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**DIGITAL PSYCHIATRY SIG 3rd ANNUAL CONFERENCE   
“Clinicians in the Digital Space”**

**Tuesday 19 November 2024**

**RCPsych, 21 Prescot Street, London**

**09.00-09.25 - Registration**

**09.25 -09.30 - Introduction – Digital SIG Chair- Dr Faith Ndebele**

**Panel 1. Exploring Social Media Use – Chair Dr Romayne Gadelrab**

**09.30 – 09.50 - Prof Rina Dutta. ‘Co-producing the Social media, Smartphone use and Self-harm in** **Young People (3S-YP) Study’**

Bio: Professor Rina Dutta- Professor in Psychiatry and Academic Capacity Development / Consultant Psychiatrist King's College London NIHR Integrated Academic Training (IAT) Programme Co-Lead, King's Clinical Academic Training Office (KCATO) Deputy Director, NIHR Maudsley Biomedical Research Centre (BRC) Academic Career Development Lead. Professor Rina Dutta studies suicidality, self-harm, premature mortality using clinical informatics with electronic health records and social media data.  She studies the influence of social media and smartphone use on young people’s mental health.  
She is committed to developing a co-ordinated strategy for pan-professional clinical academic training at King's College London.

**09.50 – 10.10 - David McLaughlan. ‘Social media and the Clinician’**

Bio: Dr David McLaughlan is an award-winning medical doctor specialising in mental health and wellbeing. He has carved out a respected academic and clinical career whilst increasingly becoming a voice promoting mental wellbeing through the celebration of inclusion, diversity and equality.

**10.10- 10.30 - Shocka, aka Kenneth Erhahon. ‘There’s no gatekeepers’**

Bio: Shocka is rapper and mental health advocate from Tottenham, London. He gained recognition for being one third of Grime collective Marvell. After dealing with mental health issues himself, Shocka became a Mental health advocate to help those suffering from their own problems with his music. He has since aimed to raise awareness of mental issues and has been a speaker on TED and a guest on numerous talk shows. His October 2018 single, Self Love reflects his personal journey with mental health issues and how he has come to terms with these difficulties. Shocka believes self love is part of the cure for mental health issues, such as depression, anxiety and low self image. By teaching someone how to love and appreciate themselves - no matter what their background or identity is - he believes it will drastically improve their ability to go through life positively. Shocka released his debut album Impact Over Numbers on 16 May 2020, The album was noted for exploring a variety of topics including mental health, friendship, and miscarriage.

**10.30 – 10.50- Join the above speakers for a Panel discussion/Q & A**

**10.50 – 11.20 – BREAK**

**Panel 2. Digital interventions – Chair Dr Peter MacRae**

**11.20– 11.40 - Dr Becky Inkster. "The Role of Creativity in Understanding and Treating Mental Health. Findings and Case Studies".**

Bio: Dr Becky Inkster has spent over 20 years in academia running multi-million-pound projects across a wide range of topics including neuroscience, mental health, and data science. She obtained her DPhil in Psychiatry at Oxford University and is currently affiliated with Cambridge University. Becky has sat on the International Advisory Board for Lancet Digital Health for over 5 years. She has worked with the Alan Turing Institute across a range of programmes. She has further broadened her skills through self-employment and has since worked with numerous international universities, over 100 companies, and different governments. She is an Adviser to Wysa, a world leading conversational AI system for supporting mental health and wellbeing. She is the creator of the Digital Innovation in Mental Health (DIMH) conference. She is a co-founder of Hip Hop Psych with over 10 years’ experience merging hip-hop music and culture with healthcare. She is the Head of Science at Arts ARKADE, a new space in the heart of London dedicated to supporting youth in forward thinking ways.

**11.40 – 12.00 - Dr Ben Underwood. ‘Applications of AI and digital technology in Dementia Care’**

Bio: Dr Ben Underwood Associate Professor, Department of Psychiatry, University of Cambridge, Honorary Consultant Psychiatrist and R and D Director, CPFT, Clinical Director, Windsor Research Unit Dementia Lead for NIHR CRN Eastern, Vice Chair, Old Age Faculty, RCPsych, Bye Fellow, Lucy Cavendish College Cambridge.

**12.00 – 12.20 - Professor Paul Fletcher. “The potential for video games as therapeutic interventions in psychiatry”**

Bio: Paul trained in medicine and then psychiatry before taking a PhD in cognitive neuroscience. He is the Bernard Wolfe Professor of Health Neuroscience at the University of Cambridge and a Wellcome Trust Investigator as well as an honorary consultant psychiatrist with Cambridgeshire and Peterborough NHS Foundation Trust. He is clinical co-director of the Cambridge Neuroscience Interdisciplinary Research Centre.

He is interested in neural processes underlying perception and belief how these may be altered in psychosis. The work is driven by a growing conviction that, even under normal circumstances, much of what we experience as objective reality has actually been processed, shaped and even fabricated by the mind. He is excited about the potential impact of games on cognitive neuroscience and psychiatry and has worked closely with the Cambridge video game studio, Ninja Theory Ltd, in the development of Hellblade. Senua’s Sacrifice and the follow-up game. Senua’s Saga. He continues to collaborate with them in exploring a scientific basis for using games to enhance mental health.

**12.20- 12.40 - Join the above speakers for Q & A**

**12.40- 13.40 - LUNCH**

**Pecha Kucha – Chair - Dr Zain Hussain**

**13.40 -14.25 Pecha Kucha. Join our chosen 2024 Pecha Kucha presenters**

Pecha Kucha is a presentation style where the presenter shows 20 slides for 20 seconds each. An opportunity to hear about innovate ideas in the field of digital mental health, and the best presentation will win the Pecha Kucha prize.

**Patient Representative voice.**

**14.25 – 14.40** - Join Digital Sig Patient Representative Maria as they discuss digital therapeutics and digital inclusion from the patient perspective.

**14.40-15.10 - BREAK**

**Panel 3. Digital Clinical Entrepreneurship - Chair. Digital SIG Chair- Dr Faith Ndebele**   
  
**15.10 -15.30 - Dr Lesa Wright. “Fast alone, far together, getting from here to there”**

Bio: Dr Wright is the Chief AI Officer and a practising consultant psychiatrist at Psychiatry UK, the largest provider of specialist online mental health services in the UK. He led scaling the company's technology to support over 150,000 patients as its first CTO.

Dr Wright has a strong focus on AI regulation and safety. He has represented the Royal College of Psychiatrists on the Medicines and Healthcare products Regulatory Agency (MHRA) expert advisory group on artificial intelligence, software, and apps, and is a member of the MHRA Digital Mental Health Working Group. He has also participated in the Health Technology Wales Appraisal panel and progressed to the third round of the IBM Watson Artificial Intelligence XPRIZE.

As a trained clinical safety officer, Dr Wright prioritises patient safety in the development and implementation of AI in healthcare. He authored the chapter "Artificial Intelligence. Why We Need It and Why We Need to Be Cautious" in the book Digital Mental Health. From Theory to Practice, reflecting his balanced approach to the subject. Leading a data science and data analytics team, Dr Wright focuses on innovating in mental health with a safety-first philosophy.

**15.30-15.50 - Dr John Turvey. ‘AI, Clinical Expertise, and No-Code. Building SimFlow.ai’**

Bio: Dr Jon Turvey is a resident psychiatry doctor with a passion for medical education and technology. He is the founder and CEO of SimFlow.ai, a novel platform that uses artificial intelligence to deliver high-fidelity simulations for communication skills training. In addition to SimFlow.ai, Dr Turvey has founded four other medical education businesses that operate internationally, providing doctors worldwide with access to high-quality preparatory resources for postgraduate exams.

Dr Turvey advocates for modern technologies like no-code and AI in healthcare education, encouraging clinicians to lead innovations that improve patient care and solve real-world problems.

**15.50 – 16.10** **Mr Eddie Alder. Clinical Exec Chair of the Health Innovation Network Clinical Working Group for Mental Health & Programme Delivery Director, Health Innovation East Midlands**

**16.10 – 16.30 Join the above speakers for Q & A**

**16.30 – 16.35 - Pecha Kucha Prize**

**16.35 - 16.40 - Closing remarks**

**16.40 – 1700 - Networking**