Mental Wellbeing in Higher Education Conference
15 May 2024

09:30 - 10:00
Registration
Room: Create@
Welcome and introduction
Allie Scott, Mental Health and Counselling Manager, UHI
Jane Harris, Head of Counselling, University of Oxford

In Conversation: Keynote, Being, Belonging and Becoming
10:00 - 10:50
Chair: Juliette Morgan, Senior Consultant, Advance HE
Harriett Dunbar-Morris, PVC Academic, University of Buckingham
Dr Helen Winter, University Health Service, University of Sheffield
Dr Helen Lawson, TASO

10:50 - 10:55
Transition period
10:50 - 10:55

Parallel Session 1 - Oral presentations
Room: Create@

1.1a
Coffee club: An innovative approach to supporting students to develop a wellbeing toolbox
Margaret Rioga, Buckinghamshire New University

1.1b
Cross-service collaboration to develop wellbeing in the curriculum: Multiple experts required!
Gareth Cavill and Dr Lisa Gorton, Leeds Beckett University

1.1c
AI & mental health: Developing a predictive approach to mental health in students
Susan Lory, Solent University

Room: Inspire@

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, University of New South Wales

1.2b
Embedding resilience and mental wellbeing into the curriculum: Outcomes, reflections and recommendations
Dr Jen Stockdale and Dr Maria Toledo-Rodriguez, University of Nottingham

Room: Think@

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

1.3b
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

10:55 - 11:55

Lunch and Poster Session

11:55 - 12:10
Parallel Session 2 - Workshops
Room: Create@

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

Room: Inspire@

2.3
Staff are patients too?
Sally Cuthbert, NHS

2.4
Embedding compassion in the HE curriculum: Using compassionate communication to support wellbeing and inclusivity
Dr Caroline Harvey and Professor Frances Maratos, University of Derby

Room: Think@

3.1
The benefits of institution specific mental health awareness training for all student-facing staff
Dr Ruth Collins, Oxford University

3.2
Next steps in student wellbeing data and metrics: Updates from the SCORE and SHARE projects
Dr Emma Broglia, University of Sheffield and Robert Scruggs, BACP

12:10 - 12:50

Transition period
14:10 - 14:15

Parallel Session 3 - Workshops
Room: Create@

3.1
Collaborative wellbeing template to support students in practice
Dr Kelly Walker and Sarah Drake, University of East Anglia

3.2
Mental health and wellbeing interventions and collaboration: Stepped care model at NTU
Jemma Cropper and Joanne Smith, Nottingham Trent University

Room: Inspire@

3.3
The wisdom mind group and videos: Supporting students with emotional sensitivity and distress
Dr Helen Winter, University Health Service, University of Sheffield

3.4
Mental health and wellbeing interventions and collaboration: Exemplars from the UK
Dr Ishwinder Kaur, Nottingham Trent University

Room: Think@

4.1
Engagement 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

4.2
Connecting young and old: Strengthening learning and wellbeing in a positive psychology course
Dr Kathleen YIM, Hong Kong Metropolitan University

4.3
Exploring the hopes and fears of university undergraduates through a task-based approach
Dr Lee Mackenzie, Liverpool Hope University

14:15 - 14:55

Break
14:55 - 15:10

Parallel Session 4 - Oral presentations
Room: Create@

4.1a
The benefits of institution specific mental health awareness training for all student-facing staff
Dr Ruth Collins, Oxford University

4.2a
Next steps in student wellbeing data and metrics: Updates from the SCORE and SHARE projects
Dr Emma Broglia, University of Sheffield and Robert Scruggs, BACP

4.3a
Student co-design of equity and inclusion initiatives: A wellbeing perspective
Associate Professor Rachael O’Connor, University of Leeds

Room: Inspire@

4.1b
Embedding student wellbeing in continuous assessment practices
Dr Tracey Reimann-Dawe, Durham University

4.2b
Exploring the hopes and fears of university undergraduates through a task-based approach
Dr Lee Mackenzie, Liverpool Hope University

Room: Think@

4.3b
Mental health and wellbeing interventions and collaboration: Exemplars from the UK
Dr Ishwinder Kaur, Nottingham Trent University

15:10 - 16:10

Break
16:10 - 16:15

Transiton period
16:10 - 16:15

Closing Keynote - Taskforce update: Spotlight on the National Suicide Review
16:15 - 16:45
Cathryn Rodway, The University of Manchester

Closing Plenary
16:45 - 17:00
Allie Scott, Mental Health and Counselling Manager, UHI
Jane Harris, Head of Counselling, University of Oxford