

Mental Wellbeing in Higher Education Conference

15 May 2024

09:30 - 10:00	Registration			09:30 - 10:00
10:00 - 10:10	Room: Create@ Welcome and introduction			10:00 - 10:10
	Allie Scott, Mental Health and Counselling Manager, UHI Jane Harris, Head of Counselling, University of Oxford			
10:10 - 10:50	In Conversation Keynote: Being, belonging and becoming Chair: Juliette Morgan, Senior Consultant, Advance HE Harriett Dunbar-Morris, PVC Academic, University of Buckingham Dr Helen Winter, University Health Service, University of Sheffield			10:10 - 10:50
10:50 - 10:55	Transition period			10:50 - 10:55
10:55 - 11:55	Parallel Session 1 - Oral presentations			10:55 - 11:55
	Room: Create@ Oral presentations	Room: Inspire@ Oral presentations	Room: Think@ Oral presentations	
	1.1a Coffee club: An innovative approach to supporting students to develop a wellbeing toolbox Margaret Rioga, Buckinghamshire New University	1.2a Implementation and evaluation of Interprofessional Student Schwartz Rounds as a form of wellbeing focused reflective practice Dr Amy Zile, Associate Professor Georgia Panagiotaki and Associate Professor Joel Owen,	1.3a Understanding graduate teaching assistants' wellbeing, agency, and identity: How can we better support PhD students who teach? Dr Hannah Slack, King's College London	
	1.1b Cross-service collaboration to develop wellbeing in the curriculum: Multiple experts required! Gareth Cavill and Dr Lisa Gorton, Leeds Beckett University	1.2b Developing Self: Embedding wellbeing in the HE curriculum Samantha Wallett and Lynn Johnston, University of Worcester	1.3b Lessons from the first year co-leading as Associate Deans Wellbeing, Inclusion, Diversity and Equality (ADWIDE) Alie Hilda de Vries and Juliette Summers, University of Stirling	
	1.1c AI & mental health: Developing a predictive approach to mental health in students Susan Lory, Solent University	1.2c Embedding resilience and mental wellbeing into the curriculum: Outcomes, reflections and recommendations Dr Jen Stockdale and Dr Maria Toledo-Rodriguez, University of Nottingham	1.3c Menopause, mental well-being and the workplace: Moving beyond the taboo Dr Katrina Forbes-McKay, Robert Gordon University and Linda Engles, University of Aberdeen	
11:55 - 12:10	Break			11:55 - 12:10
12:10 - 12:50	Parallel Session 2 - Workshops			12:10 - 12:50
	Room: Create@ Workshop	Room: Inspire@ Workshop	Room: Think@ Workshop	
	2.1 A UK study on student suicide in universities: Training and support implications for frontline staff Dr Sonia Kalsi	2.2 'The Wounded Healer' in 2024: The adverse experiences of health and social care students Claire Moran, University of East Anglia	2.3 The benefits of institution specific mental health awareness training for all student-facing staff Dr Ruth Collins, Oxford University	
12:50 - 13:40	Lunch and Poster Session			12:50 - 13:40
13:40 - 14:10	Taskforce update: Spotlight on compassionate communication			13:40 - 14:10
	Intro: Jane Harris, o-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford and Dr Dominique Thompson, Director, Buzz Consulting Katy Willis, Pro Vice-Chancellor (Student Success), Plymouth Marjon University			
14:10 - 14:15	Transition period			14:10 - 14:15
14:15 - 14:55	Parallel Session 3 - Workshops			14:15 - 14:55
	Room: Create@ Workshop	Room: Inspire@ Workshop	Room: Think@ Workshop	
	3.1 Staff are patients too? Sally Cuthbert, NHS	3.2 Embedding compassion in the HE curriculum: Using compassionate communication to support wellbeing and inclusivity Dr Caroline Harvey and Professor Frances Maratos, University of Derby	3.3 SCORE: Next steps in using outcome measures in research-based counselling practice Robert Scruggs, BACP and Dr Emma Broglia, University of Sheffield	
14:55 - 15:10	Break			14:55 - 15:10
15:10 - 16:10	Parallel Session 4 - Oral presentations			15:10 - 16:10
	Room: Create@ Oral presentations	Room: Inspire@ Oral presentations	Room: Think@ Oral presentations	
	4.1a Collaborative wellbeing template to support students in practice Dr Kelly Walker and Sarah Drake, University of East Anglia	4.2a Connecting young and old: Strengthening learning and wellbeing in a positive psychology course Dr Kathleen HM Chim, Hong Kong Metropolitan University	4.3a The wise mind group and videos: Supporting students with emotional sensitivity and distress Dr Helen Winter, University Health Service, University of Sheffield	
	4.1b Mental health and wellbeing interventions and collaboration: Stepped care model at NTU Jemma Cropper and Joanne Smith, Nottingham Trent University	4.2b Holistic approach to embed wellbeing in the curriculum Dr Ishwinder Kaur, Nottingham Trent University	4.3b Exploring the hopes and fears of university undergraduates through a task-based approach Dr Lee Mackenzie, Liverpool Hope University	
	4.1c Enrolment to employment: Equipped, empowered, and enabled - Supporting nursing and midwifery students with a lived experience of a disabling condition to develop skills and strategies for transition into high skilled employment Associate Professor Christine Nightingale, University of Suffolk	4.2c Embedding student wellbeing in continuous assessment practices Dr Tracey Reimann-Dawe, Durham University	4.3c Student co-design of equity and inclusion initiatives: A wellbeing perspective Associate Professor Rachael O'Connor, University of Leeds	
16:10 - 16:15	Transition period			16:10 - 16:15
16:15 - 16:45	Room: Create@ Closing Keynote - Taskforce update: Spotlight on the National Suicide Review			16:15 - 16:45
	TBC			
16:45 - 17:00	Closing Plenary			16:45 - 17:00
	Allie Scott, Mental Health and Counselling Manager, UHI Jane Harris, Head of Counselling, University of Oxford			