

Programme

Date | Tuesday 24th November 2026

Location | Online, via Zoom

Audience | Paediatric Trainees and Consultants

08.50	Registration	
Chair: Dr James Dearden , Consultant Paediatrician, Torbay Hospital and Torbay Paediatric Mental Health Lead		
09.00	Welcome and introduction	Dr James Dearden
09.15 – 09.35	Mia's story	Video
09.35 – 10.55	Acutely dysregulated child	Dr Katya Certic , Consultant Community Paediatrician, Hampshire and IOW Healthcare NHS Foundation Trust and Dr Toks Sanwo , Consultant Mental Health Paediatrician, Cambridgeshire Community Services
10.55	Break	
11.10 – 12.30	Non-organic illnesses presenting to general paediatrics	Dr Anna Kyle , Consultant Paediatrician, Somerset Partnership NHS Foundation Trust and Dr Rory Conn , Consultant Paediatric Liaison Psychiatrist, Devon Partnership Trust / Royal Devon and Exeter Hospital
12.30 – 12.45	Q & A from morning sessions	All faculty
12.45	Lunch	
13.30 – 14.50	Eating Disorders	Dr Natasha Sauven , Consultant Community Paediatrician and Paediatric Eating Disorders Lead, Royal Cornwall Hospitals NHS Trust, and Dr Ian Rodd , Consultant Paediatrician, Hampshire Hospitals Foundation Trust
14.50	Break	
15.00 – 16.10	Self-harm, Attempted Suicide and the role of the Paediatrician	Dr Emma Blake , Paediatric Consultant; RCPCH CSAC Chair Mental Health; Designated Doctor Safeguarding and Dr Sam Jones , Consultant in Paediatric Emergency Medicine, RCPCH Officer for Mental

		Health
16.10 – 16.25	Final questions	All faculty
16.25- 16.40	Summary & Close	Dr Sam Jones

Course aim

Build core skills and confidence in supporting mental health in children and young people - for all paediatricians.

The course will cover 4 broad areas of mental health presentations with 5 vertical themes throughout the day of:

1. Neurodivergence
2. Legal Frameworks
3. Biopsychosocial approach
4. Role of the Paediatrician
5. The behavioural cycle

Learning outcomes

By the end of this course, you will:

1. Feel confident in your role in managing common mental health presentations
2. Consider the impact of neuro divergence on managing mental health presentations
3. Be able to apply legal frameworks to managing mental health presentations.

Course lead

Dr James Dearden is a Consultant General Paediatrician in Torbay & South Devon, with subspecialisation in High Dependency Paediatrics. He has been the local Mental Health lead in Torbay since 2021, and over the last two years has taken on roles with Devon ICB and NHSE South West to support development and integration of services around children and young people's mental health. He has been responsible for establishing a clinical network linking physical and mental health teams across the South West, encouraging collaboration, shared working and greater advocacy for CYP mental health. He is passionate about the role paediatricians have to play in children's health, both physical and mental, and equipping the children's health workforce with the understanding, tools and capabilities to meet the defining need of this generation of young people.