

Scotland's  
mental health



## National Network Day Tuesday 27th June 2006, Royal Concert Hall, Glasgow.

We are pleased to invite you to the first National Network Day for SMHFA Instructors. Thanks to those who completed the March survey — we have studied the responses, drawn out the main themes and prepared a programme for the day based on these. We hope we have struck the right balance in providing opportunities for networking, sharing experiences and, of course, learning. We also hope that the day will be informed, relaxed and enjoyable.

This invitation includes the provisional programme for the day. We would like you to complete the booking form so that we know numbers and any special requirements (dietary, accessibility). You will also see that there are six different workshops, from which you are asked to choose three. We will do our very best to accommodate your preferences, but please understand that this may not be possible in every single case.

Please return your completed booking form **no later than 1 June** to:

Judith Robertson,  
Health Scotland,  
Rosebery House,  
9 Haymarket Terrace,  
Edinburgh EH12 5EZ.

Queries should be directed to Judith on 0131 537 4753.

The team at Health Scotland look forward to meeting you on 27 June.

Emma Hogg, *Programme Manager, Mental Health and Well-being*  
Maureen Kidd, *Senior Programme Officer*  
Judith Robertson, *Programme Administrator*

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## PROGRAMME

- From 9.15** Registration. Enjoy some tea or coffee and scones after your journey.
- 10.00** View from the centre: feedback and updates on SMHFA, including Q & A.  
Emma Hogg, *Programme Manager, Mental Health and Well-being, Health Scotland*
- 10.30** Introduction to workshops  
Maureen Kidd, *Senior Programme Officer, Health Scotland*
- 10.40** Parallel workshop 1: one of the following:  
1 Knowledge clinic: Psychosis  
2 Marketing SMHFA  
3 Multimedia demo  
4 Effective group working
- 11.40** Coffee (and any scones left over from the morning)
- 12.00** Parallel workshop 2: one of the following:  
1 Knowledge Clinic: Recovery  
2 Marketing SMHFA  
3 Multimedia demo  
4 Effective group working
- 13.00** Buffet lunch and Instructors' Reunion. Fill your plate and then proceed to the Aberdeen, Edinburgh, Glasgow or Stirling cohort tables. Smile for class photos!
- 14.00** Parallel workshop 3: one of the following:  
1 Knowledge clinic: Cognitive behavioural therapy  
2 Marketing SMHFA  
3 Multimedia demo  
4 Effective group working
- 15.00** Core workshop 4: Developing Networks
- 16.00** Improving mental health and well-being: The future agenda for Scotland  
Gregor Henderson, *Director, National Programme for Improving Mental health and Well-being*
- 16.25** Closing remarks  
Emma Hogg, *Programme Manager, Mental Health and Well-being, Health Scotland*

## Workshop options

### 1 Knowledge clinics

Three separate workshops, at different times during the day, will cover those topics, identified by SMHFA Instructors as either requiring more in-depth learning or representing challenges in the delivery of SMHFA. External expert speakers on psychosis (Dr. Alison Blair, Consultant Psychiatrist, ESTEEM), recovery (Simon Bradstreet, Director, Scottish Recovery Network) and cognitive behavioural therapy (Sandra Johnston, Consultant Psychologist, STEPS) will be available to answer any burning questions you might have or issues you would like to raise with them.

### 2 Marketing Scotland's Mental Health First Aid

This workshop will briefly examine fundamental marketing theory and discuss how this might be applied to selling SMHFA to different target audiences. Particular attention will be given to identifying where SMHFA fits into the health improvement marketplace, what its main 'selling' benefits are, how it might be promoted to non-health professionals and the general public, and to developing a marketing toolkit. Facilitated by independent SMHFA Instructor, Nina Patterson, and Maureen Kidd/Leah McGuire from Health Scotland.

### 3 Multimedia demo

Keith MacKenzie, IT Office (Audio Visual Support), Health Scotland, will provide a demonstration on how to use the various multimedia components of the SMHFA course, and how to shift seamlessly between them. Keith will also be available to answer any queries. There will be a number of PCs on-site to provide some opportunity for 'hands-on' skills development.

### 4 Effective group working

This workshop will be an opportunity for SMHFA Instructors to share their different experiences in delivering SMHFA e.g. to mixed groups, to homogenous groups, to frontline workers, to participants with mixed disabilities, or to participants who themselves become distressed during the course. Discussion will be facilitated by the members of the National Training Team.

## Core Workshop

### Developing networks

SMHFA Instructors who are already part of regional or professional networks will be invited to share their experiences with others. Details to be confirmed.



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## BOOKING FORM

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Please detail any special requirements (e.g. diet, access):  
\_\_\_\_\_

Indicate cohort in which you trained (please tick):

March 2005 (Glasgow)  June 2005 (Aberdeen)

October 2005 (Edinburgh)  March 2006 (Stirling)

Please find listed below six different workshop options, from which we would like you to choose three. The programme contains a description of each workshop, which should help you make your choice. Mark your 'top three' with a tick.

Knowledge clinic:  Psychosis  
Knowledge clinic:  Recovery

Knowledge clinic:  Cognitive behavioural therapy  
Marketing SMHFA

Multimedia demo  Effective group working

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Once completed, please return this form to Judith Robertson **no later than 1 June 2006** at the following address:

Health Scotland  
Rosebery House  
9 Haymarket Terrace  
Edinburgh  
EH12 5EZ

Tel: 0131 537 4753  
email: [Judith.Robertson@health.scot.nhs.uk](mailto:Judith.Robertson@health.scot.nhs.uk)

