

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

Wednesday 2 December and Thursday 3 December 2020

Day 1: Wednesday 2 December

Timings	
09:30 - 09:35	Welcome Andrew Misell, Director for Wales, Alcohol Change UK
09:35 - 10:00	Session 1: Keynote speech Josh Connolly <i>My story: Vulnerability and resilience</i>
10:00 - 10:15	Break and networking
10:15 - 10:40	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>
10:40 - 10:55	Break and networking
10:55 - 11:20	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>
11:20 - 11:35	Break and networking
11:35 - 12:00	Session 4: Alcohol-related brain damage Prof Bev John and Prof Gareth Roderique-Davies, University of South Wales <i>ARB: raising awareness, reducing stigma</i>
12:00 – 12:05	Day 1 summary and close Andrew Misell, Director for Wales, Alcohol Change UK

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Day 2: Thursday 3 December

09:30 - 09:35	Welcome: Day 2 Andrew Misell, Director for Wales, Alcohol Change UK
09:35 - 10:15	Session 1: Speaking from experience Authors Chelsey Flood and Marcus Barnes talk about drinking and not drinking, and take questions from the audience
10:15 - 10:30	Break and networking
10:30 - 10:55	Session 2: Drinking and smoking Dr Sharon Cox, University College London <i>Tobacco dependence, vulnerability and high-risk drinking</i>
10:55 - 11:10	Break and networking
11:10 - 11:35	Session 3: Housing and recovery Tracy Lee, Hafal <i>'If not me, then who?' Carrying the can and keeping people from falling through the gaps</i>
11:35 - 11:50	Break and networking
11:50 - 12:15	Session 4: 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>
12:15 - 12:55	Lunch break and networking
12:55 - 13:20	Session 5: Meeting complex needs Golden Key, Bristol <i>Opening doors to new futures for people with the most complex needs</i>
13:20 - 13:35	Summary and close Richard Piper, CEO, Alcohol Change UK