

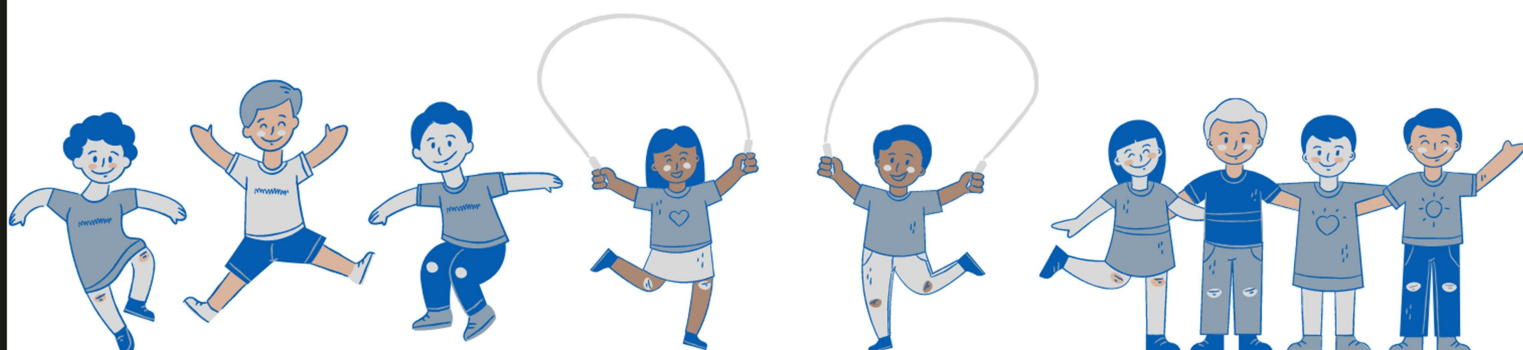
A large, stylized graphic of a human brain in shades of blue and white, serving as a background for the title text.

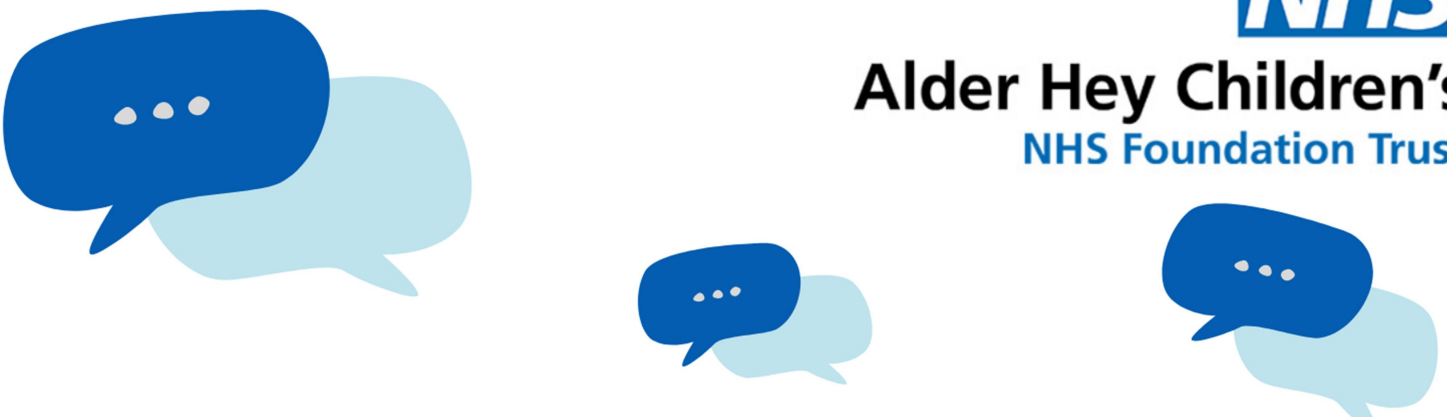
CAMHS

Child Mental Health

Conference

Thursday 17th February 2022 9.30am to 3.30pm




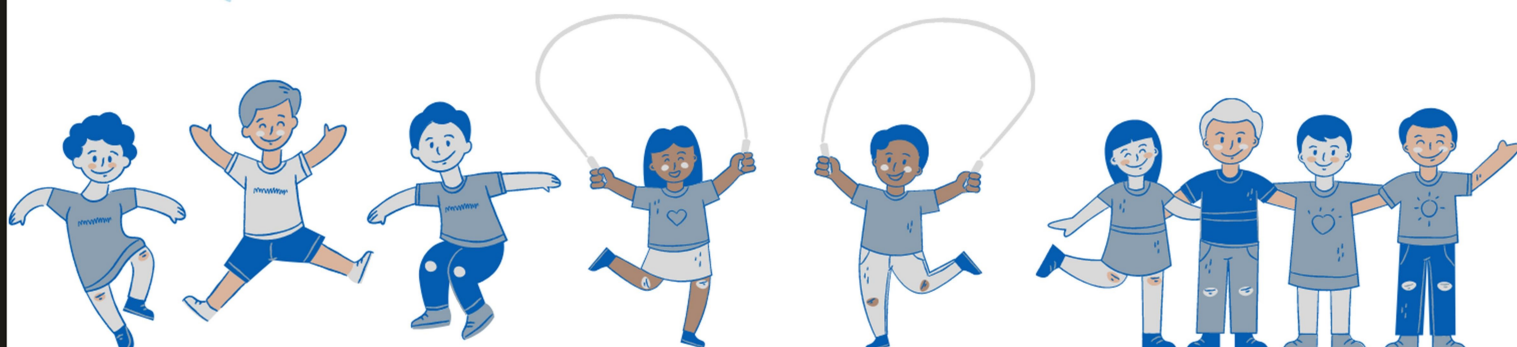
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We would like to invite you to attend the **Alder Hey CAMHs Child Mental Health Conference 2022.**

This year's theme is about finding your window of tolerance. One of the positives that has come out of the last almost two years is the way considerations about mental health and wellbeing have been brought to light. There has been much talk about impact of lock down and the multiple restrictions that we have all lived through have impacted on mental health and wellbeing.

The aim of this year's conference is to focus on how we can get back to a place of feeling psychologically well. This place of feeling ok is between feeling over-whelmed (hyper-aroused) and feeling flat and shut down (hypo-arousal). It's our Window of Tolerance, our psychological comfort zone.

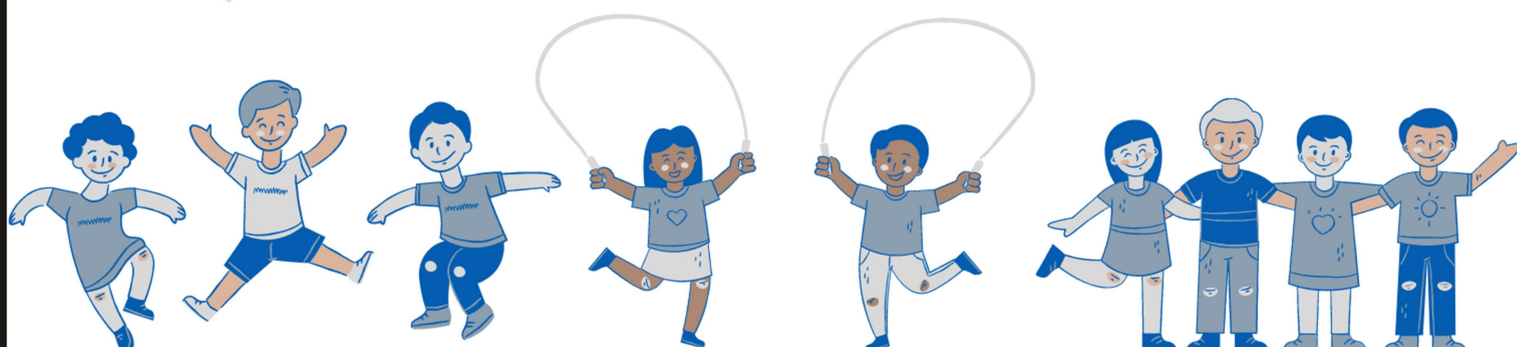
We hope you can join us as our presenters share their work on promoting the salutogenesis of mental health and wellbeing.

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Plan for the Day:

Time	Topic	Speaker
9:30	Welcome	
9:45	The Window Of Tolerance	Jackie Lunt – Alder Hey CAMHs
10:50	Comfort Break	
11:00	Self-Soothe	Kim Embra & Jacquie Mooney – Alder Hey CAMHs
12:00	Timid to Tiger	Alicia Bailey – Alder Hey CAMHs
12:45	Lunch	
13:30	Trauma Informed School Work	Amy Salter – Alder Hey CAMHs
14:15	Youth Service Model	Michelle Taylor – Alder Hey CAMHs
14:45	Comfort Break	
14:50	Adverse Childhood Experiences	Laura Purdy – Alder Hey CAMHs
15:20	Closing Summary	
15:30	Finish	

The conference will be delivered via Microsoft Teams and a link will be provided when you register your interest.





Where's Your Window?

Finding your comfort zone



We look forward to seeing you there!

