

# SDC 10th Anniversary Conference

## With Scotland's Future in Mind

Learning from the past:  
shaping the future

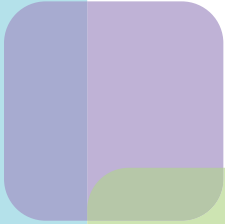

23rd – 24th October 2007  
Glasgow Thistle Hotel

**Featuring highly respected  
contributors including:**

- Professor Margaret Barry
- Dr Lynne Friedli
- Dr Richard Holloway
- Professor Carol Tannahill
- Dr Ken Thompson
- Professor Richard Wilkinson



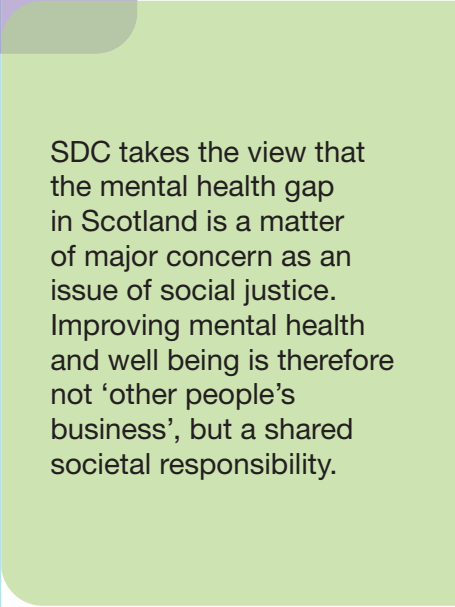
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for mental health



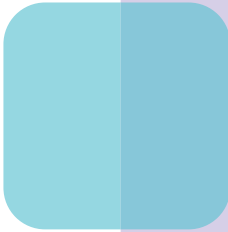
## In its 10th Anniversary year, SDC is looking to the future and the challenge of achieving better mental health and well being for people in Scotland.

The last decade has been a dynamic period for Scotland, with the new Scottish Parliament, forward-looking legislation on a range of health, welfare and environmental issues, economic growth and prosperity in many sectors. There has also been increasing recognition that mental health and well being are vital assets that enable people, communities and societies to flourish.

**However, persisting deprivation, inequalities and social divisions have continued to taint Scotland, with direct consequences for the mental health and well being of individuals, communities, organisations and Scottish society as a whole.** Where you live, how you do at school, the social networks available to you, the type of work you get, your income, whether you feel safe and respected – these all influence your mental health and well being.



SDC takes the view that the mental health gap in Scotland is a matter of major concern as an issue of social justice. Improving mental health and well being is therefore not 'other people's business', but a shared societal responsibility.



SDC is inviting people from a wide spectrum of Scottish life to participate in this major national conference to:

- Acknowledge that investment in the future mental health and well being of Scotland is both a social and economic imperative
- Consider the critical challenges ahead in achieving better mental health and well being for all

**This unique event will provide an opportunity to consider the significance for Scotland of future trends in the country's population profile, in the nature and distribution of work, in the quality and pattern of social relationships and in cultural and environmental developments.** The programme combines a range of thought-provoking plenary and parallel presentations with ample opportunity for discussion and debate amongst participants from the public, private, voluntary and community sector. Parallel sessions, shaped around the themes of People, Place and Purpose, will explore key questions such as:

- In what specific ways does life in Scotland improve or damage the mental health and well being of those who live here?
- What does the future hold and what are possible consequences, for the mental health and well being of individuals, communities and society?
- What actions can we all take to redress Scotland's mental health gap?



**With Scotland's Future in Mind will be highly relevant to those who are committed to securing the social and economic success and prosperity of Scotland in the decades ahead.** The programme has been designed to be of interest to those with responsibility for economic and business development, regeneration and social renewal, civic engagement and community participation and health improvement.

## Outline Programme

### Day 1

- 1.00pm**     **Registration, tea/coffee**
- 1.45pm**     **Welcome and introductions**  
*Conference Chairperson*
- 1.55pm**     **Influences: why do mental health and well being matter?**  
Dr Lynne Friedli  
Public Mental Health Specialist
- 2.15pm**     **Insights: Mental health from a public health perspective**  
Professor Carol Tannahill  
Director, Glasgow Centre for Population Health
- Questions and comments**
- 2.45pm**     **Supporting Young People**  
Dr Gill Highet  
CRFR/RUHBC  
University of Edinburgh
- 3.05pm**     **Growing older in Scotland**  
**Representative from Scotland's Futures Forum**
- Questions and comments**
- 3.35pm**     **Tea**
- 4.00pm**     **Table discussion**
- 5.00pm**     **Reprise of main themes: plenary questions and discussion**
- 5.15pm**     **Close of Day 1 formal proceedings**
- 7.30pm**     **Reception and conference dinner**

## Outline Programme

### Day 2

- 8.30am**     **Registration, tea/coffee**
- 9.15am**     **Welcome to Day 2 from Conference Chair**  
*Dr Richard Holloway*  
*Chair – Joint Board,*  
*Scottish Screen/Scottish Arts Council*
- 9.25am**     **Key note address:**  
**Dysfunctional Societies: inequality, stress and mental health**  
Professor Richard Wilkinson,  
Professor of Social Epidemiology  
University of Nottingham
- Questions and discussion**
- 10.30am**     **Coffee**
- 10.55am**     **People, Places, Purpose**  
**Parallel sessions (1)**
- 12.25pm**     **Lunch and networking**
- 1.45pm**     **Insights: Scotland from an international perspective**  
Dr Ken Thompson  
SAMHSA, USA
- 2.05pm**     **Insights: from talk to action**  
Professor Margaret Barry  
Dept of Health Promotion  
National University of Ireland, Galway
- 2.25pm**     **People, Places, Purpose**  
**(Repeat of parallel sessions)**
- 3.55pm**     **The outlook for Scotland's mental health and well-being**  
SDC
- 4.15pm**     **Call to action**  
SDC and Poverty Alliance
- 4.30pm**     **Close**

**Parallel session contributions from;**

Greenspace  
NHS Dumfries & Galloway  
Oxfam  
Scottish Prison Service  
Scottish Urban Regeneration Forum  
Violence Reduction Unit, Strathclyde Police  
The Forestry Commission  
The Scottish Arts Council  
The Work Foundation  
Urban Studies Dept, University of Glasgow

**At the time of going to press this programme was deemed correct. However, we reserve the right to alter or cancel any part of the programme.**



## Contact us

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