

Families Together for Mental Health Virtual Conference Schedule

May 15th 2020



| Time | Topic | Delivered via | Speaker |
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| 10am-10.05 | Welcome and housekeeping for the day | | Aisling Duffy, Development Officer, Mental Health Engagement and Recovery HSE. |
| 10.05-10.15 | Introduction to the day MHER Office Role and Family Recovery | Zoom Webinar | Michael Ryan, Head of Mental Health Engagement and Recovery HSE |
| 10.10-10.13 | Understanding Recovery educational video | Shared via twitter and Zoom Webinar | |
| 10.13- 11.00 | Live panel discussion about mental health recovery and family topics | Zoom Webinar | Facilitator: Michael Norton, National Mental Health Engagement and Recovery Lead. Panel: Patricia O'Dowd, family member, Sushil Teji, Family member, Barbara Brennan, person with lived experience, Kerry Cuskelly, Service provider Derek Pepper, SHINE |
| 11.00-11.10 | Behavioural Family Therapy Clip Family recovery video Family recovery clip | Shared via twitter and Zoom Webinar | Videos that introduce family supports offered by the HSE Videos from Family members and supporters Videos from Family members and supporters |
| 11.10-11.20 | See Change and Family Recovery | Zoom Webinar | Barbara Brennan, Programme Coordinator of See Change, Ireland's National organisation dedicated to ending the stigma that surrounds mental health. |
| 11.20-11.30 | Break | | |
| 11.30-11.40 | Family Recovery Video Clip | Shared via twitter and Zoom Webinar | Videos from Family members |

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| | PiLLAR Programme Family Based Therapy | | Video that introduce family supports offered by the HSE Video that introduce family supports offered by the HSE |
| 11.40-13.10 | 7 Family Recovery modules Max 20 people per module. (separate zoom link that you have received) | Zoom room | Family Recovery education modules co facilitated by Recovery Colleges/ services |
| 13.10-13.30 | Lunch or Guided Meditation | Zoom Webinar | Grace McGee National Family Resource Centres. |
| 13.30-14.00 | Further Family recovery conversation chat rooms (separate zoom link that you have received) | Zoom room | Facilitated by family members and family peer support workers |
| 14.00- 14.10 | Family Recovery Clip PRIMERA (FAM JAM) Family Talk- | Shared via twitter and Zoom Webinar | Video from Family members Video that introduce family supports offered by the HSE Video that introduce family supports offered by the HSE |
| 14.10- 14.20 | Family Recovery Clip Family Connections (DBT) Family and Friends Skills and Support Group (Social work family support group CHO 9) | Shared via twitter and Zoom Webinar | Video from Family members Video that introduce family supports offered by the HSE Video that introduce family supports offered by the HSE |
| 14.20-14.35 | Family CHIME Trauma Informed Care and family Video Family recovery video | Shared via twitter and Zoom Webinar | Video from group of family members and service providers Video introducing Trauma Informed Care. Video from two family members |
| 14.35-14.50 | Seeds of wisdom from lived experience, HSE Area Leads for Engagement and Recovery | Shared via Twitter and Zoom Webinar | HSE, Area Leads for Engagement and Recovery |
| 14.50-15.00 | Family celebration with Music | Shared via twitter and Zoom Webinar | Let's celebrate family with a sing a long |
| 15.00- 15.05 | Michael Ryan | Shared via twitter and Zoom Webinar | Head of Mental Health Engagement and Recovery Mental Health |