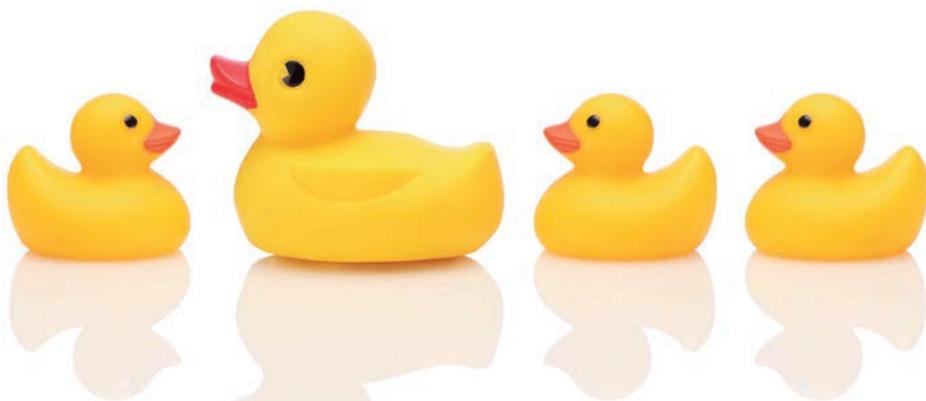


Family Resilience Conference



Has family life entered a crisis in the 21st Century? Can we strengthen our family units to withstand the outside stresses and internal conflicts?

Come and hear from our expert speakers and special guests at this unique conference for the whole family.

19 Mar 2017
Sunday

10.00am – 4.00pm

Head Room
Courses, seminars & events

Jami
The Mental Health Service for our Community

Welcome

Welcome to Jami's Family Resilience Conference 2017. The need for this conference came out of our conversations with young people and parents through our work in schools and in the community. These discussions revealed a huge unmet need for emotional wellbeing and mental health support in our families. Jami is making an initial response to what you have told us through curating this conference with inspiring and educational sessions.

Statistics show that one in four British adults will experience a mental health problem each year. Jami, the mental health service for our community is here to help. Jami provides support and education to people experiencing a variety of mental health problems and to carers also affected by these issues. Jami's focus is on recovery, enabling people to live the life they want to live.

Jami offers the following support:

Think head room

The Jami Head Room team provides seminars and events to educate the whole community about mental health and wellbeing. Alongside this we run a range of courses to support people on their recovery or personal development journey.

Think living

Jami's team helps people manage their mental and physical health, daily routine and housing needs. Jami also offers a carer's support service.

Think social

Jami visits people in hospital, organises befriending for socially isolated individuals and offers peer support from people who have experience of their own mental health recovery. Jami's hubs run varied programmes throughout the week.

Think work and learning

Jami offers assistance with job searching and advice on how to manage the work-life balance. Jami also runs a social enterprise, offering volunteering and training opportunities to those looking to return to employment.

Programme

We have a really exciting range of workshops running throughout the day. Every delegate will be able to attend two different sessions during the event. Young people will be working on our Youth Stream with our team during the morning and afternoon.

09:30	Conference Registration and Coffee
10:00	Welcome to the Jami Family Resilience Conference 2017 <i>Tanya Harris and Philippa Carr with Dr Charlotte Benjamin</i>
10:20	Key Note Address <i>"No one told me it would be like this" The Challenge of 21st Century Parenting. Dr. Nikki Teper Clinical Psychologist will highlight the key challenges in parenting today and creates the context for discussions and exploration throughout the conference.</i>
10:45	Q&A
11:15 – 12:30	Session 1 <i>Four different sessions running simultaneously Youth Stream</i>
12:35	Lunch
13:20 – 14:35	Session 2 <i>Four different sessions running simultaneously Youth Stream</i>
14:45	Plenary Panel Q&A Afternoon Plenary Panel: Chaired by Laurie Rackind, CEO Jami Dr Nikki Teper Dr Charlotte Benjamin Dr Myrna Gower Jonny Benjamin Rachel Fink Shelley Marsh
15:20	Tea and Cake
16:00	Conference end

Session options

The secret to happy, resilient children

Join Dr Nikki Teper to explore how we can support our children to become more resilient. Take away a set of practical tools to empower your parenting skills.

The secret to raising happy, resilient children does not have to be so secret. There are key areas in family life where we can all improve our knowledge and skills and foster family cohesion.

This session will explore those areas and give you the tools to implement them into everyday life. Dr Teper will also deliver the conference key note address.

Led by:
Dr Nikki Teper, Clinical Psychologist

This session runs both in the morning and afternoon.

Get in early to build resilience, although it's never too late

Childhood is a period of rapid emotional development, children need consistent loving boundaries from the beginning. However, during adolescence and all the way through the early 20's our brains are still undergoing massive development so helping young people learn to regulate their feelings and look after their mental health is an ongoing project throughout the time they are in our care.

This workshop will explore how we can help to prevent our children's issues turning into longer term mental health problems.

Led by:
Dr Julia Renton and
Dr Emma Diamond,
Clinical Psychologists

This session runs in the morning only.

If we love each other why do we fight so much?

Why do we seem to argue about things that don't seem to matter? Why do we worry so much when things do not happen as we hope? Why is it that we so often feel tested by those to whom we are closest?

In this workshop we will look at the idea of the family as a network of relationships where the whole is considered greater than the sum of its parts. Each part can only be understood in relation to each other and then to the whole. A change in one part invariably means an alteration in another.

Through looking at examples of our experience, we will try to discover explanations for repetitive patterns of negative behaviours. There will also be a short clip of film to illustrate how families preserve patterns of relationships even though those patterns may no longer be good enough for them.

This session will help us learn how we can make a difference to the people we care so much about.

Led by:
Dr Myrna Gower,
Systemic Family
Therapist

This session runs in the afternoon only.

Building resilience in our children means also building resilience in ourselves

Parents and carers are best placed to nurture happy families, when they are in the right place to facilitate their own wellbeing. But when we are stressed and overloaded being a tuned in and loving parent can become a Herculean task. We will explore how we can acknowledge and better manage our own stress through developing self-care strategies and our own "parental emotional health action plan".

Led by:
Tanya Harris, Head
of Service, Jami and
Philippa Carr, Recovery
Education Manager,
Jami

This session runs both in the morning and afternoon.

Early intervention can lessen the chances of developing long term adult mental health problems

This session explores the challenges around seeking help and checking out our children's mental and emotional health. Most of us wouldn't wait to ask for help or advice with physical health problems, so why are so many of us reluctant to seek help with mental health?

Dr Flatter will explore how, what the professionals call 'early intervention' can make a lifelong impact on our mental wellbeing.

Led by:
Dr Natalie Flatter,
Clinical Psychologist

This session runs in the morning only.

'Bridging the generation gap' How our differences can strengthen rather than divide us

Family life is complex. Not only do we have grandparents alongside parents and other relatives involved in the life of a family we also have to deal with huge transitions such as divorce, bereavement and illness. Facing these issues sometimes divides us rather than unites us. However, it does not have to be like this. By understanding how we communicate in the family we can actually increase our bonds and improve conversations and the quality of family wellbeing.

Led by:
Rebecca Corney,
Counselling
Psychologist and
Systemic Practitioner

This session runs in the afternoon only.

Youth Stream

Hear Our Voices

Jonny Benjamin

Jami Ambassador, Mental Health Campaigner and Filmmaker

Samuel Landau

Rabbi and Clinical Psychologist in training

Emma Dorman

Mental Health Awareness Co-ordinator, Jami

Children and young people can become disempowered when their thoughts and experiences go unheard. If we can help our parents to hear us, we can both learn and respond in different ways. We can grow together. What do we want adults to know? How can we look after ourselves better and communicate our needs to those around us?

Our Youth Stream will explore what makes a difference to young people's emotional and mental health and how, as a community, we can do better.

This session runs both in the morning and afternoon.



Conference speakers

Dr. Charlotte Benjamin



Dr Charlotte Benjamin has been a GP partner at St George's Medical Centre for 12 years. She is a board member of Barnet CCG (Clinical Commissioning Group), where she has been leading on mental health since its inception in 2011. A committed advocate for improving the patient experience in mental health, Dr Benjamin recently

led on an innovative project to enhance mental health in general practice.

She was instrumental in steering a bid through the NHS to bring an extra £1.3million into mental health in Barnet. She also plays a leading role on 'Reimagining Mental Health', a co-designed project between the statutory and voluntary sectors redesigning local services, in which Jami is a partner.

Jonny Benjamin



Jonny Benjamin is an award-winning mental health campaigner, film producer, public speaker, writer and vlogger.

At the age of 20 he was diagnosed with schizoaffective disorder, a combination of schizophrenia and bipolar, and later began making films on YouTube about the condition that have been watched by hundreds of thousands of people.

Jonny now speaks publicly about living with mental illness and has written articles and given

various interviews on TV, Radio and in print around the world to help educate and break stigma. He has also produced and presented documentaries on BBC Three and Channel 4 on the subjects of mental health and suicide. His 2014 social media campaign with Rethink Mental Illness to #FindMike, the man who talked him out of jumping off a bridge when he was suicidal, went viral and led to Jonny becoming a prominent spokesperson on the subject of suicide.

He is currently writing the first of 2 books on mental health due to be published by Pan Macmillan at the start of 2018.

Philippa Carr



Philippa Carr manages Head Room, the education and training resource at Jami, and is a dedicated advocate for community learning in mental health. Previously she worked as a Mental Health Trainer in schools and local authorities for Connect Ed

(Catholic Children's Society of Westminster) and as a Dramatherapist working with young people and their families. Philippa was Head of Education and Supportive Services at Target Ovarian Cancer, and has worked in NHS adult mental health services. She has published and lectured on cancer survivorship, dramatherapy and mental health.

Rebecca Corney



Rebecca Corney is a counselling psychologist and systemic practitioner. She worked in the NHS for many years, holding the post of senior psychologist in specialist services for Ageing and Mental Health. Currently, she is working full time in her private practice in London where she

treats a broad range of mental health problems with individuals, couples and families across their lifespan.

Rebecca is an experienced teacher and trainer and a Clinical Supervisor for Dementia UK. She is dedicated to her work with older people, and values the resources and knowledge that older people bring to therapeutic conversations.

Dr. Emma Diamond



Dr. Emma Diamond is an experienced Clinical Psychologist who has worked in NHS clinical practice for 12 years with individuals, couples and families presenting with a wide range of difficulties,

including depression, anxiety and severe and complex mental health problems.

Most recently, Emma has specialised in working alongside children, adolescents and their families in an NHS Specialist Child and Family Clinic (CAMHS). Emma also works in private practice and is a Consultant to ChildLine Gibraltar.

Emma Dorman



Emma Dorman is the Mental Health Awareness Coordinator at Jami where she educates, inspires and raises awareness of an important area of the human experience which has continuous relevance to society and the Jewish community. Emma's role is outward facing providing interactive mental

health workshops, on a variety of subjects, to young people across the community. She specifically works with youth movements and secondary schools which builds on her many years of youth work with Bnei Akiva and JFS where she led two Year 9 Israel trips. Emma is a continuous advocate for mental health, particularly on Twitter and regularly blogs about issues facing society.

Rachel Fink



Rachel Fink was appointed Head of Hasmonean Girls' School in 2010. She joined Hasmonean in 2002 as a teacher and was appointed Assistant Headteacher responsible for Student Development and Pastoral Care in 2009. A graduate in Chemistry from UCL, Rachel holds a teaching certificate from Michlalah Jerusalem College for Women, which she converted to QTS on joining Hasmonean.

In addition, Rachel holds an MA in Jewish Education from King's College, London and was awarded NPQH in 2012. She is an alumnus of the Cambridge Coexist Leadership Programme (2015) and is a graduate of the 2015-16 Bradfield Women's Educational Leadership Programme. She has recently joined the Pikuach advisory board and leads a focus group for Pajes on Mental Health and wellbeing in schools.

Dr Natalie Flatter



Dr Natalie Flatter graduated from the University of Manchester with an honours degree in psychology. She then worked for two years at the Royal Free Hospital conducting research into child mental health issues in inner London.

For over 10 years Natalie has worked within a multidisciplinary community mental health team, specialising in assessing and treating emotional and behavioral difficulties with young people and their families. Natalie is also a specialist in bereavement working with both young people and adults. In the private sector she specialises in offering CBT to assess and treat people of all ages experiencing anxiety and depression.

Dr Myrna Gower



Dr Myrna Gower, works independently as a Family and Systemic Psychotherapist. She has a long teaching association with the Tavistock Clinic and Prudence Skynner Family Therapy Clinic and is an Associate Lecturer at Royal Holloway,

University of London where she is an Honorary Research Fellow. Her main research interest has focussed on the study of the relationship between parents and their adult children. Myrna has spent her career operating in both the public and private mental health sectors including corporate and professional environments.

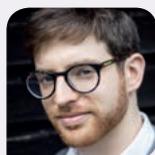
Tanya Harris



Tanya Harris joined Jami in 2007 and is currently Head of Services. She has an MSc in Occupational Therapy from Brunel University and spent over 20 years working in the NHS managing

occupational therapy departments and in patient mental health units. Tanya has published in Occupational Therapy journals and presented at numerous conferences. As a Mental Health First Aid instructor Tanya has a specific interest in improving mental health literacy across the Jewish community.

Samuel Landau



Samuel Landau is Rabbi of Kingston, Surbiton and District Synagogue and a clinical psychologist in training. He leads his community with his wife Shoshana having previously worked as youth rabbinic couple in Edgware and Northwood.

As a psychologist he currently works with young people in care and has special interests in working with young people using a range of psychological approaches. His research covers areas of mindfulness, spirituality and the neuroscience of free will. Samuel is a keen cyclist and recently rode 100 miles in support of Jami.

Shelley Marsh



Shelley Marsh is the Executive Director of Reshet: the network for Jewish youth provision. Shelley previously worked as the Executive Director of Limmud and UJIA's Director of Informal Education.

Shelley spent 15 years living in Israel, teaching in the state school system and the Israeli Air Force. She holds an MA in Community Leadership and has developed innovative resources on social issues through Jewish texts. Shelley's work on self-esteem in young people has been published and reported internationally.

Dr Julia Renton



Dr Julia Renton is Head of Psychological Services at West London Mental Health Trust. Julia is a Consultant Clinical Psychologist with over 26 years of experience within

the NHS. Julia has a range of clinical experience, mainly working with those experiencing psychosis and has a number of academic publications in this area.

Dr Nikki Teper



Dr Nikki Teper is a Clinical Psychologist currently working in private practise with adults, families and children. She holds a BSc honours degree in psychology, a MSc masters degree in Child Development (Distinction), and a doctoral degree in Clinical Psychology (DClinPsy). Her experience has included posts in the NHS as well as abroad, within areas of clinical work and development research - where she had the opportunity to lead one of the teams involved in the largest child development research study to date in the USA (NICHD Study of Childcare and Youth Development - the largest project of its kind to

date). Within the UK, she has led and facilitated parenting groups, delivered consultation and workshops to teaching staff regarding good mental health for children, and presented at school inset days and child conferences.

Nikki has had various articles published, and has been selected for presentation at the British Psychological Society's Developmental Section. More recently, she participated as consultant and lead psychologist for the Channel 4 television programme "Born Naughty?" as well as participating in the Channel 4 Dispatches "Sharing mum and dad" which examines the psychological effect of divorce on children.

Family Resilience Conference 2017 Booking form

This form is not a referral form for our support services. If you need to access Jami's mental health support or carers services please call our Duty Team on 020 8458 2223

Lead Attendee - Personal information

Title:	Forenames:	Surname:
Date of birth:	Mobile number:	
Address:	Home telephone:	
Postcode:	Email:	

Other Attendees - Full names

Please provide the date of birth for attendees under the age of 18. Participants in the youth stream need to be 14-18 years old.

Attendee 2:	Attendee 4:
Attendee 3:	Attendee 5:

By giving us your email address and phone number you consent to us keeping you updated about Jami's activities. Your data will be kept confidential and secure in the Jami database in accordance with the 1998 Data Protection Act and will not be passed onto any third parties. If you no longer wish to receive any communications from Jami, please email us at headroom@jamiuk.org

Fees

Cost: **£35** for an individual / **£50** for a couple / **£5** for 14-18 year olds*

Please complete the information below:

Are you a self-paying individual?	Yes / No
Is your organisation paying for you?	Yes / No
Do you require an invoice?	Yes / No

If you require an invoice, please supply name of person to be invoiced and their contact details here:



* For more information about concessions available, please contact us at headroom@jamiuk.org

Payment details**

Course cost: Payment by: Visa Mastercard Amex Cheque enclosed**

Card number:

Start date: / Expiry date: / 3/4 digit security no.

Name on card:

** If paying on the day please bring your payment to the course by cash or cheque when you attend. Cheques should be made payable to Jami. Receipts can be obtained at payment.

Signature

Date

Your feedback

How did you hear about Jami?

- | | |
|--|---|
| <input type="checkbox"/> Word of mouth | <input type="checkbox"/> A professional encouraged me to come along |
| <input type="checkbox"/> Leaflet | <input type="checkbox"/> Recommendation |
| <input type="checkbox"/> Email | <input type="checkbox"/> Other (please specify): _____ |
| <input type="checkbox"/> Social media | _____ |

Is there anything else you would like us to know about you?

What areas of Jami are you particularly interested in? (please tick all that apply to you)

- | | |
|--|--|
| <input type="checkbox"/> Jami education events | <input type="checkbox"/> Volunteering for Jami |
| <input type="checkbox"/> News and updates on Jami's work | <input type="checkbox"/> Fundraising for Jami |

Signature

Date

Please return to: Jami Head Room, Martin B Cohen Centre for Wellbeing, Gould Way, Deansbrook Road, Edgware HA8 9GL Email: headroom@jamiuk.org
Telephone: 020 8458 2223

Head Room

Jami's Head Room programme is reaching out to the Jewish community. Jami is encouraging everyone to be in touch with their own mental health, improve understanding and challenge stigma.

Jami is grateful to Pinner United Synagogue and its members for their support in making this conference possible

Visit jamiuk.org | Telephone 020 8458 2223 | Email headroom@jamiuk.org
@JamiPeople | JAMIMentalHealth

Jami

The Mental Health Service for our Community