

Children in Scotland conference

The psychology of gender and why it hurts: suicide and boys

Wednesday, 28 August 2019 in Glasgow

#CiSHealth

Agenda

09:00 Registration and refreshments

09:30 Introduction and housekeeping

John Naples-Campbell, Chair

09:45 Understanding suicide risk: from thoughts of suicide to suicide attempts

Professor Rory O'Connor, Suicidal Behaviour Research Laboratory, University of Glasgow

In this opening keynote, Professor O'Connor will describe the factors associated with suicide and self-harm with a focus on the integrated motivational-volitional model of suicidal behaviour.

10:20 Troubling gender, suicide and self-harm

Dr Amy Chandler, University of Edinburgh

In this talk, Amy will introduce sociological research which seeks to understand and explain gender differences in rates of self-harm and suicide. Building on the well-established notion of a 'gender paradox' in suicide, and taking seriously the importance of gender in thinking through and responding to suicide and self-harm, she will also call for a more careful and critical consideration of (sometimes unhelpful) assumptions about gender which inform some responses to suicide and self-harm.

10:45 Refreshment break

11:05 Ensuring young people have a voice in improving mental health services

Scotland's Youth Commission on Mental Health

Members of the Youth Commission will share their journeys to becoming involved in this 16-month project. They will present some of their report findings and recommendations to highlight how important it is to include the views of those who use mental health services when developing provision, so that they work best for them.

11:20 The power of relationships: promoting family contact to reduce self-harm and suicide in Scottish prisons

Elaine Stalker, Families Outside

The mental health of someone in prison affects far more than the individual prisoner. Knock-on effects to the family outside prison include stress, lack of communication and disempowerment. While there is a broadening acceptance of the positive role that families can play when someone goes into prison, there remains a need to better understand the difference family involvement can make when someone with a mental health issue is given a custodial sentence. Elaine will discuss and explore some of the difficulties families face when trying to support their relative during their imprisonment.

11:40 The importance of men in children's lives

Kenny Spence, Men in Childcare

Having access to positive male role models is essential for boys to develop into young men capable of establishing and maintaining healthy relationships with others. The absence of male role models can make it more likely that boys will be involved in crime, have mental health problems and higher rates of suicide. The lack of male practitioners in early years services means that it's now quite common for boys to go from preschool to secondary school without encountering a male teacher. We will discuss these issues and more as we explore the underrepresentation of males in the lives of boys.

12:05 Being ManKind: using digital safe spaces to let boys talk (title tbc)

Daniel Proverbs, Brothers in Arms

12:35 Lunch break

13:30 Workshops

14:30 Minds Over Matter: reaching everyone who needs help

Caitlyn Nutt, Minds Over Matter Ayrshire

In her presentation, Caitlyn will highlight mental health from a personal view, the effects of losing someone close to suicide, the consequences of long NHS waiting lists, and how Minds Over Matter helps so many individuals with their own mental health as well as educating them to help others.

14:45 Positive coping strategies for children, young people and families

Julie Middlemiss Brown, Youth Scotland

Julie will give a practical introduction to how Youth Scotland supports its workforce to engage with young people, support participation and explore positive coping strategies to create a pathway to a healthier lifestyle, manage stress, anger, emotions and health for young people.

15:15 Final thoughts / Summary of the day

Chair

15:30 Conference close

Workshops:

A. Nurture and boys: getting it right from the start

Gail Nowek and Morven McLean, North Ayrshire Council

This workshop will explore North Ayrshire's approach to early intervention: implementing nurture across the local authority, looking specifically at how it can impact on boys from an early age. It will provide an overview of the key features of a nurturing approach and what this looks like in North Ayrshire. You will then explore some of the evidence on the differences between boys and girls in education and how nurture might address these. Data from our own nurturing approaches will also be explored. Finally, we will address possible future directions on how a nurturing approach in schools can support boys' wellbeing.

B. Taking responsibility for shaping the future of mental health services in Scotland

Scotland's Youth Commission on Mental Health

The Youth Commission developed a set of solutions and recommendations, with and by young people, for the Scottish Government, other service providers and multiple sectors to consider. These recommendations focus on how child and adolescent mental health services can be developed and improved for young people in Scotland both now and in the future, as well as ensuring young people receive the best support and care for their mental health and wellbeing. The Youth Commission will share its findings and encourage you to make the change needed to creating better mental health services in Scotland.

C. Working with young people in care with self-harming and suicidal behaviours. How do we support them?

Susan Steele and Keith Boyle, Kibble Education and Care Centre

This workshop will discuss some of the issues that arise in relation to self-harming and suicidal behaviour within residential care. This will include consideration of some of the presenting behaviours which may occur, understanding the behaviours and the reasons why they may occur. Further focus will be given to strategies utilised in order to try and prevent these behaviours. The impact on staff who are often dealing with complex behaviours on a daily basis will also be discussed.

D. We all have mental health: introducing SAMH's work within schools and colleges

Joanne Aitken and Keir McKechnie, Scottish Association for Mental Health (SAMH)

SAMH has a number of school and college-based projects called Connect and College Connect. These aim to build capacity amongst school staff, parents/carers and the wider community to support children and young people's mental health and wellbeing.

In April 2019, SAMH launched an eLearning programme "We All Have Mental Health", which aims to equip teachers and others with knowledge to feel more confident in recognising and responding to a child or young person who presents with a mental health problem.

This interactive workshop will provide an overview of the work of the SAMH Children and Young People team and introduce delegates to our eLearning platform and other practical resources.