DR ALAN COOKLIN, Our Time Founder

- Alan is a pioneering family psychiatrist with 50 years’ experience of supporting families affected by mental illness. He developed Our Time’s workshop model, with other professionals, as a way to help the children of parents with mental illness understand their parent’s illness, to feel less responsible for it, and less fearful of ‘catching’ it.

DR CRISPIN DAY

- Crispin is a clinical psychologist who has worked as a clinician, manager and researcher in adult and child mental health. As well as his role as Head of the Centre for Parent and Child Support, he leads a broad programme at the CAMHS Research Unit to improve the outcomes, quality and efficiency of mental health service for children and families.

DR PETER BYRNE (MB MRCPsych)

- Consultant in Liaison Psychiatry, Royal London Hospital and Associate Registrar in Public Mental Health. A former Director of Public Education for Royal College of Psychiatry, Peter was awarded the Public Educator of the Year Award by the College in 2012.

DR WARREN LARKIN

- Former Clinical Lead for Department of Health Adverse Childhood Experiences Programme & former Clinical Network Director, responsible for Children and Families Services across Lancashire. Warren is a Consultant Clinical Psychologist and is also Visiting Professor at Sunderland University where he is working with the Faculties of Public and Population Health and Mental Health to develop their research programme and training curricula for Public Health and Mental Health professionals.

ANITA FRIER

- Executive Head, Inspiring Schools Partnership, Plymouth, a Multi-Academy Trust covering primary, secondary, and including the Scott Medical and Healthcare College.

#BeingSeenAndHeard

'Hearing Young Voices' Conference at City Hall

In collaboration with the Mayor of London's Community Engagement Team and Peer Outreach Team

Our Time
Helping young people affected by parental mental illness

www.ourtime.org.uk | contact@ourtime.org.uk
Dympna Cunnane, CEO: 07800 976778 & Follow us on Facebook and Twitter @ourtimecharity and LinkedIn as Our Time
The purpose of today is to:

- **Think** about the impact of parental mental illness on children and young people and share knowledge about this important, but neglected, risk.

- **Hear** from families, and particularly the children, about what support services they think would help them to develop resilience.

- **Make progress** in terms of awareness, policy formation and delivery.

- **Discuss** how to work collaboratively in a systemic and integrated way to address this complex issue.

#BeingSeenAndHeard

---

**Today’s agenda**

09.00-09.20 EVENT OPENS
Opportunity to capture thoughts and experiences relating to this issue and current provision on our 'graffiti wall'

09.20-09.30 WELCOME & INTRODUCTION
Opening speaker: Deputy Mayor, Joanne McCartney

09.30-09.40 FACILITATED TABLE INTRODUCTIONS

09.40-10.25 SESSION 1 - THE CURRENT CONTEXT
Speakers: Dr Alan Cooklin, Our Time Founder & Academic Lead & Kirsty Tahta-Wraith, Our Time Beneficiary - ‘Children of parents with a mental illness’

10.30-11.10 SESSION 2 - WHY IS IT SO IMPORTANT?
Speaker: Dr Crispin Day - ‘Parental mental illness as a risk factor & its long-term impact on children & young people’

11.15-12.00 SESSION 3 - WHAT CAN BE DONE?
Speaker: Dr Warren Larkin - ‘What can we do to help, as professionals working with children & families?’

12.00-12.45 SESSION 4: SYSTEMIC APPROACHES
Speakers: Dr Peter Byrne - ‘Reframing adult mental disorders: ACEs and Prevention’
Anita Frier - Supporting young people in the school setting - Case Study – Stoke Damerel Community College

12.45-1.00 CLOSE
Closing Speaker: Dan Barrett, Deputy Director, Thrive LDN