

Mental Health and Wellness in the North West: A Shared Vision and Collaborative Mission

PROGRAMME

This is an in-person event only and is not being livestreamed

17:00 - 17:25 Registration and Refreshments

17:30 - 17:40 **Welcoming and opening of NMBI Summer Series**

Dr Orla Flynn, President Atlantic Technological University

Video message from **Rachel Kenna**, Chief Nursing Officer, Department of Health

17:40 - 17:50 **NMBI demographics**

Dr Ray Healy, Director of Registration, NMBI

17:50 - 18:25 **Panel discussion**

Chaired by **Dr Louise McBride**, Head of Department Nursing and Health Care, ATU Donegal

Panelists

Jonathan Durning, Lecturer in Mental Health, ATU Donegal

Sharon Ferguson, Mental Health and Wellbeing Project Officer at ATU Donegal

Natasha Brown, Research Assistant at ATU Donegal

Margaret McLafferty, Research Fellow in Mental Health at Ulster University

Dr Grainne Ketelaar, Lecturer, Department Nursing and Health Care, ATU Donegal

Michelle Murray RPN, Clinical Nurse Specialist (CNS) DMHS

Keane Ryan RPN, Clinical Nurse Specialist (CNS) DMHS

18:25 - 18:40 **Keynote address**

John Meehan Assistant National Director and Head of the National Office for Suicide Prevention (NOSP)

18:40 - 18:55 **Questions and answers session**

18:55 - 19:00 **Future directions and closing remarks**

Essene Cassidy, President of NMBI

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SPEAKERS AND PANELISTS

Dr Louise Kavanagh McBride – Academic manager, Head of Department of Nursing and Health Care, Atlantic Technological University (ATU) Donegal, Letterkenny. and Vice President, NMBI.

Dr Louise Kavanagh McBride is a registered general nurse (RNT), a registered nurse tutor (RNT) and current Vice President of the Nursing and Midwifery Board of Ireland (NMBI). Her clinical nursing career began in the Mater Misericordia Hospital where she trained as a general nurse, graduated and registered in 1990. She has specialised and worked predominately in Emergency and Orthopaedics Nursing. She also occupied the first of its kind, nursing role as GP Liaison Clinical Nurse Manager in Emergency prior to moving to the School of Nursing at the Mater Misericordia Hospital (incorporating UCD) to complete a post-graduate course in Clinical Health Science at Trinity College Dublin. This was the first of its kind at that time to increase the number of Registered Nurse Tutors (RNT) and Midwife Tutors (RMT) for the transition of nursing to Higher Education Institutions (HEIs).

She is currently employed as academic manager, Head of Department of Nursing and Health Care at ATU in Donegal since 2014. Her prior positions included post graduate course co-ordinator, assistant lecturer and lecturer at ATU, Donegal. She currently leads and manages undergraduate & post - graduate related studies including Pre-registration Nursing (B. Sc in General, MH and ID Nursing Programmes, Level 8) and a suite of post graduate programmes including PG/MSc (Level 9) and continuing professional development training courses at ATU, Letterkenny Campus, Donegal. She was nominated by the Minister for Health to NMBI 2015 representing Institute of Technology (IOT) sector.

Having worked in Higher Education Sector for the past 20 years she has acquired an extensive knowledge and understanding of the intricacies of the Irish Higher Education Sector as it evolved over time in response to professional bodies, national and international best practice policy and through to the recent Technological University Status in the Northwest. She holds a PhD (UU 2015), a Fellowship in Nursing (RCSI 2016), an MSc in Nursing (TCD 2000), a Post Graduate Higher Diploma in Clinical Health Science Education (TCD, 2001), a Higher Diploma in Orthopaedics (RCSI, 1993) and a Diploma in Psychology (RCSI, 1990), a Certificate in Accident & Emergency Nursing (MMH 1992), a Diploma in Management and Industrial Relations (NCI, 1994) and a Post Graduate Qualification in Corporate Governance (IPA, 2018). She completed her PhD in the nursing and midwife education context, focusing on the evaluation of reflective practice in final year internship trajectory.

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John Meehan

John Meehan is Assistant National Director and Head of the National Office for Suicide Prevention (NOSP) with responsibility for implementing the recommendations set out in Connecting for Life (2015 -2024) Ireland's Suicide Prevention Strategy.

The Donegal native began his career as a psychiatric nurse and worked in London for 13 years in a number of clinical and managerial positions. Before taking up his current role in 2017, John held a number of leadership mental health roles over a 16-year period in the west and north-west of Ireland.

His national brief was extended in January 2018 to include Mental Health Strategy and Planning with responsibility for Mental Health Service Planning including supporting the implementation of national Mental Health Policy, Sharing the Vision (2020 -2030).

John has a keen interest in cross border collaboration and currently chairs the Cooperation and Working Together (CAWT) Mental Health Strategic Oversight Group.

Jonathan Durning

Jonathan Durning (MSc, BSc, BNs, RPN, RGN, RNT) is a lecturer in Mental Health Nursing at Atlantic Technological University, Donegal, Letterkenny.

He completed his undergraduate nurse education at Letterkenny Institute of Technology and completed postgraduate studies at Napier University, Edinburgh and Trinity College, Dublin. He has worked predominately in acute mental health settings, forensic mental health, and in care of the older person.

Jonathan is currently undertaking a PhD in the School of Nursing and Midwifery, Trinity College Dublin. The title of his PhD is "A place in the choir: An investigation of the meaning that older people attach to membership of a community choir". This topic encapsulates the arts as an intervention in mental health promotion and will focus on healthy ageing, community engagement and social inclusion as central facets in general wellbeing.

Sharon Ferguson

Sharon was recently appointed as the Mental Health & Wellbeing Project Officer at ATU Donegal. Over the coming year, Sharon will lead on the implementation of two National frameworks namely:

- The National Student Mental Health and Suicide Prevention Framework
 - The Framework for Consent in Higher Education Institutions: Safe, Respectful, Supportive and Positive – Ending Sexual Violence and Harassment in Irish Higher Education Institutions.
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Natasha Brown

Natasha is a Research Assistant at ATU Donegal. She is currently working on the Student Psychological Intervention Trial (SPIT), a Chitin funded, cross-border project, which includes a randomised control trial to test the effectiveness of an online CBT-based guided intervention for students with mild to moderate levels of depression and/or anxiety.

Her research has also focused on evaluating the prevalence of suicidal behaviours among students with ADHD as well as examining the mediating roles of mental health and substance use on suicidal behaviour among students with ADHD. Further research interests include LGBTQ+ mental health.

Margaret McLafferty

Margaret is a Research Fellow in Mental Health at Ulster University. She helped co-ordinate a large-scale longitudinal study to identify risk and protective factors for suicidal behaviour, mental health and wellbeing, among Ulster University students.

The Ulster University Student Wellbeing Study was conducted as part of the WHO World Mental Health International College Student Initiative. Margaret is also working alongside Natasha Brown on the Student Psychological Intervention Trial (SPIT), a Chitin funded, cross-border project, which includes a randomised control trial to test the effectiveness of an online CBT based guided intervention for students with mild to moderate levels of depression and/or anxiety.

Michelle Murray

Michelle Murray is a Self-Harm nurse at Letterkenny University Hospital (LUH), appointed to the role in January 2015 by the Donegal Mental Health Service. She works with a colleague to improve the assessment and management of all individuals who present to the emergency department with self-harm, with appropriate follow-up interventions. The Self-Harm nurse service in Letterkenny University Hospital provides specialist training in the assessment and management of self-harm and suicidal behaviours, including training for emergency department healthcare staff.

Daily detailed audits are completed to monitor and implement the National Clinical Care Programme in Self Harm. Donegal Mental Health self-harm nurses like Michelle have shown how a coordinated and compassionate response is valuable to the LUH Emergency Department, providing a timely specialist assessment and follow up intervention to this vulnerable population has been a vital service development in Donegal.

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Keane Ryan

Keane Ryan is a mental health nurse who has specialised as a clinical nurse specialist in the area of exercise physiology. Keane's educational background is a BSc. Psychiatric Nursing through (LYIT), as well as a MSc. Exercise Physiology (NUIG). Keane has led out in the development of an exercise physiology clinic within Donegal Mental Health Services. This referral service seeks to support recovery, as well as promote the mental and physical well-being of clients within the service. The service uses individualised exercise and lifestyle interventions, in a bid to improve quantity and quality of life.

Essene Cassidy

Essene Cassidy was first elected to the Board of NMBI as a representative from Public Health Nursing in October 2012 and was re-elected unopposed in 2017. In January 2016 she was elected by the Board as President of NMBI.

Essene has extensive experience working in a variety of roles and functions across a number of acute and community settings, from immunisations, disability, area public health nursing, schools nursing teams and early year's inspectorate.

As Director of Public Health Nursing from 2017 to 2020, Essene led a team of 160 nurses, midwives and care staff responsible for providing health services across the Dublin North West region of Community Health Organisation 9 (CHO), known as Dublin North City and County (DNCC). She is currently Head of Older Persons Services in the same area, responsible for the roll-out of ECC. Essene is also the nursing representative on the National Immunisation Advisory Committee (NIAC).

Dr Ray Healy

Dr Ray Healy is a Registered General Nurse, having worked in orthopaedic and neurosurgical setting across public and private settings. He has experience working as a quality manager and leading clinical audit programmes.

Recently he was a project officer in the Chief Nursing Officer's Office in the Department of Health, managing the Safe Nurse Staffing and Skill Mix brief. While in the Dept of Health he saw oversaw the completion of Phase 2 (emergency care setting) and commenced phase 3 (long-term residential care setting). Ray was the secretariat for the Expert Review Body of Nursing and Midwifery and brought the Body's report to publication in 2022.

Ray holds an MSc Leadership from the RCSI and recently completed his Doctorate in Nursing from London South Bank University which focused on how nurses, in an acute care setting, define the care they provide.