

family tree

News

Family Tree Wirral's Training programme for 2014



FREE
for carers and
those they
care for!

**Exploring
Psychiatric
Diagnoses and
Conditions**

Peter Lepping

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**The Mental Health
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**Safeguarding &
Mental Health**
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Carers**
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Family Tree Wirral is a charity working to support carers of people with complex mental health needs. Registered Charity No. 1090938 If you would like to support our work or make a donation, please contact us on 0151 488 8159 (please note new number). Visit our website at www.familytreewirral.co.uk for more details.

Supported by a
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FOUNDATION

About Family Tree Training

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Family Tree has always prioritised making up-to-date, high quality information available to carers and the people they care for. Over the years, we have joined forces with a range of exceptional academics and practitioners with specific expertise, to deliver information of a high quality to families in Wirral. The programme for the coming year will be no exception. We are fortunate to have people travelling from across the UK to share their expertise with people in Wirral. We have returned to a tried and tested formula developed in the early years of Family Tree, by organising and outlining the programme which is to run for the coming year in advance, rather than organising information sessions one by one.

The programme has been informed by feedback and information gained from our contact with carers and people who use mental health services.

We aim to deliver training and information sessions free of charge to carers and people who use mental health services, which we achieve by making applications to various funding sources. The programme for 2014/15 has been funded by the Santander Foundation.

The issues facing carers and users of mental health services in the months ahead will be complex and challenging. Changes to welfare legislation, the 'reconfiguration' of mental health services and pressure on NHS and social service budgets, will all make it essential to be informed of the changes, your rights and statutory duties. The training programme is designed to ensure that you have the essential information to hand in addition to opportunities to raise your own concerns.

Take a look at the events in this brochure and book your place/s by using the form on the back page. (Don't forget to tell us if you have any special dietary requirements, special access needs or any other needs with which you may need assistance. This could include support to attend any of the events).

We are delighted by the presenters participating in our programme this year, who share many common characteristics, including a passion to deliver impartial, relevant information about various aspects of mental health care, which is

informed by research evidence and by the relevant legal frameworks. They are also involved in the delivery of training to professionals working in the field of mental health.

The programme is intended to provide a series of building blocks, with information from one session providing a platform for information to be delivered in the following sessions. Some elements of the programme will also be relevant to individuals not directly involved in mental health services, such as safeguarding, Community Care Law and the Mental Capacity Act.

Beginning in June, we look at the latest developments in psychiatry, psychology and pharmacology, with contributions from Professor Peter Lepping, Psychiatrist, Professor Richard Bentall, Psychologist and Mr John Donoghue, an expert in psychiatric pharmacology.

In the autumn, the focus shifts to consider some of the legal frameworks supporting the delivery of mental health care including the Mental Health Act 2007, The Mental Capacity Act 2005, Community Care Law including the Care Bill and adult safeguarding.

A number of workshops will also consider practical aspects of recovery and will focus on topics such as self harm, obsessive compulsive conditions, and eating disorders. The programme of workshops will continue next year when further information will be circulated - look out for information on our website or through our newsletter [family tree news](#).

How You Can Help Family Tree

- If you know other carers who might want to receive our newsletters or take part in our work, let them know about us
- Make a donation to support our work with carers and their families — visit www.charitychoice.co.uk
- Volunteer to help us organise events or other activities
- Let us know if you think there are services you need that aren't currently available
- Keep us up-to-date with your contact details if you change address, phone or e-mail

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Support Information Advice



Peter Lepping

Dr Peter Lepping is a clinical psychiatrist and researcher. He was brought up in Germany and studied medicine, thereafter working as an auxiliary nurse as part of his national service.

He moved to Britain in 1995 and has always had an interest in the interface between psychiatry and medicine.

He has contributed to a number of books and has published over 100 articles, correspondences and abstracts. He currently works as a Consultant Psychiatrist in Wrexham, North Wales.

Exploring Psychiatric Diagnoses and Treatments: The Psychiatrist's Perspective

Part 1: Wednesday 18 June 2014, 9.30am–4.30pm

Part 2: Wednesday 25 June 2014, 9.30am–4.30pm

We begin our programme by exploring a wide spectrum of common psychiatric diagnoses from the perspective of a practising psychiatrist. Dr Peter Lepping will consider schizophrenia, bi-polar disorder, schizo-affective disorder, psychotic depression, anxiety and depression, obsessive compulsive disorder and personality disorders.

- Have you, or someone you care for, been given any of the diagnoses above, or would you simply like to know more about them?
- Have you ever wondered how these diagnoses are made and how or if it is possible to differentiate one diagnosis from another?
- What signs or symptoms lead to a diagnosis and why do they change?
- What treatments are effective and what evidence demonstrates this?
- What role does medication play and what contribution do other therapeutic approaches make to our well-being?
- What is 'recovery' and what do psychiatrists understand by it?
- What are the ethical considerations linked to psychiatric diagnosis and treatment?
- How do psychiatrists balance risks and rights when working with psychiatric 'patients' and with their carers?
- What factors are considered when making the decision to admit, or not admit a person to hospital?
- How does all this information inform the shape of services currently available...or does it?

Have you ever wanted to know the answers to any of these questions, or wished to have the opportunity to ask further questions about any of the above? If so, you will find these sessions of great value and an essential foundation to other elements of the programme to follow.



John Donoghue

John Donoghue is an award-winning mental health pharmacist and an honorary lecturer in the School of Pharmacy at Liverpool John Moores University. In 2012 he was made a fellow of the College of Mental Health Pharmacy, of which he was a founding member.

He has written widely on mental health issues, with over 80 peer-reviewed publications, and his educational packages have been used both locally and internationally. He now runs his own company, which can be contacted via www.mentalmeds.co.uk. He recently published a novel - *Collision* - which is set in an acute psychiatric unit.

Exploring Psychiatric Diagnoses and Treatments: The Pharmacist's Perspective

Friday 4 July 2014, 9.30am–4.30pm

Our programme continues by exploring a wide spectrum of common psychiatric diagnoses from the perspective of a pharmacist. John will consider schizophrenia, bi-polar disorder, schizo-affective disorder, psychotic depression, anxiety and depression, obsessive compulsive disorder and personality disorders.

- Have you, or someone you care for, been given any of the diagnoses above and would you like to know more about the medicines prescribed?
- Have you ever wondered how it is decided what medication is prescribed, what can be effective and what options are available?
- What are the side effects linked to prescribed medications?
- What treatments are effective and what evidence do we have to demonstrate their effectiveness?
- What role does medication play and what contribution do other therapeutic approaches make to our well-being?
- What part does medicine play in 'recovery'?
- What are the ethical considerations linked to treatment with medication?
- What factors are considered when making the decision to prescribe medication?
- Does smoking and drinking alcohol have any impact on prescribed medication?

Have you ever wanted to know the answers to any of these questions, or wanted to ask further questions about any of the above? If so, this session will be of great value and an essential foundation to other elements of the programme to follow.



Richard Bentall

Professor Richard Bentall was born in Sheffield. He attended the University College of North Wales, Bangor and was subsequently awarded a Ph.D. in Experimental Psychology.

After a brief stint working in the NHS, he worked as a lecturer at Liverpool University. He was promoted to Professor of Clinical Psychology and, after periods at the University of Manchester and Bangor University (where he retains an honorary professorship) he returned to Liverpool in 2011. In 1989, he received the British Psychological Society's Division of Clinical Psychology *May Davidson Award*, an annual award for outstanding contributions to the field of clinical psychology, in the first ten years after qualifying.

Diagnosis or Formulation? The Psychologist's Perspective

Thursday 24 July 2014, 9.30am–4.30pm

Richard will explore the psychological perspective when working with people who have been given a mental health diagnosis, which may include conditions labelled as schizophrenia, bi-polar disorder, schizo-affective disorder, psychotic depression, anxiety and depression, obsessive compulsive disorder and personality disorders.

- Have you, or someone you care for, been given any of the diagnoses above?
- Have psychological interventions been suggested or offered?
- What is the psychological approach?
- How does it differ from the psychiatric approach?
- Do psychologists diagnose, and if not, what do they do?
- What is a formulation and how does it differ from a diagnosis?
- Which psychological interventions are effective with the conditions outlined above, and what evidence do we have to demonstrate their effectiveness?
- What are the ethical considerations linked to psychological interventions?
- What role does risk play in psychological interventions?
- What are the tensions, if any, when working psychologically with various family members?
- What is this thing called 'recovery' and how do psychological approaches assist recovery?
- How does all this information inform the shape of services currently available...or does it?

If you have ever considered any of the questions above, would wish to know more about psychological approaches, and would like the opportunity to ask questions, you will find this session of great value and an essential element in the programme to follow.



Robert Plumb

Robert Plumb entered social work in 1976, specialising in mental health from 1986. From March 1992 until February 1998 he managed a multi-disciplinary Community Mental Health Team of social workers, community psychiatric nurses, occupational therapists and psychologists.

He has been involved in training since 1990, specialising in Mental Health Law and Practice and became a member of the Mental Health Act Commission in 1995. He left Local Authority employment in 1998 to devote more time to his work with the Mental Health Act Commission and to set up the Mental Health Training Group.

The Mental Health Act 2007 (MHA) – what it means today

Thursday 4 September 2014, 9.30am–4.30pm

Having considered some of the key clinical components involved in mental health care, we are now shifting emphasis to consider how the various legal frameworks inform the delivery of mental health services, imposing a range of obligations and duties upon professionals working in the field, in addition to conferring rights on carers and users of mental health services. Robert will explore many of the issues outlined below during his sessions:

- What changes did the MHA 2007 bring to earlier versions of the Act?
- How is Mental Disorder defined?
- What Sections are involved in assessment and treatment under the MHA and what are your rights as a 'patient' and as a 'Nearest Relative'?
- Who is involved in this process and what is their role?
- What is 'appropriate treatment' and how far does it have to be considered when detaining under the MHA?
- What is a 'Nearest Relative' and what rights does this introduce?
- What is a Community Treatment Order, when can it be used, what powers does it impose and what rights do I have as a patient or as a Nearest Relative?
- How does the Human Rights Act 1998 influence the MHA?
- What is the 'least restrictive' principle - can and should hospitalisation be avoided where possible? What would be needed as an alternative to hospital admission and is it available?
- What is Guardianship?
- When someone I care for is becoming unwell, or I am concerned about their well being, what can I do?

Have you ever wanted to know the answers to any of these questions, or wanted to ask further questions about any of the above? If so, this session will be of great value and an essential foundation to other elements of the programme to follow.



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The Mental Capacity Act 2005 (MCA)

Wednesday 24 September 2014, 9.30am–4.30pm

Our exploration of the legal frameworks informing mental health services continues with a look at the Mental Capacity Act 2005.

- How does the Mental Capacity Act impact on safeguarding and what does the High Court's "inherent jurisdiction" mean?
- What is Mental Capacity - capacity for what?
- How is capacity tested?
- Who does the Mental Capacity Act apply to?
- What principals apply to the Mental Capacity Act?
- How does the Mental Capacity Act work with the Mental Health Act, or does it?
- Are you worried about someone who is being exploited in some way, is not managing their finances, not paying bills, not looking after their health or their home, is being taken advantage of by others in some way? Can the Mental Capacity Act help? What steps need to be taken and what can I do to get help?
- What is deprivation of liberty? What does it have to do with the Human Rights Act 1998?
- What is an Advance Decision to refuse treatment? How might it help me in the future?
- Am I able to make unwise decisions if I have capacity, or if I lack capacity?

Have you ever wanted to know the answers to any of these questions, or wished to have the opportunity to ask further questions about any of the above?



Michael Mandelstam

Michael Mandelstam worked for 10 years at the Disabled Living Foundation, a national voluntary body. Subsequently he worked for several years within the Social Services Inspectorate at the Department of Health.

Since 1996, he has worked independently, providing legal training and consultancy, writing a number of widely used books and contributing to journals.

He has postgraduate qualifications in law, the history of medicine and information studies.

Safeguarding and Mental Health— Making it Work

Friday 10 October 2014, 9.30am–4.30pm

Safeguarding in mental health has become increasingly important as more and more services are developed in the community. This session with Michael will focus on all of the issues outlined below and will be illustrated with practical examples in terms of legal case law - and also through examples which those attending may wish to raise.

- What is safeguarding and why does it matter to me as a carer or user of health and social care services?
- What are the powers of statutory health and social care providers in relation to safeguarding matters?
- What does the law say local authorities should be doing to manage safeguarding—and what is happening in practice?
- Why is the legal concept of proportionality so important for safeguarding interventions?
- If I do become involved in a safeguarding matter, what right do I have to representation, if any?
- What is the legal basis of safeguarding investigations?
- How can local authorities focus on "working with" people - as opposed to what can sometimes be experienced as coercive or threatening interventions?
- What practical steps can I take to protect myself from allegations of abuse or neglect?

Safeguarding has implications for people's financial matters, relationships between people (spouses, family members), caring issues (such as neglect or abuse) and for what might be considered as adequate support for carers from local authorities and other agencies. If you have not previously considered safeguarding issues and wish to know more about the possible impact on carers or users of health and social care services, you will find the above session of considerable value.



Luke Clements

Professor Luke Clements is the Cerebra Professor of Law at Cardiff University, Director of the Centre for Health and Social Care Law and a solicitor.

Luke was involved in the drafting of the Westminster Bill's that became the Carers (Recognition and Services) Act 1995 and the Carers (Equal Opportunities) Act 2004, as well as acting as the expert adviser to the Joint Parliamentary Select Committee in 2013 scrutinising the draft Bill that became the 'Care Act'.

He has written widely; his recent publications include: *Community Care and the Law* (Legal Action Group 5th ed 2011 - jointly written with Pauline Thompson), *Disabled Children: a legal handbook* (Legal Action Group 2010 - jointly written with Stephen Broach and Janet Read) and *Carers and their Rights* (Carers UK 5th ed (2012)).

A brief biographical note is at www.law.cf.ac.uk/staff/ClementsLJ

Community Care Law / The Care Act— why is the law relevant to the delivery of health and social services?

Wednesday 22 October 2014, 9.30am—4.30pm

During two sessions, Luke will cover the following issues:

- Why is the law relevant to health and social care provision?
- Does it give me the right to access services that I feel I need? Is it possible to secure help to clean the home, assist with shopping, access activities enjoyed in the community, to make sure bills are paid etc?
- What makes me eligible to access support services and who makes this decision?
- What information is needed to inform decisions about service provision?
- Does it matter where a person lives and for how long?
- What is a Direct Payment, or an Individual Budget? Do I have to accept either of the above? What might be the advantages or disadvantages, if any?
- Is it possible to set an upper limit on funding available for services in the community and if so, under what circumstances?
- What is the Care Act and how is it likely to impact on services provided?
- What can I do to make sure the needs of those for whom I care are met?

Have you ever wanted to know the answers to any of these questions, or wanted to ask further questions about any of the above? If so, the sessions the above session will be of considerable value.

Carers' Rights

Tuesday 2 December 2014, 9.30am—4.30pm

Session two will pick up on the above issues, but focus more closely upon the rights of Carers to access services and will consider:

- Who or what is a Carer?
- What rights do we have?
- Does the Equality Act or the Human Rights Act have anything relevant to say about the rights of Carers?
- Will the Care Act introduce anything new to help me?
- What support might reasonable be available to assist in my caring role?
- I sometimes feel forced to provide services in the absence of any alternatives? What can be done under these circumstances?
- Does the Mental Capacity Act have any relevance when I am providing care and support for someone who may be considered vulnerable?
- What is this thing called confidentiality - Can it be the case that I provide regular and substantial care and support and also that I can be denied information that may help me in my caring role? What does the law have to say about confidentiality and what can be done to overcome any difficulties I may encounter in this area?

Have you ever wanted to know the answers to any of these questions, or wanted to ask further questions about any of the above? If so, the sessions the above session will be of considerable value.



Eating Disorders and Self Harm

Helena Wilkinson

Friday 29 August 2014, 9.30am – 4.30pm

After working as a research assistant in a Zulu hospital **Helena Wilkinson** trained in counselling and worked at Waverley Abbey House as a lecturer, counsellor and journal

editor. In 1994 she founded *Kainos Trust*, a charity for eating disorder sufferers, of which she was director until January 2004 when the charity merged with Swansea City Mission where she heads up the eating disorder work at their retreat centre on the Gower Peninsula, Wales.

She lectures internationally on eating disorders, self-harm, bullying and related subjects and is the author of 11 books. She is also a regular contributor to the daily devotional, *Inspiring Women Every Day*, which is read by over 100,000 women. Website: www.helenawilkinson.co.uk

Eating disorders and self-harm are not the problem—just some of the ways we cope with our trauma.

- Would you like to know more about these ways of coping?
- What are the underlying issues?
- How do we understand the complex mind-sets involved?
- How do we encourage recovery?



Obsessive Compulsive Disorder (OCD) Elizabeth Forrester

Thursday 18 September 2014, 2pm – 4.30pm

As a clinical psychologist with over 25 years of experience, **Dr Elizabeth Forrester** brings a combination of skill, knowledge and understanding to her

practice. She developed her specialist knowledge of OCD through her work at the University of Oxford with Professor Paul Salkovskis and as Consultant Clinical Psychologist at the Centre for Anxiety Disorders & Trauma (South London & Maudsley NHS Trust).

In addition to clinical work in her independent practice, she is actively engaged in supervision, teaching and research. Keen to promote understanding of OCD, she has strong links with national charities such as OCD-UK and Maternal OCD. More information can be found at www.dreforrester.co.uk

- What is Obsessive Compulsive Disorder (OCD)?
- Why did this form of coping develop?
- Who lives with OCD?
- Can people live life free from OCD?
- How do we change our relationship with our thoughts?

In this session, we will look at and offer pointers to Recovery.



Money Advice For Carers

Liz McTear, Money Advice Project

Wednesday 10 December 2014, 1.30pm – 4.30pm

Liz McTear is an experienced Barrister with significant experience dealing with debt problems, ranging from a single debt to representing clients at Bankruptcy courts. The Money Advice Project liaise with creditors and can make arrangement for debt repayments which are affordable to clients.

With Christmas just around the corner, avoiding debt and managing your finances will be high on the agenda.

This half-day workshop offers practical tips and advice on how to deal with debts and how to manage money effectively. It will be of particular interest to family members who want to know more about how they can help those they care for manage their finances more efficiently.

Family Tree Wirral's training events are **FREE** to carers and those who use mental health services in Wirral.

family tree
Training

All training will take place at Egerton House, Birkenhead and full details will be sent to you when your place is confirmed. *Booking is essential as places are limited.*
Full day sessions include lunch. Half day sessions include light refreshments.

We levy a small charge of £35 per person for health and social care professionals who wish to attend as part of their personal development (£20 for half day events) – this helps cover part of our administration and event costs and includes a certificate of attendance.

Please complete the booking form below indicating which sessions you would like to attend. To book more than one place, please photocopy this form or download it from our website at www.familytreewirral.co.uk and complete a separate form for each person.

Booking Form

Name: Tel No:

Address:
Postcode:

E-mail:

Special dietary, access or support needs:

I am: A carer Someone who uses mental health services Health or social care professional

I would like to book a place for the following event(s):

<input type="checkbox"/> The Psychiatrist's Perspective (1) Peter Lepping Wednesday 18 June 2014, 9.30am–4.30pm	<input type="checkbox"/> Coping with OCD Elizabeth Forrester Thursday 18 September 2014, 1.30pm–4.30pm (Half day)
<input type="checkbox"/> The Psychiatrist's Perspective (2) Peter Lepping Wednesday 25 June 2014, 9.30am–4.30pm	<input type="checkbox"/> The Mental Capacity Act –where are we today? Bob Plumb Wednesday 24 September 2014, 9.30am–4.30pm
<input type="checkbox"/> The Pharmacist's Perspective John Donoghue Friday 4 July 2014, 9.30am–4.30pm	<input type="checkbox"/> Safeguarding and Mental Health Michael Mandelstam Friday 10 October 2014, 9.30am–4.30pm
<input type="checkbox"/> The Psychologist's Perspective Richard Bentall Thursday 24 July 2014, 9.30am–4.30pm	<input type="checkbox"/> The Care Act—what it means in practice Luke Clements Wednesday 22 October 2014, 9.30am–4.30pm
<input type="checkbox"/> Eating Disorders & Self Harm Helena Wilkinson Friday, 29 August 2014, 9.30pm–4.30pm	<input type="checkbox"/> Carers' Rights and the Law Luke Clements Tuesday 2 December 2014, 9.30am–4.30pm
<input type="checkbox"/> The Mental Health Act 2007—where are we today? Bob Plumb Thursday 4 September 2014, 9.30am–4.30pm	<input type="checkbox"/> Money Advice For Carers Liz McTear Wednesday 10 December 2014, 1.30pm–4.30pm (Half day)

Please return completed form(s) to: Paul Etherington, Carers' Services Manager, The Stein Centre, St Catherine's Hospital, Church Road, Birkenhead, Wirral CH42 0LQ. For health and social care staff bookings, you will be invoiced (£35 for each full day booked and £20 for each half day) when your place is confirmed. Please advise us of any additional assistance or special needs you may have to make the most of the training events.