7th Australian Rural & Remote Mental Health Symposium

Australian & New Zealand Mental Health Association

PROGRAM

INNOVATION AND OPPORTUNITY

26 - 28 October 2015
Novotel Forest Resort Creswick, VIC

7th Australian Rural & Remote Mental Health Symposium

Monday 26 October 2015: Pre-Symposium Workshops

1.00pm 1.30pm	**Registration**			
	Workshop 1 **Room: Lindsay**	**Workshop 2** **Room: Creswick**	**Workshop 3** **Room: Banksia**	**Workshop 4** **Room: Ironbark**
1.30pm 3.00pm	**Getting people ready for the NDIS planning session**	**A 'Whole of Family' approach in the prevention and early intervention of mental illness for at risk children and young people**	**Supporting and strengthening LGBTI people in rural and remote areas**	**Rural Social Inclusion: A Practical Approach**
	Ms Karen Thomas-Goldsmith General Manager, Strategy and Development, Connections Inc. **Mr Harry Pitt** Torres Strait Island Consultant, TSIC Consultants	**Ms Bekah Hayes** Coordinator, MI Fellowship **Ms Laura McGaffin** Program Worker, MI Fellowship	**Ms Tarnia Thompson** National LGBTI Health Alliance **Ms Yvonne O'Callaghan** Gay and Lesbian Welfare Association **Ms Sally Morris** National LGBTI Health Alliance	**Ms Jessica Merrett** Health Promotion Officer - Mental Health, Southern Mallee Primary Care Partnership **Ms Kate McIntosh** Health Promotion Manager, Campaspe Primary Care Partnership **Ms Bronwyn Hogan** Southern Mallee Primary Care Partnership
3.00pm 3.30pm	**Afternoon Tea**			
	Workshop 5 **Room: Lindsay**	**Workshop 6** **Room: Creswick**	**Workshop 7** **Room: Banksia**	**Workshop 8** **Room: Ironbark**
3.30pm 5.00pm	**A Stress Management Toolkit**	**Building Connection and Engagement with Children and Young people in the Drumming Circle**	**R U Appy? An opportunity to learn about supporting Indigenous clients wellbeing with apps and other e-technologies**	**Reconnecting the Circle - returning to stillness through mindfulness and yoga**
	Dr John Hinwood Principal, Stress Management Institute **Dr Judy Hinwood** Principal, Stress Management Institute	**Mr Jeffery Reid** School Counsellor, NSW Department of Education	**Mr Simon DuBois** Lead E-Mental Health Trainer, University Centre for Rural Health	**Ms Lisa Brown** Psychologist/Mindfulness and Yoga Teacher, Mindfulness Psychology and Wellbeing **Ms Sophie Heathcote** Senior Mental Health Clinician, Western Medicare Local/ Marathon Health
5.00pm 6.00pm	**Welcome Reception**			

Tuesday 27 October 2015

8.00am 8.40am	**Registration with arrival tea and coffee**

Room: Creswick & Lindsay Ballroom

8:40am 8:55am	**Opening Address & Welcome to Country** **Ms Sue Trewin, newly appointed Board Member, Australian and New Zealand Mental Health Association**
8.55am 9.00am	**Welcome from Symposium Chair** **Dr Russell Roberts, Symposium Chair** Associate Professor, University of Sydney, Department of Rural Health, Director, KAR Consulting, Chair, National Alliance for Rural and Remote Mental Health
9.00am 9.30am	**The Role of Primary Care in Mental Health and Suicide Prevention** **Minister Catherine King,** Shadow Minister for Health, Federal Member for Ballarat
9.30am 10.00am	**An update on progress in rural and remote mental health and suicide prevention** **Mr David Butt,** Chief Executive Officer, National Mental Health Commission
10:00am 10.30am	**Overview on e-mental health – and specifically the application and implications for rural and remote service providers and communities** **Professor David Kavanagh,** Director, eMHPrac – e-Mental Health in Practice
10.30am 11.00am	**Morning Tea with Exhibitors and Poster Presentations** Hepburn Room & Foyer

Room: Creswick & Lindsay Ballroom
Chair: Russell Roberts

11.00am 11.30am	**There's meth in the madness: What do we know about ice use in rural communities?** **Assoc. Prof Nicole Lee**, Director, LeeJenn Health Consultants
11.30am 12.00pm	**The NRHA's work for better mental health** **Mr Gordon Gregory,** CEO, National Rural Health Alliance
12.00pm 12.30pm	**The rural and remote mental health workforce: Time to implement what we know works!** **Dr Louise Roufeil**, PhD FAPS MCHP**,** Executive Manager (Professional Practice), Australian Psychological Society

12.30pm 1.30pm	**Lunch with Exhibitors and Poster Presentations** Hepburn Room & Foyer			
	Suicidal and self-harming: behaviour and prevention **Room: Lindsay**	**Child and youth mental health: prevention and early intervention** **Room: Creswick**	**Recovery in the Bush** **Room: Banksia**	**Panel Presentation** **Room: Ironbark**
1.30pm 1.50pm	**Communities Matter Suicide Prevention Toolkit** **Ms Deb Howe** Senior Advisor, Mental Health Commission of NSW	**Developing a parent recovery model: Preliminary findings from the randomised control trial of the 'Let's Talk About Children' intervention** **Dr Melinda Goodyear** Research Fellow, Monash University **Prof Darryl Maybery** Director School of Rural Health MUDRIH, Monash University	**Battling the black dog on farm: Sleep deprivation and mental health in agriculture** **Mr Andrew Wilkinson** Psychologist, Hunter New England Health	**E-mental health for rural and remote communities: Challenges and opportunities** **Moderator:** **Prof David Kavanagh** Director, eMHPrac – e-Mental Health in Practice **Panel:** **Dr Sonja March** Senior Lecturer, University of Southern Queensland **Dr Angela White** Senior Research Fellow , eMHPrac - E-Mental Health in Practice, Queensland University of Technology **Dr Judy Singer** Research Fellow, University Centre for Rural Health, University of Sydney **Dr Carla Rogers** Research Fellow, eMHPrac - E-Mental Health in Practice, Queensland University of Technology
1.52pm 2.12pm	**Conversations Matter when supporting rural and remote communities to talk about suicide** **Ms Tegan Cotterill** Projects Coordinator, Hunter New England Local Health District	**Undiagnosed, misdiagnosed and unaddressed: The implications of identifying and understanding trauma in children** **Mr Thomas Dornan** Manager Strategic Policy and Programs, Victims Services, NSW Department of Justice	**Saving lives through harnessing community passion** **Mr Danial Rochford** Chief Executive Officer, Rural Alive and Well Inc **Mr Ian McMichael** President, Rural Alive and Well Inc	
2.14pm 2.34pm	**Preventing suicide in schools: an evaluation of the safeTALK program in the Northern Territory** **Ms Eleanor Bailey** Research Assistant, Orygen	**Triple P (Positive Parenting Program) and Proportionate Universalism: everyone gets some help, and those with greatest need get more** **Ms Carol Markie-Dadds** Head of Strategic Policy & Program Director Triple P Queensland, Triple P International Pty Ltd	**How 'real' participation in a mental health program evaluation can contribute to a participant's 'recovery'** **Dr John Donnelly** Freelance Consultant, Donnelly Consultants - Community Development presenting on behalf of Hume Partners in Recovery	
2.34pm 3.00pm	**Panel Discussion with Presenters** Moderator: Ms Alison Kennedy	**Panel Discussion with Presenters** Moderator: Ms Rowena Bianchino	**Panel Discussion with Presenters** Moderator: Mr Maurie Breust	
3.00pm 3.30pm	**Afternoon Tea with Exhibitors and Poster Presentations** Hepburn Room & Foyer			

	Building healthy communities Room: Lindsay	Child and youth mental health: e-Health and technology Room: Creswick	Developing programs that build resilience, reduce stigma and offer accessibility to services Room: Banksia	Open Discussion Room: Ironbark
3.30pm 3.50pm	**Speak Up: Empowering consumers, families and carers in rural communities to use their experience to drive change** **Ms Lynne Coulson Barr** The Commissioner, Mental Health Complaints Commissioner	**Pathways to Mental Health Care in Western NSW - A 'stepped care' pilot project** **Ms Lorraine Ivancic** Research and Evaluation Officer, ReachOut Australia **Ms Deb Howe** Senior Advisor, Mental Health Commission of NSW	**Complex Developmental Trauma, Dissociation & Attachment - Dilemmas of working with clients with complex needs in private practice** **Ms Chris Marks** Accredited Mental Health Social Worker, VoiceUp Australia	**A Climate of Suffering - the mental health and psychosocial impacts of climate change for rural Australians** **Dr Susie Burke** Senior Psychologist Environment and Disaster Response, Australian Psychological Society
3.52pm 4.12pm	**The Tobacco Treatment Specialist Nurse: Providing support for a regional mental health service** **Mr Anthony Lunney** Tobacco Treatment Specialist Nurse, Bendigo Health	**How to provide 24/7 support in a 9-5 work day: the benefit of e-mental health tools for young people in remote areas** **Ms Noni Hollonds** Professionals Program Coordinator, ReachOut Australia	**Challenging approaches to mental health** **Dr Meng Ng** Manager, Partnerships and Development, Out Doors Inc.	**Knowledge and attitudes to mental health problems in the mining industry in Australia** **Prof David Perkins** Director and Professor of Rural Health CRRMH, University of Newcastle
4.14pm 4.34pm	**Australian Rural and Remote Health Mental Wellbeing Social and Economic Research, Insights and Policy Innovations** **Mr John Gregg** Policy Advisor and Principal, Navigate Consulting	**Being BRAVE in rural Australia: Children and adolescents using technology to overcome anxiety** **Dr Sonja March** Senior Lecturer, University of Southern Queensland	**Understanding and responding to self-perceived suicide stigma in Australian male farmers: an innovative approach** **Ms Alison Kennedy** Research Fellow, National Centre for Farmer Health/Deakin University	**DV-alert Multicultural Program** **Mrs Uieta Kaufusi** Learning and Development Manager, Lifeline Australia
4.34pm 5.00pm	**Panel Discussion with Presenters** Moderator: Mr William Moorhead	**Panel Discussion with Presenters** Moderator: Mr Thomas Dornan	**Panel Discussion with Presenters** Moderator: Ms Rowena Bianchino	**Panel Discussion with Presenters** Moderator: Mr Ben Norris
6.30pm Till late	**Symposium Dinner** Creswick & Lindsay Ballroom			

Wednesday 28 October 2015

8.30am 9.00am	**Registration with arrival tea and coffee**			
	Working smarter: overcoming the challenges & innovative solutions **Room: Lindsay**	**e-Health, tele-Health and technology** **Room: Creswick**	**Rural mental health workforce difficulties: recruitment and retention** **Room: Banksia**	**Panel Presentation** **Room: Ironbark**
9.00am 9.20am	**Supporting rural GPs in the provision of mental health care** **Dr Mary Emeleus** GP/Psychotherapist, RACGP National Rural Faculty	**Isolated connections: Accessing support within online communities** **Miss Nicole Thomas** Online Community Manager & **Ms Cherry Baylosis** Online Engagement Specialist, SANE Australia	**Positive psychology proving itself in retention** **Mrs Christine Franklin** Psychologist, Sybella Mentoring	**Planning for the impacts of unresolved childhood trauma on the mental health of Australians across the lifespan. What we know now and where to from here?** **Moderator:** **Ms Rowena Bianchino** VoiceUp Australia **Panel:** **Mr Chris Tanti** CEO, headspace National Youth Mental Health Foundation Ltd **Dr. Cathy Kezelman AM** President, Adults Surviving Child Abuse **Mr Thomas Dornan** Manager Strategic Policy and Programs, Victims Services, NSW Department of Justice **Mr Gregory Smith** PhD Candidate , Forgotten Australians, Now Remembered **Ms Christine Marks** Mental Health Social Worker, Private Practice and VoiceUp Australia **Aunty Glendra (Galiindurra) Stubbs** Aboriginal Engagement Advisor, knowmore
9.22am 9.42am	**Why rural practitioners value Shared Support Planning** **Dr Julie Rowse**, Clinical Manager, Youth Mental Health Services, Ballarat Health Services **Ms Michelle Harper**, Manager, Performance and Partnerships, Ballarat Health Services	**Old challenges and new initiatives for e-mental health in the bush** **Dr Angela White** Senior Research Fellow, Queensland University of Technology	**The reality gap - A qualitative study investigating turnover intention among Australia's rural-based, early career community mental health professionals** **Ms Cath Cosgrave** PhD Candidate, University of New England	
9.44am 10.04am	**Platforms: A holistic, new way to engage people in mental health** **Mr Robert Dovey** Director, Platforms and Gamification Australia	**Group processes in an online group therapy intervention: How they develop, what they predict and their similarity to traditional face-to-face group-based interventions** **Dr Kerry Arrow** Psychologist, RMIT University	**The challenges and rewards of bringing Assistant in Nursing [AIN] workforce into mental health inpatient settings** **Ms Clara Luo** Clinical Nurse Consultant, Northern Sydney Local Health District **Ms Jane Millar** Nurse Educator, MHDA NSLHD	
10.04am 10.30am	**Panel Discussion with Presenters** Moderator: Mr Julian Krieg	**Panel Discussion with Presenters** Moderator: Mr Tony Holland	**Panel Discussion with Presenters** Moderator: Mr Andrew Shirres	

10.30am 11.00am	**Morning Tea with Exhibitors and Poster Presentations** Hepburn Room & Foyer			
	Working smarter: overcoming the challenges & innovative solutions **Room: Lindsay**	**e-Health, tele-Health, technology and social media** **Room: Creswick**	**Rural mental health training and education** **Room: Banksia**	**Service delivery strategies, development, implementation, management and evaluation** **Room: Ironbark**
11.00am 11.20am	**The Recovery Action Framework: Further Down the Track** **Ms Fay Jackson** General Manager Inclusion, RichmondPRA	**mindhealthconnect: a mental health gateway, not a destination** **Dr Michael Araco** Clinical Lead - Digital Services, Healthdirect Australia	**The social network: Connecting rural trainees** **Prof Daniel O'Connor** Professor of Psychiatry of Old Age, RANZCP	**The Australian Mental Health Care Classification: progress in the development of a new way of measuring and funding mental health care** **Ms Jennifer Nobbs** Executive Director, Activity Based Funding, Independent Hospital Pricing Authority
11.22am 11.42am	**The whole is more than the sum of the parts: Bringing together Rural Child and Youth Mental Health Services** **Dr Suren Putter-Lareman** Consultant Psychiatrist, Darling Downs HHS	**The MindSpot Clinic: An innovative Australian virtual model of care that is increasing access to evidence-based care for adults with anxiety or depression** **Ms Carol Purtell** Clinic Director, The MindSpot Clinic	**Practice development for rural and remote mental health clinicians: innovative Post Graduate Mental Health programs** **Dr Val Goodwin** Senior Lecturer, Australian Catholic University	**Implementation of a person centred food service program to support education and skill development with mental health consumers** **Miss Clancy Henderson** Dietitian, Shoalhaven Sub-Acute Mental Health Service
11.44am 12.04pm	**Community Connectedness and Managing Mental Health Issues in Rural areas** **Mr Julian Krieg** Chairperson, Rural Financial Counselling Service of WA	**Ripple: An app for professionals to assess, collate and analyse clients progress in their physical, emotional and psychological health in real time** **Mr Gregory Nicolau** Clinical Psychologist & CEO, Australian Childhood Trauma Group	**The experiences of students with mental health difficulties at an Australian Regional University: Overcoming barriers to successful educational and employment outcomes** **Dr Charlotte Brownlow** Senior Lecturer in Psychology, USQ	**Psychogeriatric SOS: a unique new e-health clinician-to-clinician multidisciplinary service** **Dr Jacqueline Huber** Advanced Trainee Psychogeriatrics, St Vincent's Hospital
12.04pm 12.30pm	**Panel Discussion with Presenters** Moderator: Ms Jenny Donnelly	**Panel Discussion with Presenters** Moderator: Dr Kerry Arrow	**Panel Discussion with Presenters** Moderator: Ms Tarnia Thompson	**Panel Discussion with Presenters** Moderator: Mr Tony Holland
12.30pm 1.30pm	**Lunch with Exhibitors and Poster Presentations** Hepburn Room & Foyer			

	The voice of the lived experience Room: Lindsay	Eating disorders and online resources Room: Creswick	Aboriginal health and engagement Room: Banksia	Service delivery strategies, development, implementation, management and evaluation Room: Ironbark
1.30pm 1.50pm		**Online Training in Eating Disorders for Health Professionals** **Miss Rachel Brownlow** Master of Clinical Psychology and PhD candidate, The University of Sydney **Ms Kirsty Fromholtz** Research Officer, Centre for Eating and Dieting Disorders	**The Learning Circle Method: Creating a safe space for Aboriginal and Torres Strait Islander People to experience and provide feedback on e-mental health programs** **Dr Judy Singer** Research Fellow, University Centre for Rural Health, University of Sydney	**Influences on help-seeking behaviour during the perinatal period** **A/Prof Kate Moore** A/Prof, Federation University
1.52pm 2.12pm	**Why a partnership approach can deliver strong mental health outcomes in rural and remote Victoria** **Ms Samantha Kolasa** State Manager, Client Services - Victoria, Care Connect **Ms Teresa McClelland** Operations Manager, Life Without Barriers	**Online Program: Debunking the diet myth and how to live well** **Dr Julie Malone** Creator / Principal Clinical Psychologist, Treat Yourself Well	**A new way of working with Aboriginal people; lessons from PIR's across Australia** **Mr Gary Hubble** Manager Far North Queensland PIR, Centrecare Cairns **Mr Anthony Willits** Principal Program Officer NT PIR, Northern Territory Health Network **Mr Henry Neill** Aboriginal Elder	**Healthy Men at Work - Healthy Men for Life** **Mr Tony Holland** CEO, OzHelp Foundation
2.14pm 2.34pm	**"You'll never work and you'll never be a valuable member of society!" or "Congratulations on your appointment to the position"** **Ms Fay Jackson** General Manager Inclusion, RichmondPRA	**BEet - A CBT based online therapy program for bulimia nervosa and binge eating** **Ms Blagica Miceska** Research Assistant, Centre for Eating and Dieting Disorders **Ms Kirsty Fromholtz** Research Officer, Centre for Eating and Dieting Disorders	**Child Doctors: an ancient paradigm for the 21st century** **Mr Don Palmer** CEO, The Malpa Project	**Service without Walls** **Ms Margaret Brown** Nurse Unit Manager, Mental Health Services, ISLHD
2.34pm 3.00pm	**Panel Discussion with Presenters** Moderator: Ms Bronwyn Hogan	**Panel Discussion with Presenters** Moderator: Miss Clancy Henderson	**Panel Discussion with Presenters** Moderator: Mr Tim Keane	**Panel Discussion with Presenters** Moderator: Mrs Ann Evans

3.00pm 3.30pm	**Afternoon Tea with Exhibitors and Poster Presentations** Hepburn Room & Foyer

Room: Creswick & Lindsay Ballroom
Chair: Russell Roberts

3.30pm 4.00pm	**Being trauma-informed: responding to adults who have experienced trauma in childhood** **Dr. Cathy Kezelman AM** President, Adults Surviving Child Abuse
4.00pm 4.30pm	**Promoting Men's Health: insights from the social determinants of health approach** **Professor John Macdonald** Foundation Chair in Primary Health Care, University of Western Sydney
4.30pm 5.00pm	**Innovative Ways to Engage Consumers in Rural & Remote Areas - The Technology Opportunity** **Mr Michael Burge OAM** Consumer Advocate / Wellness Warrior Mental Health
5.00pm 5.05pm	**Symposium Close:** Ms Sue Trewin, Board Member, Australian and New Zealand Mental Health Association **WIN a Registration and 2 night's accommodation to next year's Symposium -** Collect your raffle ticket at the door to go in the draw. Must be in the room to win.

Poster Presentations

Poster displays will be available to view for the duration of the Symposium.

A whole-community service delivery model for strengthening the mental health of drought-affected Northwest NSW
Ms Emily Church, Psychologist, Centacare New England North West

Audit of Treatment Outcomes for Patients Living or Working at a Distance from a Tertiary Treating Centre Undertaking Hepatitis C Treatments with a side effect profile known to Cause or Exacerbate Mental Health Issues
Mrs Lynette Booth, Clinical Nurse Consultant, Fiona Stanley Hospital

Enacting mental health policy at the local level: coproduction to improve service access in rural communities
Ms Bronwyn Hogan, Executive Officer, Southern Mallee Primary Care Partnership

Exploring opportunities to engage with media about reporting suicide and mental illness
Ms Tegan Cotterill, Projects Coordinator, Hunter New England Local Health District

Managing Memory in Older Age in Regional and Remote Communities
Ms Mary Castellani, Research Coordinator, La Trobe University

Real opportunities for promoting rural and remote children's health
Ms Carol Markie-Dadds, Head of Strategic Policy, Triple P International Pty Ltd
Mr Thomas Nissen, Triple P Online Project Officer, Triple P International Pty Ltd

Reducing Restrictive Interventions
Ms Alana Robertson, Psychiatric Nurse Consultant, Bendigo Health

“THE FLOURISH PROJECT” A Creative Community Connections Initiative
Ms Lynette Callaghan, Secretary of Creators' Artspace, Creators' Artspace Inc

The greater cost of tertiary study for rural and regional students
Dr George Van Doorn, Senior Lecturer, Federation University

To disclose or not to disclose: The workforce experiences of employees with ASD
Dr Charlotte Brownlow, Senior Lecturer in Psychology, USQ

Vicarious Trauma- Managing the Inevitable
Ms Guler Akkoc, Trainer and Counsellor, Rape and Domestic Violence Services

VoiceUp Australia: Survivors of child abuse driving change
Ms Gai Newman, VoiceUp Australia
Ms Michelle Cowan, VoiceUp Australia

Web of Life - building partnerships to foster resilience, improve referrals and promote help seeking behaviour in drought declared communities in Queensland
Mr Ben Norris, Manager, Mental Health Alcohol and Other Drugs Branch, Queensland Health
Ms Vaoita Turituri, Senior Policy Officer- Mental Health Alcohol and Other Drugs Branch, Queensland Health

DVD Presentation

This presentation will be available to view for the duration of the Symposium.

Working for Spirit, Mind and Soul DVD - Indigenous enterprise initiatives across the Top End shaping wellbeing and good mental health

Mr Tim Keane, Principal Program Officer, NT Primary Health Network