

Implementing NICE Guidelines for Family Interventions and Arts Therapies

Wednesday 18 November 2009 (Novotel Hotel, Central Birmingham)

BIOGRAPHIES

Julie Bagwash

Service User and Art Graduate – York

Life begins at forty - expressing myself through art

Following the traumatic experience of being hospitalised in Spain where she lived at the time, Julie now uses her art to highlight her story and tell people how the special treatment she received at The Retreat in York, helped her find hope.

Julie returned to England in 2003 following her experience in Spain to get further treatment. She spent a year in a hospital acute ward before being referred to York to the Acorn therapeutic community programme at The Retreat.

It was at The Retreat that Julie first picked up a pen and pencil and started to write and draw. It was her way of expressing her emotions and the trauma she had been through. She was slowly weaned off the seven different types of medication she had been put on while in Mallorca and her self-harming reduced.

Julie took up a course at York College. After one year, she came away with a distinction in fine art and design, so she began a degree and has never looked back.

"The Retreat programme taught me that I had the power to do what I want with my life, so I've changed my life"

Julie has just finished a BA degree in fine art at York St John University and is now embarking on a Masters degree.

Julie displayed some of her work at The Retreat last year and also showcased her "Installation" which depicts her experience in the Palma hospital.

Julie is very passionate about how she discovered her real self through creativity and has made it her goal to help others find themselves through their own creative medium, art music drama any form of self expression that is positive. This is a subject very close to her heart and one that she is dedicated to make a difference in anyway she possibly can.

Gráinne Fadden

Director

Meriden Family Programme

Dr Gráinne Fadden is a Consultant Clinical Psychologist based in Birmingham and Solihull Mental Health Foundation NHS Trust, Honorary Senior Research Fellow at the University of Birmingham and Director of the Meriden Family Programme. The Meriden Programme has trained over 3600 people to work with families and been awarded joint-winner of the National Institute for Mental Health in England (NIMHE) 2003 Positive Practice Award for 'Modernising Mental Health Services', winner of the 'Social Care Award' (Midlands and East Region) in 2005 in the Health and Social Care Awards organised by the Department of Health, and winner of the Health Service Journal national award for Mental Health Innovation in 2008.

Dr Fadden has worked in the area of family work throughout her career; in clinical practice, research, training, and more recently in relation to influencing organisational change to incorporate family work routinely into mental health services. She has also written extensively on the effects of mental health problems on families, the ways in which families can be supported and on the training of mental health professionals to work with families, including books, book chapters and research articles.

Dr Fadden links with the Department of Health on issues relating to families and carers and also works closely with a range of national bodies, including the Royal College of Psychiatrists, regarding these issues. Her international reputation has resulted in her delivering training as far afield as Canada and Australia.

Sheila Grandison

Borough Head of Arts Therapies
East London NHS Foundation Trust

Sheila is an art psychotherapist with extensive experience working in both acute and community NHS settings. She is a former chair of the British Association of Art Therapists and is an elected member of the ISPS UK committee. She lectures widely, both nationally and internationally, on the practice and theory of art therapy and psychosis and is a co-editor of the award-winning book in the ISPS series *Experiences of Mental Health In-Patient Care* (Routledge, 2007). In partnership with Tate Modern she has developed an integrated gallery-hospital programme entitled 'Expanding the Frame' for NHS staff, carers and service users living with psychosis.

Anna Maratos

Head of Arts Therapies
Central & North West London NHS Foundation Trust
and NICE Guideline Development Group (GDG) for Schizophrenia Member

Anna Maratos trained as a music therapist at the Guildhall School of Music and Drama in 1996 and has since worked in adult mental health. She completed a MSc in Psychodynamics and Psychosis in 2005 and is currently working as Head of Profession for about 40 arts therapists at Central and North West London Foundation NHS Trust.

She has collaborated in clinical trials in the arts therapies, is the main author of the Cochrane review of music therapy for depression and was a member of the NICE guideline development group for the update to the schizophrenia guideline.

Ted Quinn

Service Director Mental Health Services for Older People
2gether NHS Foundation Trust

Ted has led substantial service restructure and performance programmes in Gloucestershire. He is currently Service Director (Mental Health Services for Older People) and previously led the county's NHS Learning Disabilities Service. Registered Art Therapist he has previously held roles as an NHS Trust Allied Health Professions Lead; was his profession's first representative on the national Allied Health Professions Forum and held various academic remits before developing his career in management.

Terry Rigby

Strategic Mental Health Improvement Lead
Pan Birmingham Mental Health Commissioning Team

Prior to his current post, Terry has worked in the area of Mental Health Promotion since 1999 being based originally in Sheffield and then Stockport before coming to the West Midlands five years ago to work in Sandwell, Heart of Birmingham and currently NHS Birmingham East and North.

Terry's interests in The Arts and their impact on mental health and well-being were realised whilst undertaking the role of Programme Co-ordinator for the nationally reputed Arts on Prescription service in Stockport which gained wide recognition both in the Health and Social Care Sector as well as The Arts Sector. The Arts on Prescription in Stockport still thrives today with designated PCT funding supporting people with low level mental health issues through the experience of The Arts in its widest format.

Currently, Terry is the Strategic Mental Health Improvement Lead with the City Wide Mental Health Commissioning Team and is responsible for driving forward the City Wide Mental Health Promotion Strategy and City Wide and Solihull Suicide Prevention Strategy. Terry also oversees the Community Development Worker Programmes across Birmingham which includes the Barbershop Project, a groundbreaking approach to engaging young men on the subject of mental health through the informal gateway provided by the Barbershops across the city.

Peter Woodhams

Carer Consultant
Meriden Family Programme
and NICE Guideline Development Group (GDG) for Schizophrenia Member

Peter Woodhams is a carer of a son who has suffered from schizophrenia for over 15 years and whose family unit has benefited from good mental health services including Behavioural Family Therapy (BFT).

Since retiring from a role in industry some 7 years ago Peter has been actively involved in working with mental health services and now works on a part time basis with the Meriden Family Programme as a Carer Consultant. He undertakes a variety of other mental health related projects including assignments for Carers in Partnership CIC which promote the involvement of carers in the way that mental services are planned, set up and run.

Peter was the only carer on the Guideline Development Group that worked on the recently published NICE Guideline for Schizophrenia. He is the carer representative on the West Midlands Executive of the Royal College of Psychiatrists and in his own area, he chairs the Coventry and Warwickshire Carers Advisory Forum.
