|   | In person workshops: | | |
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|   | **Title** | **About** | **Presenters** |
| 1 | ACTivate your Life: Strengthening Mental Health | We will talk about the ACTivate your Life programme and how it has now been specially designed for deaf communities. We will include information about marginalised groups in Wales and how groups can build resilience, be active and campaign for positive change. We will include interactive elements for delegates to explore and discuss options for communities they are engaged with and how people can actively prioritise good mental health. | Swansea University and Swansea Bay University Health Board |
| 2 | Development of a Wellness Improvement Service | We have developed a service to support patients on waiting lists and to reduce flow that builds on the principles of EPP. Wellness coaches provide education and support to help people learn how to manage their conditions and have an improved quality of life e.g. symptom management, distraction, stress management in group settings. | Cwm Taf Morgannwg University Health Board |
| 3 | A Relationally + Trauma Informed Approach to Understanding Mental Health | Platfform is the mental health and social change charity. As part of a growing social movement, we believe a shift towards being trauma and relationally informed is fundamental in addressing the global mental health crisis. By infusing these ways of working into | Platfform |

| | | our policies, practice and approach we can create psychosocially healthy circumstance for us and the people we support, so that we can all have a chance to thrive.

In this workshop Dr Jen Daffin, will explore how Platfform is focusing on humanising its systems and making them healthier, more relational, more integrated, more reflective, and more connected through exploring what it means to take a relationally and trauma informed approach to understanding mental health. | |
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| 4 | Developing Open Dialogue: Making it a Reality | Open Dialogue Approach is an innovative approach to people experiencing a mental health crisis and their families/social network. It has a consistent family and social network focus, and ODA includes the person's support network (family, friends, staff – whoever might be involved) from the beginning. This increases mutual understanding and generates support for the person in crisis in the short and long term.<br>We will present and discuss developments in Open Dialogue training and practice in Cardiff and Vale highlighting the core principles of this approach in delivering mental health services. | Cardiff and Vale University Health Board |

| 5 | Stigma and the Seldom Heard | A workshop focusing on experiences of mental health stigma among lesser heard/lesser engaged communities including those from Black, Asian and Minority Ethnic communities and those experiencing poverty and deprivation in Wales. The workshop will focus on Time to Change Wales' priority in this area of work, our audience insight and our journey so far as a result of continued WG funding for the TtCW Programme until 2025. We invite participants to consider the importance of this in the face of race equity and tackling health inequalities, inviting a discussion as well as contributions and ideas around how mental health stigma can be addressed even further within our communities and services. | Time to Change Wales (Adferiad Recovery and Mind Cymru) |
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| 6 | Environmental sustainability in healthcare; how planetary health and mental health are connected | In this session we will look at the triple bottom line and 4 principles of sustainable healthcare, exploring how they can be applied to the delivery of mental healthcare in Wales. In particular we will examine the importance of equitable access to good quality green spaces as an example of a preventative intervention | Tania Bugelli, Kathryn Speedy and Stuart D'Arch Smith |
| 7 | Perthyn (Belonging) – Supporting Emotional Wellbeing of Those Seeking Sanctuary | People seeking sanctuary (refugees and asylum seekers) | Mental Health Foundation |

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| | | face unique challenges related to their mental health and are often at greater risk of developing mental health problems. In Wales, The Mental Health Foundation have been working with people seeking sanctuary since 2019. All of our projects are called 'Perthyn' - meaning 'belonging' in Welsh. | |
| 8 | Mental Health Clinicians in the Ambulance 999 Call Centre | 'This workshop will explore the role of the Mental Health Clinician's in the Ambulance 999 Call Centre and its part in making mental health and wellbeing a real priority for the people of Wales'. | WAST |
| 9 | Are Our Mental Health Services Appropriate For Ethnic Minority Communities? | Diverse Cymru provides a recovery based projects for Black and Asian Minority Ethnic (BAME) people living in Cardiff and the Vale of Glamorgan, West Wales, Swansea, Carmarthenshire and North Wales, Wrexham and Gwynedd who are affected by mental ill health. We take a holistic approach, use solution focussed methods that promote recovery, empowerment and independent living in the community. The workshop will explore why the need for an Ethnic Minority service, what are the barriers for ethnic minority communities accessing services and are they culturally appropriate. | Diverse Cymru |

| 10 | Are we there yet … ? | Using a process of triage in mental health is essential to maintain safety and deliver effective services. Most recent attention has been paid to front of house access such as 111Wales (and 988 in the United States).<br><br>Consistent use of an agreed triage process such as the UK mental health triage scale is increasing across the Principality of Wales. This workshop explores the often overlooked benefits of service user collaboration.<br>Using QR codes, e-learning resources and values based care will all be included. | Cwm Taf Morgannwg University Health Board |
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| 11 | CAPITAL (Community Assets, Participation, and Integration: Taking Action Locally) | Higher social capital and greater community cohesion support better wellbeing and faster recovery from ill health (Marmot Review, 2010).<br><br>Human and social capital accounts for 19% of inequities in self-reported health, almost double the contribution of the quality, availability and affordability of health services (WHO, 2019).<br><br>The CAPITAL project sought to bring together and empower two groups perceived as 'socially excluded' – social housing tenants and people seeking sanctuary | Public Health Wales, in partnership with Tai Pawb |

|  |  | (asylum seekers and refugees) in Morriston, Swansea. Evidence indicates that these groups share challenges affecting their health. This includes reduction of social capital through 'burden' discourse, which paints parts of the population as passive recipients of welfare rather than acknowledging their resources, resilience and capacity for self-care (Levitas, 2006). CAPITAL tested the theory that engaging parts of a neighbourhood with differing identities in a collective participatory asset-based community development (ABCD) project contributes to greater social capital as a determinant of health and well-being.

The workshop will cover:
•the role of equitable coproduction in influencing the wider determinants of health and addressing health inequalities
•practical application of our Roadmap to Inclusive Coproduction
•lessons from reaching traditionally seldom heard people during a period of major social change i.e. the pandemic, including use of digital technologies and planning for sustainability |  |
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| | | •creating a robust evidence base relating to social capital in socially excluded groups. | |
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| 12 | Wellbeing Retreat Preventative Service | The workshop will concentrate on what is currently evidenced and focus on 'what the Wellbeing Retreat does' through a presentation giving an overview on the current Wellbeing Retreat model. Delegates will be requested to spend a short time focusing on how to evidence prevention services. | Mental Health Matters Wales |