



## World Mental Health Day - 10<sup>th</sup> October 2016

In support of World Mental Health Day, CareTech Community Services Limited hosted a Mental Health Professionals event in Hampshire titled *New Perspectives on Managing Risk in Mental Health Services*.

The event aimed to look at new approaches in managing risk and more practical ways to make mental healthcare safer.

We were delighted that Professor David Kingdon from Southampton University provided a Keynote speech on **developing consistency of risk thresholds amongst decision-making clinicians**.

The aim of the event was to inform and also to advocate for working with patients and carers to challenge the assumptions that so often lead to a risk-averse culture in mental health care in the UK. Becky Aldridge, a member of the National ImROC team presented on **jointly producing Safety Plans with patients**. She explained “if they are trusted, patients are more able to achieve recovery”.

CareTech operates Uplands Independent Mental Health Hospital in Fareham, Hampshire, and several clinicians from the hospital were in attendance, including Dr Moira Ledger, Consultant Psychiatrist, who presented on **practical approaches to managing risk**.

Evaluation forms received on the day showed that it was well-received by all who attended:-

• Overall feelings of the event	100%	<b>Very Satisfied or Satisfied</b>
• Applicability of content	88%	<b>Very Satisfied or Satisfied</b>
• Speakers Knowledge	92%	<b>Very Satisfied or Satisfied</b>
• Speakers Performance	92%	<b>Very Satisfied or Satisfied</b>

Some of the comments received included:-

- Excellent mixture of speakers - A fantastic half-day effectively spent
- Very good and well-presented sessions
- The presenters were so interesting and engaging
- Found it very interesting and thought-provoking
- Interesting and applicable to my area of work
- Exceptionally informative event

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