



Mental Health: From Prevention to Intervention to Reintegration A Systematic Approach to Supporting Mental Health in Elite Athletes

Hosted by EIS Mental Health Team

18 November, 2022

Royal Society of Medicine, 1 Wimpole St, London

FSEM (UK) accreditation to be sought

0800 Registration, Refreshments and Company Exhibition

0855 Opening and Meeting Introduction **Dr Craig Ranson - Meeting Co-Director**
Mr Sam Cumming - Meeting Co-Director

An Environment to Promote Wellbeing

0905 Considering the Intersection between Performance, Mental Health and Culture **Shameema Yousuf**

0935 Promoting Positive Mental Health in The Football Association **Dr Pippa Bennett**

1005 Questions

1015 Refreshments and Company Exhibition

Identifying

1045 Focus on Screening and Monitoring in Practice and Updates from IOC **Dr Carrie McCrea, Professor Alan Currie**

1115 Questions

Understanding

1120 The Use of Formulation in Understanding Problems **Dr Amanda Gatherer**

1150 Questions

Intervening

1155 Working with an Eating Disorder Case **Dr Caz Nahman**

1225 Working with Athletes as a Mental Health Practitioner **TBC**

1255 Questions

1305 Lunch and Company Exhibition

Reintegrating

1400 Presenting a Reintegration Process: Challenges and Key Principles **Dr Tim Rogers**

1430 Questions

Experts by Experience Part 1

1435 Athlete Interview **Kadeena Cox/Dr Allan Johnston**

1520 Refreshments and Company Exhibition

Experts by Experience Part 2

1550 Athlete Panel **Anne Marie-Davis (Facilitator)**

Ali Young (Sailing) Emma Wiggs (Para Canoe) Kadeena Cox (Para Athletics/Cycling)

Mental Health Delivery in the Competition Setting

1635 Overview and Reflections of Tokyo, Beijing and Birmingham **Emma Wiggs/Dr Amanda Gatherer**

1705 Questions

1710 Meeting Close and Summary **Dr Craig Ranson and Mr Sam Cumming**

