

CORC Forum 2023 Speakers

Kate Dalzell

Kate is Head of Evidence-led Improvement at Anna Freud. She leads CORC's research, informatics and service support teams in taking forward CORC's mission: promoting the meaningful use of evidence to improve child and youth mental health and wellbeing. Her experience is in mental health and wellbeing measurement approaches, evaluation, development of outcome frameworks and needs assessment. Kate's background is in service development in a local authority context, in particular in applying data-driven approaches and embedding a focus on outcomes.

Kate will be chairing the 2023 CORC Forum.



Session:

CORC Forum 2023 welcome and introduction

Kate Dalzell

Head of CORC Evidence-Led
Improvement, Anna Freud

David Trickey

David is a consultant clinical psychologist who has specialised in working with traumatised children, young people and their families since 2000. He is Co-Director of the UK Trauma Council which harnesses the expertise of the UK's leading child trauma experts to produce resources for those working with traumatised children and young people, as well as guidance and policy briefings based on the best available evidence.

David will briefly describe the cognitive model of PTSD and summarise the evidence that supports it as a valid way to explain how traumatic events affect children and young people. He will also present the psychometric properties of a brief measure of PTSD and discuss the evidence for trauma-focused CBT.



David Trickey

Co-Director, UK Trauma Council
and consultant clinical psychologist

Keynote session:

**Unravelling
Traumatic Events:
Minimising their
impact through
evidence-based
understanding and
intervention**

Nick Tait

As Programme Manager for CORC, Nick works directly with members as well as on a range of projects in collaboration with CORC partner organisations. Nick joined CORC after working in schools, first as a teacher and then as Head Teacher of a large London primary school. Through his work with children he saw the importance of effective support for children's mental health and wellbeing and worked with partner organisations to develop practice in school. He is particularly interested in the wellbeing of the most vulnerable children.

Nick will consider and explore the latest research and innovation in understanding and improving child and youth mental health outcomes from across the CORC network and beyond.



Nick Tait

Nick Tait, Programme Manager,
CORC, Anna Freud

Session:

Developments from the Child Outcomes Research Consortium

Bethan Le Maistre

Bethan is a Senior Local Development Adviser at Foundations - What Works Centre for Children and Families (formerly the Early Intervention Foundation). One aspect of Bethan's role at Foundations focusses on supporting local areas to develop their local Reducing Parental Conflict programme through the use of evidence-based tools and approaches. Bethan's background is in commissioning and service design in a local authority context.

Bethan's session will focus on the evidence base around reducing parental conflict and in particular the relationships between risk factors associated with harmful conflict between parents, and a range of outcomes from exposure to parental conflict affecting children at all ages.



Bethan Le Maistre

Senior Local Development Adviser,
Foundations - What Works Centre
for Children and Families

Session:

Reducing
parental
conflict - the
evidence base
and outcomes
work

Shade Davies

Shade is an Assistant Psychologist for the Schools and Colleges Early Support Service. She is a qualified teacher and researcher. Shade works with children and young people, parents and carers, and education staff in managing their own and/or supporting others in their emotional wellbeing. Shade is a huge advocate for culturally competent care and working towards closing the gap in access to mental health support. Shade is interested in the implementation of evidence-based research which will positively influence the lives of young people, enhancing their wellbeing and mental health.

Shade's presentation will be focused on our recent research findings based on CORC data. Associations between ethnicity and children and young people's reports of measurable change in mental health difficulties were explored, their views and experiences of ending mental health support and the implications from these findings, with suggested areas for future consideration.



Shade Davies

Assistant Psychologist, Anna Freud

Session:

**Ethnic differences
in treatment
outcome for
children and young
people accessing
mental health
support**

Rachael Grant

Rachael worked as a teacher and a Head of Year in secondary schools. Throughout this work, she saw the importance of effective mental health and wellbeing support and worked to remove barriers to access for young people and their families.

Rachael will explore how services and practitioners can address some of the challenges to meaningful outcome measurement associated with differences in culture, sharing good practice and resources from our recent guidance.



Rachael Grant

Regional Improvement Officer,
CORC, Anna Freud

Session:

Understanding and
addressing the
challenges of
outcome
measurement
associated with
differences in
culture

Nerissa Shaw

Nerissa is a psychotherapist with a special interest in Eating Disorders. She has been the Clinical Lead for Somerset and Wessex Eating Disorder Association for five years during which time she has helped the charity grow significantly, expanding the services and types of intervention offered. SWEDA work alongside several NHS trusts where Nerissa has led in developing shared care pathways focussing specifically on prodromal eating disorders with a lower physical health risk. Nerissa also has lived experience of mental illness including struggling with an eating disorder earlier in life.

SWEDA has grown substantially over the last few years. Their clients have always let them know that the work they do helps them but, with further growth, came the need to demonstrate their impact in a language that funders and partners, such as the NHS, could also understand. This talk is about their journey to produce that data.



Session:

Measuring Impact in a Specialist Charity Setting

Nerissa Shaw

Clinical Lead, Somerset and
Wessex Eating Disorder Association
(SWEDA)

Sally Marriott

Sally has worked to support services in meaningfully using outcome and feedback measures for almost a decade, starting her work as Regional Officer in the CORC team. During her time with CORC she supported many services and projects regionally, nationally and internationally on the journey from identifying what they wanted to measure and monitor, choosing the right tool, implementing them in practice, and using the data to its fullest potential. For the last three years, Sally has been the Pod Manager at Anna Freud, working to improve and scale up the online data collection tool developed by Anna Freud.

Pod provides a solution to streamline the collection and analysis of outcome and feedback data so that it works at both a clinical, team and service level. In this session, Sally will demonstrate how a digital tool such as Pod can support best practice in outcome measurement, and what direction the development of Pod is taking.



Session:

Using digital tools to support best practice in outcome measurement

Sally Marriott

Pod Manager, Anna Freud