

DSPL4 PRESENTS:

SEND & MENTAL HEALTH

29 JANUARY 2021 | ZOOM

2021 DSPL4

The 5th ANNUAL CONFERENCE

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Welcome to the information pack for the DSPL4 5th Annual Conference; SEND and Mental Health.

This pack contains everything you need to know for the day, including the agenda, booking information and workshop & speaker details.

This conference is for all parents, carers and professionals, and DSPL4 looks forward to welcoming you on the day.

AGENDA

09.00	Introduction	Mr. Chris Russell, Sir Charles Walker KBE MP
09.15	Keynote	Dr. Pooky Knightsmith
10.15	Workshop 1	Various speakers
11.15	Break	
11.30	Workshop 2	Various speakers
12.30	Lunch	
13.15	Workshop 3	Various speakers
14.15	Final remarks	Mr. Chris Russell
14.30	Close	

BOOKING & ACCESS

DSPL4's 5th Annual Conference will be held virtually via Zoom.

For the first time ever, delegates will be invited to join us remotely. Using Zoom, and ZoomRooms, DSPL4's guest speakers will be delivering live and interactive sessions for parents and professionals to access from anywhere in the world.

When booking, delegates may choose **one workshop from each of the 3 blocks**, detailed in this pack.

When booking, please include your name, email address and workshop choices. Bookings are taken via email and telephone, using the contact details at the end of this pack. Delegates will receive a link to the Zoom conference ahead of the day.

Delegates are kindly asked to book before **Friday 22nd January 2021 at 5pm.**

KEYNOTE SPEAKER

Dr. POOKY KNIGHTSMITH

Getting Children Bouncing out of Bed to School

“Wouldn’t it be great if our students woke up each morning, keen to engage with school? Of course, some do; but for others the very thought of school inspires upset, anger, anxiety or fear.”

During this keynote talk, drawing on both her personal and professional experience, Pooky will explore simple steps we can take to support all children to engage effectively with school, especially those with special or additional needs. Pooky will guide you through the simple recipe of five key factors that you can easily explore in the context of the children in your care:

I’m welcome

I’m seen

I want...

I’m wanted

I can...

www.pookyknightsmith.com

DSPL4 | Delivering Special
Provision Locally
Achieving quality outcomes

WORKSHOP 1 | 10.15-11.15

When booking, please choose from one of the following workshop options:

1a Emotionally Based School Avoidance in the Context of Covid

Dr. Pooky Knightsmith

Emotionally Based School Avoidance (you might know it as school refusal) was a problem before the pandemic hit and it hasn't gone away; in fact many of us are especially fearful about how we can support our EBSA children in the current context.

- How to help right now – ideas for engaging and supporting remotely
- Taking a genuinely child led approach – we each have a part to play
- Getting to the heart of the issue and breaking down barriers
- Understanding 'success' and making it possible

1b Positive Psychology as a Tool for Intervention

Gaynor Tregidgo, Kate Goodwin

The key to therapeutic work is to demonstrate unconditional positive regard to young people using a solution-focused approach, whilst adapting to the new, challenging ways of working, discovered during the pandemic. This workshop will help parents, carers and professionals to recognise and respond to the additional stress pupils, families and professionals are operating in.

1c Road to Resilience

Hertfordshire EP Service

Following the 9/11 terrorist attacks, the American Psychological Association identified a "Road to Resilience" - ten strategies to help people build resilience in the face of adversity. Using this framework, our session will focus on developing an understanding of what resilience is and will identify practical things that adults can do to support children's resilience skills, along with their own. The session will include time for participants to reflect on how to apply some of these ideas to themselves and / or others.

1d Understanding ADHD

ADD-Vance

This workshop will help parents, carers and professionals understand more about the strengths and challenges associated with ADHD including the diagnostic criteria, helpful support strategies and where to get more help.

1e Girls with Autism

Liz Stanley, SPACE

This workshop is designed to help parents and professionals learn more about autism, and to understand the particular challenges autistic girls face. It will focus on the more common characteristics of autistic girls, in particular: masking and camouflaging.

WORKSHOP 2 | 11.30-12.30

When booking, please choose from one of the following workshop options:

2a Practical Strategies for Managing Anxiety and Low Mood

Dr. Pooky Knightsmith

Due to the pandemic, we're seeing unprecedented levels of anxiety and low mood amongst both children and adults at the moment. Whilst this is a normal and natural response to the current situation, that doesn't mean we just have to accept it!

- Getting into good routines and daily habits of self-care
- Proactive calming and mood lifting ideas
- Making worries more manageable
- Dealing with difficult moments

2b Positive Psychology as a Tool for Intervention

Gaynor Tregidgo, Kate Goodwin

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2c Road to Resilience

Hertfordshire EP Service

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2d Understanding ADHD in Girls

ADD-Vance

This workshop will help parents, carers and professionals understand how ADHD may present differently in girls and women and discuss strategies to support ADHD girls specifically.

2e Understanding Autism

Liz Stanley, SPACE

This workshop looks at some of the characteristics of autism and the diagnostic criteria. It focuses on some of the key areas, such as: executive functioning, emotional regulation, social communication and interaction.

WORKSHOP 3 | 13.15-14.15

When booking, please choose from one of the following workshop options:

3a Supporting Young People to Break the Cycle of Self Harm

Dr. Pooky Knightsmith

Self-harm is a topic that many people feel puzzled or scared by so this course aims to demystify it for you and help you to gain an understanding of the motivations behind self-harm and how we can use this understanding to support a young person to a place of relative safety. There is no quick fix nor a one size fits all answer here, but this session will boost your confidence and give you some clear ideas about how best to support children or young people who are currently self-harming.

- Looking beyond injuries
- What need is being met?
- How else can this need be met?
- Managing crisis moments with a safety plan

3b Positive Psychology as a Tool for Intervention

Gaynor Tregidgo, Kate Goodwin

The key to therapeutic work is to demonstrate unconditional positive regard to young people using a solution-focused approach, whilst adapting to the new, challenging ways of working, discovered during the pandemic. This workshop will help parents, carers and professionals to recognise and respond to the additional stress pupils, families and professionals are operating in.

3c Road to Resilience

Hertfordshire EP Service

Following the 9/11 terrorist attacks, the American Psychological Association identified a "Road to Resilience" - ten strategies to help people build resilience in the face of adversity. Using this framework, our session will focus on developing an understanding of what resilience is and will identify practical things that adults can do to support children's resilience skills, along with their own. The session will include time for participants to reflect on how to apply some of these ideas to themselves and / or others.

3d Understanding Anxiety in Young People with ADHD/Autism

ADD-Vance

This workshop will help parents, carers and professionals understand more about the anxiety response and why anxiety is more common in neurodiverse people. It will also explore strategies to manage anxiety and when to seek professional support for secondary mental health conditions.

3e Girls with Autism

Liz Stanley, SPACE

This workshop is designed to help parents and professionals learn more about autism, and to understand the particular challenges autistic girls face. It will focus on the more common characteristics of autistic girls, in particular: masking and camouflaging.

MEET THE SPEAKERS

Mr. CHRIS RUSSELL

DSPL4 Manager & SEND Lead

Chris has over 17 years experience working in SEND. Chris' role is to develop and deliver a consistent, coordinated quality response across all schools and educational settings, in order to improve the support and outcomes for children and young people with SEND and their parents.

SIR CHARLES WALKER KBE MP

Member of Parliament for Broxbourne

Sir Charles Walker has been Broxbourne's MEP since 2005 and greatly enjoys being its local voice in Westminster.

Dr. POOKY KNIGHTSMITH

Mental Health Educator, Speaker, Author & Advisor

An internationally respected face of child and adolescent mental health, Pooky works tirelessly to "be the change she wants to see". Pooky has a PhD in Child Mental Health from the Institute of Psychiatry, is an author of several books in childrens' mental health and is an autistic mum of two.

GAYNOR TREGIDGO & KATE GOODWIN

Rivers Education Support Centre

Highly experienced colleagues working from early years to specialist boarding school settings. Gaynor and Kate support pupils, staff and parents alongside other professionals to identify the root of difficult and dangerous behaviours by developing individualised support packages.

HERTFORDSHIRE EP SERVICE

Integrated Services for Learning

Nicky Odgers, Katie Paxton and Beth Elms are educational psychologists who work for Hertfordshire County Council.

ADD-VANCE

Guest Speaker

A Hertfordshire based charity supporting families and professionals involved in the care of children affected by ADHD, autism or a related condition.

SPACE

Liz Stanley

Liz delivers training to parents, carers and professionals, and is also an independent SEND advisor. As a parent, Liz has personal experience of raising a child with special needs as well as being autistic herself.

CONTACT

For bookings, enquiries or more information,
please contact Mr. Chris Russell,
DSPL4 Manager and SEND Lead

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