



# Public Mental Health Learning Community: Learning Set

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## Event details

**Date:** Wednesday 16<sup>th</sup> July 2025

**Start time:** 10.00    **End time:** 11.30

**Format:** Virtual (MS Teams)

## Background

Public mental health aims to reduce the occurrence of mental health conditions and improve mental wellbeing at the population level. The PMH Learning Community aims to support local systems to improve their PMH implementation and to create a space for continuous shared learning among clinicians, public health experts, and people with lived experience of mental health conditions.

The PMH Learning Community will also link with the learning objectives of the Royal College of Psychiatrists (RCPsych) [Public Mental Health \(PMH\) Leadership Certification course](#). The certification course supports building knowledge and skills for clinicians to champion population-based approaches and become leaders in public mental health.

As part of the learning community, the [Public Mental Health Implementation Centre \(PMHIC\)](#) will host a series of monthly virtual events, including learning sets and workshops. For more information, please refer to our webpage [Public Mental Health \(PMH\) Learning Community \(rcpsych.ac.uk\)](#).

## Purpose and aim of the event

As part of the Learning Community, the PMHIC will host a series of monthly virtual events, including learning sets and workshops.

## Learning sets

Members of the Community will be invited to attend online 'learning sets' occurring every two months, to share their experiences of public mental health practice. The virtual learning sets will include presentations of projects/best practice followed by a Q&A on a selected topic proposed by a member of the Community.

## Learning Set agenda and schedule

| Time        | Speaker              | Affiliation  | Topic  |
|-------------|----------------------|--|--|
| 10:00-10:15 | Dr Megan Watkins     | Head of Public Mental Health Implementation Centre (PMHIC)   | Welcome and introductions  |
| 10:15-10:45 | Dr Yvanna Todorova   | Research Associate in Public Health Evaluations<br>Loughborough University   | Thrive at Night evaluation<br><br>Followed by Q&A (incl. Dr Aron Sherry)   |
|             | <b>Break (10min)</b> |  |  |
| 10:55-11:25 | Dr Blossom Fernandes | Research Fellow, Public Mental Health Implementation Centre (PMHIC)<br><br>Prior to current role, Researcher on the NIHR's Mental Health Implementation Network (MHIN) programme | Evaluating the implementation of selected mental health interventions across England: Learnings from the Mental Health Implementation Network<br><br>Followed by Q&A |
| 11.25-11.30 | Dr Megan Watkins     |  | Thank you and closing remarks  |

### Resources available post-learning set

- Event agenda and presentation slide deck
- Recording from the learning set
- Resources shared by members of the learning community

The above resources will be available on the [PMH Learning Community](#) webpage post the event.

If you would like to present at one of our events or have any questions about the PMH Learning Community, please do get in touch with us at [public.mh@rcpsych.ac.uk](mailto:public.mh@rcpsych.ac.uk).