



About the Speakers and Workshop Facilitators

Clare Bailey

Clare Bailey started off training as a nurse before leaving to attend University at Newcastle where she graduated with a BSC Honours in Sociology with a specialism in inequality. She spent a further three years training to become a qualified counsellor. Clare has worked in a variety of jobs, including working with young offenders, outreach work with Women's Aid, advice work for the CAB and counselling for the Rape and Sexual Abuse Support Centre. She has also worked as a researcher for the BBC. She currently manages the service at Ynys Môn Mind and has a keen interest in Stigma and Mental Health, which is the core work of the organisation.

Since 2007 she has developed several innovative projects for service users that focus on ability not disability, mix service users with the general public and aim to challenge stigma and discrimination. These have included the production of a film on Stigma by service users, radio shows presented by service users around the theme of Stigma and mental health as well as creative writing.

Clare is currently working on an anti-stigma campaign for Anglesey and is one of the national trainers for Wales in Assist (suicide intervention) and Mental Health First Aid.

Phill Chick

B.A. Hons., Dip Applied Social Studies, CQSW, Cert. ASW

A qualified social worker with experience in providing, managing and commissioning mental health and substance misuse services in local authority and Health Authority settings.

Director of Mental Health within the Welsh Assembly Government from 2003-2008 advising the Minister and Chief Executive of NHS Wales on mental health matters. Recently transferred with the role into the National Leadership and Innovation Agency for Healthcare.

Previously chair of the Welsh Assembly Government Cross Government Network for Mental Health.

Undertook a review of the Mental Health National Service Framework and developed the accompanying national action plan.

Developed the Suicide Prevention Action Plan for Wales under the chairmanship of the Chief Medical Officer for Wales. A member of the Mental Health Services Review, Dementia Action Plan Task and Finish Group, Secure Services Review and the group developing the mental health strand of the Public Health Strategic Framework. He has been a member of the UK Steering Group on Mental Health and Employment.

Alys Cole-King

Alys has 16 years experience as a psychiatrist, the past 10 years as a Consultant. She works nationally with Third Sector voluntary bodies, Mental Health Foundation, researchers, the Royal College of Psychiatrists and RCGP Wales. She has developed several clinical tools to assist with the identification and mitigation of suicide risk: the 'Cole-King Continuum', the 'Bank of Hope' and the Risk Mitigation Framework. She has developed an innovative approach to training in suicide and self harm awareness and response to risk. She has been collaborating with Gavin Peake-Jones of Open Minds Consulting to increase the impact of the training and facilitate its dissemination. The 'Connecting with People' suite of training has its content and length tailored according to the

needs of specific groups, including doctors and nurses of all grades and specialties, allied health professionals, emergency services, Mind and other voluntary organizations, staff in business and public sector organizations. Alys is a formal partner within Mind Cymru's Positive Choices Programme, a central strand of the National Suicide and Self Harm Reduction Action Plan and is contributing to the development of the 1 day advanced ASIST course.

Gwynfryn Evans

BSc (Hons) and further professional qualifications in teaching and Management. Has worked as a lecturer and trainer in mental health and life skills for the last 8 years. Currently works as a recovery worker and teaches on the MHFA course in Welsh and English and also a Master Trainer on the ASIST Suicide Intervention programme.

After retiring from manufacturing was appointed North Wales Co-ordinator for the Mental Health First Aid (Wales) programme in April 2008. As well as recruiting over 90 instructors and supporting them, was part of the small team which adapted the course materials for use Bilingually and in Welsh.

Recently been heavily involved in promoting the 12 hour MHFA course to Industry, Academia and the statutory and third sectors.

Dr. Lesley Leeds

"Lesley Leeds, chartered clinical psychologist for the Conwy community learning disability team for the past four years. Undertook clinical psychology training in Bangor and qualified in 2005. Developed interest in self harm and suicide in this client group as observed many referrals for these difficulties and developed ways of working therapeutically with clients who are self harming and suicidal, is hoping to take this further and develop this.

has quite a bit of experience of working with people who are suicidal - many years as a Samaritan & ChildLine volunteer, prior to becoming a psychologist.

Geoff Lees

Geoff Lees qualified in the 1970's as a psychiatric nurse and in the 90's as a social worker and teacher. Currently he is Director of Services and Company Secretary for Vale of Clwyd Mind. Prior to that he lectured in social work for six years. Other posts he held include managing a regional alcoholic treatment unit, a community psychiatric nursing service and a private charitable psychiatric hospital. He owned and managed a residential community mental health business in North Wales Geoff was one of the first Mental Health Commissioners for England and Wales. Particular areas of interest include the voluntary sector and its relationship with the statutory sector, rural health and social exclusion and the interface between chronic conditions and emotional wellbeing.

Geoff is an accredited Mental Health First Aid (Wales) Instructor.

Anne Parry

Anne Parry, a founder member of PAPHYRUS, has been Chair since 2000. Following a successful career as a science teacher in secondary education she has dedicated the past ten years to leading the development of the charity which has seen it evolve into a much respected organization working to reduce the incidence of suicide among young people in the UK.

Anne's personal commitment to suicide prevention began in 1994. Following the death of her 21 year old son, Lewis, she developed a political and academic interest in the subject. By joining with a group of similarly minded parents to found PAPHYRUS, Anne has been able to contribute to the many facets of suicide prevention on both a national and local level.

Gavin Peake-Jones

Gavin has 10 years experience as a management consultant, working predominantly at a senior level in large organisations across several key industry sectors. Recent and current client work includes RCGP Wales, NHS, BT, Marks and Spencer, QinetiQ, Foreign and Commonwealth Office and Environment Agency. He has particular expertise in organisational learning and development

and aims to use his business network to raise awareness and understanding of mental health issues and provide educational training to help managers understand their role in providing support in the workplace. Gavin is a formal partner within Mind Cymru's Positive Choices Programme, a central strand of the National Suicide and Self Harm Reduction Action Plan and is contributing to the development of the Train the Trainer Programme for the 1 day advanced ASIST course.

Phil Pitchford

I began work as a mental health support worker in Denbigh in 1993, becoming an assistant manager after three months and was first registered as a Home Manager in 1995. I managed services in Denbigh for ten years working with people who presented with mental health problems, suicidal ideation/personality disorder. I then moved to establish domiciliary care services for people with an acquired brain injury in North Wales and worked as a brain injury case manager throughout the North West. I then set up residential services for service users with a learning disability and complex needs in Hawarden and Birkenhead. I am now working in Liverpool reconfiguring a residential service to provide intensive support and a community pathway for service users with a learning disability and mental health problems, who may have a forensic background.

Academically I obtained a Certificate in Mental Health Care from Manchester University between 1993 & 1995, studied with the Open University for six years for a degree in Psychology and then obtained an NVQ 4 / Registered Managers Award.

I began work in the field of mental health following the suicide of my step-brother in 1993 and lost my 19 year old son to suicide in 2002.

I met Anne Parry soon after losing my son and began work with PAPHYRUS in 2004 working on the management committee that established HOPELineUK in 2005 and have been a Trustee of PAPHYRUS since 2006. I established the North Wales support group for Survivors of Bereavement by Suicide in 2004 with Hayley and Jean and we have supported well over 100 people bereaved by suicide since then.

Dr Michaela Swales

Consultant Clinical Psychologist, North Wales Adolescent Service & Lecturer-Practitioner in Clinical Psychology, Bangor University, works clinically in a regional Tier 4 in-patient service for adolescents, where she directs the DBT programme. She completed Intensive Training in DBT in Seattle in 1995 and became Director of the UK Training Programme in 2002. Dr Swales provides training in DBT to professionals from a number of different disciplines, working in a range of settings with a variety of client groups. Her research interests are primarily focussed on improving the dissemination and implementation of evidence-based psychotherapies. She is the author, along with Dr Heidi Heard, of *Dialectical Behaviour Therapy: The CBT Distinctive Features Series (2008)*.

Sofia Wadman

Sofia is a freelance trainer for Cariad yn Cyfri Ltd (www.cariadyncyfri.org) and delivers ASIST training for MIND Cymru. She also works for the NHS as a Specialist Practitioner in Self-Harm for Specialist CAMHS and is author of 'Scratching the Surface'. Her other role within the NHS is as a Sexual and Emotional Health Advisor in a Youth Offending Team. She has just been short listed as a finalist for the Nursing Times Nurse of the Year Award in two categories (Patient Pathway and Child Health) for the work that she has done around self-harm.

Her background is as a Registered General Nurse and Sofia has been working with self-harm and survivors of suicide for nearly twenty years. She is passionate about providing support for people who are in emotional distress and is proud to be involved in this conference.

Sue Walls

Sue Walls is a qualified Social Worker and Therapist. She has 17 years experience working with families who have experienced trauma including sexual abuse, with a keen interest in mental health issues.

Sue is currently a Children's Services Manager for the NSPCC North Wales Family Support Service based in Prestatyn providing post abuse interventions for sexual assault and domestic abuse working closely with the North Wales Police and SARC. The Family Support Service also facilitates Butterflies Right to be Safe Domestic Abuse Programmes and The Caring Dads (non -mandatory) Perpetrators Programme