Kalidindi is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust, with decades' worth of direct clinical experience, supporting people with the most severe mental health conditions, getting their lives back on track and attaining their goals and has set inter-/national mental health policy and training, as well as developed services locally, nationally and internationally. She has held many leadership roles, locally, nationally and internationally.

As an Executive, leadership and life coach, she enables senior high-performing people, to attain their next levels of health and well-being, hand-in-hand with increased levels of joy and professional success. Leading to a deeply fulfilled life of impact.

Her personal experience of reaching the brink of burnout whilst in high-performing national leadership roles, and using evidence-based methods to turn this around, is embedded into klip Global – a transformative workforce wellbeing service, developed with the support of the NHS England and Improvement Clinical Entrepreneur Programme. Klip Global services have now been embedded as part of the staff wellbeing offer into a prominent national professional membership organisation as well as other organisations. There is currently an opening for an organisation to partner with klip Global, to tailor staff wellbeing to their precise needs and apply together for grant funding and research-level evaluation and iteration of the wellbeing programme.

Caring for the carers, frontline NHS and social care staff is at the heart of her work at a national level.

Her awards include the Royal College of Psychiatrists, Psychiatrist of the Year, 2017-18 and she remains a spokesperson for the College, strongly advocating for good mental health services, for the population. She was honoured with a C.B.E in 2019 for services to Rehabilitation Psychiatry.

She is a holder of a national Clinical Excellence Award.

Other roles include national clinical leadership of mental health rehabilitation at NHS England and Improvement through the Getting It Right First Time programme – accounting for £550 million spend per year, international expert advisor to the World Health Organisation and Chair of the Board of the Association of Mental Health Providers, a membership organisation for mental health charities and social enterprises, with 300+ members.

Dr Kalidindi continues in research, having completed her PhD at the Institute of Psychiatry, Psychology and Neuroscience, including having been the Co-Principal Investigator on a multi-site national RCT on reducing risk of diabetes mellitus in people with schizophrenia. She supervises postgraduate and medical students and is well published in peer reviewed journals and co-edited and co-authored the primary textbook on Rehabilitation Psychiatry in the UK, which was commended by the BMA Book Awards.



## Sandeep Ranote

### Greater Manchester Integrated Care Partnership

Professor Sandeep Ranote is Medical Executive Lead for Mental Health at NHS Greater Manchester Integrated Care and a practising Consultant Paediatric Psychiatrist, leading Young People's community eating disorder services in Greater Manchester Mental Health NHS Foundation Trust.

Her published research includes perinatal neuroimaging, eating disorders and medical skin camouflage for self-harm and most recently the impact of Covid 19 on young people. She has been clinical advisor to The National Children's museum 'Eureka' and currently sits on the Royal College of Psychiatrists' Eating Disorder executive committee and is a regular expert media contributor.

She was part of the ministerial taskforce, Future in Mind, 2015 developing the national CAMHS transformation blueprint, and clinical expert for NHS England's eating disorder commissioning guidance and workforce curriculum 2015-2016. She is a contributing author to the Royal College of Psychiatrists' book 'The Female Mind' and was awarded a fellowship to The Royal College in 2014.

As NHS Greater Manchester Integrated Care's Medical executive lead for Mental Health, Sandeep leads the award winning Mentally Healthy Schools Programme and the trailblazing pilot University Mental Health service across all of Greater Manchester's universities. She is a clinical sponsor for the pioneering Greater Manchester Creative Health strategy which launched in November 2022 and sees Greater Manchester as the first creative health city region in the world. She has also been appointed as the Workforce Well-being Guardian for Greater Manchester Integrated Care System.

Sandeep is a Visiting Professor in Mental Health at The University of Salford, a member of the National clinical advisory board for Kooth, one of the UK's leading digital mental health organisations, specialist media spokesperson for the national eating disorder charity BEAT, advisor for Mental health Charity, The Prudence Trust and a trustee for creative arts charity, Sick!Festival and Castlefield Gallery supporting the work of the third sector across health and social care.



## Alex Stirzaker

NHS England (South West)

20 years ago, clinicians and service users were advocating a change in the way that services work with people with so called “Personality Disorder” and many still continue to advocate for change. As editor of the Personality Disorder Consensus Statement, the emphasis upon earlier intervention and a broad range of service delivery was encouraged reflecting the importance of a trauma informed approach to care which is less punitive.

I am passionate about making sure that people who struggle with “Personality Disorder” can be thought about in a compassionate way to make sure that they get the help that they need. I have been acting as a voice within NHS England as National Advisor in 2011 on behalf of people given the label of Personality Disorder and more recently have been involved in implementing the Community Mental Health Framework in the south west which is a crucial development for people with personality difficulties.

As a practicing Clinical Psychologist providing services within the NHS for over 30 years, I am very familiar with the everyday challenges that services face but am always optimistic that better ways of working are developing all the time. It is important to keep promoting a positive way forward by allowing creativity to grow and we need to foster change as it emerges.

Understanding what works well or not so well in services is an important part of implementing new services and creating an environment where positive changes can develop. I am currently employed by Plymouth University evaluating the impact of the Community Mental Health Framework in a variety of services across the country and this clearly encompasses the group of people who have historically fallen through the gap between primary care services and specialist Mental Health service delivery. This is a major focus in the community Mental Health Transformation and is an important mechanism to create opportunities in services going forward.

Keeping Mental Health on the political agenda remains important, so demonstrating the importance of good, effective services needs to be kept alive and I hope that this day will encourage this.



## Speakers & Organisations



### **Hollie Berrigan**

Beam Consultancy

Hollie Berrigan is a Freelance Consultant Lived Experience Practitioner and Integrative Counsellor currently working as Lived Experience Lead with Beam Consultancy.

Hollie has been working in mental health for the past 10 years and brings a blend of lived experience of community and inpatient interventions and clinical expertise and understanding.

Hollie has trained over 1000 people around the issues involved in caring for those who self-harm and feel suicidal. She is an accredited Peer Support Worker and Hearing Voices Network Facilitator. She provides consultancy for organisations, trains, mentors and provides peer supervision for residents working as Well-Being Navigators in prison settings, as well as speaking at various events and conferences throughout the year. Hollie writes informally in her blog and has published in academic journals. Her current work focuses on working with those who self-harm are recurrently suicidal to avoid prolonged detention, particularly in out of area placements and offer alternatives in the community. Hollie is co-host on The Wrong Kind of Mad podcast and active on Twitter @HoppyPelican.



### **Carrie Best**

Lancashire and South Cumbria NHS Foundation Trust

My name is Carrie Best. I am a Registered mental health nurse with 18 years' experience of working in acute and forensic mental health services, prisons and in the community. I currently work as a Clinical Lead within the Offender Personality Disorder Pathway in Lancashire where my passion, drive and expertise lie. I was fortunate to be a part of the Engager Intervention Team and it feels amazing to be able to be a part of the conference today where we get to talk about this fantastic project.





## Claire Evans

Anna Freud National Center for Children and Families

Claire Evans is Co-Director of the Education & Training Division and interim Co-Director of Clinical Services at Anna Freud and an experienced leader in implementing change in organisations, delivering new children and young people's national workforce programmes and ensuring mental health services deliver high quality, accessible and accountable interventions.

She is a Systemic Psychotherapist and leads on training across the Anna Freud Centre including Children's Wellbeing Practitioner (CWP), Educational Mental Health Practitioner (EMHP), Recruit to Train and Tier 4 courses. Claire is the Lead from Anna Freud on the National Hub for the Knowledge and Understanding Framework (KUF) working with West London NHS Trust to create and deliver training on working with people who have a diagnosis of complex emotional needs and also on the National Autism Programme.



## Kuli Kaur-Wilson

Black Country Healthcare NHS Foundation Trust

I am Chief Strategy and Partnerships Officer at Black Country Healthcare NHS Foundation Trust, and Executive-lead for our systems Black Country MH/LDA Lead Provider. This was one of the very first lead provider arrangements established for locally commissioned MH and LDA services in the country, which brought strategic system planning, commissioning, resource allocation and quality assurance together alongside the provision of services. This has enabled professionals, experts by experience, local communities and a range of local organisations to directly inform how services are developed to better support our citizens. I lead on the development a range of partnerships, and the advancement of MH/LDA health equity. A key priority this year is to reset our approach to supporting citizens with complex emotional needs in order to achieve improved and more therapeutic



## Heather Kingaby

OPD Pathway, HMPPS

Heather Kingaby has been working with the OPD Pathway Central Team as the Workforce Development and Involvement Thematic Lead for the last 2.5 years. The Workforce Development side of Heather's role sees her working closely with colleagues from NHSE Adult Mental Health Team and NHSE Workforce Training & Education Directorate (formally HEE) to oversee the delivery of the Knowledge and Understanding Framework (KUF) training packages through regional providers and the national KUF Hub.

Heather has a varied operational background with 17 years' experience of working in prisons. Most recently prior to working with the OPD central team Heather was the Custodial Manager and Operational Lead for two prison based OPD Pathway Services at HMP Whatton and HMP North Sea Camp.

Heather uses her knowledge of the inner workings of the prison environment to inform her work within the Central Team, particularly when considering the training offer for Prison Officers and Senior Operation Leads.



## The Rt Hon Sir Norman Lamb

South London and Maudsley NHS Trust, and former Minister in the Department of Health

Sir Norman Lamb was Liberal Democrat MP for North Norfolk from 2001 to 2019. After serving as a minister in the Department for Business, Innovation and Skills, he was appointed Minister of State for Care and Support at the Department of Health in September 2012 until the end of the Coalition Government in May 2015. As Health Minister, Norman worked to reform the care system and led the drive to integrate health and social care, with a greater focus on preventing ill health. He also challenged the NHS to ensure that mental health was treated with the same priority as physical health, including the introduction of access and waiting standards in mental health for the first time. He was the Liberal Democrat Health spokesperson between 2015 and 2017 and Chair of the Science and Technology Select Committee between 2017 and 2019.

In 2019, Norman became an Advisor for Kooth, the longest established digital mental health provider in the UK, and received a knighthood in the Queen's 2019 Birthday Honours, with the citation noting in particular his mental health campaigning. Since leaving Parliament, Norman has established a Norfolk mental health and wellbeing fund, bringing together a coalition of local charities and community groups supporting children and young people's mental health and wellbeing, and become Chair of the South London and Maudsley NHS Foundation Trust.



## Rose McCabe

School of Health and Psychological Sciences, City, University of London

Rose McCabe is Professor of Clinical Communication at City, University of London and co-Director of the Centre for Mental Health Research at City (<https://www.city.ac.uk/about/people/academics/rose-mccabe>). She is an Honorary Professor in East London NHS Foundation Trust, Devon Partnership NHS Trust and Queen Mary, University of London. Her research focuses on understanding patient experience, professional-patient communication, the therapeutic relationship and developing interventions to improve communication, therapeutic relationships and outcomes of mental healthcare. Central to this work is involving people with lived experience in designing and evaluating new approaches to care. Key concepts of interest include agency, coercion, epistemic injustice, trust and engagement. She works across a range of issues (psychosis, self-harm, depression, dementia) and treatment settings (inpatient and community mental health care, emergency departments, primary care). She also works with community organisations and schools to improve mental health and wellbeing.





## Kingsley Norton

West London NHS Foundation Trust, and National Hub for the Knowledge and Understanding Framework (KUF)

As Programme Director at the hub of Health Education England's Knowledge and Understanding Framework (KUF), based in West London Trust, I am involved with its quality assurance and extending the reach of its trainings, within healthcare and beyond. Their trademark is a close collaboration between clinical staff and experts by the lived experience of traumatising circumstances and events. Both parties are involved in the coproduction and co-presentation of the training materials. Consequently, their trainings pack a punch, emotional and intellectual, which facilitates the 'students'(staff who elect to be trained) to be receptive to more empathic and thoughtful ways of responding to the 'complex' needs of their patients, clients or inmates. As KUF was spawned by the NIMH(E) publication, now 20 years old, I am particularly pleased to be part of UCL's celebration of this milestone.

My own involvement in co-production goes back to 1989, as Clinical Director of Henderson Hospital, which was run as a Democratic Therapeutic Community. Its yearlong, residential programme was, in essence, an exercise in co-production. All formal psychotherapy was group-based and there was no prescribed psychotropic medication. Its patients, diagnosed by referrers as suffering from moderately severed personality disorder, were known as 'residents'. The latter were delegated much of the power and authority that traditionally resides in the medical, nursing, and other work-qualified staff. This included responsibility for many of the hospital's 'hotel' functions- shopping, cooking, cleaning, and gardening.

Henderson's treatment programme was repeatedly evaluated with research findings showing some significant and sustained improvements, post-treatment. These reflected the prior existence of personality strengths as well as any insight gained or changes effected through therapy. Indeed, our outcome data were accepted as sufficient evidence of treatment efficacy by the Department of Health, to set up two new Therapeutic Communities based on its treatment model. To achieve this replication, I worked with a small team of staff and ex-residents who had completed the programme over a 5 years' period. Together, we co-produced the planning and execution: staff recruitment and selection; training of new staff and residents; and the monitoring of staff function in the new communities based in the Midlands and North of England.

Subsequently, I have worked with experts by lived experience on several other projects: an evaluation of staff attitudes; the development of guidance for CMHTs; a successful bid to set up one of 11 new services via the NIMH (England)- 'Service User Network: SUN Project'. Having moved to West London Trust (2006), I set up a Managed Clinical Network, which involved experts by lived experience in co-producing training and supervision, in the form of Complex Case Discussions and a regular Newsletter. More recently (2014-2021), with Dr Celia Taylor and ex-offenders, I have been involved with co-produced trainings to the London Offender Personality Disorder Pathway and 12-weeks' Forensic Mental Health MSc module with Queen Mary's, London University.



## Mary Ryan

### National Collaborating Centre for Mental Health

I try to make the best use I can of the experiences I have of working in the NHS for a long time and more recently as a patient, particularly of inpatient and community care, for serious mental health problems. During a wilderness decade with depression, self-harm and suicidality I spent many months on acute wards, almost always detained under the Mental Health Act and sometimes on intensive care wards far away from my home and family.

I have been involved in several research projects trying to improve the mental health care of people in crisis, knowing that simple kindness and a willingness to listen open heartedly can make all the difference. I recently joined a project team at the National Collaborating Centre for Mental Health exploring prejudice and discrimination in the mental health care of people who might meet current diagnostic criteria for a Personality Disorder.



## Zoe Thornton

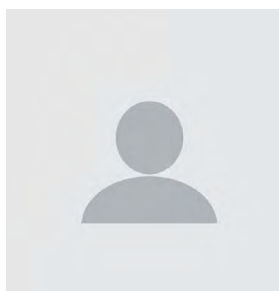
### OPD Pathway, NHS

Zoe Thornton is the National NHSE Lead for the Offender Personality Disorder Pathway. The OPD Pathway is a jointly funded partnership between His Majesty's Prison and Probation Service (HMPPS) and NHS England which was established in 2011. Services for people in scope are provided in prisons, adult secure mental health services and in the community. The OPD Pathway aims to pilot and evaluate new approaches to interventions for this highly complex group. The OPD Pathway provides the framework which underpins the commissioning of these services and enables health and criminal justice agencies to work together as a single service offer. It also provides specialist training and support for staff.

Prior to her current Role Zoe was involved in commissioning these service across the South of England, and prior to that was commissioning the secure pathway in Thames Valley and Wessex area. Zoe originally trained as an Occupational Therapist and worked in a variety of settings specially forensic secure services and community forensic teams.



## British and Irish Group for the Study of Personality Disorder (BIGSPD)



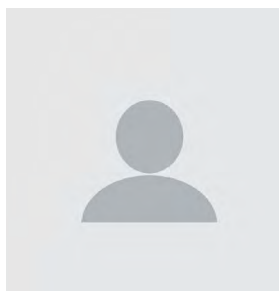
### **Julia Blazdell**

#### **BIGSPD**

Dr Julia Blazdell is a Lived Experience Consultant and Trainer. She is the Co-President of the British and Irish Group for the Study of Personality Disorder (BIGSPD).

Julia has been involved with the development and delivery of the Knowledge and Understanding Framework training for many years. She was formerly a manager at Emergence and, before that, a project coordinator with the Mental Health Foundation. She has extensive experience in a range of coproduction projects, including research, training, consultancy and service design.

Julia is passionate about developing and extending the role of coproduction and sees the co-presidency of BIGSPD as an important opportunity to foreground the voices of people with lived experience in order to develop interventions that can better respond to people's needs, whilst broadening current debates around the constructs of 'personality disorder' and 'complex emotional needs'.



### **Oliver Dale**

#### **BIGSPD**

Dr Oliver Dale is a Consultant Psychiatrist at Sussex Partnership Foundation Trust where he is the Clinical Lead for Adult Community Transformation. He is also a Jungian Analyst and teaches and supervises for the British Psychotherapy Foundation. He was formerly the Clinical Lead for the Cassel Hospital and Chair of the Cassel Hospital Charitable Trust. In the past he has been a clinical advisor to NHS England and the NIHR Mental Health Policy Research Unit. He is currently a national advisor for the National Collaborating Centre for Mental Health who have been commissioned to explore the impact of prejudice and discrimination affecting people receiving a diagnosis of personality disorder.



## Hammersmith, Fulham, Ealing, & Hounslow Mind



### Sana Ahmed

Hammersmith, Fulham, Ealing, & Hounslow Mind

I'm a Manager of Safe Space, a leading crisis mental health service. With a strong background in the legal sector and mental health, I have dedicated my career to providing compassionate support and effective solutions for individuals in distress.

Throughout my professional journey, I have witnessed the transformative power of creating safe environments for those in need. My work at Safe Space involves coordinating a team of dedicated professionals, implementing evidence-based interventions, and fostering a culture of empathy and understanding.

By combining my expertise in mental health and legal interventions, I have been able to develop innovative approaches to crisis management and prevention. I am excited to engage with fellow experts and passionate individuals at this conference, exchange knowledge, and explore collaborative opportunities to enhance mental health services worldwide.



### Hinda Omar

Hammersmith, Fulham, Ealing, & Hounslow Mind

My name is Hinda. Safe Space Team Manager. I have a background in empowering individuals and addressing complex challenges and needs.



## Nana Owusu

Hammersmith, Fulham, Ealing, & Hounslow Mind

Nana Owusu (RMN, BA, BSC, PGdip) is an award-winning Mental Health leader, innovator, visionary and Dyslexic thinker.

She is a registered Clinical Nurse Specialist, and Therapist who is passionate about improving outcomes for young people and families and reducing health inequalities. She has over 20 years of clinical and senior management experience, within NHS specialist CAMHS services and voluntary sector organisations.

Nana is currently the Director & Clinical Lead for Children and Young Peoples Services at MIND (HFEH), where she set up and mobilised two of the first 58 Trailblazer MHST's commissioned in UK. More recently Nana spearheaded the development of West London's first young people's Crisis Prevention Cafe 'CIRCLE', which is delivered by Mind (HFEH) and funded by West London Trust.

Nana is an active community volunteer and campaigner who is passionate about creating and driving change for vulnerable young people. In her own time Nana coaches/mentors' young people with low confidence and self-esteem, she is board member for the youth homeless charity New Horizon Youth Center and Mental health lead for MGUK Foundation.



## Meg Wamithi

Hammersmith, Fulham, Ealing, & Hounslow Mind

Meg Zeenat Wamithi is a renowned global mental health leader and educator who combines her lived experience and her knowledge to provide authentic and emotional support to others struggling with mental health illnesses. Founder and CEO of MindMapper UK as well as the Strategic Programmes and Innovation at Mind, Meg is on a mission to redefine vulnerability as a strength, helping thousands of individuals across education, communities and workplaces with their emotional well-being and leadership policies. Her clients include a range of Fortune 500 companies like Amazon, Bookings.com, Nike, Clifford Chance and Santander. Meg uses her platform and reach to actively campaign and raise awareness around her own diagnosis of BPD, Social Anxiety and Anorexia.



## Icebreak



### **Sarah-Jayne Davies**

Icebreak

Sarah-Jayne Davies is a Care Co-ordinator, Dialectical Behaviour Therapy Specialist Intervention Worker and Registered Social Worker living on the Devon/Cornwall border. She has worked at Icebreak since 2017 with previous experience of working in foster care, child advocacy and adult support services. Sarah-Jayne holds a bachelor's degree in psychology and a masters in social work from the University of Plymouth and has always aspired to gain a career supporting the mental health needs of others. Throughout her time with Icebreak, Sarah-Jayne has undertaken training in DBT and gained considerable experience working with young people in the community of Plymouth.



### **David Di Lorenzo**

Icebreak

David Di Lorenzo is a Care Co-ordinator with specialism in Systemic Family Therapy with Icebreak, a Plymouth-based service offering a range of intensive therapeutic interventions to young adults experiencing complex emotional issues. He joined Icebreak at its inception in 2004 as a newly qualified counsellor having gained recent experience in a pilot project in Cornwall as a Carers' Support worker in Mental Health.

In a 3-year spell away from Icebreak, David completed Family Therapy training and worked as a Multi Systemic Therapist, acted as a part time Care Co-ordinator for Insight, an Early Intervention Psychosis team and set up and ran his BLISS Family Project, an independent concern commissioned by local schools. David returned to Icebreak and helped set up a family therapy clinic and having been closely involved with Devon's Emotional Logic Centre, created a bespoke psychoeducational course for Icebreak clients, based on its theoretical model of loss and change. He has been delivering his Emotional Awareness course for the past six years, formerly in a classroom setting and latterly online.

David lives with his partner in Liskeard and looks forward to semi-retiring to life on a narrowboat along the canals and waterways of the UK, delivering online family work / emotional awareness as and when there is sufficient Wi-Fi.





## **Making Every Adult Matter (MEAM)**



### **Richard Lewis**

#### **Making Every Adult Matter (MEAM)**

Richard Lewis is a policy manager at Making Every Adult Matter (MEAM) – a national coalition of Clinks, Collective Voice, Homeless Link and Mind formed in 2009 to transform services, systems and policy for people facing multiple disadvantage.

MEAM runs the national MEAM Approach network (currently formed of 42 local areas) and has been pleased to work alongside the Fulfilling Lives and Changing Futures programmes. MEAM staff provide a range of support and training to local areas, helping them to develop and strengthen partnerships, tackle systemic challenges and develop the leadership, cultures and skills needed to drive change. Our policy programme draws on our practical experience, helping to shape government policy and investment.

Richard's recently returned from a two-year secondment at the Department for Levelling Up, Housing and Communities working on the Changing Futures Programme. Prior to MEAM, Richard worked in the youth homelessness, domestic abuse and refugee/asylum sectors in Wales.



### **Oliver Hilbery**

#### **Making Every Adult Matter (MEAM)**

Oliver Hilbery is the Director of Making Every Adult Matter (MEAM) – a national coalition of Clinks, Collective Voice, Homeless Link and Mind formed in 2009 to transform services, systems and policy for people facing multiple disadvantage.

MEAM runs the national MEAM Approach network (currently formed of 42 local areas) and has been pleased to work alongside the Fulfilling Lives and Changing Futures programmes. MEAM staff provide a range of support and training to local areas, helping them to develop and strengthen partnerships, tackle systemic challenges and develop the leadership, cultures and skills needed to drive change. Our policy programme draws on our practical experience, helping to shape government policy and investment.

Prior to MEAM, Ollie worked at Homeless Link as Head of Policy, and before that on specific projects related to housing and migration. He has a strong interest in public policy and has held positions in local government and at a policy consultancy.



## Norfolk and Suffolk NHS Foundation Trust



### **Joanna Baines**

Norfolk and Suffolk NHS Foundation Trust

Dr Jo Baines is a Consultant Clinical Psychologist and Clinical Lead across the Young Adult Mental Health Service in Suffolk. She is currently leading the development of a Complex Emotional Needs and Personality Disorder (CN/PD) pathway for children and young adults across Norfolk and Suffolk, as part of the broader Personality Disorder strategy within NSFT. Jo is passionate about developing high-quality, responsive services for this group, embedding co-production at all levels, and in supporting colleagues to develop confidence and expertise in their work.



### **Carl Coughlin**

Norfolk and Suffolk NHS Foundation Trust

I have been working as a volunteer in Mental health Services (Personality Disorder Specific) for the past 12 years, Co-developing and Co-delivering the PD and Complex Needs Strategy, Bitesize Training, Living Well with PD Course (Recovery college), and also working on an Acute Ward for two years as a Supportive Friend. I have Lived increasingly well with Emotionally Unstable Personality Disorder since diagnosis 14 years ago which I attribute to having an excellent Care-Coordinator and my own hard work. It was always my ambition to become a Lived experience KUF Trainer as it was the first course I attended (in 2013) which confirmed to me that a good level of Management of Personality Disorder is realistic, so I am delighted to have been appointed as the KUF Lived Experience Trainer for Suffolk since 2022.



### **Molly Salter**

Norfolk and Suffolk NHS Foundation Trust

Molly is a trained mental health nurse and expert by experience. She currently works within Suffolk's children, families and young peoples service, as part of the peoples participation/ co-production team. In her role she runs sessions for service users, carers and supporters to share their experiences of mental health care and how it could be improved. She also initiates direct lines of communication between the Trust and participants, encouraging them to work together, as equal partners, to shape and deliver services. Molly is passionate about ensuring the voices of those with lived experience is valued and at the forefront of all service development.



## Sequoia Therapeutic Community



### Suzanne Brown

Clinical & Program Lead for Sequoia Therapeutic Community

I am a registered social worker with a history of local authority child care interventions. Leaving children's services I started in the acute crisis intervention service and later went on to successfully manage an acute psychiatric unit this is most unusual for a social worker to manage a medical inpatient unit. Following on from this I went to become senior operational manager over three units and then started an intensive service for service users with a diagnosis of Personality Disorder. NAVIGO Community Interest Company. NAVIGO is a first social enterprise in the UK set up in April 2011 as part of the transforming community services programme, to provide mental health services across North East Lincolnshire.

For the last seventeen years, Dr Wojciech Giernsky and myself together have been instrumental in developing a range of services for individuals suffering from complex emotional issues, usually diagnosed as Borderline Personality Disorders, in the Grimsby area. In 2015, together we set up Sequoia Therapeutic Community, the unique and innovative service model merging the traditional ethos of therapeutic community with a strong psychotherapy and psychoeducation backbone of Mentalization Based Treatment (MBT) and Dialectical Behaviour Therapy (DBT). For the last eight years the Sequoia TC has proven very effective in supporting individuals with emotional difficulties, attracting a series of local and national awards, showcasing NAVIGO's innovative approach to delivering mental health services.



### Tara Foulkes

Senior Practitioner and MBT Therapist for Sequoia Therapeutic Community

Tara worked for many years in Childrens Services, prior to changing direction in 2015 when she gained her MSc. In Developmental Psychology. Tara had seen so many people struggling with their thoughts and mental health and understood that her "why" was to help people understand that there is another way, people do not have to struggle. Tara has special interests in education, mindfulness, language, and the power of the mind. Tara taught Psychology and was Programme Leader for the Children, Young People and Families Programme at the local university prior to coming to work with the Sequoia Team. Since joining the team 2021, Tara has become qualified in Mentalisation Based Treatment for Personality Disorders and utilises this therapeutic approach. Tara works to support people to understand that they are not their thoughts, promoting mindfulness and helping people to understand that they can change their life and outcomes.



## Dr Wojciech Greg Gierynski

Medical Lead for Sequoia Therapeutic Community and NAVIGO Rehabilitation Services

Wojciech is a consultant psychiatrist with a special interest in Personality Disorder, working for NAVIGO CiC. NAVIGO is a first social enterprise in the UK set up in April 2011 as part of the transforming community services programme, to provide mental health services across North East Lincolnshire.

For the last seventeen years, Wojciech has been instrumental in developing a range of services for individuals suffering from complex emotional issues, usually diagnosed as Borderline Personality Disorders, in Grimsby area. In 2015, together with Suzanne Brown, Wojciech set up Sequoia Therapeutic Community, the unique and innovative service model merging a traditional ethos of therapeutic community with a strong psychotherapy and psychoeducation backbone of Mentalization Based Treatment (MBT) and Dialectical Behaviour Therapy (DBT). For the last eight years Sequoia TC has proven very effective in supporting individuals with emotional difficulties, attracting a series of local and national awards, and becoming one of the showcases for NAVIGO innovative approach to delivering mental health services.

## Somerset NHS Foundation Trust



### **Ruth Habberfield**

Clinical Lead Connect 18 Transitions /  
Somerset NHS Foundation Trust

Registered Mental Health Nurse since 1996

My career began working in Manchester inpatient services with adolescents. I had an interest in working with young people and self-injury.

I have been a Child and Adolescent Community Nurse having a specific interest in working with young people within the care system and leaving care.

I have held Clinical Lead posts in Emerging Personality Disorder (2012) Transitions (2018) and Relational Recovery (2020) I have trained in psychodynamic counselling CBT, DBT and MBT.

The importance of the relationship being the most valuable.

'Understanding is the first step to acceptance, and only with acceptance can there be recovery'.



### **Adrian Hayes**

Somerset NHS Foundation Trust

I am a consultant medical psychotherapist at Somerset Foundation Trust. My work is mostly with people who describe Complex Emotional Needs. I use CAT, MBT, psychodynamic and therapeutic community principles in my clinical work. My particular interest is in self-agency - supporting people to find it and understanding where it can be lost in health services. I am involved in several coproduction projects and work alongside members of our service who are stuck in the system and who do not have a voice.