

Working with the whole person: Alcohol, mental health and complex needs

Wednesday, 23 September 2020
Coed-y-Mwstwr Hotel
Coychurch, Bridgend, CF35 6AF

Timings	
09:30 - 10:00	Arrival, registration and refreshments
10:00 - 10:10	Introduction Andrew Misell, Director for Wales, Alcohol Change UK
10:10 - 10:35	Session 1: Keynote speech Josh Connolly <i>Vulnerability and resilience</i>
10:35 - 11:00	Session 2: Evidence on alcohol and mental health Dr Anne Campbell, Queen's University Belfast <i>Alcohol and mental health: cause, effect and co-occurrence</i>
11:00 - 11:20	Break with refreshments
11:20 - 11:45	Session 3: Alcohol and PTSD Victoria Williams, Veterans' Therapist, Swansea Bay University Health Board <i>Supporting people living with post-traumatic stress disorder and alcohol misuse</i>
11:45 - 12:10	Session 4: Alcohol-related brain damage Prof Bev John and Prof Gareth Roderique-Davies, University of South Wales <i>ARBD: raising awareness, reducing stigma</i>
12:10 - 12:30	Small group discussions

12:30 - 13:20	Lunch with exhibitors and posters
13:20 - 13:40	Session 5: Author Q&A Chelsey Flood, author of the Beautiful Hangover blog, talking about drinking and learning to live without it
13:40 - 14:05	Session 6: Drinking and smoking Dr Sharon Cox, London South Bank University <i>Smoking amongst vulnerable drinkers</i>
14:05 - 14:30	Session 7: Housing and recovery Tracy Lee, Hafal <i>'If not me, then who?' Carrying the can and keeping people from falling through the gaps</i>
14:30 - 14:55	Session 8: The 'perfect storm' of complex needs Mike Ward, Alcohol Change UK <i>When the brain doesn't work like it used to: helping people with complex alcohol-related needs to flourish</i>
14:55 - 15:15	Small group discussions
15:15 - 15:35	Break with alcohol-free beers, wines, ciders, and sodas
15:35 - 16:00	Session 9: Meeting complex needs Golden Key, Bristol <i>Opening doors and unlocking services to create new futures for those with the most complex needs</i>
16:00 - 16:15	Summary and close Richard Piper, CEO, Alcohol Change UK