



Collaborating for Military Mental Health



Northern Ireland Veterans' Support Office

***Military mental health sector review & case management:
Challenges & opportunities***

**A half-day online conference co-hosted by the
Contact Group & Northern Ireland Veterans' Support Office**

Date: Tuesday 16 March 2021

Time: 0930-1300

MS Teams event link:

The link is live from now and can be tested at any time - please test it in advance of the event to make sure it works for you. If you will be logging in as a guest rather than a registered user of Teams (please insert your full name), you may see a message stating 'Someone will let you into the meeting soon' - this is fine as it means the link will work for you once the event has started. For any issues, please email:

anna.owen@contactarmedforces.org.uk. Please note the event will be recorded for possible external use afterwards. Attendance indicates agreement to this and attendee cameras can be kept turned off if preferred.

Microsoft Teams instructions

The event will take place on Microsoft Teams.

- You can access Teams via a smartphone, laptop, tablet or computer, as long as you have access to the internet. All you need to do is click on the Teams link above on the event day and time.
- If you do not have the Microsoft Teams app, you can choose 'watch on the web instead'. This will open a webpage that will take you direct to the event. Please note that there may be issues using Teams with Internet Explorer so use an alternative browser if you choose the web option.
- Alternatively, you can choose 'Download the app'. This will download the Teams app software for free. It is also possible to download a mobile app for use on a phone.
- If you are not a registered user of Teams, you can register for free quickly and easily (follow the prompts), or you can attend the event as a guest. If you choose the guest option, please ensure you insert your full name when prompted so we know who you are when you enter via the virtual 'lobby' (see below).
- If you have trouble with audio or video quality on the day, please check your system settings, including for your speakers/headphones. If problems persist, try leaving and re-entering the event, turning off your camera or the incoming video (for audio only), and/or any other online household devices (if possible) to maximise bandwidth.

Joining information

- Please click on the link above and join in good time before the event starts promptly at 0930. Virtual arrivals will be open from 0920 for attendees and 0910 for speakers only.
- Please do not forward or circulate the above event link. If you have colleagues or contacts who would like to attend, please ask them to register first by emailing: anna.owen@contactarmedforces.org.uk
- On arrival, registered attendees will be let in through the virtual 'lobby'.
- Attendee microphones will be automatically muted on arrival into the event.

- It will be possible to submit questions and comments via the 'chat' function throughout the event (visible by clicking on the 'speech bubble' icon in the function bar towards the top right of the screen). This will be monitored and questions/comments collated and relayed to the session Chair and speakers.
- There are over 150 registered attendees - please be respectful of others when participating. Misuse of the chat or any other functions may result in removal from the event.

Post-event feedback

After the event, a link to a short, online feedback form will be emailed to all attendees - please take 1-2 minutes to complete it to enable us to evaluate this event and improve future events.

About the event: Aims

The conference is open to all professionals working in military mental health and those with an involvement or interest in veterans' case management, as well as veterans and families.

The aims of the conference are to review recent developments in the UK military mental health sector (with a particular focus on **Northern Ireland** for part of the event), including identifying any challenges and opportunities to address them. Also to share details of (and seek feedback on) the **veterans' mental health information system (VMHIS)** proposed by the Cobseo/Contact case management working group and presently being scoped by consultants.

The programme (see below) includes keynote speakers, speaker panels and opportunities for Q&As, comment and discussion. The keynote speeches and first session will focus on **Northern Ireland**, as Contact is a collaboration of organisations from all four nations of the UK and this conference was originally due to take place in Belfast. The second and third sessions will focus on **veterans' mental health and case management in the UK** (**case management** is one of Contact's **priority work areas**), including outlining and inviting feedback on the proposed **veterans' mental health information system**.

Conference programme (also available on the [Contact website](#))

Co-hosted by Liz Brown, Head of **Northern Ireland Veterans' Support Office** (NIVSO) and Charles Winstanley, Chair of **Contact Group**

0910-0920: Speaker arrivals only

0920-0930: Attendee arrivals

0930-0935: Welcome & introduction – Liz Brown

0935-0940: **Video message: Robin Swann, Minister of Health, Northern Ireland Assembly** – introduced by Liz Brown

0940-1000: **Keynote: Veterans' mental health in Northern Ireland**

Speaker: Danny Kinahan, Northern Ireland Veterans' Commissioner (10 mins)

Followed by audience Q&As – chaired by Liz Brown

1000-1100: **Veterans' mental health in Northern Ireland**

Speakers will comment (3 mins each) on their top three strategic issues:

- **Johnny Rollins**, Chief Executive, Reserve Forces & Cadets Association for NI
- **Ciaran Mulholland**, Clinical Director, NI Regional Trauma Network
- **Peter Baillie**, Director, UDR & R IRISH Aftercare Service
- **Cherie Armour**, Professor of Psychological Trauma & Mental Health, Queen's University Belfast
- **David Cameron**, Clinical Lead Psychologist, Inspire Wellbeing
- **Ben Higgins**, Welfare Officer, The Ely Centre; Volunteer Caseworker, SSAFA NI; Vice-chairman, Not Forgotten Association
- **Art O'Malley**, Head of Clinical Services

Followed by audience Q&As and discussion – chaired by Liz Brown

1100-1115: Break

1115-1155: **Proposed veterans' mental health information system (VMHIS)** presented by members of the Cobseo/Contact case management working group (5-7 mins each), including:

- **Roy Brown**, Director of Governance Support, Confederation of Service Charities (Cobseo)
- **James Greenrod**, Head – Armed Forces People Support, Ministry of Defence
- **Andy Bacon**, Head of Policy & Strategy for Armed Forces, NHS England & NHS Improvement
- **Nicola Cook**, Assistant Director of Operations, Royal British Legion

Followed by audience Q&As and discussion – chaired by Charles Winstanley

1155-1255: **UK military mental health & case management**

Speakers (5-7 mins each) will include:

- **David Richmond**, Director, Office for Veterans' Affairs (OVA)
- **Charlie Wallace**, Scottish Veterans' Commissioner
- **Neil Greenberg**, Professor of Defence Mental Health, King's College London & Lead for Military & Veterans' Mental Health, Royal College of Psychiatrists

- **David Rowley**, Head of Operations: Regional & Specialist Services, Leeds & York NHS Partnership Trust
 - **Neil Kitchiner**, Director & Consultant Clinical Lead, Veterans NHS Wales
 - **Catherine Kinane**, Medical Director, Combat Stress
 - **Sarah Jones**, Head of Psychological Wellbeing, Help for Heroes
 - **John McColl**, Chairman, Confederation of Service Charities (Cobseo)
- Followed by audience Q&As and discussion – chaired by Charles Winstanley

1255-1300: Summary of key points – Charles Winstanley

1300: End

Chair & Speaker biographies (in order of appearance)

Co-chairs

Liz Brown, Head, Northern Ireland Veterans' Support Office (NIVSO)

Lt Col (Ret'd) Liz Brown served for some 20 years in Germany, Canada, Bosnia and UK within MoD Headquarters, retiring in 2009. After a short break, she went back to work part time with the NI office of ABF The Soldiers' Charity for 7 years, before taking up a new post in April 2018 with Cobseo/RFCA NI as Head of the NI Veterans' Support Office with the core role of developing the capacity to deliver the Armed Forces Covenant in NI.

The NI Veterans' Support Office (NI VSO) is responsible for building capacity to deliver the Armed Forces Covenant in Northern Ireland and for providing support to veterans where the latter's needs are not met through statutory bodies and/or the charitable sector. The office has a nationally recognised mandate and delivery targets which are reported to the OVA and has formal, embedded links to the Veterans' Champions in each local authority in NI as well as Other Government Departments, other stakeholders and the third sector. The office works closely with that of the Veterans' Commissioner for NI.

Charles Winstanley, Chair, Contact Group

Dr Charles Winstanley became the independent Chair of Contact in Sept 2018. The UK Academy of Medical Royal Colleges appointed him Chair in 2016 and again in 2019. He also chairs the military sub-committee of the Cabinet Office Honours, Decorations and Medals Committee. Prior to these roles, Charles served on Norfolk and Norwich University Hospital board for two terms, then chaired NHS Lothian, the UK's second largest health system (during which time he also served as Chair of Scotland's NHS Chairs). He has also been a non-executive director at the Ministry of Defence and the Scottish Government.

Trained at Sandhurst and Staff College, Charles was a regular soldier with 16th/5th Lancers in Northern Ireland, BAOR, and the Middle East. In later territorial service he led BAOR-rolled armoured reconnaissance squadrons in London and Belfast (North Irish Horse), before two MoD staff appointments. After manufacturing and communications roles, he ran his own strategy consultancy for 18 years. Charles has masters and doctoral degrees in business management from Henley Business School.

Video message

Robin Swann, Minister of Health, Northern Ireland Assembly

Robin Swann was appointed Minister of Health in the Northern Ireland Assembly on 11th January 2020. A father of two young children, he was first elected as an MLA for North Antrim in 2011.

Before his appointment as Minister he held a number of posts including Chairman of the Public Accounts Committee, Chairman of the Employment and Learning Committee, Assembly Commissioner, as well as Party Leader and Chief Whip of the Ulster Unionist Party.

He is an active member of Kells & Connor Community Association and has served as a Board member of the Volunteer Development Agency in Northern Ireland.

Keynote: Veterans' mental health in Northern Ireland

Danny Kinahan, Northern Ireland Veterans' Commissioner

Danny served with the Blues and Royals, rising to the rank of Captain. He also did a tour of duty in Northern Ireland with the First Battalion the Black Watch in 1983, based in North Howard Street Mill. Following his tour in Northern Ireland, Danny became second in command of one of the Blues and Royals Chieftain main battle tank Squadrons based in Germany, before heading to the Falkland Islands to be the senior watchkeeper in operational headquarters.

Danny left the regular army in the mid-1980s to return home to manage the family farm in Templepatrick. However, he remained a reserve officer with the Blues and Royals, returning to Germany on two occasions, before joining the North Irish Horse as Squadron Leader in Belfast. Danny was honoured to be made the Honorary Colonel of the North Irish Horse and help promote its role as part of the Scottish and North Irish Yeomanry.

Danny's career also included a brief time at Short Brothers, followed by 18 years working throughout Ireland as a fine art valuer for Christie's. In more recent times, Danny has been a political representative for the Ulster Unionist party, serving the people of South Antrim in local Council, as an MLA at Stormont and as their Member of Parliament at Westminster.

He was appointed as Northern Ireland's first Veterans Commissioner in September 2020.

Speaker panel: Veterans' mental health in Northern Ireland

Johnny Rollins, Chief Executive, Reserve Forces & Cadets Association NI

Colonel Johnny Rollins MBE, a retired soldier, is the Chief Executive of RFCA NI which, on top of its traditional function of providing life support to reserves and cadets in NI, has for some seven years now, overseen the application of the Armed Forces Covenant in a part of the country where this poses particular challenges. A very major part of this is the provision of welfare support to veterans and it was Colonel Rollins's efforts that led to the creation of the Veterans Support Office within the RFCA and the appointment of veterans' champions

into each of NI's local authorities. He represents NI, alongside a member of the NIO, on the Covenant Reference Group.

Ciaran Mulholland, Clinical Director, Northern Ireland Regional Trauma Network

Dr Ciaran Mulholland is a consultant psychiatrist with the Northern Health and Social Care Trust and a Senior Lecturer in Psychiatry at Queen's University. He is co-lead for an innovative psychosis prevention service for young people in the Northern Trust and is Clinical Director of the Northern Ireland Regional Trauma Network. He has provided advice to the Commission for Victims and Survivors (CVS) on the needs of those affected by the Troubles and sits on a working group tasked with the delivery of the new Victims Payment.

In the last months Dr Mulholland has been involved in the response to the Covid-19 pandemic, sitting on the Mental Health and Well-Being Surge Cell and writing a widely utilised review of the impact of the pandemic on mental health. He is also a member of the Regional Ethics Forum and with others drafted the recently published Covid-19 Ethical Guidance Framework document.

Peter Baillie, Director, UDR & R IRISH Aftercare Service

Peter was Commissioned into the Royal Navy in 1976 hoping to become a nuclear submariner but ended up returning to Northern Ireland and transferring into the Army; retiring from Regular service in 2003 in the rank of Major, he continued as a Reservist until reaching the age of 60.

Peter worked as a Welfare Officer with the charity Combat Stress (the Ex-Services Mental Welfare Society) for four years. Currently, and since 2007, he is the Director of the UDR and R IRISH Aftercare Service, a unique and bespoke welfare service for veterans and their families. He is also a director on the Boards of the Somme Nursing Home and the Military Heritage of Ireland Trust. He has no academic research background but enjoys assisting those studying veterans' issues, with a view to using his experience for the benefit of all concerned.

Cherie Armour, Queen's University Belfast

Cherie Armour is a Professor of Psychological Trauma and Mental Health in the School of Psychology at Queen's University Belfast. Professor Armour is the Director of the QUB Research Centre for Stress Trauma and Related Conditions (STARC). Cherie has published extensively in the field of Psychotraumatology and Mental Health. Cherie has a particular interest in occupational groups that are at increased risk of experiencing trauma and traumatic stress outcomes due to their occupational roles, for example, military, police, and emergency service workers. Cherie has also published on the nosology, comorbidity, and longitudinal course of disorders such as PTSD, dissociation, anxiety, and depression. Cherie is past President of the UK Psychological Trauma Society, a current member of the board of directors for the International Society of Traumatic Stress Studies, and an Associate Editor of the European Journal of Psychotraumatology. Current funded programmes of research include a FiMT funded investigation of the psychological well-being of veteran families in the UK and a UKRI funded longitudinal study of biological, psychological and social predictors of PTSD in response to Armed Conflict in Colombia.

David Cameron, Consultant Clinical Lead Psychologist, Inspire Wellbeing

Dr David Cameron BSc, PhD DCPsychol, CPsychol, Consultant Psychologist and Psychotherapist is Consultant Clinical Lead Psychologist of Inspire overseeing a diverse portfolio of therapeutic services across Ireland and including the delivery of psychological therapies through the MoD Aftercare Service for veterans who served in Northern Ireland. David also leads clinically on the regional delivery of the UK wide Tackling Serious Stress Program supporting the wider population of veterans and their families. David has worked for upwards of 30-years in child, adolescent, adult and forensic primary and secondary mental health and addiction services and in the past led on the delivery of psychological therapies for victims traumatised by the NI conflict. David has a special interest in complex trauma, schizophrenia and compassion - mindfulness based interventions alongside the use of artificial intelligence and digitalised interventions in the treatment of common mental health conditions. He has taught and teaches into Doctoral Clinical Psychotherapy training programs in Queens University Belfast, Dublin City and currently is an associate lecturer with New Bucks University, teaching into a satellite MSc Psychotherapeutic Approaches to Mental Health for NHS clinical staff.

Ben Higgins, Welfare Officer, The Ely Centre; Volunteer Caseworker, SSAFA NI; Vice-chairman, Not Forgotten Association

Ben Higgins, BEM is a retired veteran who completed 31 years' service with the Queen's Own Highlanders/Royal Regiment of Scotland in a variety of roles and was awarded the BEM in the NI operational awards in 1991. On retirement from the services in 2005, he joined the civil service in a military support function role in Lisburn dealing with legacy issues of the troubles and the various public inquiries and remained in this role until 2010 when he transferred to Veterans UK as a Welfare Manager in the Belfast office. In 2016, he left Veterans UK for his current role within the Ely Centre as a welfare case officer providing support to veterans and their families in relation to statutory benefits support, war disablement pensions and related allowances. For the past 18 months, Ben has been a member of the Design and Implementation group established by the Executive office of the assembly to deliver the Victims Troubles Related payment scheme passed by parliament and due to open to claimants in mid-2021.

He is also a volunteer caseworker with SSAFA in NI, originally as an in-service volunteer and on retirement in 2005 as a volunteer caseworker, he sits on the SSAFA NI executive and is the divisional secretary for County Fermanagh. He supports the Not Forgotten Association branch in NI who provide entertainment for veterans throughout NI and is currently the Vice Chairman of the organisation. He has been at the forefront of change in terms of supporting the delivery of and has been actively involved in establishing the Northern Ireland Veterans Support committee which is now reaching a steady state from its humble beginnings in 2009 onwards. He was instrumental in getting the grant of £967,000 LIBOR funding to establish Brooke House, a support programme located at Colebrook Estate in County Fermanagh for veterans and their families, in addition to a further £220,000 in funding from the Covenant Trust.

Art O'Malley, Head of Clinical Services, The Ely Centre

Dr Art O'Malley BA MB BCh BAO DCH MRCPGP Diploma Clinical Supervision FRCPsyc, EMDR Europe Accredited Consultant for children adolescents and adults, has practised as a medical doctor since 1990 and as a Consultant Child and Adolescent Psychiatrist from 2004

until 2015 for the NHS. In Jan 2011 he became a Fellow of the Royal College of Psychiatrists. He sees patients with a wide range of health problems who often present with symptoms of complex trauma and dissociation. He has presented widely in the fields of trauma, neglect and the developing brain, attachment disorders, personality disorders, emotional dysregulation in ADHD and on ASD diagnosis and management. This year (2018) he was recognised as an EMDR Europe accredited Consultant for Children and Adolescents and reaccredited as an EMDR consultant for adults (2008-2023). He supervises therapists towards accreditation as both Practitioners and Consultants in EMDR. He first presented this therapeutic approach at the annual conference of the International Society for the Study of Trauma and dissociation in November 2011 in Canada and at the Bowlby Centre in London. Karnac Books published his book; *The ART of BART: Bilateral Affective Reprocessing of Thoughts as a Dynamic Model for Psychotherapy* in March 2015 It is available from www.Amazon.com. The follow up book: *Sensorimotor-Focused EMDR: A New Paradigm for Psychotherapy and Peak Performance* can be preordered from www.routledge.com. Published in December 2018, it is an integration of Sensorimotor-Focused EMDR, and Quantum Field Theory of Psychotherapy as described by Professor Ernest Rossi.

In 2019 he returned to Ireland to work for the Ely Centre which has offices in Enniskillen and Markethill in Northern Ireland. As Head of clinical services, he has responsibility for the Health and Wellbeing Team. This service deals with veterans and victims and survivors of the Troubles with Complex Grief and Complex Trauma or PTSD. We are currently the only service in Northern Ireland undergoing accreditation as a provider of Mental Health Services for veterans administered by the Royal College of Psychiatrists. The Contact UK group has a total of 10 services across the UK involved in this initial pilot.

Speaker panel: *Proposed veterans' mental health information system*

Roy Brown, Director of Governance Support, Confederation of Service Charities (Cobseo)

Roy Brown is a MOD Civil Servant who has supported the Armed Forces in a series of appointments including: the Royal Navy, as Deputy Head of the Naval Staff and Secretary to the Navy Board; the Army as a Civil Advisor to the GOC in HQ Northern Ireland; and the RAF as Private Secretary to the Chief of the Air Staff. He is now drawing on this experience to support the Service Charity Sector on secondment; first as Chief of Staff to the Controller SSAFA; and, since February 2019, with Cobseo as Director of Governance Support.

James Greenrod, Head – Armed Forces People Support, Ministry of Defence

James read History and Politics at the University of Sheffield, and joined the Civil Service in 2003. His early career encompassed a wide range of policy, project and programme management and analytical roles within the Ministry of Defence and HM Treasury. These included: Defence relationships with NATO and the EU; change management within the Helicopters Directorate; procuring training systems for the Royal Navy and; scrutiny of £100M+ major projects. James also served as Reservist officer with the Royal Signals for ten years.

Following a sabbatical as a Project Manager with Raleigh International in Borneo in 2012, James spent three years in the Cabinet Office Assessment Staff as a senior Middle East

analyst. James re-joined Defence in August 2016 as the leader of the Armed Forces Covenant Team and was promoted to the Head of Armed Forces People Support in August 2019.

Andy Bacon, Head of Policy & Strategy for Armed Forces, NHS England & NHS Improvement

Andy Bacon has worked in the public and charitable sectors. His areas of interest are armed forces health, mental health, health system management, developing integrated health care, and improving health in low income countries. He was also the Chief Executive of the only specialist children's hospital in East and Central Africa. His current job is developing the policy and strategies for the NHS support for healthcare for the Armed Forces community, having served in the Army. He holds and has held several non-executive posts in the charitable sector. He was awarded a Certificate in Global Mental Health in 2019 and is a visiting professor at the University of Chester.

Nicola Cook, Assistant Director of Operations, Royal British Legion

Currently Nicola Cook is the Assistant Director Operations, having joined the Charity in 2017. She currently provides leadership to the regional welfare services both in England, Wales and Northern Ireland and Overseas. These services support over 30,000 beneficiaries every year. Nicola is married to a former army captain.

Nicola has worked in the Charity sector since 2002. She firstly worked at Macmillan Cancer Support as North West Regional Lead for Cancer Services. Within this role she led a major re-configuration of breast and lung services across Greater Manchester. She then became Regional Director for United Response, an organisation which supports 3500 people with complex mental health and learning disabilities.

Nicola commenced her career in the National Health Service providing senior leadership support to primary, secondary and tertiary care organisations. She specialised amongst other things in managing complex and forensic mental health services as well as service specialising in oncology and neurosciences.

Nicola's journey commenced in politics undertaking a degree in Politics and Parliamentary studies. This journey resulted in her working for the Democratic Majority Leader at the House of Representatives in the United States of America as part of the health policy team, and then worked for Gordon Brown MP, Shadow Chancellor of the Exchequer in 1995, providing support to the development of a University of Industry and National Apprenticeship programme, providing support to young people into employment.

Speaker panel: UK military mental health & case management

David Richmond, Director, Office for Veterans' Affairs

David Richmond CBE served as an infantry officer in the British Army for 26 years and was seriously wounded in Afghanistan in 2008, while Commanding Officer of 5 SCOTS. After 4 years of reconstructive surgery and rehabilitation he was medically discharged and joined Help for Heroes as their first Director of Recovery. In the subsequent 6 years he took the vision for a holistic recovery service for the nation's wounded, injured and sick service people and their families and, with a great team, turned it into an operational reality. He

founded and was the first Chair of the Contact Group, sat on Lord Boyce's Review of the Armed Forces Compensation Scheme, sat on the Defence Recovery Board, was a member of the UK Armed Forces Invictus Games Partnership Board and was UK Invictus Games Team Director for the first 3 games.

Leaving Help for Heroes at the end of 2017, David worked for NATO in the Ukraine, advising them on creating their own recovery services and independently advised a number of other nations on the same, while also filling a number of interim senior executive roles, working as an executive coach and mentor with clients in the City of London and speaking and consulting on strategic leadership. In October 2019 he was appointed as the first interim Director of the Office for Veterans' Affairs in the Cabinet Office and has just been appointed by Michael Gove as the Government's first Independent Veterans Advisor; he moves into this new role on 6 Apr. Separately, David is Chair of Worldmaker International, a US based not-for-profit organisation that is dedicated to providing people with the knowledge and understanding to build their human resilience and leaders with the understanding necessary to create the conditions for people to thrive; and he is Chair of Boccia UK, the National Governing Body for the Paralympic sport of Boccia.

Charlie Wallace, Scottish Veterans' Commissioner

Colonel Charles (Charlie) Wallace took up the post of Scottish Veterans Commissioner in September 2018 after completing 35 years' service in the Army. His last appointment in the Army was Deputy Commander of 51st Infantry Brigade and HQ Scotland. He has followed a traditional career in the Infantry holding various command appointments on operations and at home. He has seen active service in Iraq and Afghanistan, with the UN in the Former Yugoslavia (Bosnia, Serbia and Croatia) and Northern Ireland during Operation Banner. Charlie was the chief planner in HQ Multi-National Division (South East) in Basra, Iraq and held the same role for a year in HQ Regional Command (South West) in Afghanistan's Helmand Province for which he was awarded the US Bronze Star.

Deeply committed to addressing the challenges that individuals and their families face after military service, as Scottish Veterans' Commissioner, Charlie is seeking innovative and novel approaches to highlight the impressive talent this group of people bring to our society. He aims to help the Scottish Government recognise this talent and showcase it to those who may not understand or be aware. Whilst highlighting this talent, Charlie also seeks to ensure that those who have made mental and physical sacrifices for their country are appropriately cared for and given the best opportunities to positively contribute to the society they are now a part of.

Neil Greenberg, Professor of Defence Mental Health, King's College London and Lead for Military & Veterans' Mental Health, Royal College of Psychiatrists

Neil@marchonstress.com

Professor Neil Greenberg BM, BSc, MMedSc, FHEA, MFMLM, DOccMed, MInstLM, MEWI, MFFLM, MD, FRCPsych is a consultant academic, occupational and forensic psychiatrist based at King's College London. Neil served in the United Kingdom Armed Forces for more than 23 years and has deployed, as a psychiatrist and researcher, to a number of hostile environments including Afghanistan and Iraq. At King's Neil leads on a number of military mental health projects and is a principal investigator within a nationally funded Health Protection Research unit. He also chairs the Royal College of Psychiatrists (RCP) Special

Interest Group in Occupational Psychiatry. Neil has published more than 300 scientific papers and book chapters and has been the Secretary of the European Society for Traumatic Stress Studies, the President of the UK Psychological Trauma Society and Specialist Advisor to the House of Commons Defence Select Committee. During the COVID19 pandemic, Neil has worked closely with NHSEI, PHE and has published widely on psychological support for healthcare, and other key workers.

David Rowley, Head of Operations: Regional and Specialist Services, Leeds & York Partnership NHS Foundation Trust (LYPFT)

David successfully launched the High Intensity Service for the North in November 2020. Having led a strong collaboration of Veterans' charities and NHS providers to develop the pathfinder model during the pandemic, the partnership has now supported 53 Veterans presenting in crisis.

His portfolio of services also includes the Veterans' Complex Treatment Service, as well as other specialist services. Having worked in the NHS for fourteen years, David has specialised in operational management and service development at NHS Blood and Transplant, Sheffield CCG and LYPFT. Future challenges include the recommissioning of Veterans Mental Health services in the next 2 years!

Neil Kitchiner, Director & Consultant Clinical Lead, Veterans' NHS Wales

Dr. Neil Kitchiner is responsible for the day to day running of the Veterans' NHS Wales, including service supervision and facilitating training of the veterans' therapists (VTs). Neil is also responsible for the Cardiff and Vale UHB veterans' hub, including assessment, signposting, offering brief psychological therapy, and follow-up appointments. Neil served as a Captain in the Army Reserve at 203 (Welsh) Field Hospital, Army Reserve Centre, Cardiff between 2011-2014. He deployed to Afghanistan Oct 13-Jan 14 as part of the Tri-service Field Mental Health Team, OP HERRICK 19A.

Catherine Kinane, Medical Director, Combat Stress

Professor Catherine Kinane joined Combat Stress as the Medical Director in August 2020. Catherine has had a prestigious and varied career and has been a member of the Royal College of Psychiatrists (RCP) since 1994.

Whilst raising a family, Catherine worked as medical director for a medium secure hospital where she treated female patients with complex trauma backgrounds. In 2004, Catherine became Clinical Director for Forensic and Specialist Services at Kent and Medway NHS and Social Care Partnership Trust, and was appointed Clinical Director for the SESCEN before progressing to Executive Medical Director in 2014. While there she chaired the ICS/STP mental health workstream and was a member of clinical cabinet.

Catherine joined Combat Stress after spending a year working as a consultant forensic psychiatrist in Australia. She has worked with veterans in many settings across time including community services and custody. Her most memorable first patient in the UK, 1992, was a veteran who served in NI.

During her time in Kent, Catherine was appointed visiting Professor at Canterbury Christchurch University for her collaborative research with the university. Her Research interests arise from the drive to improve Quality in services and include Quality of Life

Outcomes, Peer supported Open dialogue and Carers burden. Catherine's interests in mental health are focused on quality of life for those with a mental health condition; outcome measures; peer support; social networks and the roles and responsibilities of carers for those with mental health problems.

She is an expert for the courts and has worked for the CQC as a specialist reviewer and Second opinion doctor. She has served as an elected member on the BMA medical managers Committee. She currently serves in the elected position as the Chair of the RCPsych South Eastern division having previously held a number of college roles.

Sarah Jones, Head of Psychological Services, Help for Heroes

John McColl, Chairman, Confederation of Service Charities (Cobseo)

General Sir John McColl KCB CBE DSO is the Chairman of Cobseo. He acts as the voice of the Service Charitable Sector within Government and the Private Sector and is charged with encouraging cooperation and collaboration across the Service Charitable Sector to enhance the support given to the Armed Forces Community. He chairs the Confederation's Executive Committee and is a member of a number of cross Government committees including the Covenant Reference Group and the MOD Service Charities Partnership Board. He meets regularly with Ministers and is widely consulted by the MOD.

Attendee organisations

Over 150 attendees are registered for the event, representing a range of different organisations, including:

1st Northern Ireland Battalion Army Cadet Force
Action Mental Health
Adjutant General's Corps Association
Andy Allen Veterans Support (AAVS)
Association of ex-Service Drop In Centres (ASDIC)
Banbridge DEA
Blesma
Braveheart
British Nuclear Test Veterans Association
Cat Zero
Coleraine Veterans' Club (The Beekeepers)
Combat Stress
Confederation of Service Charities (Cobseo)
Contact Group
Coventry and Warwickshire NHS Partnership Trust
Defence Medical Welfare Service (DMWS)

Department of Health & Social Care (DHSC)
Finchale Group
Forces in Mind Trust (FiMT)
Forces in the Community
Forward Assist
Help a Squaddie
Help for Heroes
High Ground UK
Horses for People
Icarus Charity
Inspire Wellbeing
King's College London (KCL)
Leeds and York NHS Partnership Trust
Lisburn & Castlereagh City Council
Military and Police Support of West Tyrone
Milton Keynes & Bedford Borough Councils
Ministry of Defence
NHS England & NHS Improvement
NHS Veterans' Mental Health TIL and Complex Treatment Services - LSE
NI Regional Trauma Network
NI Veterans Support Office (NIVSO)
Norfolk and Suffolk Foundation Trust
Office for Veterans' Affairs (OVA)
PTSD Resolution
Queen's University Belfast (QUB)
RAF Association
RAF Benevolent Fund
Reserve Forces and Cadets Association for Northern Ireland (RFCA NI)
Respect Canada
RMA - The Royal Marines Charity
Royal British Legion
Royal College of Psychiatrists
Samaritans
Scottish Veterans Care Network (SVCN)
Solent University
SSAFA
Support Our Paras

The Ely Centre
The Warrior Programme
Togetherall
UDR & R IRISH Aftercare Service
University of Manchester
Veterans Community Network (VCN)
Veterans Foundation
Veterans Gateway
Veterans NHS Wales
Veterans Woodcraft CIC
Walking With The Wounded
We Are With You
WRVS