

MCR National Conference - Brave ; Not Broken

Exploring Mental Health & Well-Being

Thursday 18th April | 2 - 6pm | Glasgow Royal Concert Hall

1:30pm - Registration

2:00pm - Welcome

MCR Choir & Marsha

2:10pm - I'm F.I.N.E

MCR Ambassadors

We all have good days and bad days, no-one's life is linear. Why do we say we are fine when we are not? MCR Ambassadors share with you what lies behind the word 'fine' in a dramatic presentation which captures their perspective.

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lit the flame within us." - **Albert Schweitzer**

2:25pm - One Good Adult

Diane & Dylan

What is the impact of having One Good Adult in your life? What are the qualities that make a good adult? MCR Ambassadors explore the connection between what adults think and what young people need.

2:35pm - Creating Positive Learning Environments

**Tommy, Danielle,
Paula & Joanne**

Education is at the front line of young people's mental health and well-being. The partnership between schools and MCR enables a relationship based approach to ensuring that every young person reaches their full potential through education. Hear how this works in practice within a school setting.

"Emotional pain is not something that should be hidden away and never spoken about. There is truth in your pain, there is growth in your pain, but only if it's first brought out into the open." - **Steven Aitchison**

2:50pm - Introducing Emotional Literacy

Bryan

We all need to acknowledge and accept our feelings on the road to developing better mental health and well-being. MCR Ambassadors share their latest animation created for young people by young people to start the conversation and journey.

3:05pm - Taking Control of Your Mental Health Workshop

MCR Ambassadors

Through interactive workshops, led by the young people. We will explore the meaning and benefits of emotional literacy, sharing ways we can individually and collectively develop our skills to becoming more resilient.

3:35pm - Coffee, Tea & Pastries Break

“When you look at me, you see me, not someone broken by my circumstances, not someone to be pitied or ‘fixed’, just me, a young person who is brave, who can be the best version of myself” - **Aamina**

“We don’t develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity” - **Dr Barbara De Angelis**

3:50pm - Building Resilience Through Mentoring

Jack & Hayley

Building resilience is a key factor in maintaining good mental health and well being. Our young people share the interventions that have supported them through challenging times, building their resilience, enabling them to envisage a different and brighter future.

4:00pm - Tick Tock

Aamina, Hunter & Marsha

The clock is ticking, we need to truly listen and understand what young people are experiencing. Through rap and spoken word our young people share their personal challenges and the impact of trying to navigate through their experiences and feelings.

“Our personal ripple effect is the power of one generating hope and change in others for a better world. Like ripples radiating across the surface of a pond when a pebble is tossed in, kindness is powerful and has far-reaching, positive ramifications that bring about a tremendous sense of joy.” - **Laurie Buchanan, PhD**

4:10pm - The Ripple Effect Workshop

MCR Ambassadors

An interactive workshop, designed and led by young people, exploring the connection between the 5 stages of MCR Mentoring and the impact on mental health and well-being for young people and adults alike.

4.50pm - A Panel for Change

Introduced by Fabio

MCR Ambassadors pose questions on improving mental health and well-being to our panel of adults who have the power to influence change for all young people across Scotland.

- Fiona - Chair of the Independent Care Review •
- Maureen - Executive Director of Education •

- John - Deputy First Minister •
- Sir Harry - Professor of Global Public Health •

5.25pm - A Reflection from the Day

John, Scottish Government

5.35pm - Journey Through the Tardis

Iain, MCR Founder

A moment to travel to a time when circumstances or postcode no longer determine a young person’s future.

5.45pm - Brave ; Not Broken

MCR Ambassadors

A final word from our young people and their mentors to leave us inspired. We are all Brave ; not Broken.

6.00pm - Thanks & Close