Mental Wellbeing in Higher Education Conference
15 May 2024

Registration
09:30 - 10:00

Welcome and introduction
Room: Create@
10:00 - 10:10

In Conversation Keynote: Being, belonging and becoming
Allie Scott, Mental Health and Counselling Manager, UHI
Chair: Dominique Thompson, GP, consultant and author
Jane Harris, Co-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford
Harriet Dunbar-Morris, PVC Academic, University of Buckingham
Dr Helen Winter, University Health Service, University of Sheffield
Dr Helen Lawson, TASO
10:10 - 10:50

Parallel Session 1 - Oral presentations

- Room: Create 1@
- Chair: Katie Endacott
- 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 Cavoli and Dr Lisa Gorton, Leeds Beckett University
- 1.1c Al & mental health: Developing a predictive approach to mental health in students
  - Susan Lory, Solent University and Dr Oleufemi Isaq, UAL Creative Computing Institute
- 1.2a Implementation and evaluation of Interprofessional Student Schwartz Rounds as a form of wellbeing focused reflective practice
  - Dr Amy Zie, Associate Professor Georgia Panagiotaki and Associate Professor Joel Owen, University of East Anglia
- 1.2b Development of a University-based Neurodevelopmental Assessment Service for students
  - Dr Fiona Gullon-Scott, Newcastle 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
- 1.3a 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)
  - Ale Hilda de Vries and Juliette Summers, University of Stirling
- 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
10:55 - 11:55

Parallel Session 2 - Workshops

- Room: Create 1@
  - Workshop: Chair: Katie Endacott

- 2.1 A UK study on student suicide in universities: Training and support implications for frontline staff
  - Dr Sonia Kalsi

- 2.2 Next steps in student wellbeing data and metrics: Updates from the SCORE and SHARE projects
  - Dr Emma Broglio, University of Sheffield and Robert Scruggs, BACP
12:10 - 12:50

Lunch and Poster Session

Taskforce update: Spotlight on compassionate communication
Chair: Geraldine Dufour
12:50 - 13:40

Parallel Session 3 - Workshops

- Room: Create 2@
  - Workshop: Chair: Allie Scott

- 3.1 Improving wellbeing by reducing apprehension about novel situations or teaching experiences
  - Dr Ashley Le Vin and Dr Emma Bailey, University of Glasgow

- 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 The benefits of institution specific mental health awareness training for all student-facing staff
  - Dr Ruth Collins, Oxford University
14:10 - 14:15

Parallel Session 4 - Oral presentations

- Room: Inspire@
  - Chair: Allie Scott

- 4.1a Collaborative wellbeing template to support students in practice
  - Dr Kelly Walker and Sarah Drake, University of East Anglia

- 4.1b Mental health and wellbeing interventions and collaboration: Stepped care model at NTU
  - Jemma Cropper and Joanne Smith, Nottingham Trent 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

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

- 4.2b Holistic approach to embed wellbeing in the curriculum
  - Dr Ishwinder Kaur, Nottingham Trent University

- 4.2c Embedding student wellbeing in continuous assessment practices
  - Dr Tracey Reimann-Dawe, Durham 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

- 4.3b Embedding Resilience in the Language Curriculum and preparation for the Year Abroad
  - Dr Mariana Bonnouvrier, University of Bath

- 4.3c The experience of design and delivery of relaxation sessions in an immersive room environment for staff and student wellbeing: Reflections and recommendations
  - Claire Whitehouse, Finn Drude and Jacqueline Bowyer, University of Cumbria
15:10 - 16:10

Closing Keynote - Taskforce update: Spotlight on the National Suicide Review
Chair: Dominique Thompson, GP, consultant and author
Cathryn Rodway, The University of Manchester
16:15 - 16:45

Closing Plenary
Allie Scott, Mental Health and Counselling Manager, UHI
Jane Harris, Co-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford
16:45 - 17:00