

Morning Parallel Panels & Consultations

2nd June: 11:45-13:00

Please sign up for your preferred Parallel Panel Discussion or Consultation at the desk in the Grand (Entrance) Hall **during registration**. Places are limited to 30 delegates per session and allocated on a first come, first served basis. You can choose from the following sessions:

	Session information	Contributors	Room	Floor
Education, rights and recovery	<p>Are people with lived experience of mental health problems denied fair access to education?</p> <p>This panel will look at the rights that affect people throughout education, from children starting school, all the way up to mature students.</p> <p>The panel will consider what rights children, young people and adults have in relation to education, how mental health stigma and discrimination can hold people back and how protecting rights in education can assist recovery.</p> <p>The conversation will explore how schools and colleges can support students experiencing mental health conditions and will also look at Mindspace Recovery College, which makes learning opportunities about managing mental health available to the Perth community with a strong peer emphasis.</p>	<ul style="list-style-type: none"> • Brian Donnelly (Director, respectme) • Jillian Milne (Chief Executive, Mindspace Recovery College) • Katie Brown (Chair) (Head of Participation and Education, Scotland's Commissioner for Children and Young People) • Laura Caven (Mental Health Campaigns Officer, NUS Scotland) 	#1	3 rd

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Employment and employability	<p>Do workplaces deny people with lived experience of mental health problems the opportunity to live fulfilled lives?</p> <p>Work is one of the main areas in Scotland where people with mental health conditions report sometimes disabling stigma and discrimination. Work also has an important role to play in recovery.</p> <p>This session explores why this happens, the realities of working with a mental health condition and the simple strategies that can be employed to effectively support people to gain employment, thrive in work and return to work after an absence to a supportive environment.</p>	<ul style="list-style-type: none"> • Billy Watson (Chair) (Chief Executive, Scottish Association for Mental Health) • Catherine Eadie (Founder, MHScot Consultancy and Training) • Chris Oswald (Head of Policy, Equality and Human Rights Commission Scotland) • Jane Matheson (Edinburgh City Council) • Fraser Scott (Client, The WORKS) • Lisa Mulvaney (Employment Support Worker/ Occupational Therapist, The WORKS, NHS Lothian) 	#2	3 rd
Engagement and activism	<p>How can activism support our rights to participate and be heard?</p> <p>One of the basic rights that is often ignored is the right to be involved in decisions that affect our lives whether that be individual decisions about treatment for example or wider impacting decisions about long term policy.</p> <p>This panel session will explore what effective participation looks and feels like, how social movements can contribute to gaining a meaningful voice and how we can best mobilise to generate lasting change.</p>	<ul style="list-style-type: none"> • Becky Leach (Community Collective Advocacy Development Worker, Advocard) • Chris Young (Walk a Mile) • Gerry Hassan (Chair) (Writer and Researcher) • Husnara Khan (Voices Of eXperience) • Mark Brown (Writer and Development Director, Social Spider CIC) 	#3	3 rd

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Fair representation in the arts (in collaboration with Mental Health Foundation)	<p>How have the arts helped to tackle mental health stigma and aid recovery?</p> <p>Developed in collaboration with the Mental Health Foundation and developing on discussions at the recent Scottish Mental Health Arts and Film Festival symposium, The Dust of Everyday Life, this session will explore the role that the arts, film, TV and media have in the representation of people with lived experience of mental health problems, the right to empowered cultural expression and what role the arts play in tackling stigma and discrimination and supporting recovery.</p>	<ul style="list-style-type: none"> • Alex Hewitt (Photographer and Picture Editor) • Andrew Eaton-Lewis (Chair) (Mental Health Foundation) • Donna Franceschild (Writer and Dramatist) • Jenny Lindsay (Poet and Educator) • Dr. Peter Byrne (Consultant Psychiatrist and Visiting Professor, University of Strathclyde) 	#4	3 rd
The right to an adequate standard of living	<p>How do we sustain the right to an adequate standard of living in a time of austerity?</p> <p>For many people with lived experience of mental health problems achieving an adequate standard of living can be really challenging. This session will explore the issues related to that, consider the implications of further austerity and look at the experience of other sectors in bringing about change.</p>	<ul style="list-style-type: none"> • Chris White (Chair) (Policy and Development-Lived Experience, Mental Health Foundation) • Gael Scott (Policy Officer, Citizens Advice Service) • John Dickie (Director, Child Poverty Action Group in Scotland) • Louise Christie (Network Manager, Scottish Recovery Network) • Sheila Kettles (STUC Women's Committee) <p>(live streamed)</p>	St. Andrew's (main conference room)	2 nd

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Mental Welfare Commission consultation	<p>Making rights real in mental health care</p> <p>Commitment 5 of the Mental Health Strategy is about developing and increasing the focus on rights as a key component of mental health care in Scotland. The Scottish Government, Scottish Human Rights Commission and Mental Welfare Commission have worked with partners to set out clearly where we are trying to get to and what activities are needed to achieve these outcomes (a 'logic model'). This workshop is an opportunity to contribute your experiences and opinions about what needs to happen, what is happening and where the gaps are.</p>	<ul style="list-style-type: none"> • Anne Birch (Researcher, Mental Welfare Commission for Scotland) • Beth Hamilton (Advisor, Mental Health and Protection of Rights Division, Scottish Government) • Colin McKay (Chief Executive, Mental Welfare Commission for Scotland) • Kate Fearnley (Executive Director (Engagement and Participation), Mental Welfare Commission for Scotland) 	Robert Gordon	2 nd
Scottish National Action Plan for Human Rights consultation	<p>How can SNAP help people realise their rights in health and social care?</p> <p>The session is being led by members of the group set up to make sure the Scottish National Action Plan for Human Rights (SNAP) makes a difference to the lives of people who use health and social care services. The group is currently planning its work and would like to ask people what matters to them and how they feel their rights could be more strongly respected to support their health and wellbeing.</p>	<ul style="list-style-type: none"> • Cath Denholm (Director of Strategy, NHS Health Scotland) • Cathy Asante (Legal Officer, Scottish Human Rights Commission) • Katy Hetherington (Programme Manager, NHS Health Scotland) • Shelley Gray (Director of Policy and Communications, Health and Social Care ALLIANCE Scotland) 	Herriot Watt	2 nd