

Mental Wellbeing in Higher Education Conference

15 May 2024

09:30 - 10:00	Registration			09:30 - 10:00
10:00 - 10:10	Room: Create@ Welcome and introduction			10:00 - 10:10
10:10 - 10:50	Allie Scott, Mental Health and Counselling Manager, UHI Jane Harris, Co-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford			10:10 - 10:50
10:50 - 10:55	In Conversation Keynote: Being, belonging and becoming			10:50 - 10:55
10:55 - 11:55	Chair: Dominique Thompson, GP, consultant and author Harriett Dunbar-Morris, PVC Academic, University of Buckingham Dr Helen Winter, University Health Service, University of Sheffield Dr Helen Lawson, TASO			10:55 - 11:55
11:55 - 12:10	Transition period			11:55 - 12:10
12:10 - 12:50	Parallel Session 1 - Oral presentations			12:10 - 12:50
12:50 - 13:40	Room: Create 1@ Oral presentations Chair: Katie Endacott	Room: Create 2@ Oral presentations Chair: Jane Harris	Room: Inspire@ Oral presentations Chair: Sam Gamblin	12:50 - 13:40
13:40 - 14:10	1.1a Coffee club: An innovative approach to supporting students to develop a wellbeing toolbox Margaret Rioga, Buckinghamshire New University	1.2a Implementation and evaluation of Interprofessional Student Schwartz Rounds as a form of wellbeing focused reflective practice Dr Amy Zile, Associate Professor Georgia Panagiotaki and Associate Professor Joel Owen, University of East Anglia	1.3a Understanding graduate teaching assistants' wellbeing, agency, and identity: How can we better support PhD students who teach? Dr Hannah Slack, King's College London	13:40 - 14:10
14:10 - 14:15	1.1b Cross-service collaboration to develop wellbeing in the curriculum: Multiple experts required! Gareth Cavill and Dr Lisa Gorton, Leeds Beckett University	1.2b Development of a University-based Neurodevelopmental Assessment Service for students Dr Fiona Gullon-Scott, Newcastle University	1.3b Lessons from the first year co-leading as Associate Deans Wellbeing, Inclusion, Diversity and Equality (ADWIDE) Alie Hilda de Vries and Juliette Summers, University of Stirling	14:10 - 14:15
14:15 - 14:55	1.1c AI & mental health: Developing a predictive approach to mental health in students Susan Lory, Solent University and Dr Olufemi Isiaq, UAL Creative Computing Institute	1.2c Embedding resilience and mental wellbeing into the curriculum: Outcomes, reflections and recommendations Dr Jen Stockdale and Dr Maria Toledo-Rodriguez, University of Nottingham	1.3c Menopause, mental well-being and the workplace: Moving beyond the taboo Dr Katrina Forbes-McKay, Robert Gordon University and Linda Engles, University of Aberdeen	14:15 - 14:55
14:55 - 15:10	Break			14:55 - 15:10
15:10 - 16:10	Parallel Session 2 - Workshops			15:10 - 16:10
16:10 - 16:15	Room: Create 1@ Workshop Chair: Katie Endacott	Room: Create 2@ Workshop Chair: Mark Fudge		16:10 - 16:15
16:15 - 16:45	2.1 A UK study on student suicide in universities: Training and support implications for frontline staff Dr Sonia Kalsi	2.2 Next steps in student wellbeing data and metrics: Updates from the SCORE and SHARE projects Dr Emma Broglia, University of Sheffield and Robert Scruggs, BACP		16:15 - 16:45
16:45 - 17:00	Lunch and Poster Session			16:45 - 17:00
17:00 - 17:10	Taskforce update: Spotlight on compassionate communication			17:00 - 17:10
17:10 - 17:15	Intro: Jane Harris, Co-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford and Dr Dominique Thompson, Director, Buzz Consulting Katy Willis, Pro Vice-Chancellor (Student Success), Plymouth Marjon University			17:10 - 17:15
17:15 - 17:20	Transition period			17:15 - 17:20
17:20 - 17:55	Parallel Session 3 - Workshops			17:20 - 17:55
17:55 - 18:10	Room: Create 1@ Workshop Chair: Allie Scott	Room: Create 2@ Workshop Chair: Geraldine Dufour	Room: Inspire@ Workshop Chair: Anna Matthews	17:55 - 18:10
18:10 - 18:15	3.1 Improving wellbeing by reducing apprehension about novel situations or teaching experiences Dr Ashely Le Vin and Dr Emma Bailey, University of Glasgow	3.2 Embedding compassion in the HE curriculum: Using compassionate communication to support wellbeing and inclusivity Dr Caroline Harvey and Professor Frances Maratos, University of Derby	3.3 The benefits of institution specific mental health awareness training for all student-facing staff Dr Ruth Collins, Oxford University	18:10 - 18:15
18:15 - 18:20	Break			18:15 - 18:20
18:20 - 18:55	Parallel Session 4 - Oral presentations			18:20 - 18:55
18:55 - 19:10	Room: Create 1@ Oral presentations Chair: Sam Gamblin	Room: Create 2@ Oral presentations Chair: Allie Scott	Room: Inspire@ Oral presentations Chair: Geraldine Dufour	18:55 - 19:10
19:10 - 19:15	4.1a Collaborative wellbeing template to support students in practice Dr Kelly Walker and Sarah Drake, University of East Anglia	4.2a Connecting young and old: Strengthening learning and wellbeing in a positive psychology course Dr Kathleen HM Chim, Hong Kong Metropolitan University	4.3a The wise mind group and videos: Supporting students with emotional sensitivity and distress Dr Helen Winter, University Health Service, University of Sheffield	19:10 - 19:15
19:15 - 19:20	4.1b Mental health and wellbeing interventions and collaboration: Stepped care model at NTU Jemma Cropper and Joanne Smith, Nottingham Trent University	4.2b Holistic approach to embed wellbeing in the curriculum Dr Ishwinder Kaur, Nottingham Trent University	4.3b Embedding Resilience in the Language Curriculum and preparation for the Year Abroad Dr Mariana Bonnouvier, University of Bath	19:15 - 19:20
19:20 - 19:25	4.1c Enrolment to employment: Equipped, empowered, and enabled - Supporting nursing and midwifery students with a lived experience of a disabling condition to develop skills and strategies for transition into high skilled employment Associate Professor Christine Nightingale, University of Suffolk	4.2c Embedding student wellbeing in continuous assessment practices Dr Tracey Reimann-Dawe, Durham University	4.3c The experience of design and delivery of relaxation sessions in an immersive room environment for staff and student wellbeing: Reflections and recommendations Claire Whitehouse, Finn Drude and Jacqueline Bowyer, University of Cumbria	19:20 - 19:25
19:25 - 19:30	Transition period			19:25 - 19:30
19:30 - 19:35	Room: Create@			19:30 - 19:35
19:35 - 19:40	Closing Keynote - Taskforce update: Spotlight on the National Suicide Review			19:35 - 19:40
19:40 - 19:45	Chair: Dominique Thompson, GP, consultant and author Cathryn Rodway, The University of Manchester			19:40 - 19:45
19:45 - 19:50	Closing Plenary			19:45 - 19:50
19:50 - 19:55	Allie Scott, Mental Health and Counselling Manager, UHI Jane Harris, Co-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford			19:50 - 19:55