

# In the news...



**The Institute of Mental Health seeks to help transform the understanding and treatment of mental illness.**

We have an established track record of success in pioneering and innovative inter-disciplinary research. We strive to have a positive impact within the health, social care and criminal justice sectors.

We are a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and The University of Nottingham.

**Our [March newsletter](#) shares updates and achievements from across the Institute of Mental Health and showcases the best in mental health research.**

For those that followed the stories of staff and patients from Nottinghamshire Healthcare NHS Foundation Trust in the recent Channel 4 documentary series “[Losing It – our mental health emergency](#)”, you will have seen first-hand the valuable services that our local children and adolescent mental health (CAMHS) teams are delivering. It’s great to see that there continues to be research funding invested into this area as we announce details of the new RIGHT study (see page 2) led by Professor Kapil Sayal and working closely with CAMHS clinicians from Nottinghamshire Healthcare NHS Foundation Trust.

Children and young people were also at the centre of a recent report published by the Royal College of Psychiatrists entitled: [Technology use and the mental health of children and young people](#). Co-authored by Professor Chris Hollis and Dr Elvira Perez Vallejos from our NIHR MindTech team, the report triggered national debate in the media, discussing this important issue facing young people today. Read more on page 8.

Don't forget – if you want to keep up to date with news from the Institute please remember to follow us on

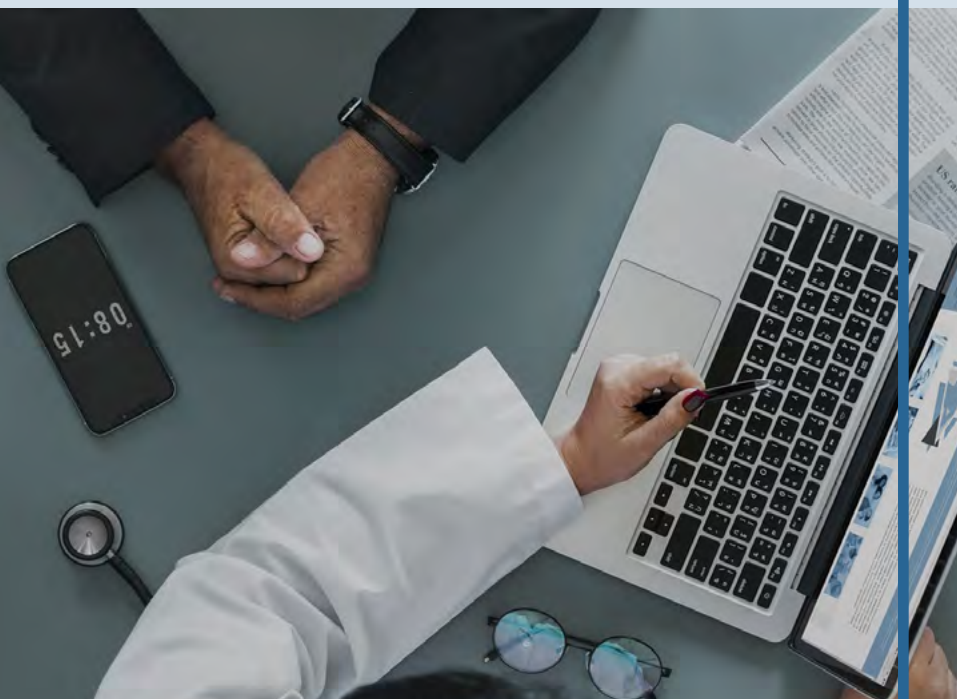
 [@InstituteMH](#) or visit  [institutemh.org.uk](http://institutemh.org.uk)

*Professor Martin Orrell  
Director, The Institute  
of Mental Health*



## Online mental health training for GPs

The online intervention PhD student, Blandine French, has been developing has now been officially adopted by the Royal College of General Practitioners, as part of their online Mental health toolkit. It is a valuable addition to GPs' CPD mental health training resources. Blandine created the format and content, under the supervision of Professor David Daley. The Royal College of General Practitioners tend to develop e-learning courses in house or by established GPs and academics, therefore, it is a special achievement for a PhD student's intervention to be adopted in this way.



## “Relationships in Good Hands (RIGHT)” study

Kapil Sayal, Professor of Child and Adolescent Psychiatry, will be leading the Midlands site of the **“Relationships in Good Hands (RIGHT)”** study - an exciting new programme of research that aims to test a new psychotherapy intervention for children who experienced abuse and neglect. This group of children have huge unmet mental health needs, and early treatment could greatly improve their life chances, as well as reducing strain on health and social care budgets.

Kapil explained the study's importance:

*“This study is much needed and long-overdue. It will focus on finding the best and safest ways to support some of the most vulnerable children and young people that come into our services as well as our Trust's key partners, such as social care. As one of the UK's leading mental health trusts and with huge demands on our CAMHS, it is vitally important that Notts Healthcare take part in this research and work with our patients and their caregivers and support network to find the best interventions approaches and support for them.”*



Click to find out more about the RIGHT study  
[institutemh.org.uk](https://www.institutemh.org.uk)



# Health humanities and wellbeing

Professor Paul Crawford has published a new book: 'The Routledge Companion to Health Humanities', which includes the work of 83 scholars from all corners of the world.

The book demonstrates the evidence for, and applicability of, the arts and humanities to enhance health and wellbeing. This publication marks another step in the development of the field of Health Humanities, founded by Professor Paul Crawford in 2006.

The volume brings together a large array of scholars worldwide who share Paul's mission to inform and transform healthcare, health and wellbeing through the arts and humanities. With over £6m in funding for research in this area, Paul is one of the UK's leading figures in establishing cultural assets for supporting people facing physical and mental health challenges.

Paul is also commissioning editor for the 'Arts for Health Series' with Emerald and lead editor for the forthcoming 'Encyclopaedia of Health Humanities' with Springer Nature. Paul comments: 'We need better ways to improve the mental health of nations. One way to achieve this is through social and cultural assets. We need a new era of creative public health to mitigate the strain on professional care.'



## Florence Nightingale Comes Home

Professor Paul Crawford, in collaboration with Dr Anna Greenwood from University of Nottingham's Department of History is leading an £830,000 research project, funded by the Arts and Humanities Research Council (AHRC), which aims to explore the East Midlands roots of Nightingale and shine a light on her unique place in the history of nursing.

When Florence Nightingale returned from the Crimean War she was a national celebrity, one whose fame has endured to this day. But who was Florence Nightingale and what had led her to the war in the first place?

Over the coming months there will be a series of Florence Nightingale events at the University of Nottingham's Lakeside Arts Centre.



Click here for more information:  
[www.institutemh.org.uk](http://www.institutemh.org.uk)

## Margaret Slack Fellowship

Dr Musa Sami has been awarded the 2020 Margaret Slack Travelling Fellowship from the Academic Faculty of the Royal College of Psychiatrists for his project: "Towards Developing a Telepsychiatry service in Semi-Rural Pakistan: a scoping visit." Dr Musa Sami has recently joined the Institute of Mental Health as a Clinical Associate Professor of General Adult Psychiatry.

Dr Sami said:

*"Psychiatric provision is 0.185 per 100 000 individuals in Pakistan around twenty-fold below the global average. I am very grateful to the Royal College as this Fellowship will enable me to give a little back to my country of origin and think of new ways to provide care."*

His research interests centre around schizophrenia, psychosis, addiction and particularly the dual diagnosis group of cannabis and psychosis, which he examines through neuroimaging and other biological approaches.

# How does spirituality support your mental health?

Spirituality, in both religious and non-religious forms is often a neglected dimension within healthcare, and yet research findings and service user narratives indicate it is often vital for many people who experience mental health difficulties. For example spirituality has been shown in research to be important in coping and helping people to find hope and meaning even in the most difficult of times.

It can also be a challenging topic to navigate and to talk about, perhaps partly because there is still a great deal to understand about the relationship between spirituality, mental health and wellbeing.

Having been inspired by her previous experience working in spiritual care in Nottinghamshire Healthcare NHS Foundation Trust, Katja Milner has been researching the role of spirituality and mental health and recovery as part of her PhD project, based at the School of Health Sciences and the Institute of Mental Health and supervised by Prof Paul Crawford, Prof Mike Slade and Dr Alison Edgley. Initial research findings from [a qualitative systematic review exploring the experiences of spirituality in adults with](#)

[mental health difficulties were published last year](#) and identified six key themes: Meaning-making, Identity, Service-provision, Talk about it, Interaction with symptoms and Coping, which can be presented as the acronym and framework MISTIC. Findings have implications for clinical practice and training for improving understanding of this dimension and its relevance to mental health and recovery.

Clinical recommendations of the findings have been used as [part of an online resource on hearing voices by a multi-disciplinary team at Durham University](#) and taught as part of an undergraduate program for psychiatric nurses. The findings have also been disseminated at multiple international conferences, including an upcoming psychiatric conference at Yale University.

Katja is very interested in disseminating her research further across a variety of contexts including education, training and healthcare and welcomes any opportunities to do so, please contact: [Katja.Milner@nottingham.ac.uk](mailto:Katja.Milner@nottingham.ac.uk)

## MQ Open Mind Podcast

Ellen Townsend is a member of our Centre for Mood Disorders and is a Professor in the School of Psychology at the University of Nottingham. Ellen recently joined the MQ Open Mind Mental Health podcast to discuss self-harm and suicide. Research suggests an increasing number of young people are self-harming – and more than half of them aren't seeking help. It's clear this issue is rising. The podcast addresses why this is the case and what can be done about it. Ellen offers her expertise and perspective on the topic of self-harm and suicide and talks about a collaborative framework called the CaTS ([Card Sort Task for Self-Harm](#)) which was developed to investigate the pattern of thoughts, feelings, events and behaviours leading to, and following, self-harm.



Listen to the MQ Open Mind podcast here: [\*\*www.mqmentalhealth.org\*\*](http://www.mqmentalhealth.org)



Download Ellen's leaflet [\*\*sites.google.com\*\*](https://sites.google.com)



# Mental Capacity Act Forum

In January, the Institute proudly hosted the Regional Mental Capacity Forum. The forum is a joint Ministry of Justice and Department of Health and Social Care initiative. Its purpose is to work with stakeholders from health and social care, together with those from other sectors (for example, finance, legal, police, housing) to identify complementary actions which member organisations can pursue, especially at a local level, to improve implementation of the Mental Capacity Act (MCA).

The Forum consists of a small, core group of stakeholders representing different areas in the sector, and a larger group of associate members.

It brings together those responsible for implementing the MCA to identify and take forward shared actions to benefit people who use services.



# Green Impact

First developed by the National Union of Students (NUS), Green Impact has been used in the higher education sector and has been tailored for use by healthcare providers to help people improve their environmental performance, working environments and gain recognition for their efforts. Nottinghamshire Healthcare NHS Foundation Trust's Energy and Environment Department has launched Green Impact, setting up teams across the Trust. It is the first provider of mental health services to take part in this exciting and innovative scheme.

At the Institute, the Green Impact ambassadors are called 'The IMH Green Team' and they have implemented many green changes across the

building include recycling and energy saving initiatives as well as some events to promote green causes. The IMH Green Team held a vegetarian themed sharing lunch to promote eating less meat, as an environmentally friendly initiative.

They also organised a Fairtrade February Coffee Morning, where colleagues baked, and bought, Fairtrade goods to raise money for the **Fairtrade Foundation**. There was also a charity gift exchange where colleagues did some trading of their own, recycling their unwanted Christmas gifts. This event raised £105.50 for the Fairtrade Foundation. The leftover unwanted gifts were also donated to **Treetops Hospice** in Stapleford.





# Notts Healthcare part of new Channel 4 documentary

## “Losing It: Our mental health emergency”

A Channel 4 documentary series on mental health, “Losing It: Our mental health emergency”, gained access to Nottinghamshire Healthcare NHS Foundation Trust, one of the UK’s largest mental health trusts. With demand rising and resources stretched like never before, this series explored the unprecedented pressure on mental health services and the seemingly impossible decisions that clinicians have to make every day.

The series, broadcast in January, placed viewers at the heart of the complex decision-making process, giving a unique insight into the pressures and challenges mental health trusts and patients must deal with daily. Told with a frank first person perspective, this series gave a very personal view of mental illness in 2019; the tragedy, humour and complex challenges.

John Brewin is Chief Executive of the Trust:



*“We knew that taking part in this series had its risks but having seen all four episodes I am very glad we made the decision we did. Our staff come across as unfailingly compassionate and caring, a credit to the Trust. The Individuals who have allowed the cameras into their lives when at their most vulnerable are an example to us all in their honesty, refreshing insight and positivity.”*

*“This is a series we can all be proud of. It covers a diverse range of mental health and we see the brilliant care being delivered by staff along with the challenges they face daily. Patients allowed us in at the most sensitive time for them and the main feedback all patients have given after viewing their episode is that they are very proud of themselves - which is brilliant and what we hoped to achieve.”*

*“We hope this series will raise debate and robust conversation around resources and the state of mental health today; alongside championing the brilliant work our staff all do.”*

The Trust made the decision to take part in the series to try and further reduce the stigma associated with mental illness. The production company, Story Films, has an impressive track record in making sensitive films that deal with difficult topics. Filming took place across Nottinghamshire during the summer of 2019 and features patients with a wide variety of diagnoses, including young people, families and people in crisis.



Click here to watch  
[channel4.com](https://www.channel4.com)

# You, me *and* Autism *too*



PORTRAITS BY COLIN POTSIG

## You, Me and Autism too exhibition launch

We launched our latest exhibition at the Institute, in collaboration with [City Arts Nottingham](#), in January. The exhibition is a series of photographs by artist Colin Potsig, who has been using the processes of portrait photography to challenge this aspect of his own autism, for the last three years. He has found that with the camera 'in between' he is able to engage people with a directness and intensity that would otherwise be utterly impossible. For the "You, me and Autism too" series he approached high-functioning autistic people who are carving out successful professional careers, both despite and because of their autism.

More than one in a hundred people, of all ages, abilities and backgrounds are living with autism and one of the central features of the condition is difficulty communicating and forming relationships with other people. Just meeting someone else's gaze causes many autistic people overwhelming anxiety.

Colin Potsig was interviewed by Kate Fox, who featured in the exhibition, and Dr Dani Ropar from CANDAL gave a short talk on the changes in our understanding of autism, at the exhibition launch, which was televised on Notts TV.



Click here to watch  
[nottstv.com](http://nottstv.com)

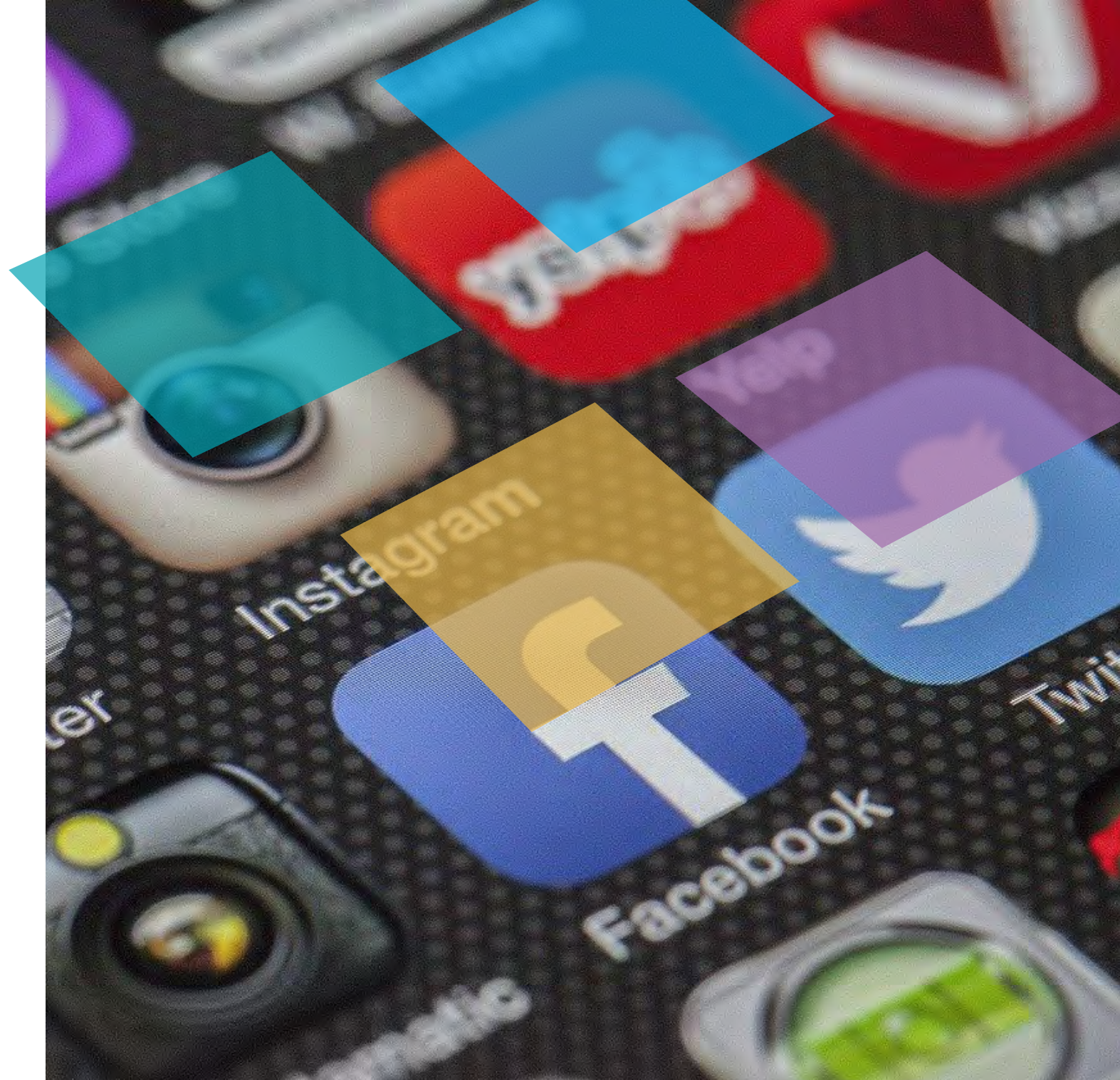


# Social media. What's the damage?

Professor Chris Hollis and Dr Elvira Perez Vallejos have co-authored a report, with the Royal College of Psychiatrists, entitled: Technology use and the mental health of children and young people.

BBC news published an article: 'Social media data needed for 'harm' research, say doctors' referencing the report and the Royal College of Psychiatrists' issued a statement suggesting the government should: 'Force social media companies to hand over their data for research into the harms and benefits of social media use'.

The report addresses possible vulnerability factors which may predispose young people towards problematic technology use. Its key recommendation to the government is: 'to urgently review and establish a protocol for the sharing of data from social media companies with universities for research into benefits and harms on children and young people.' The report also provides guidance for children, young people and parents, in addition to the recommendations for government, technology companies, education and clinicians.





# Foundations in Dementia course success

The first run of the free, online course 'Foundations in Dementia' is open until 22 March, 2020 and you can find it [here](#). It covers six themes, in 2-3 hours of self-directed learning per week:

**Week 1 - Prevention and causes**

**Week 2 - Assessment and treatment**

**Week 3 - Law and ethics**

**Week 4 - Communication skills**

**Week 5 - Family and friends**

**Week 6 - Living well with dementia and end of life care**

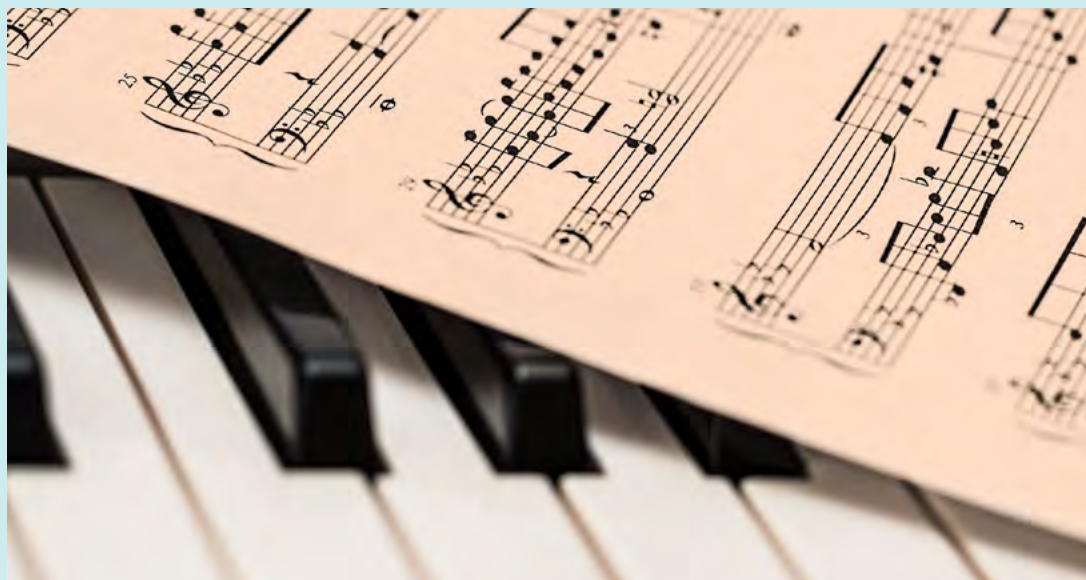
The presenters come from a wide range of academic and clinical professional backgrounds, including the Institute's Centre for Dementia director, Professor Tom Dening.

Additional research highlights feature dementia experts from the University of Nottingham, among them the director of the Institute of Mental Health, Professor Martin Orrell.

Over 3,000 learners from more than 100 countries have signed up for this course so far.



Credit: Tony Husband's illustration of the course's six themes



## PhD Prize winner

Becky Dowson has won second prize (£250) in the University of Nottingham, School of Sociology and Social Policy's competition for: Best PhD Publication.

The publication is: 'What indicators have been used to evaluate the impact of music on the health and wellbeing of people with dementia? A review using metanarrative methods' written with Orii McDermott and Justine Schneider.

This review considers how research into the impact of music on people with dementia has been conducted, with a focus on the means used to measure outcomes.



Click here to read the review  
[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)





# Big Band Bash Fundraising Triumph

The Institute supported Radford Care Group's 'Big Band Bash' on the 26 January 2020. The vintage afternoon of music, food and fun was organised by the family of Brian Fisher, who came to Radford Care Group after being diagnosed with Dementia. Sadly, he passed away in October 2018 and so his family wanted to support Radford Care Group with an event in his memory.

The event was a great success and raised £5,350 for the Buy a Brick campaign, the funds raised will contribute to a new music area, with a new music system and a plaque for Brian.



## Fundraising for worthy causes

Over Christmas, Institute of Mental Health staff and stakeholders raised over £345 for local mental health charities Jonathan's Voice and The Will Garvey Trust Foundation. Both charities are close to our hearts, therefore, we ran a coffee morning in January to raise further funds. The coffee morning raised a further £58.45 making the total money raised: £403.45, to be split evenly between the two charities.

Jonathan's Voice exists to empower individuals to speak up about mental health, especially in the professional environment. Their intention is to work in partnership with organisations to raise awareness, encouraging them to create the right support structures to support employees with mental health and well-being.

The Will Garvey Trust Foundation (WTF - Why Talking Fixes) aims to draw attention to the dire need for a better attitude, and response, to mental health issues with the ultimate aim of preventing suicide in our local communities.

## Mental Health and Psychological wellbeing in Neurological Conditions

**Professor Roshan das Nair is leading a new Managed Innovation Network (MIN) called: 'Mental Health and Psychological wellbeing in Neurological Conditions.'**

Long term neurological conditions (such as multiple sclerosis, stroke and brain injury) carry a significant burden to patients their families and carers, the NHS, and to society, adversely affecting people's quality of life Roshan explains there is a complex interplay between mental health and neurological conditions. However, despite increased focus on mental health, patients with neurological conditions are not benefitting from improvements.

Roshan believes that mental health and neurological research need to come together to address some of the key challenges faced by patients with neurological conditions because they can often experience high levels of difficulty with anxiety and depression and have high comorbidity with mental health conditions.

Find out more about the Mental Health and Psychological wellbeing in Neurological Conditions Managed Innovation Network on our website: [www.institutemh.org.uk](http://www.institutemh.org.uk)





# IMH Publication Awards 2019

The Institute is now accepting entries for our annual Publication Awards, highlighting the best publications of 2019.

The awards aim to celebrate and promote the publications produced in the fields of mental health or intellectual disability research by people working within Nottinghamshire Healthcare NHS Foundation Trust, The University of Nottingham or affiliated to the Institute of Mental Health.

## The award categories are as follows:

- Best overall publication
- Best publication when the author has no more than six previous publications
- Best publication flowing from work during doctoral studies or as part of a doctoral dissertation
- Best publication by an employee of Nottinghamshire Healthcare NHS Foundation Trust who does not have a substantive contract with a university
- Best publication co-authored with a person with lived experience of mental distress or a current or former user of mental health services
- Best publication by a member of the Institute of Mental Health who is a person with lived experience of mental distress or a current or former user of mental health services

Each award carries a prize value of £100 and all the awards will be presented at the Institute's Research Day on 19 May 2020.

A nomination can be made by the author or by others (professors are not eligible for prizes). A publication may be submitted for more than one category but can win one prize only.



To find out more and apply visit:  
[www.institutemh.org.uk](http://www.institutemh.org.uk)



## Free Research Clinics - sign up now!

The team from the Trust's Research and Evidence Department are reintroducing a monthly research clinic at the Institute of Mental Health. The clinics will offer advice to anyone wanting to conduct a research project or service evaluation in Nottinghamshire Healthcare NHS Foundation Trust.

Research Clinics in 2020	IMH Room
Wednesday 11 March	A06
Tuesday 7 April	B27
Wednesday 13 May	A06
Tuesday 16 June	A06
Wednesday 15 July	B27
Tuesday 11 August	B27
Tuesday 15 September	A06
Tuesday 13 October	B27
Wednesday 18 November	B27
Tuesday 8 December	B27

There will be four 30-minute sessions available per month between 10.00 am – 12.00pm.

To book your free 30-minute slot, please contact Sharon Richards at [research@nottshc.nhs.uk](mailto:research@nottshc.nhs.uk).

Please give your preferred date and an indication of what it is you would like to discuss at the meeting.

# Can sharing stories of mental health recovery help others?

The Narrative Experiences Online (NEON) study is testing whether viewing, hearing and reading people's real-life stories of recovery from mental ill health can be helpful for people experiencing psychosis or other mental health problems, and for people who care for others affected by mental health problems.



## Call for participants:

From 2019 until 2022 the NEON study will be testing whether people benefit from viewing, hearing and reading the recovery stories held in the NEON Collection, and are now recruiting people to participate in three trials:

- The NEON Trial is for people with experience of psychosis in the last five years.
- The NEON-O trial is for people with experience of other mental health problems.
- The NEON-C trial is for people who care for others affected by mental health problems.

Anyone who is interested in joining the study can sign up themselves at: [www.recoverystories.uk](http://www.recoverystories.uk) by completing a short self-assessment questionnaire.

No formal diagnosis is needed to take part in the NEON Trial or the NEON-O Trial, and you will never be asked for access to your medical records.

## Survival by storytelling

21st and 28th April  
5th and 12th May

6-9pm Institute  
of Mental Health

One of the Institute's newly funded Managed Innovation Networks, "**Surviving by storytelling**" is holding a series of workshops in April and May later this year, to explore the therapeutic value of writing for mental health.

Following on from **workshops held in Autumn 2018** four further workshops are now planned, led by experienced practitioners who use creative writing to support positive mental wellbeing. Each week two different facilitators will lead a writing exercise each, giving participants the opportunity to explore the positive effects of creative writing (specifically poetry), and to discuss how they might use these themselves or incorporate them into their own practice.

Sessions are suitable for anyone interested in creative writing for themselves, or as an activity within their work. Exercises will be appropriate for those with any level of experience, we are actively encouraging as wide a range of participants as possible.

The first session will be held on 21st April and will be open to all, but we would ask that if you decide to attend from week two onwards, you commit to all remaining sessions to enable a safe space where participants come to know the group of people they are working with. Only attendees at the initial workshop will be able to attend the other three sessions.



Click here to register  
[www.institutemh.org.uk](http://www.institutemh.org.uk)





# Duncan Macmillan essay prize winner

The Institute runs an annual essay prize named after psychiatrist Duncan Macmillan who helped pioneer a community-centred approach to mental health. The competition is held in partnership with The Royal College of Psychiatrists.

The purpose of the prize is to celebrate and promote the work of psychiatry trainees nationwide. First prize in the competition, based on an essay of 1,000 words, is a £500 contribution to research-based expenses.

This year's essay theme was: "The next big thing in psychiatry research". We had many fantastic entries and we'd like to thank everyone that took the time to apply.

The 2019 competition winner was: Dr Sundar Gnanavel from Tees, Esk and Wear Valleys Foundation NHS Trust.

Dr Gnanavel's essay: "[Data mining and precision medicine: 'The next big thing in psychiatric research'.](#)"

Our second prize winner, who received a £250 contribution to research-based expenses, was: Dr Kris Roberts Leicestershire Partnership NHS Trust.

Dr Robert's essay: "[The Next Big Thing in Psychiatry Research: Copy Number Variants in the Context of Evolving Psychogenomic Understanding.](#)"

Congratulations to our winners!

## 'Technology Matters' in Child and Adolescent Mental Health

Dr Jen Martin from MindTech and Dr Kapil Sayal from CANDAL are editing a new section called 'Technology Matters' in the journal 'Child and Adolescent Mental Health'.

The first article included and published in the 'Technology Matters' section, is an insightful paper about mental health apps, written by Dr Aislinn Bergin and Dr Bethan Davies called: 'Mental health apps – separating the wheat from the chaff'. Aislinn and Bethan are interested in harnessing the potential of technology to make treatment more accessible to children and adolescents. Their paper explores how to judge health apps; discusses the challenges curated app libraries present and highlights the implications for practitioners.



Click here to register  
[onlinelibrary.wiley.com](https://onlinelibrary.wiley.com)





## Pint of Science

**Danielle Watson is a PhD Researcher in Law and Social Science working within the School of Law and the Institute of Mental Health.**

On the 13th May, she will be presenting at a Pint of Science event. Pint of Science is a non-profit organisation, which aims to bring together researchers and members of the public in a relaxed environment.

Danielle will be speaking about a working chapter of her PhD, which looks at conceptualising Disability as an Identity. The talk is open to all and will take place at the Lacehouse Pub in Nottingham City Centre. Further information will be posted about the event [here](#).

# When Words Hurt

**In collaboration with Let's Talk About Loss and City Arts, we will be launching our new exhibition "When words hurt" from 3rd April 2020.**

The exhibition explores creative ways of communicating grief. The exhibition has been put together by [Let's Talk About Loss](#), the UK's first support organisation for young people aged 18-35 who have been bereaved.

For many of us, talking about loss is an incredibly painful and difficult thing to do, taking courage and strength to describe how you are feeling. All too often, we avoid the conversation because the words hurt or don't feel

right. This exhibition uses creativity to tell people's stories of bereavement.

A launch event for the exhibition will be held on Thursday 2nd April from 5pm at the Institute of Mental Health, with members from Let's Talk About Loss joining us to discuss the work on display.

**The exhibition opens to the public from 3rd April – 20th May, Monday – Friday, 10am – 4pm.**



Click here to read more:  
[www.institutemh.org.uk](http://www.institutemh.org.uk)



Credit: 'My dad is dying downstairs' by Lara Helen Christy





## Meet the Institute's new Public Involvement Co-ordinator

Kate Horton is the new Public Involvement Coordinator for the Institute of Mental Health. In her role she supports, develops and delivers on the Involvement needs of the Institute of Mental Health's research advisors, volunteers and academic teams. Within the function of the Public Involvement Coordinator she also works with the Institute of Mental Health's Advisory Board to oversee good patient and public involvement within the Institute.

Prior to joining the Institute of Mental Health, Kate has had extensive experience working with community groups for into engaging them in health conversations and input into service commissioning, evaluation and improving levels of health education enabling better access to front line NHS services. Kate has also developed groups with the intention of improving opportunities to activities and sports to improve wellbeing and families.

## British Science Week – Guest Speaker

Dr Simon Duff will be a guest speaker at Liverpool Hope University during British Science Week. The programme of activities runs from the 9th - 12th March 2020. Dr Duff will be presenting 'The Psychology of Stalking', the talk will consider how we understand and respond to stalking, why it is difficult to police and manage, and how we might work to support both victims and stalkers. Dr Duff is a Chartered Forensic Psychologist and Deputy Director of Forensic Programmes for the Faculty of Medicine & Health Sciences at the University of Nottingham. [Click here for the full programme.](#)



## Events



### The Poetry of Therapy and Recovery

In this experimental seminar we will examine the way in which poetry can reach for ways of expression beyond other forms of communication. The seminar will reflect on poetry workshops and will examine the possibilities of a new perspective on poetry and psychotic experience, and the way in which poetry might lead to new praxis for clients and staff in the field of mental health. The seminar will provide case study reflection on Lucy Cameron's poetry as a reaction to her experience of psychotherapy. There will also be invited readings from people with lived experience and also practitioners who draw on poetry. Finally, a new research network, funded by the Institute of Mental Health, will be introduced outlining plans for future development.

6.00pm - 7.30pm

BLT1 Lecture Theatre, Exchange Building  
- Jubilee Campus



Register here:  
[www.nottingham.ac.uk](http://www.nottingham.ac.uk)



### Knife Crime and Youth Violence: Prevalence, Prediction and Prevention

The aim of the one day 'International Conference on Knife Crime and Youth Violence' is to review the evidence on the prevalence, prediction and prevention of knife crime in England and Wales and to learn from other countries experiences of working to reduce youth violence. The conference is aimed at policy makers and professionals involved with knife crime and youth violence. These would include, police, social workers, psychologists, sociologists, teachers and educationalists, local governments and politicians.

8.30am – 5.30pm

East Midlands Conference Centre,  
Nottingham, NG7 2RJ



Register here:  
[www.store.nottingham.ac.uk](http://www.store.nottingham.ac.uk)



### IMH Research Day

**Registration now open.**

Call for papers closes on 25th March.

The Institute of Mental Health will be hosting its 8th IMH Annual Research Day to highlight the work of doctoral candidates, Managed Innovation Networks (MINs), and all early-career researchers (including research assistants, research fellows, and research-active clinicians and service users) from across the Institute and Nottinghamshire Healthcare NHS Foundation Trust. The event celebrates the breadth of ideas, and research work, currently taking place within our mental health research teams.

We are delighted to announce that Vicki Dawson, CEO and Founder of The Sleep Charity will be our plenary speaker for 2020. As it is Mental Health Awareness Week 18th – 24th May and this year's theme is 'Sleep' we thought it would be excellent to have a speaker to talk on that theme.



Register here:  
[www.institutemh.org.uk](http://www.institutemh.org.uk)



### CANDAL Conference

SAVE THE DATE – Further information to follow.



### Mental Diversity Law Conference

**Registration now open.**

Call for papers closes on 29th April.



Register here:  
[www.institutemh.org.uk](http://www.institutemh.org.uk)

