

Day 1: Neurodiversity and Behaviour

- 09:30-09:45 Welcome and Introduction**
Dr Katya Certic, Consultant Community Paediatrician
- 09:45-10:40 Avoidant/Restrictive Food Intake Disorder**
Dr. Gabriel Whitlingum, Consultant in Paediatric Neurodisability,
Evelina Children's Hospital
- 10:40-11:00 Coffee Break**
- 11:00-11:55 Mind the Gap! Digital Sleep Support for Children with ADHD**
Ms. Lucy Smith, Research Fellow, Nottingham Trent University
- 11:55 – 12:50 Addressing Sensory Needs in Children with Neurodivergence**
Ms. Katie Fielding, Occupational Therapist
- 12:50-13:35 Lunch**
- 13:35-14:30 Emotional Burden, Emotional Regulation, School Experiences and Attendance Difficulties in Children with Autism and ADHD**
Dr. Georgia Pavlopoulou, Associate Professor, University College London
- 14:30-15:25 Reframing the Understanding of Behaviours that Challenge**
Ms. Ruth Jacobs, Mental Health Nurse, Certified Minds
- 15:25- 15:45 Coffee Break/Group Check-In**
- 15:45-16:30 Otto Wolff Memorial Lecture: Towards Early Intervention for Children and Young People's Mental Health**
Dr. Anna Moore, Department of Psychiatry, University of Cambridge
- 16:30-17:30 Discussion: How Can Digital and AI Tools Improve Mental Healthcare for Paediatric Patients?**
Dr. Robert Pralat and Dr. Anna Wiedemann, Department of Psychiatry,
University of Cambridge
- 19:30 Annual PMHA Conference Dinner**

Day 2: Mental Health in the Network Around the Child

- 8:45-9:45** **PMHA AGM**
- 9:45 - 10:35** **AADAPT (Addressing Young Mums' & Dads' Low Mood or Stress and their Parenting)**
Professor Louise Dalton, Associate Professor and Consultant Clinical Psychologist, University of Oxford
- 10:35-11:25** **The Effect on Young People of Siblings' Mental Health Conditions**
Dr. Hester Bancroft, Chartered Psychologist and Psychotherapist
- 11:25-11:45** **Coffee Break**
- 11:45- 12:35** **Parental Mental Health: Reducing the risk of intergenerational transmission of mental illness.**
Dr. Abby Dunn, Senior Lecturer in Psychology, University of Surrey
- 12:35-13:05** **Trainee Presentations**
- 13:05-13:50** **Lunch**

After lunch, we will split into two groups for workshops:

WORKSHOP 1: A Compassionate Approach to Staff Wellbeing

Dr. Hena Syed-Sabir, Clinical Psychologist, Birmingham Community Healthcare NHS Foundation Trust

WORKSHOP 2: Heartsink Encounters – Thoughts About How to Manage When We Can't Seem to Help

Dr. Alison Wallis, Consultant Psychologist and Drs. Julie Waine & Suyog Dhakras, Consultant Child Psychiatrists, HIOW Healthcare NHS Foundation Trust

- 13:50-14:50** **WORKSHOP**
- 14:50- 15:10** **Coffee Break**
- 15:10- 16:10** **WORKSHOP**
- 16:10-16:30** **Closing Comments**