



CHILD & ADOLESCENT

MENTAL HEALTH CONFERENCE



HOSTED BY



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Helping children and young people navigate identity, connection & diversity

Less talk, more action!

**Monday 20 March –
Wednesday 22 March 2023**

RACV ROYAL PINES RESORT, GOLD COAST

#CAMH23

Floor Plan

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Plenary Sessions: Room 1 - Prince Room

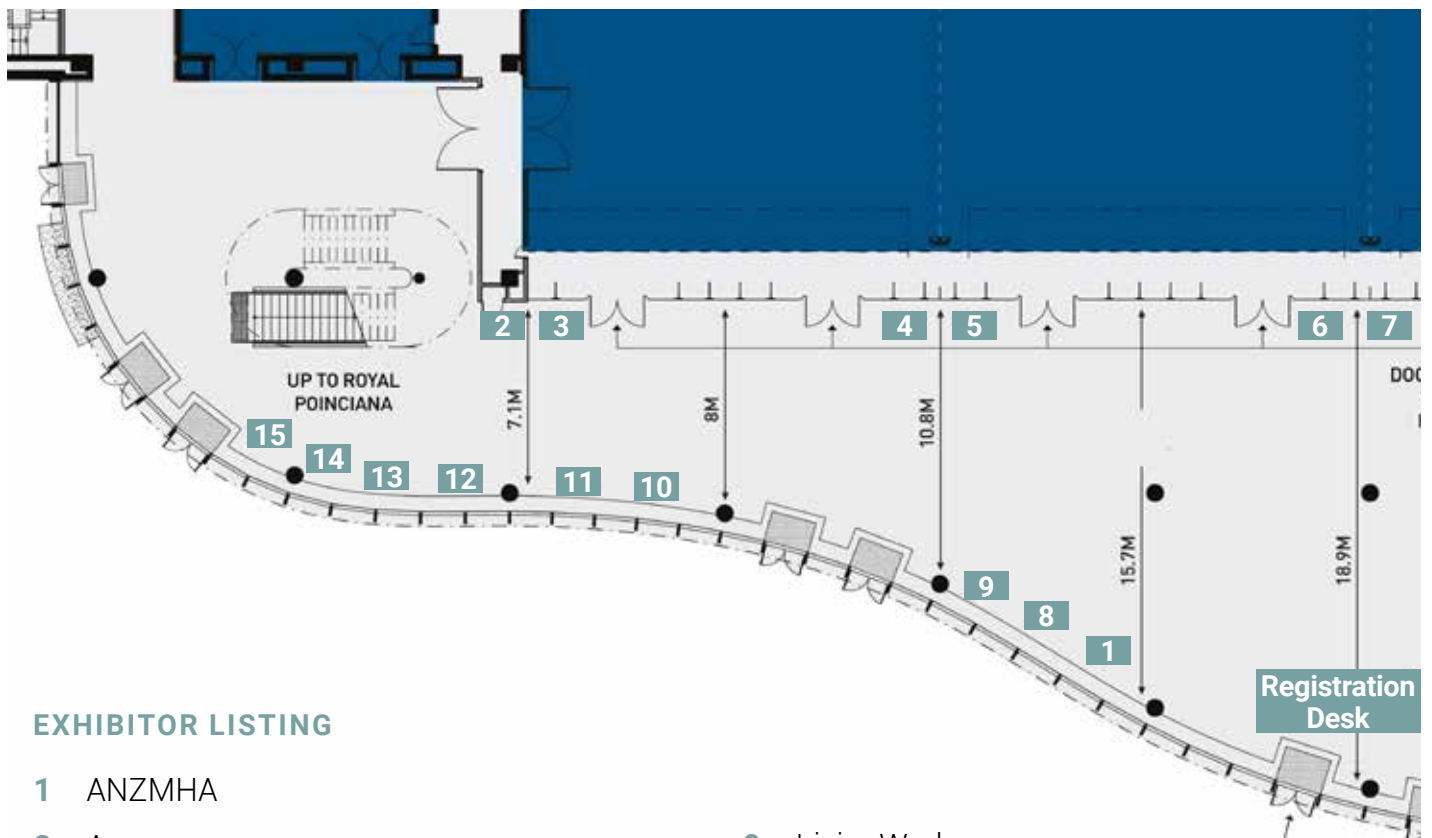
Breakout Sessions: Room 1 - Prince Room, Room 2 - Royal Poinciana, Room 3 - Norfolk Hall

Speakers Prep: Business Centre

Poster Presentations: Prince and Jacaranda Foyer

Exhibition: Prince and Jacaranda Foyer

Catering: Prince and Jacaranda Foyer



EXHIBITOR LISTING

- | | |
|----------------------------------|------------------------------|
| 1 ANZMHA | 9 LivingWorks |
| 2 Accoras | 10 Aurora Healthcare |
| 3 Good Grief | 11 Emerging Minds |
| 4 Victorian Responsible Gambling | 12 Ramsay Psychology |
| 5 Arches Accommodation | 13 Social Science Translated |
| 6 Beyond Blue | 14 Mind Australia |
| 7 ACER | 15 ALLKND |
| 8 eMHPrac | |

Welcome from the Committee Chair!

On behalf of the organising committee, I take pleasure in welcoming you to the 4th Child and Adolescent Mental Health Conference held at RACV Royal Pines resort, Gold Coast.

This year's conference will again highlight the importance of child and adolescent mental health, bringing together a broad range of delegates interested in and working in the many settings that children and young people participate in. Importantly, the conference aims to address the challenges facing children and young people by endeavouring to improve their access to mental health services which meet their unique and diverse needs. This is captured well in the Conference theme: "Progressing mental health care for all young people: Less talk, more action! Helping children and young people navigate identity, connection and diversity".

We will once again ask challenging questions about the best ways to incorporate the voices of young people and families alongside the experiences of professionals to improve service delivery by enabling multi-sectoral collaboration and the creation of an engaging space for knowledge sharing, case studies and learning opportunities.

Delegates will once again can contribute to this exciting and important work in a variety of pre-

sentation styles, including traditional keynotes, interactive panshops, panels, individual papers, posters and workshops. A virtual stream will complement the in-person program and ensure that delegates can join us from around Australia. We look forward to participation and engagement from all delegates as we work together across prevention, early intervention and intervention, embracing diversity and lived experience.

We invite you to take this special opportunity to network, affirm and celebrate our work while

setting a vision for a future which enhances resilience and well-being in children from birth into childhood and adolescence.



Lyn O'Grady

Conference Chair

Acknowledgement

We would like to acknowledge the valuable contribution of all **committee members** and **session chairs** for their time and expertise with the conference program.

Program Committee

Nicola Palfrey, National Clinical Manager - headspace Schools

Dr Lyn O'Grady, Community Psychologist (Chair)

Michelle Kehoe, Research and Evaluation Officer - Alfred Health

Brad Morgan, Director National Workforce Centre for Child Mental Health - Emerging Minds

Dr Michelle Tye, Senior Research Fellow - Black Dog Institute

Katherine Ellis, CEO - Youth Affairs Council Victoria

Dr Alix Woolard, Postdoctoral Research Fellow in Child Mental Health - Telethon Kids Institute

Jack Smith, Member of Orygen Youth Advisory Council and Lived experience advocate

Courtney Kovac, Program Content Coordinator - Batyr

Ian James, Principle Aboriginal Mental Health Advisor - Office of the Chief Psychiatrist, SA Health

Judy Kynaston, General Manager Be You - Early Childhood Australia

Brian Moore, PhD, Lecturer, Educational Psychology, UNESCO ICM Special Advisory Group. Charles Sturt University

CONFERENCE HOST

Sam Stewart, CEO, Australian & New Zealand Mental Health Association

MacKillop Seasons

Seasons for Growth programs,
delivered by MacKillop.

MacKillop Family Services is proud to launch MacKillop Seasons, a new brand created to deliver our Seasons for Growth suite of change, loss and grief programs.

Operating for over 25 years, our Seasons for Growth suite of evidence-based programs have supported more than 400,000 children, young people and adults worldwide.

We're the same organisation, delivering the same programs, under a new name.

Our change, loss and grief programs

Our suite of education programs provides participants with an opportunity to learn the knowledge, skills and attitudes to understand and respond well to experiences of change, loss and grief.

We train and support professionals to deliver our small group programs in schools and community organisations, building long-term capacity and resilience within the community.

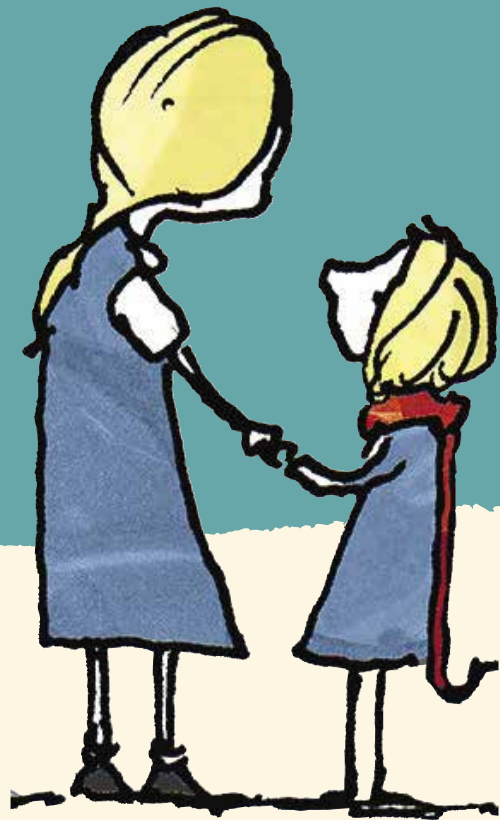
Seasons for Growth

Seasons for Growth was developed in 1996 to educate and support children, young people and adults to respond well to experiences of death, family separation, forced migration, pandemics or other significant change and loss in their lives.

We offer training workshops in programs for children and young people; adults; and parents/carers.

Seasons for Healing

Seasons for Healing is a culturally sensitive small group loss and grief education program for Aboriginal and Torres Strait Islander adults who are responding to experiences of change, loss, intergenerational loss and grief. The program was developed in collaboration with Aboriginal Family Support Services with funds from The Healing Foundation.



Stormbirds

Stormbirds was developed in 2009 in response to the devastating Black Saturday bushfires in Victoria. The program supports children and young people in disaster impacted communities to adapt to experiences of change, loss and grief resulting from natural disasters.

Introducing our new Seasons for Life Initiative - to prevent and respond to suicide

Seasons for Life strengthens the knowledge and skills of young people and the adults supporting them following a suicide or other loss events. Building on the established Seasons for Growth education program, Australian secondary schools from all sectors that have been affected by suicide or other loss events are offered at no cost:

- the opportunity to have key staff trained to deliver Seasons for Growth for young people, parents and carers, including an Aboriginal and Torres Strait Islander Family program;
- ongoing implementation support and resources; and
- all staff professional learning.

The 3-year Season for Life initiative has been funded by the Department of Health and Ageing under the National Suicide Prevention Leadership and Support Program.

For more information on our Seasons for Growth programs, visit

www.mackillop.org.au/seasons

General Information

The following information is provided to make your attendance at the **2023 Child & Adolescent Mental Health Conference** as pleasant as possible. If you require assistance, please visit the conference team at the registration desk.

REGISTRATION AND INFORMATION DESK

The registration desk will be primarily located in the Prince Foyer of the RACV Royal Pines Resort during the following times:

Sunday 19 March 2023*	5.00pm – 6.00pm
(Located in the hotel lobby)	
Monday 20 March 2023	7:45am – 6:00pm
Tuesday 21 March 2023	8:30am – 5:00pm
Wednesday 22 March 2023	8:30am – 12:30pm

*collection of name badge only

NAME BADGE

Please collect your name badge from the registration desk and wear it each day as it is your official pass to all sessions, exhibition, morning tea, lunch, afternoon tea and the social function.

DRESS CODE

The dress code is smart casual.

ON-SITE COUNSELLOR

During the conference, we have an on-site counsellor available in a private space. If at anytime you feel the need to speak to someone, please contact:

LIZ ASSER: 0402 582 517

We are here to support you.

WI-FI

Complimentary Wi-Fi internet is available in all event areas.

Network: RACV Conference

Password: racvconference

MOBILE PHONES

Please ensure all mobile phones are switched to silent while in conference sessions.

CONFERENCE CATERING

All catering will be served in the Prince and Jacaranda Foyer with the exhibitors and poster presentations.

NETWORKING FUNCTION

The networking function will be held on Monday 20 March from 5:00pm – 6:00pm in the Prince and Jacaranda Foyer. Canapes, beer, wine, and soft drinks will be served.

ACCOMMODATION

Accommodation accounts must be settled with the hotel on checkout. The Committee and/or Conference Secretariat are not responsible in any way for outstanding accommodation accounts.

RESOURCE CENTRE

As part of your conference registration, you will receive access to the conference presentation recordings. This online library includes presentation slides and video recordings that can be watched on demand for 30 days. Your login details will be sent to you via email approximately five business days after the conference.

COVID SAFE

Please stay home if you are feeling unwell or showing symptoms of COVID-19 – fatigue, shortness of breath or fever. Whilst masks are no longer mandatory, you are welcome to bring and wear your own.

Key Contacts

Conference Manager

Selina Korenhof | T: 0435 314 052 | E: camh@anzmh.asn.au

Head of Partnerships

Talitha Natt | T: 0451 602 265 | E: partner@anzmh.asn.au

Program & Research Manager

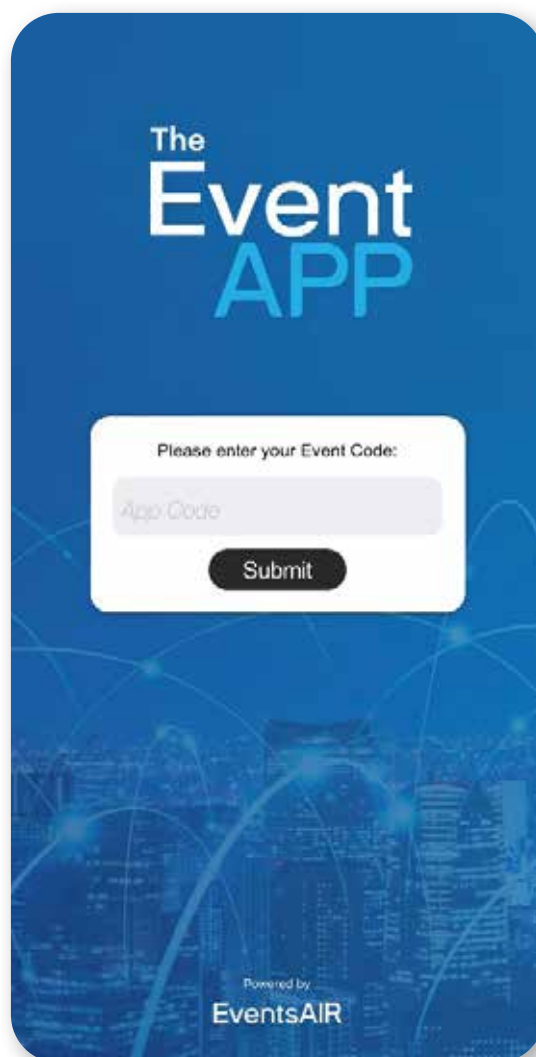
Rachel Tookey | T: 0431 917 300 | E: research@anzmh.asn.au



Want to Make the Most of Your Conference Experience?

Download the conference app! Simply follow these easy steps:

1. Visit the app store on your Apple or Android device
2. Search 'The Event App by EventsAir' and download
3. **Open and enter event code CAMH23**
4. Your name badge has your login and pin!



App Features

Stay up to date and connected during the Conference.

PROGRAM: Create your own personal schedule and view the latest program details.

SPEAKERS: Read speaker biographies and presentation overviews.

NETWORK: Connect with other delegates and network via in-app messaging.

CONNECT: View our exhibitors and sponsors.

GAMIFICATION: Compete for some great prizes – it's fun and easy.

#CAMH23 GIVEAWAY ANNOUNCEMENT!!

2nd Prize Apple AirPods



1st Prize Apple Watch SE



3rd Prize Google Nest Mini



Use your APP to earn points by locating QR codes placed all around the conference! The more points you earn, the more chances you have to WIN!

1st Prize

Apple Watch SE GPS + Cellular 44mm
Starlight Sport Band 2022 (valued at \$520.00)

2nd Prize

Apple AirPods with Charging Case 2nd Gen
(valued at \$199.00)

3rd Prize

Google Nest Mini Smart Speaker - Chalk
(valued at \$69.00)

Delegates will gain 1 ticket into the prize draw for every 1000 points earned.

Points can be earned when you:

- Add a profile picture
- Attend a session
- Submit a question in the Live Q&A
- Participate in a Live Poll
- Visit the Virtual Exhibition Booths
- Make connections in the Meeting Hub

Plus, don't forget the social media competition listed below. Make sure you participate in our conference to gain entry in our prize draws. Prizes will be drawn at the close of the conference.

NEED A BREAK?

We know that sometimes you just want to take a little time out from the conference.

We recommend taking advantage of our 'Chill-out' zone, located on the lawn area outside the conference space.

If you want to enjoy some more fresh air, there is a short Exercise/Nature Walk around the venue that you are welcome to explore.

Come see us at the Registration desk for a map of the Nature walk.



Proactive digital screening for early intervention in schools

- ✓ Digital screening and prioritisation quickly identifies individuals and groups of students who are most in need of early intervention and support.
- ✓ The platform is fully customisable to be accessible to all students, promoting inclusivity and accessibility of mental health care.
- ✓ Provides school leaders with data-driven insights on student mental health needs across year groups to inform strategic response planning for the needs of diverse cultures and communities.



“

Good Space Schools has been transformational for our school. I have confidence individual student wellbeing is being identified and managed and I know where to focus my resources.

– Mark Wilson,
Executive Principal, Kristin School

”

Book a meeting
while at CAMHC with clinicians
Dr Subha Rajanaidu and Dr Stuart Jenkins

www.goodspaceschools.com



✉ hello@goodspaceschools.com





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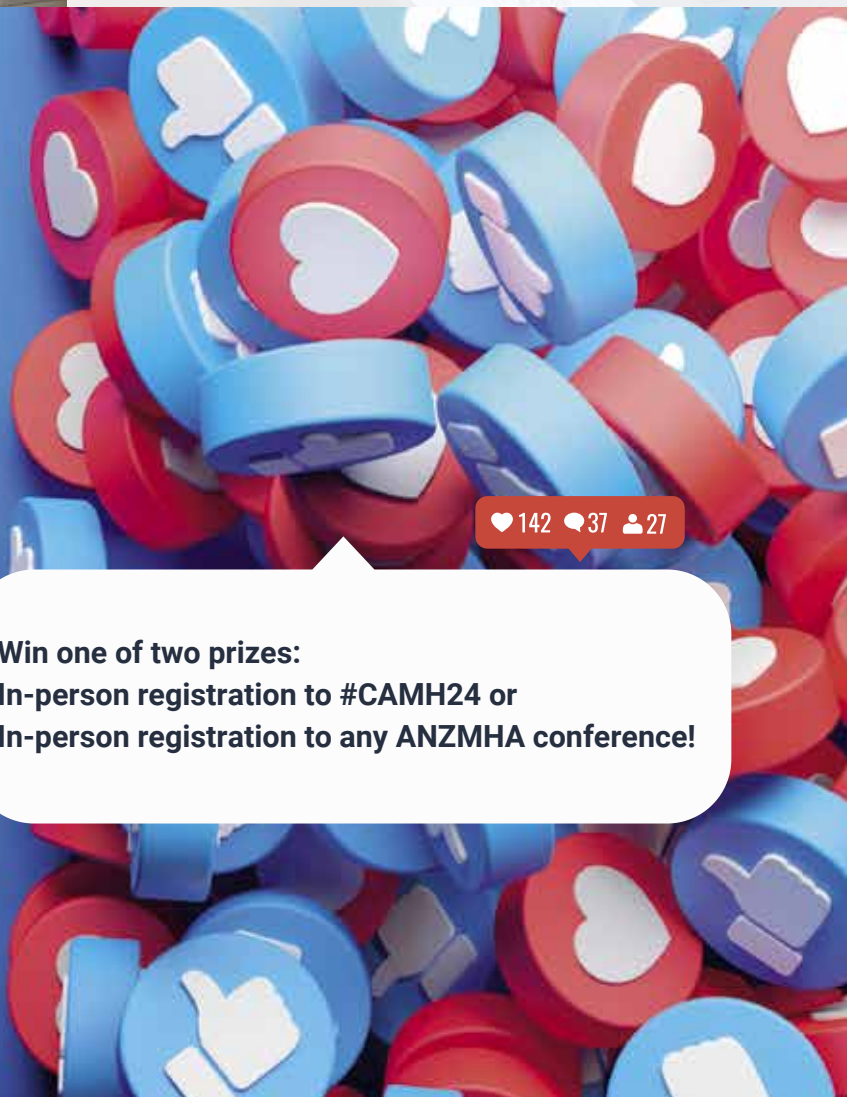


TWITTER

twitter.com/ANZMHA



Get social with us!



142 37 27

Win one of two prizes:
In-person registration to #CAMH24 or
In-person registration to any ANZMHA conference!

Keynote Presenters



Joe Ball
Media Personality & Author

Joe Ball is a longstanding LGBTIQ+ advocate and CEO of Switchboard Victoria. Joe believes in grass roots solutions to systemic issues and draws upon LGBTIQ+ history and the work of LGBTIQ+ activists who have paved the way to guide his work.

In 2020 Joe was honoured as an Award recipient in the 50 Outstanding LGBTI+ Leaders in Australia. Joe proudly identifies as a transgender man and uses the pronouns he/him. Joe works and lives on the lands of the Kulin Nation in Narm (Melbourne, Victoria).

It is not who we are, but how we are treated: Centring the healthcare needs of LGBTIQ+ young people
Monday 20 March 2023 | 4:15pm – 4:50pm



Louise Grant
Youth Inclusion and Empowerment Specialist

Louise is a youth participation expert, with a focus on trauma-informed youth engagement. She has facilitated and set up frameworks for various youth advisory committees, including the Victorian

Government's Youth Congress, and recently created a range of resources and training to guide more inclusive practices for adults seeking young people's perspectives.

Louise holds degrees in Social Work and Psychology, and a Masters in International Development. She brings a rounded perspective, having worked across a range of sectors, from client-facing roles in the community, to policy development in government.

Keynote Pan-Shop: Early Intervention. How We Define "Early", What is Working, What is Missing?
Tuesday 21 March 2023 | 3:20pm – 4:40pm



Abi Cooper
Youth Activist.
Advocate for Mental Health

Abi is a youth mental health advocate passionate about amplifying the voices of young people. At 22 years of age, Abi has worked with a number of organisations including Orygen, Consumers Health

Forum, Wellways and the QLD Mental Health Commission, and has been recognised for her work as the 2022 recipient of the Jude Bugeja Peer Experience Award. Abi uses her own story of mental ill-health to reduce stigma and promote awareness, speaking in schools and at events. Her lived experience as a young person provides her with unique expertise in order to advocate for young people and advise on organisational policy and procedures.

Keynote Pan-Shop: Online Challenges/Issues
Monday 20 March 2023 | 8:50am – 10:20am



Dr Karen Hart
Operations Director of Clinical Transformation at Orygen

Dr Karen Hart is a qualified social worker, researcher, and senior executive leader of operations and service delivery, who has spent almost 30 years, engaging and working with children, young people

and their families, within government and non-government settings. Her extensive experience in child protection, youth crime prevention, education, mental health, research, and social purpose real estate, has provided her with insights and knowledge on the most effective engagement and intervention strategies to improve the lives of children and young people. Karen is a strong advocate for the safety, education, health and justice needs of children and young people and that continues in her current work, where she is instrumental in transforming mental health services for young people in Victoria.

Insights and Practical Strategies to Manage Child and Adolescent Distress
Tuesday 21 March 2023 | 9:40am – 10:10am



Professor Susan Danby
Australian Research Centre of Excellence for the Digital Child

Professor Susan Danby is recognised internationally as one of Australia's leading experts in young children's engagement with digital technologies, social interaction, and childhood studies. As Director of the

Australian Research Centre of Excellence for the Digital Child, Susan leads a collective of national and international researchers and partners across government, industry and the community to further the Centre's vision – young children are healthy, connected and educated in a rapidly changing digital age. Susan has an Honorary Doctorate (Uppsala University, Sweden) and is a Fellow of the Australian Academy of the Social Sciences in recognition of her outstanding contributions to the fields of early childhood and digital technologies.

Keynote Pan-Shop: Online Challenges/Issues
Monday 20 March 2023 | 8:50am – 10:20am

Keynote Presenters



Anne Hollonds
National Children's Commissioner

Anne Hollonds is Australia's National Children's Commissioner. Formerly Director of the Australian Institute of Family Studies, for 23 years Anne was Chief Executive of government and non-government organisations focussed

on research, policy and practice in child and family wellbeing. As a psychologist Anne has worked extensively in frontline practice, including child protection, domestic and family violence, mental health, child and family counselling, parenting education, family law counselling, and community development. Anne currently contributes to several expert advisory groups, including the Family Law Council, Australian Child Maltreatment Study, NSW Domestic and Family Violence and Sexual Assault Council, National Plan Advisory Group (NPAG), and Australian National Child Health and Development Atlas Oversight Group.

Keynote Pan-Shop: Early Intervention. How We Define "Early", What is Working, What is Missing?

Tuesday 21 March 2023 | 3:20pm – 4:40pm



Fiona McCallum & Tammy Wallace
Good Grief

Fiona holds a Bachelor of Science with Distinction, Nursing (University

of Sydney), Masters of Management (MGSM) and executive leadership programs (Harvard, Stanford and Mount Eliza Schools of Management). Fiona has led human resource, clinical and operational teams, working extensively across health, biotech and education sectors. Career highlights include the design and implementation of initiatives focusing on leadership development, staff wellbeing, change management, communication strategies, business rebranding and launches.

More recently, Fiona has led the Seasons for Growth team to continue the national and international delivery of the Seasons for Growth suite of programs, including Stormbirds and Seasons for Healing.

Tammy Wallace Mann is a Jirralbal women with strong cultural ties in the Atherton Tablelands in far north Queensland. Her people are the rainforest people and lived and walked on that country for thousands of years. Her traditional name is Mahjah which means lore giver, this name was given to her from her grandmother, Maisie Barlow. Yarracali was her grandmother's traditional name, the Princess of their tribe, the Jirralbal people.

Tammy works with the Seasons for Life team to provide specialist support with Program Cultural Design & Implementation. She has worked within government and the NGO sector for over 25 years.

Culture, Collaboration and Capacity – Supporting the Loss and Grief Experiences of Young People at Risk of Suicide

Tuesday 21 March 2023 | 9:10am – 9:40am



Dr Nicole Milburn
Clinical Psychologist

Nicole is a clinical psychologist and infant mental health specialist. She has worked in public and private settings for more nearly 25 years and is currently in full time private practice, providing therapeutic services to infants, children, families and individual

adults. She is the current Chair of the Boards of the Australian Association for Infant Mental health and the Tweddle Foundation. Nicole specialises in relationship assessments that assist authorities to make decisions about the best interest of infants, children and young people and is very committed to representing the voice of the infant.

Keynote Pan-Shop: Early Intervention. How We Define "Early", What is Working, What is Missing?

Tuesday 21 March 2023 | 3:20pm – 4:40pm



Michelle Rogers
Ngunya Jarjum Aboriginal Child and Family Service

Wiradjuri woman, visiting in Bundjalung Country. Strong practitioner background in social service sector including housing and child protection, focussed on family led decision making and dignity through

choice, I challenge self-determination and empowerment concepts in the face of systemic oppression.

Over 27 years working with vulnerable communities and lived experience to compliment my employment, I host experience on issues associated with Aboriginal equity and suppression. National and State presenter on First Nations child and family models of communal care.

Focussed on earlier and targeted intervention, family preservation services – We know to be the path toward empowerment for our Aboriginal communities.

Tuned-In Youth, Individualised Aboriginal Youth Mentoring – Leading with Culture in Practice

Monday 20 March 2023 | 3:40pm – 4:15pm



Associate Professor Aliza Werner-Seidler
Black Dog Institute

Dr Aliza Werner-Seidler is Head of Population Mental Health at the Black Dog Institute, UNSW Sydney, and currently holds an Emerging Leader NHMRC Fellowship to investigate the prevention of

adolescent mental illness.

Aliza is passionate about researching ways to improve the prevention and treatment of common mental illnesses in young people. Her research interests including investigating the use of technology to increase access and reach to evidence-based interventions, working in partnership with schools to deliver effective preventive programs, and investigating the role of poor sleep as a risk factor for mental illness. She is currently leading the Future Proofing Study which investigates the mental health of teenagers from across 145 Australian schools.

Keynote Pan-Shop: Online Challenges/Issues

Monday 20 March 2023 | 8:50am – 10:20am

Don't gamble with their mental health

Harmful gambling can signal mental health problems in young people

While it is illegal for those under 18 to do so, most young people gamble at some point.¹

Whether a cause or an effect, harmful gambling often signals mental health issues in young people and is associated with depression, suicidal ideation and low self-esteem.²

How young people experience gambling harm

Young people can experience negative consequences as a result of their own or someone else's gambling.

In addition to mental ill-health, gambling harm can affect a young person's relationships and school performance, and may co-occur with other issues, like alcohol and other drug use or family violence.

Children of parents who experience harm from gambling may experience psychosocial issues, such as a perceived lack of love, hope or competent parenting. This can affect the young person's ability to function as a healthy member of their family or community.³

It is important that parents, teachers and health professionals learn to recognise the signs of gambling harm in young people so they can offer appropriate support and guidance.

Getting help

To access free, confidential support, adults and young people can call or chat online to a counsellor 24/7.

Gambler's Help Youthline – **1800 262 376**

Gambling Help Online – **gamblinghelponline.org.au**

Or for more information, visit **gamblershelp.com.au/youthline**.

REFERENCES

1. Purdie, N, Matters, G, Hillman, K, Murphy, M, Ozolins, C & Millwood, P 2011, *Gambling and young people in Australia*, Gambling Research Australia, Melbourne.
2. Hardoon, KK & Derevensky, JL 2002, 'Child and adolescent gambling behavior: current knowledge', *Clinical Child Psychology and Psychiatry*, vol. 7, no. 2, pp. 263-81.
3. Suomi, A, Laucas, N., Dowling, N., Delfabbro, P., 2021, *Gambling harm experienced by children of parents who gamble*, Victorian Responsible Gambling Foundation, Melbourne.



	Prince Room	Royal Poinciana Room	Norfolk Hall	Online Only
7:45am – 8:30am	Registration Open WELCOME! Come and say hello to the Conference Team at the Registration desk and collect your Name Badge!			
8:30am – 10:20am	Conference Opening 8:30am – 8:40am Welcome to Country 8:40am – 8:50am Welcome & Housekeeping 8:50am – 10:20am Keynote Pan-Shop: Online Challenges/Issues Moderator: Michelle Kehoe, Research and Evaluation Officer, Alfred Health Keynote Panelist 1: Prof Susan Danby, Centre Director, Australian Research Council Centre of Excellence for the Digital Child Keynote Panelist 2: Associate Professor Aliza Werner-Seidler Black Dog Institute Keynote Panelist 3: Abi Cooper, Youth Activist. Advocate for Mental Health			
10:20am - 10:50am	Morning Tea with Exhibitors			
	Early Intervention & Prevention IN PERSON & VIRTUAL Chair: Rebecca Goodhue	Open Topic #1 IN PERSON ONLY Chair: Michelle Tye	Service Development Including Empowering Children & Young People #1 IN PERSON ONLY Chair: Nadia Zarkesh	Pre-Recorded Presentations ONLINE ONLY
10:50am - 11:20am	Designing and Testing a New Population Mental Health Monitoring System Spanning Infancy to Young Adulthood Joyce Cleary, Deakin University	Introducing Suicide Intervention First Aid Training for School Communities at Scale Post COVID Marc Bryant - LivingWorks Australia	Impact of a Co-Designed Youth Leadership Framework on Individual and Organisational Outcomes in Cancer Care Kristina Clarke, Canteen Australia	Neurodiversity affirming practice for Mental Health Clinicians Raelene Dundon, Okey Dokey Childhood Therapy
11:25am - 11:45am	Initial outcomes and impact of Be You, Australia's National Mental Health in Education Initiative Jina Tanton, Beyond Blue & Katherine Dix, Australian Council for Education Research	Open Dialogue: A Human-Centred Approach to Mental Health Care and Early Intervention Shubhangi Kaushik, Open Dialogue Centre	The Maastricht Approach – Accepting and Working with Voices and Dissociation and Empowering Young People Michael Daubney, Queensland Health & Laura Bromley, Wide Bay Hospital And Health Service	
11:50am - 12:10pm	Responding to vicarious trauma risk for practitioners working with traumatised children and young people Tara Hunter, Full stop australia	What Bluey Has Taught us as Child Psychiatrists and Parents Joel King, The Melbourne Clinic	Children of High Conflict Divorce: Exploring the Experiences of School Teachers Stella Laetas, Monash University	
12:15pm - 12:35pm	'Dip In, Dip Out'. Managing Client Demand Using a Session-By-Session Approach Emily Wilson and Stephanie McGrane, Alfred headspace	What are Teens Really Concerned About? An Exploration of 10,000+ Self-Reported Concerns in Australian Teenagers Alexandra Bartholomew, Black Dog Institute	Consumer Co-Design with Young People with a Lived Experience of an Eating Disorder Jeremy Kerr, QUT & Tanya Withington, CHQ	

Program | Day 1

	Prince Room	Royal Poinciana Room	Norfolk Hall	Online Only
12:35pm - 1:35pm	Lunch with Exhibitors			
	The Needs of a Diverse Community. Identity and Youth IN PERSON & VIRTUAL CHAIR: Peta Duncan	Early Intervention & Prevention #2 IN PERSON ONLY Chair: Mark Grant	Open #2 IN PERSON ONLY Chair: Tania Withington	Pre-Recorded Presentations #2 ONLINE ONLY ONLY
1:35pm - 1:55pm	The Diverse Needs of Young Men and Boys Regarding Their Mental Health Marion Byrne, Yourtown	Being There: How Young People's Friendships Play a Central Role in Mental Health Care Tom Riley, Batyr	Reducing Gambling Harm for Young People: An Educational Approach Mark Riddiford & Dr Aino Suomi, Victorian Responsible Gambling Foundation	Boosting Child Wellbeing by Building Child Safe Organisations Jessica Carter, Australian Childhood Foundation
2:00pm - 2:20pm	Supporting LGBTQIA+ Young People to Engage in Physical Activity Interventions for Improved Health Outcomes Jade Ellings, Children's Health Queensland	Stories from Homes of Peace: Family Violence Responses as Prevention and Early-Intervention for Wellbeing Hazel Buckingham, Massey University	How Mental Health Services Can Help Young People Transitioning Between Care Providers Cameron Boyle, Orygen	Same Storm Very Different Boat: Intersectional Practice in Child and Adolescent Mental Health Karen Field, Drummond Street Services
2:25pm - 2:45pm	Empowering Youth Through Innovative Practices Mark Robertson, One Vision	Promoting Resilience and Healing Trauma in the Face of Disaster: South West Queensland Birdie Calls Angie Gorry, South West Hospital and Health Service	Presenting the Future Proofing Cohort: A longterm mental health study of 6,300+ Australian adolescents Kate Maston, Black Dog Institute	
2:50pm - 3:10pm	Young Carers and Intersectionality: Reflections on Culture, Gender and Caring Melissa Docker, Carers NSW	Teen Spirit - How Growing Your Spirit Changes Everything Cassandra Sleeth, Assisi Catholic College	Direction's Teen Clinic. Reducing barriers and giving agency to young people. Sandy Lendrum, Directions Health - Teen Clinic	
3:10pm - 3:30pm	Afternoon Tea with Exhibitors			
3:40pm - 5:00pm	Join Us For These Exciting Keynote Presentations!			
	Keynote Session 2			
	Chair: Katherine Ellis , CEO, Youth Affairs Council Victoria			
3:40pm - 4:15pm	Keynote Presentation Topic: Tuned-In Youth, Individualised Aboriginal youth mentoring – Leading with Culture in practice			
	Keynote 4: Michelle Rogers , Ngunya Jarjum Aboriginal Child and Family Service			
4:15pm - 4:50pm	Keynote Presentation Topic: It is not who we are, but how we are treated: Centering the healthcare needs of LGBTIQ+ young people			
	Keynote 5: Joe Ball CEO of Switchboard			
4:50pm - 5:00pm	Conference Day 1 Wrap Up			
5:00pm - 6:00pm	Networking Function Tickets are included for full conference registrations. Additional guest and/or partner tickets can be purchased separately.			
	Poster Presentations Improving mental health for young people with chronic health conditions via online self-compassion training Asha Parkinson, Telethon Kids Institute A Child's Identity Beyond their Illness: Supporting Children to have More Positive Healthcare Experiences Bronte Temple, Starlight Children's Foundation ClearlyMe®. A New, Co-Designed, CBT Smartphone App for Adolescent Depression and Anxiety Subotic-Kerry Mirjana, Black Dog Institute KidsXpress School Partnership Program: An Innovative School-Based Expressive Therapy Program for Trauma-Related Mental Health Concerns Margo Ward, Kidsxpress Proud to be Different: Neurodiversity in Girls Giovanni Giaroli, The Giaroli Centre			

Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.

Animals Helping Adolescents Heal: The Use of Animal-Assisted Psychotherapy with Hard to Engage Youth
Suzanne Claxton, Child And Youth Mental Health

A Community Approach to Supporting Young People in Regional Areas Through an Early Intervention Framework
Renae Glouftsis & Kathryn Cousins, Mind Australia

The Pursuit of Adolescent Social Cohesion for Mental Health
Rumbi Mabambe, Chain Reaction Foundation

Adolescent Mental Health-Related Hospitalisations: 45% Have a History of Child Protection Contact
Jessica Judd, The University Of Adelaide

Using Recreational Engagement with Youth and their Caregivers to Enhance Youth Wellbeing
Nadia Zarkesh, Charles Darwin University

Using PhotoYarning to Understand Wellbeing for First Nations Australian Youth
Kate Anderson, UQ

A Collaboration with Primary Care
Zhongzheng Lan, Institute Of Mental Health

Lived Experience and Therapeutic Self-Disclosure in Service Delivery and Client Engagement
Lisa Myers, Psychiatrist

Working Towards Improved Suicide Prevention in Children and Young People
Lyn O'grady, Community Psychologist

Longitudinal Influence of Classroom Climate on Mental Health Among Japanese Children
Yu Takizawa, Tsuru University & Yuma Ishimoto, Tottori University

We Need Safety, Support, and Connection": Young People's Experiences of Mental Health Services in Tasmania
Melissa Savaglio, Monash University

Co-Designing a Community-Based Psychosocial Service with Youth Experiencing Mental Illness in Tasmania
Melissa Savaglio, Monash University

How Do We Measure Resilience in Children? A Systematic Review
Julia Hall, University of Melbourne

Mind Your Health: Evaluating a Cardiometabolic Health Model of Care within CYMHS
Jade Ellings, Children's Health Queensland

Practical Steps to Build Resilient Children: Learning to Strengthen their Ego, Connection & Accept Differences
Kim Johnson, KD Johnson & Associates

Enhancing Kids Resilience in North West Queensland
Margot Moody, Outback Futures

Responding to the Missing Middle: Adapting the Commonwealth Psychosocial Support Program for Children and Adolescents
Tonie Williams, Accoras

The Benefits of Occupational Therapy Within the Headspace Model for Neurodivergent Young People
Mark Grant and Megan Ross, Accoras

Neurodiverse Mentor Program
Megan James & Beth Gerondis, MLC

Fathering to Promote Good Child Mental Health: A Rapid Review
Melissa Willoughby, Australian Institute of Family Studies

Innovative Use of Technology to Support a Community of Care / Mental Health and Well-Being Monitoring
Lisa Fahey, Quovus

Tuned-In, Individualised Aboriginal Youth Mentoring – Leading with Culture in Practice
Michelle Rogers & Bailey Barlow, Ngunya Jarjum Aboriginal Child And Family Network

Where to Next for Proactive, Pro-Social Educators?
Peter Waters, Prince Alfred College

Care, Connection, Community: Supporting Youth with Emerging to Significant Mental Health Challenges
Hugh Rabinovici, Neami National

An Exploratory Study on the Types of Social Support that Protect Children from Cumulative Risk
Toh Sze Min, Singapore Children's Society

Digital Games to Support Childhood Cognitive and Mental Health After the COVID-19 Pandemic
Hannah Kirk, Monash University

Championing Young Carer Voices: Empowering Young Carers to Create Change
Melissa Docker, Carers NSW

Young People Aren't Being Seen. Your Voice is an Ally Helping Them to be Heard
Ben Pook, Yourtown

Childhood Adversity: Resiliency and Positive Childhood Experiences. The ETS Nurturing Protection and PCE Framework
Warren Bergh, Evolve Therapeutic Services, Queensland Health

Validation of a Social Emotional Health Survey Among Japanese Junior High School Students
Iida Junko, Ikuko Aoyama & Kie Sugimoto - University Of Tsukuba

Introducing 'Managing Social Anxiety and Building Social Skills for Young Adults' Group Program
Shelby Ceh, Aurora Health

Responding to Needs in Natural Disaster Impacted Areas - Community at the Core
Fiona McCallum, Good Grief, Mackillop Family Services

Program | Day 2

	Prince Room	Royal Poinciana Room	Norfolk Hall	Online Only
8:30am - 9:00am	Registration Open Welcome to Day 2 - Chair: Dr Lyn O'Grady , Community Psychologist			
9:00am - 9:10am	Day 2 Conference Opening			
9:10am - 9:40am	Keynote Presentation Topic: Culture, collaboration and capacity – supporting the loss and grief experiences of young people at risk of suicide Keynote 6: Fiona McCallum & Tammy Wallace , Good Grief			
9:40am - 10:10am	Keynote Presentation Topic: Insights and Practical Strategies to Manage Child and Adolescent Distress Keynote 7: Dr Karen Hart , Operations Director of Clinical Transformation at Orygen			
10:10am - 10:40am	Morning Tea with Exhibitors			
10:40am - 11:00am	Service Development Including Empowering Children & Young People #2 IN PERSON & VIRTUAL Chair: Peter Waters	Early Intervention & Prevention #3 IN PERSON ONLY Chair: Tara Hunter	Open #3 IN PERSON ONLY Chair: Louise Metcalf	Day 2 - Pre-Recorded Presentations ONLINE ONLY
	Youth Engagement from a Young Person's Perspective - Embracing the Fear of Doing it Wrong Abi Cooper, Batyr	Novel Approaches to Developing Student Wellbeing in School-Settings: Martial Arts and Cooperative Electronic Gaming Brian Moore, Charles Sturt University	From Intergenerational Trauma to Building Belonging – Strengths-Based Approaches to Wellbeing For Young Aboriginal Mob Cammi Murrup-Stewart, The Turner Institute for Brain and Mental Health, Monash University	Crohn's & Colitis Australia's new Codesigned YEP! Online Program (Youth Empowerment Program) Bart Walus, Crohn's & Colitis Australia
11:05am - 11:25am	MyGoTo4 – do you have four people or places you go to for help? Thomas Allsop, Peakcare Queensland Inc. & Stacey Hampshire, IFYS Limited	Supporting Parents During Uncertain Times Lyn O'grady, Community Psychologist		Using the Voices of Young People to Transform Kids Helpline Joanne Allen-Keeling, Yourtown
11:30am - 11:50am	National Snapshot of Workforce Capacity to support Parent, Family and Child Mental Health in Australia Helen Francis, Emerging Minds	A Gratitude Writing Intervention with Japanese Children in Schools: Results of the Preliminary Trial Yuki Matsumoto & Yuma Ishimoto, Tokushima Bunri University	Mind Your Health: The role of early preventative physical health interventions within CYMHS. Jade Ellings & Cassandra Butler, Children's Health Queensland	
11:55am - 12:15pm	Collaborating for Recovery: The Journey of Youth Step Up Step Down Susan Greenhatch & Gaynor Andresen, Caboolture Youth Step up Step Down	Attachment and Biobehavioural Catch-up: An infant mental health case study Ella Scholl, Accoras		

Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.

	Prince Room	Royal Poinciana Room	Norfolk Hall	Online Only
12:15pm - 1:15pm	Lunch with Exhibitors Early Intervention & Prevention #4 IN PERSON & VIRTUAL Chair: Jane Kohlhoff	Service Development Including Empowering Children & Young People #3 IN PERSON ONLY Chair: Anushka Phal	The Needs of a Diverse Community. Identity and Youth #2 IN PERSON ONLY Chair: Jeremy Kerr	Day 2 Pre-Recorded Presentations #2 ONLINE ONLY
1:15pm - 1:35pm	Safer Communities for Children: A Community Approach to Protective Behaviours Meron Looney, NAPCAN	Chapters in Therapy – A Therapist and Young Person's Insight into the Therapy Journey Alicia Pont & Willow Ashcroft, Quality of Life Community Services	D-A-S-H: Achieving a Sense of Belonging in and Connection to Local Community for Primary Students Natalie Kisilevich, Blue Light Victoria	Child Autonomic Nervous System Monitoring for Identifying the Health Effects of Early Life Stress Rachel Venn, University of Canberra
1:40pm - 2:00pm	Parent Child Interaction Therapy with Toddlers: Getting in Early to Promote Childhood Mental Health Jane Kohlhoff, University of New South Wales	Reducing the Long-Term Impact of Natural Disasters on the Mental Health and Well-Being of Children Michael Curtin & Tracey Parnell, Charles Sturt University & Sarah Eagland, Royal Far West	Rainbow Recovery: Mind Australia's Co-Designed, Peer-Led Recovery College for LGBTIQ+ Young People Shay Eliot, Mind Australia	Balancing Rights and Regulation: Upholding the Rights of Children to Access Support Marion Byrne, Yourtown
2:05pm - 2:25pm	Meeting Social and Emotional Goals with Neurodivergent Children: Valuing Diverse Live Skills Kathleen Davey, Social Science Translated / Autism CRC	Utilising Digital Mental Health Options for Complex Presentations in Young People Heidi Sturk, Queensland University of Technology - eMHPrac	Conceptualising Wellbeing from the Perspective of Young People with Chronic Conditions: A Concept-Mapping Approach Asha Parkinson, Telethon Kids Institute	Intervening Early: Using a Child's Natural Language of Play to Heal Trauma Lily Gruenewald, Be Centre
2:30pm - 2:50pm	Dealing with Student Trauma: Exploring School Leadership Experiences and Impact Anushka Phal, Umeed Psychology	Providing a More Consistent, Positive and Empowering Experience Through 'The Common Approach' Rebecca Goodhue, Australian Research Alliance for Children and Youth	Diverse City: Co-Designing a Program For LGBTIQ+ Young People Ash Simpson, Stride Mental Health	
2:50pm - 3:20pm	Afternoon Tea with Exhibitors			
3:20pm - 4:40pm	Join us for our final keynote session! Keynote Session 3 Conference Chair: Dr Lyn O'Grady, Community Psychologist Keynote Pan-Shop: Early Intervention. How we define "Early", what is working, what is missing? Moderator/Keynote Panelist 8: Dr Lyn O'Grady, Community Psychologist Keynote Panelist 9: Dr Nicole Milburn, Clinical Psychologist Keynote Panelist 10: Anne Hollonds, National Children's Commissioner Keynote Panelist 11: Louise Grant, Youth Inclusion and Empowerment Specialist			
4:40pm - 4:50pm	Conference Closing & Prize Draws Conference Chair: Dr Lyn O'Grady, Community Psychologist			

Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.

Program | Day 3

8:30am - 9:00am

Registration Open (In Person Only)

Workshop 1

Workshop 2

Workshop 3

9:00am - 10:30am

So You Want to Co-Design?

Rachel Podbury & Emily Hamilton,
Paper Giant

Body Talk: Using Safe Language with Children and Adolescents to Promote Body Confidence and Consent
Peta Dampney, From Me To You Consulting

Play, Sense, Connect, Empower

Kaya Lyons, Active OT For Kids

10:30am - 11:00am

Morning Tea with Exhibitors

Workshop 4

Workshop 5

Workshop 6

11:00am - 12:30pm

Return of the Friendly, Neighbourhood Psychologist: Community Connected, Family Centred Mental Health Care Using GHEORG
Louise Metcalf, Gheorg

Creating Empowering and Inclusive Environments to Promote Children's Mental Health With Be You
Maree Kirkwood, Early Childhood Australia, Be You

Reducing the Impact of Intergenerational Trauma! Supporting all Children with Play Therapy Intensives
Jo Martin, Play Therapy NT

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- Stakeholder Engagement/Support
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Look out for more Be You resources and online events on educator wellbeing at **beyou.edu.au**



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Healed Tribe aims to connect, educate and nurture young people and the communities around them, on their mental health journey, through lived experience and youth led programs including therapeutic support, empowerment mentoring, retreat days and practical education programs. All programs are provided free of charge to participants.



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We work collaboratively with existing services to tailor care that is individualised to the Young Person's needs, with a focus on Trauma-Informed, Therapeutic and Strengths-Based practice.

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Be You is the national mental health in education initiative delivered by Beyond Blue, in collaboration with Early Childhood Australia and headspace.

Be You equips educators to support the mental health and wellbeing of children and young people from birth to 18 years, providing a whole of learning community approach for early learning services, primary schools, and secondary schools across Australia.

Be You supports mental health promotion, prevention, early intervention and suicide response and support. The initiative develops educators' mental health literacy, providing the knowledge, understanding and skills to promote the mental health of children and young people.

Be You supports early learning services and schools to develop a positive, inclusive and resilient learning community where every child, young person, educator and family can achieve their best possible mental health.

Be You develops the capacity of educators to build the foundations of lifelong mental health and wellbeing in children and young people. We support you to grow the most mentally healthy generation.

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Commonwealth Department of Health and aims to raise awareness and knowledge of evidence-based digital mental health resources. eMHPrac delivers free presentations, workshops and webinars to health practitioners throughout Australia. eMHPrac is led by Queensland University of Technology and partners with Black Dog Institute, Menzies School of Health Research, and University Centre for Rural Health (University of Sydney). Visit our website for fact sheets, brochures and our popular Guide to Digital Mental Health Resources: <https://www.emhprac.org.au/>

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Website: www.mindaustralia.org.au/about-mind/about-mind



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