

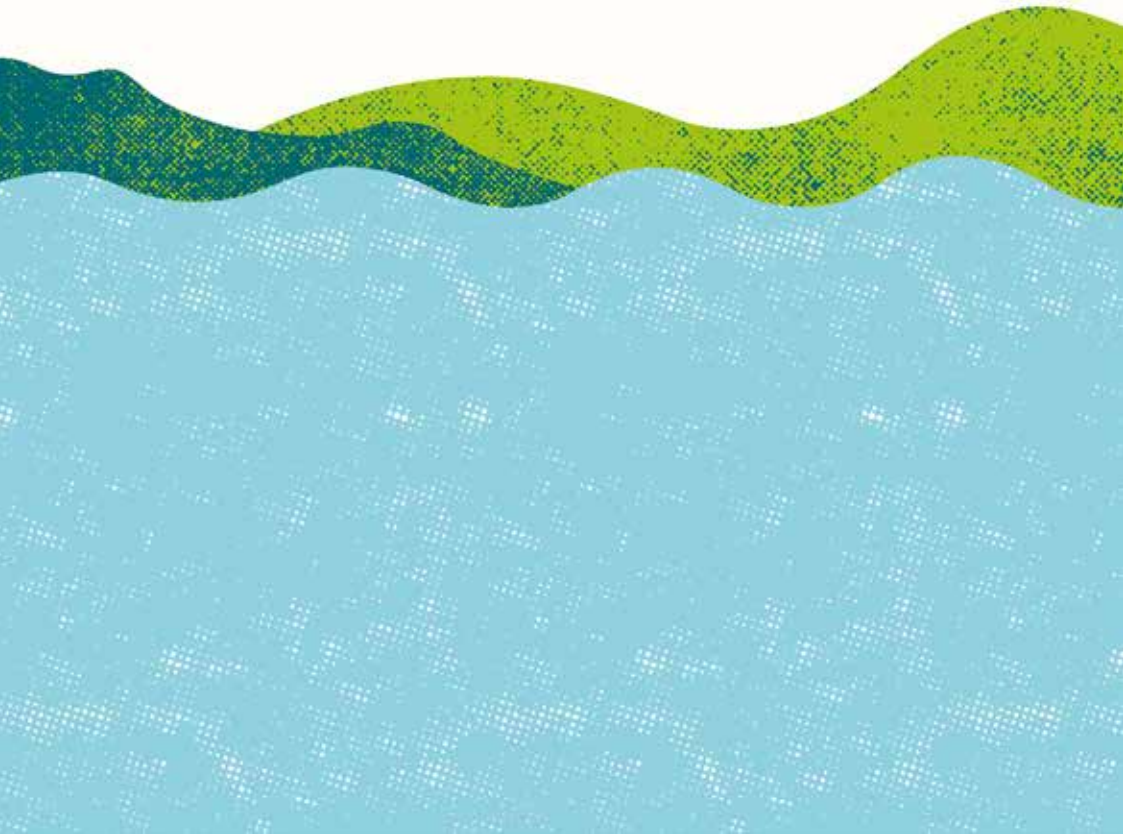
**St Patrick's**  
Mental Health Services



# **FOUNDER'S DAY**

## **Minding Young Minds** **Prevention and Promotion** **in Youth Mental Health**

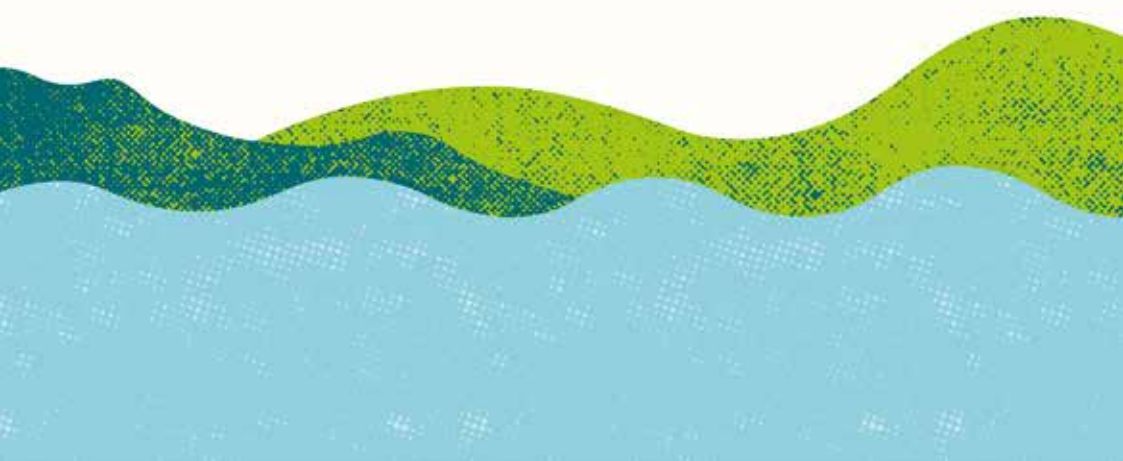
**Friday, 25 November, 2022**



# Founder's Day programme

## Schedule

### Welcomes and introductions

- 9.15am **Jan Ní Fhlanagáin**  
*Moderator*
- 9.20am **Paul Gilligan**  
*CEO, St Patrick's Mental Health Services*
- 9.25am **Professor Paul Fearon**  
*Medical Director, St Patrick's Mental Health Services*
- 9.30am **Opening address**  
**Mary Butler, TD**  
*Minister for Mental Health and Older People*
- 9.40am **Youth mental health activism**  
**Diana Chao**  
*Founder, Letters to Strangers*
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**Plenary Lecture**

9.50am **Youth Mental Health - a global  
paradigm shift**

**Professor Patrick McGorry**

*Executive Director of Orygen and Professor  
of Youth Mental Health at the University  
of Melbourne*

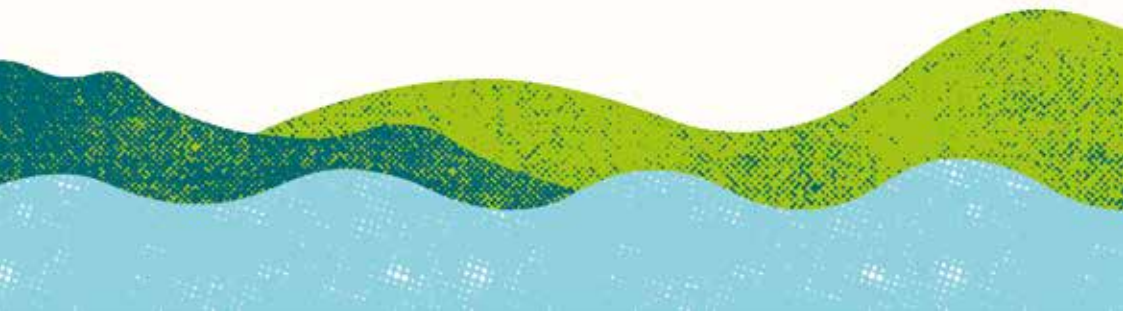
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10.25am **Break (10 minutes)**

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## Session one: Research

- 10.35am **Can we prevent mental illness in youth?**  
**Professor Mary Cannon**  
*Professor of Psychiatric Epidemiology and Youth Mental Health in the Department of Psychiatry, Royal College of Surgeons*
- 10.45am **Minding young minds: Roles and responsibilities of all actors in supporting adolescent mental health**  
**Ruth O'Connell**  
*Mental Health Technical Expert, UNICEF*
- 10.55am **Effective strategies for promoting young people's mental health and wellbeing**  
**Professor Margaret Barry**  
*Established Chair in Health Promotion and Public Health at the University of Galway*
- 11.05am **CAMHS, COVID and Crisis**  
**Professor Fiona McNicholas**  
*Consultant in Child and Adolescent Psychiatry*
- 11.15am **Panel discussion**
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- 11.30am **Break (20 minutes)**
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## Session two: Implementation

11.50am **Sky is the limit: A school's perspective on the importance of wellness supports**

**Tiernan O'Neill**

*Principal, Corpus Christi School, Moyross*

12.00pm **Implementation Deficit Disorder**

**Dr Niall Muldoon**

*Ombudsman for Children*

12.10pm **A brief introduction to the Icelandic Prevention Model**

**Dr Alfgeir Kristjansson**

*Associate Professor of Public Health at West Virginia University*

12.20pm **Missed perspectives and reflections in youth mental health awareness**

**Blezzing Dada**

*Mental health advocate*

12.30pm **Panel discussion**

12.45pm **Closing remarks**

## Speakers 2022

### CEO's welcome

#### Paul Gilligan

*CEO, St Patrick's Mental Health Services*



Paul Gilligan, BA, MA, DipClin Psych, RegPsychol, FPsSI, is a Clinical Psychologist and Chief Executive of St Patrick's Mental Health Services

(SPMHS). He is an Adjunct Assistant Professor in Trinity College Dublin.

Paul is a former Vice-Chairman of the National Children's Advisory Council, a former President of the Psychological Society of Ireland and a former Chairman of the Children's Rights Alliance. He was a member of the government-established Vision for Change Independent Monitoring Group and Garda Vetting Implementation Group. Before taking up his current post with SPMHS, he was Chief Executive of the Irish Society for the Prevention of Cruelty to Children.

Paul is author of two parenting books, *Keeping Your Child Safe* (2008) and *Raising Emotionally Healthy Children* (2015). He is an internationally recognised children's rights advocate and a Fellow of the Psychological Society of Ireland.

### Welcome and introduction

#### Professor Paul Fearon

*Medical Director, St Patrick's Mental Health Services*



Paul Fearon is Medical Director at SPMHS and Clinical Professor of Psychiatry at Trinity College Dublin (TCD). He is the current chair of the Academic Faculty

of the College of Psychiatrists of Ireland. Professor Fearon worked as a consultant general adult psychiatrist in the Maudsley Hospital, London for seven years.

As a senior lecturer at the Institute of Psychiatry in London, he headed the Section of Social Psychiatry and Epidemiology. He returned to Dublin to take up his post as Clinical Professor in Psychiatry and General Adult Consultant Psychiatrist in St Patrick's University Hospital and TCD in 2008.

Professor Fearon has published over 100 peer-reviewed papers, largely in the areas of the epidemiology and the role of socioenvironmental factors in schizophrenia and bipolar disorder, and in quality of care in mental health services.

## Opening address

### Mary Butler, TD

*Minister for Mental Health and Older People*



Mary Butler is Minister of State at the Department of Health with special responsibility for Mental Health and Older People. She is a TD representing the Waterford Constituency. In the 32nd Dáil, Mary served as Chairperson of the Joint Oireachtas Committee for Business, Enterprise & Innovation and the All Party Oireachtas Group on Dementia.

Mary served as a Councillor having won a seat in the 2014 Local elections in the Comeragh area before contesting the 2016 General Election after securing the Fianna Fáil nomination for Waterford. She also had the honour of being the first female Fianna Fáil TD to be elected for the party since 2007. In the 2020 General Election, Mary was delighted to be re-elected to continue her work representing the people of Waterford City and County. She was appointed to sit on the Special Oireachtas Committee for COVID-19 response before being appointed a Minister by the Taoiseach in July 2020.

## Youth mental health activism

### Diana Chao

*Founder, Letters to Strangers*



Diana Chao is a first-generation Chinese-American immigrant from Southern California. Diana founded Letters to Strangers (L2S) when she was a sophomore in high school after bipolar disorder and a blinding eye condition nearly ended her life. By beginning to heal through letters, she discovered that writing is humanity distilled into ink.

Today, L2S is the largest global youth-for-youth mental health non-profit organisation, impacting over 35,000 people annually on six continents and publishing the world's first youth-for-youth mental health guidebook for free. L2S also operates the first toll-free 24/7 pan-African mental health hotline out of its Liberia office. For this effort, Diana was honored by two US presidents at the White House; named a 2021 Princess Diana Legacy Award Winner; 2020 L'Oréal Paris Women of Worth; and Oprah Magazine's 2019 Health Hero.

Having grown up disadvantaged, Diana learned first-hand how healing is non-linear, complicated, and a process one shouldn't have to approach alone.

## Plenary Lecture

### Youth Mental Health - a global paradigm shift

#### Professor Patrick McGorry

*Executive Director of Orygen and Professor of Youth Mental Health at the University of Melbourne*



Professor Patrick McGorry is an Irish-born Australian psychiatrist known worldwide for his development and scaling up of early

intervention youth mental health services, mental health innovation, advocacy and reform. He is Executive Director of Orygen Youth Health and Orygen Youth Health Research Centre in Victoria and Professor of Youth Mental Health at the University of Melbourne.

Professor McGorry led the advocacy that resulted in the establishment of the National Youth Mental Health Foundation in 2005 by the Australian government, which in 2006, became Headspace. Professor McGorry remains a founding board member of Headspace.

He has played a key advocacy and advisory role to government and health system reform in Australia and in many parts of the world.

In 2010, Professor McGorry was selected as Australian of the Year and became an Officer of the Order of Australia. In 2016 he became the first psychiatrist to be elected as a Fellow of the Australian Academy of Science.

He is President of the International Association for Youth Mental Health, Past-President of the Schizophrenia International Research Society, Past-President of the Society for Mental Health Research, and was founding President and is now Treasurer of the IEPA: Early Intervention in Mental Health.

He is also a founding board member of Australians for Mental Health.



## Session one: Research

### Can we prevent mental illness in youth?

#### Professor Mary Cannon

*Professor of Psychiatric Epidemiology and Youth Mental Health in the Department of Psychiatry, Royal College of Surgeons*



Mary Cannon is Professor of Psychiatric Epidemiology and Youth Mental Health in the Department of Psychiatry, RCSI University of Medicine

and Health Sciences, Ireland and a Consultant Psychiatrist in Beaumont Hospital, Dublin.

Her areas of research interest are young people's mental health and early life risk and protective factors for later mental disorder. She has been named on the Clarivate Highly Cited Researcher list in 2020 and 2021.

She is vice-chair of the Youth and Student Psychiatry Faculty in the College of Psychiatrists of Ireland and previously was Chair of the Academic Faculty. She is a member of the Editorial Boards for the *British Journal of Psychiatry*, *Schizophrenia Bulletin* and the *Irish Journal of Psychological Medicine*.

### Minding young minds: Roles and responsibilities of all actors in supporting adolescent Mental health

#### Ruth O'Connell

*Mental Health Technical Expert, UNICEF*



Ruth O'Connell has worked the area of mental health and psychosocial support (MHPSS) for over 20 years. She specialises in community-based

MHPSS for children and families, and has worked in a variety of contexts including humanitarian disasters and conflict, as well as infectious disease outbreaks such as Ebola and Cholera.

Ruth has developed a number of tools and resources to strengthen community-based MHPSS programming and implementation, including contributions to research on participation in mental healthcare, support and programme design and multi-sectoral MHPSS and the needs of children and adolescents in emergencies.

## Effective strategies for promoting young people's mental health and wellbeing

### Professor Margaret Barry

*Established Chair in Health Promotion and Public Health at the University of Galway*



Professor Margaret Barry holds the Established Chair in Health Promotion and Public Health at the University of Galway, where she

is also Director of the World Health Organisation Collaborating Centre for Health Promotion Research.

Professor Barry has extensive experience of coordinating international mental health promotion initiatives and has acted as expert adviser on mental health promotion policy and research development in a number of countries around the world.

She served two terms as a member of the European Commission Expert Panel on Effective Ways of Investing in Health (2013-2016; 2016-2019) and was elected global President of the International Union for Health Promotion and Education (2019-2022).

## CAMHS, COVID and Crisis

### Professor Fiona McNicholas

*Consultant Child and Adolescent Psychiatrist*



Professor McNicholas is a Consultant in Child and Adolescent Psychiatry in Lucena Clinic, Rathgar and Our Lady's Hospital for Sick Children, Crumlin.

She trained in psychiatry in Guys hospital, and in child psychiatry in Great Ormond Street Hospital, London. Professor McNicholas carried out a fellowship in Stanford University, California and was Assistant Professor at Columbia University, New York. Her clinical interests are ADHD, 22Q11DS (deletion syndrome) and eating disorders. She is Chair in Child Psychiatry at University College, Dublin, and is actively involved in undergraduate and postgraduate teaching and national and international research to all disciplines.

She was a founding member of Lucena Foundation, an organisation developed to deliver psycho-education, training and research in the area of child and adolescent mental health wellbeing. She contributes to the training of GPs, teachers and paediatricians and has co-authored a book on mental health in children and adolescents, a guide for teachers, along with over 150 scientific papers.

## Session two: Implementation

### **Sky is the limit: A school's perspective on the importance of wellness supports**

#### **Tiernan O'Neill**

*Principal, Corpus Christi Primary School, Moyross*



Tiernan O'Neill is the Principal of Corpus Christi Primary School, Moyross, Limerick. The school is a DEIS Band 1 Primary School of 390 pupils.

Tiernan has worked in the school since 2001, and in that time he has worked as a class teacher, home-school community liaison coordinator and has been principal of the school since 2010. Tiernan is currently on secondment with the Regeneration Directorate of Limerick City and County Council, where he is working as the Social Regeneration Coordinator.

This role, which he commenced in September 2021, is seen as a pivotal part of the ongoing Limerick Regeneration Framework Implementation Plan.

### **Implementation Deficit Disorder**

#### **Dr Niall Muldoon**

*Ombudsman for Children*



Dr Niall Muldoon is Ireland's second Ombudsman for Children. Niall is a Counselling and Clinical Psychologist and was appointed for

a second six-year term, by President Michael D Higgins in February 2021. As Ombudsman for Children, Niall has focused on generating an Ireland where children and young people are actively heard, particularly those who are most vulnerable.

During his tenure, the Office has sought to give voice to those children who are often not listened to. In that time, the Office has consulted with young people availing of Ireland's children and adolescent mental health services (CAMHS), direct provision, those in children's hospitals and young people living in family hubs.

He has also produced a report for the UN Committee on the Rights of the Child.

## A brief introduction to the Icelandic Prevention Model

### Dr Alfgeir Kristjansson

*Associate Professor of Public Health at West Virginia University*



Dr Kristjansson is an Associate Professor of Public Health at West Virginia University School of Public Health, Centre Principal Investigator for the

West Virginia Prevention Research Centre (WVPRC), a Senior Researcher with the Icelandic Centre for Social Research and Analysis, and Lead Evaluator for Planet Youth. He earned his PhD in Social Medicine in 2010 and was a post-doctoral fellow at Columbia University in New York City between 2010-2012.

Dr Kristjansson has published widely on the Icelandic Prevention Model, as well as adolescent behavioural development and the wellbeing of children and youth. Currently, he is the Principal Investigator of several US-based federally funded studies, including the Young Mountaineer Health Study funded by National Institute on Alcohol Abuse and Alcoholism, and the Integrated Community Engagement Collaborative funded by the Centres for Disease Control and Prevention via the WVPRC.

## Missed perspectives and reflections in youth mental health awareness

### Blezzing Dada

*Mental health advocate*



Blezzing is a multi-award-winning Black-Irish mental health activist, speaker and content creator/blogger, who's outspoken and passionate on various

social justice issues, especially on the intersectionality of mental health awareness.

Being involved with numerous organisations, such as SpunOut.ie and SeeChange.ie, Blezzing can be found participating in various projects and writing to spread awareness through empathy and education.

She is one of the 50 people nominated to watch in 2022 by the *Irish Independent*.

## St Patrick's Mental Health Services

St Patrick's Mental Health Services is Ireland's largest independent, not-for-profit mental health service. Our vision is for a society where all citizens are empowered and given the opportunity to live mentally healthy lives.

We provide community and outpatient care through our Dean Clinics and day patient services, inpatient care and Homecare through our three approved centres; St Patrick's University Hospital, St Patrick's, Lucan (St Edmundsbury) and Willow Grove Adolescent Unit. We provide a range of mental health services that cater for addictions and dual diagnosis, anxiety disorders, bipolar disorder, depression, eating disorders, psychosis, and mental health difficulties in older adults as well as young adults.

Health professionals can contact us with any queries regarding referrals to our services by contacting our Referral and Assessment Service on 01 249 3635.

We also provide a one-to-one mental health advice service through our Support and Information Line, that can be contacted at 01 239 3333 or by emailing [info@stpatmail.com](mailto:info@stpatmail.com).

**St Patrick's**  
Mental Health Services



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