



CHILD & ADOLESCENT
MENTAL HEALTH CONFERENCE



TOGETHER WE STAND

Creating advanced mental health outcomes for all children & adolescents



18 - 20 March 2024



JW Marriott Gold Coast Resort & Spa

[ANZMH.ASN.AU/CAMHC](https://anzmh.asn.au/camhc)
#CAMH24

HOSTED BY

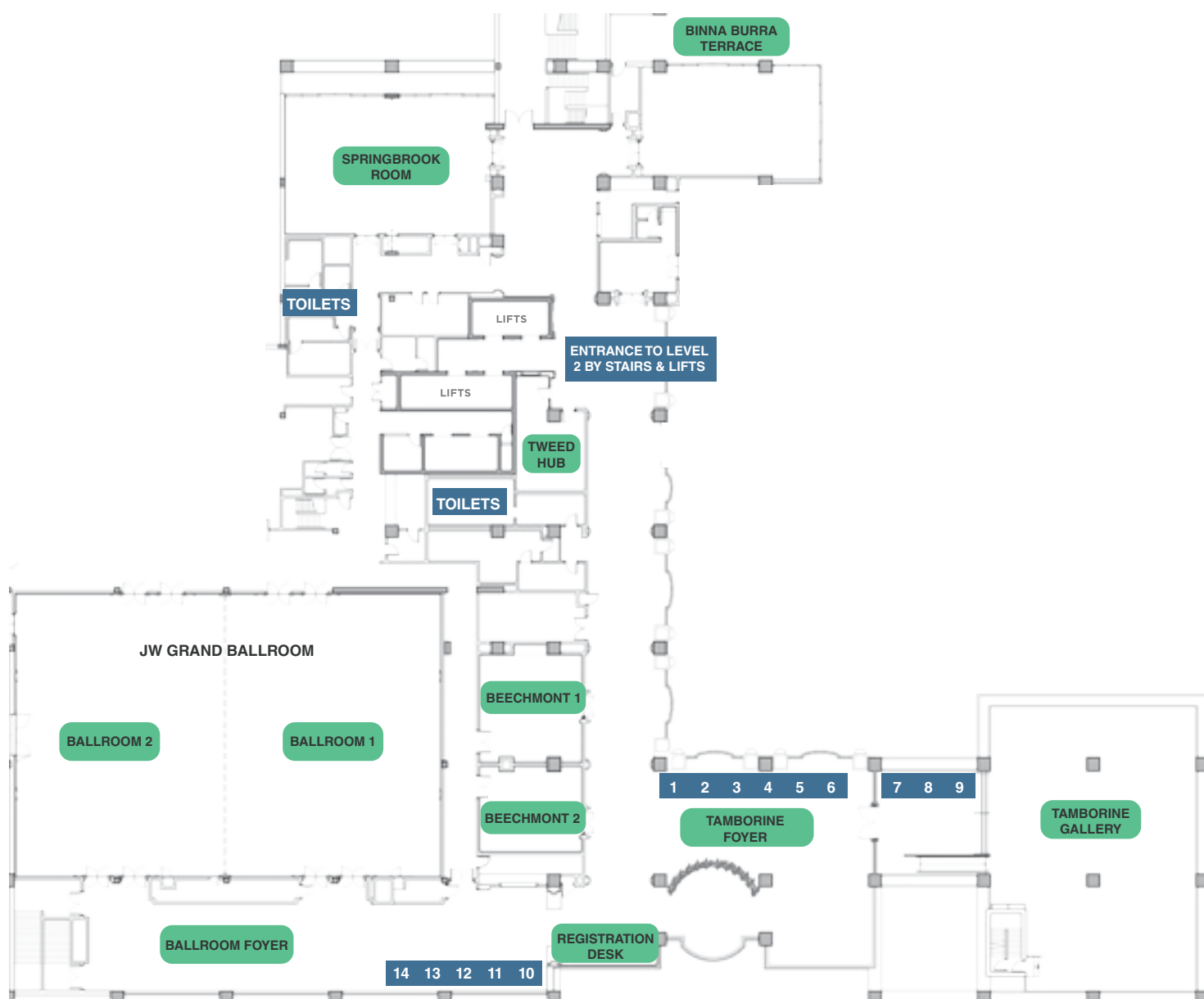


Australian & New Zealand
Mental Health Association

EXPERIENCE
GOLDCOAST.

CONFERENCE FLOOR PLAN

CHILD & ADOLESCENT
MENTAL HEALTH CONFERENCE



Exhibitors

- 1 Australian & New Zealand Mental Health Association
- 2 Emerging Minds
- 3 Black Dog Institute
- 4 Kookaburra Kids
- 5 Uniting Communities
- 6 Headspace

- 7 Yourtown
- 8 Open Gate Institute
- 9 eMHPac
- 10 LivingWorks
- 11 Stride Mental Health
- 12 ACER
- 13 Mind Australia
- 14 Mackillop Seasons

Exhibition Hours

Monday 18 March 12:30pm – 2:45pm
Tuesday 19 March 8:30am – 6:00pm
Wednesday 20 March 8:00am – 2:45pm

Plenary Sessions

JW Marriott Grand Ballroom

Concurrent Sessions

Room 1 – Ballroom 1
Room 2 – Ballroom 2
Room 3 – Springbrook Room

Catering: Tamborine Foyer and Gallery

Exhibition: Tamborine Foyer and Gallery

Poster Presentations: Tamborine Foyer

Speakers Prep: Beechmont 2

Quiet Room: Beechmont 1

Counselling Room: Tweed Hub



We acknowledge and thank Traditional Owners of the Yugambeh language region on which we hold this Conference.

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

Lyn O'Grady

Community Psychologist (Conference Chair)

Youth Co-Chair

Jayden Delbridge, headspace National Youth Reference Group member

Abi Cooper

Youth Mental Health Advocate

Michael Crisci

Clinical Manager OTFC Group

Alex Dalton

Research and Evaluation Officer of the Trans and Gender Diverse Service, Orygen

Katherine Ellis

Ceo, Youth Affairs Council Victoria

Louise Grant

Youth Inclusion And Empowerment Specialist

Emma Harrison

Aboriginal Project Officer, Schools Mental Health Service

Ian James

Office Of The Chief Psychiatrist, Sa Health, Principle Aboriginal Mental Health Advisor

Dr Michelle Kehoe

Research And Evaluation Officer, Alfred Health

Judy Kynaston

General Manager Be You - Early Childhood Australia

Brian Moore

Phd Lecturer, Educational Psychology, Unesco Icm Special Advisory Group. Charles Sturt University

Nicola Palfey

National Clinical Manager, Headspace Schools

Jack Smith

Lived Experience Advocate

Michelle Tye

Senior Research Fellow, Black Dog Institute

CONFERENCE HOST

Sam Stewart

Ceo, Australian & New Zealand Mental Health Association



WELCOME



Lyn O'Grady
Conference Chair



Jayden Delbridge
Youth Co-Chair

On behalf of the organising committee, I take pleasure in welcoming you to the 5th Child and Adolescent Mental Health Conference held at JW Marriott Gold Coast Resort and Spa.

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. This year's conference builds upon previous years and aims to capture the opportunities available to work in ways which embrace diversity and empower children and young people through collaborative approaches. This year's program, with the theme "Together we stand" explores many of the challenges facing children, young people and the adults that support them within the context of a changing world. We have again provided a program which incorporates a range of professional and lived experience voices with a focus on research, practice and collaboration. As usual, we will ask challenging questions and invite delegates, through a range of presentation styles, to engage with us in knowledge sharing and collaboration. 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 creates advanced mental health outcomes for all children and young people, from birth through to adolescence.

GENERAL INFORMATION

The following information is provided to make your attendance at the **2024 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 located on **level two** of the **JW Marriott Gold Coast Resort & Spa**. The hours of operation are as follows:

Monday 18 March 12:30pm – 4:30pm
Tuesday 19 March 7:45am – 6:00pm
Wednesday 20 March 8:00am – 4:15pm

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.

Pronoun Stickers

We offer pronoun stickers. You can find these stickers next to the registration desk to include on your name badge.

Wi-Fi

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

Login: **MarriottBonvoy**

Password: Not Required

Mobile Phones

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

Dress Code

The dress code is smart casual.

Conference Catering

All catering will be served in Tamborine Foyer and Gallery with the exhibitors and poster presentations.

Networking Function

The networking function will be held on **Tuesday 19 March from 5:00pm – 6:00pm in Tamborine Gallery**. Canapés, beer, wine, and soft drinks will be served.

On-Site Counsellor

During the conference, if you feel the need to speak to someone, please contact:

Mon 18 March: Kylie Turner • 0417 075 551

Tue 19 March: Michelle Kelly • 0418 189 079

Wed 20 March: Jacqueline McKay • 0450 362 096

from Relationships Australia. We are here to support you.

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 receive access to the 2024 Child & Adolescent Mental Health Conference presentation recordings (excludes Masterclasses). 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.

Quiet Low Sensory space

In Beechmont 2 we offer a quiet and low sensory space for individuals who may find the conference overstimulating.

If there's anything else you need to feel welcome and included, please see the team at the registration desk.

Key Contacts

Conference Manager

Julia Cutler • **T:** 0435 308 794 • **E:** camh@anzmh.asn.au

Program & Research Manager

Rachel Dempster • **T:** 0431 917 300 • **E:** research@anzmh.asn.au

Head of Partnerships

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

OPTIONAL ACTIVITIES

Yoga at Binna Burra Terrace

Stretch and unwind when you join for a guided Yoga session. If you're a yoga enthusiast or a beginner, everyone attending the conference is welcome to attend. **Please note:** Yoga mat, water and towel is provided. Please arrive 5 minutes before commencement of the class to sign the waiver form. In the event of wet weather, this class will still go ahead.

 **Binna Burra Terrace, Level 2, JW Marriott Gold Coast Resort & Spa**

 **Tuesday 19 March**

 **6:30am – 7:15am**

Limited spaces available, RSVP at camh@anzmh.asn.au

Sports Courts

Keep active throughout the conference with the JW Marriott Gold Coast Resort & Spa outdoor multipurpose sports court and tennis court. Enjoy a game of tennis, handball, basketball, soccer or hopscotch on one of the JW Marriott's quality courts.

There's no need to bring racquets or balls as they can be borrowed on site from the Watersports Kiosk, Front Reception and At Your Service by dialling 9.

Fitness Centre

All conference delegates staying in house at the JW Marriott Gold Coast Resort & Spa are most welcome to use the fitness centre complimentary, with your room key providing you with access.

Gym towels, fresh whole fruit and water is also available in the fitness centre.

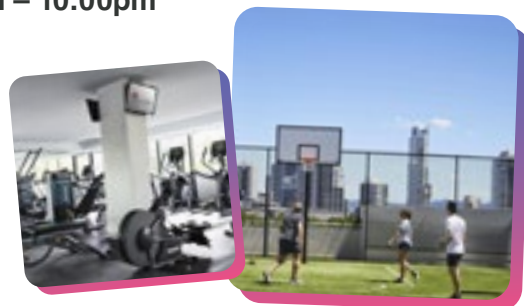
 **Level 3, JW Marriott Gold Coast Resort & Spa**

 **Open 24 hours a day, 7 days a week**

Swimming

All conference delegates staying in house at the JW Marriott Gold Coast Resort & Spa are encouraged to enjoy the beautiful Saltwater Lagoon and Fresh Water Pool.

 **6:00am – 10:00pm**




SOCIAL EVENTS

Networking Function & Poster Session

The networking event will have drinks and canapes. Join us for an exclusive networking session and dive into an evening of connection, delightful treats, and music.

 **Tamborine Gallery**

 **Tuesday 19 March**

 **5:00 – 6:00pm**

Entry is covered for full conference registrations

Pay Your Own Way Dinner

Relax and unwind with your peers, colleagues, and friends. Surfers Pavilion represents the Gold Coast perfectly with uninterrupted waterfront river views, fresh local produce, and refreshing cocktails. Located just 15 minutes' walk from the conference venue, it's the perfect place to relax and enjoy the evening.

 **Surfers Pavilion, 30-34 Ferny Avenue, Surfers Paradise**

 **Monday 18 March**

 **6:00pm – 8:00pm**

At your own cost, RSVP required – camh@anzmh.asn.au



LIVINGWORKS



Leading suicide prevention skills training to help keep youth safe from suicide

**Online and in-person workshops for workforces,
schools, clinicians and communities - free in NSW
until June 2024**

**Visit our booth at #CAMH24
or visit our website
www.livingworks.com.au/NSW**



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Want to Make the Most of Your Conference Experience?

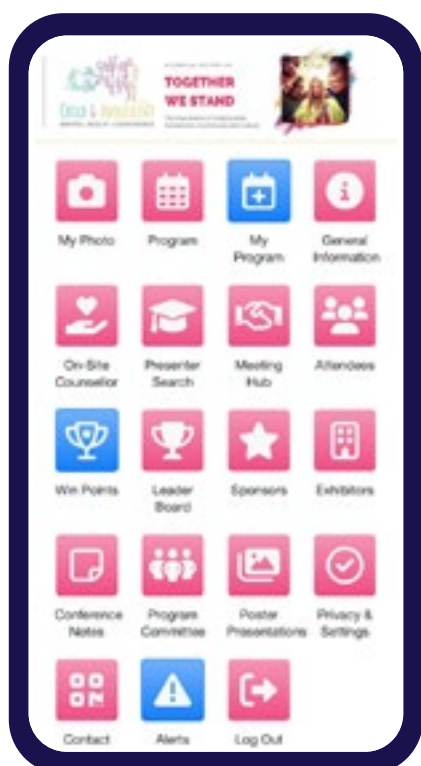
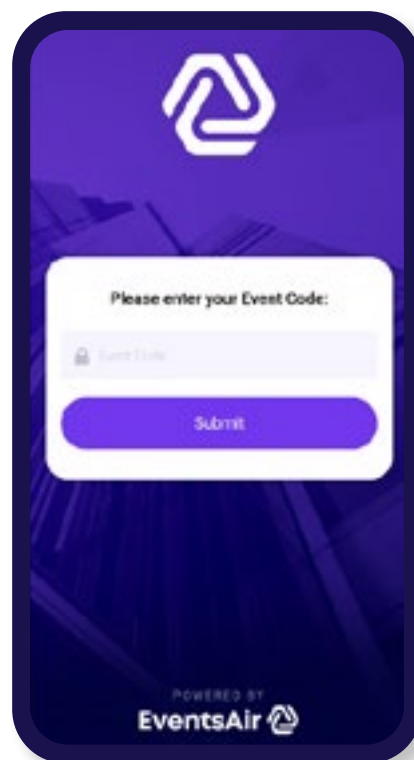
Download the conference app!

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 **CAMH24**
- 4 Your name badge has your login and pin!



APP FEATURES

Stay up to date and connected during the 2024 Child & Adolescent Mental Health Conference.

PROGRAM

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

PRESENTERS

Read speaker biographies and presentation overviews.

NETWORK

Connect with fellow delegates and network via in-app messaging.

CONNECT

View who has joined us as an exhibitor and sponsor.

GAMIFICATION

Compete for prizes – it's fun and easy.

COMPETITION

GET SOCIAL WITH US!

Use **#CAMH24** in your social media posts to showcase your favourite moments of the conference and you'll enter the draw to win one of two prizes:

1. In-person registration to CAMH25 **or**
2. In-person registration to any ANZMHA conference! *



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**Australian & New Zealand
Mental Health Association**

CONFERENCES



**Indigenous
Wellbeing
Conference**



**STOP
DOMESTIC
VIOLENCE
CONFERENCE**

Notes & Key Learnings

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Things I Don't Want to Forget



Miimi Morris, Aboriginal Family Counsellor/Victims of Crime Counsellor at Hunter New England Health and Victims Services NSW

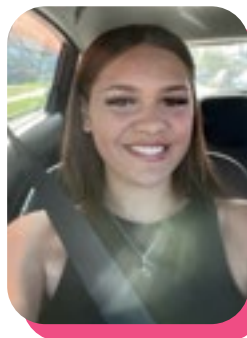
I am a proud Gomeroi and Dungutti woman living, working and researching on the unceded lands of Muloobinbah, Newcastle in NSW. I am a First Nations social worker and

current post graduate student through RMIT University in Melbourne. I have thirty years social work practice experience as an Indigenous therapist working with Aboriginal communities and people. I have worked with young people in the juvenile justice setting as a victim services counselor and also working with young people for NSW Health who have experienced the impacts of colonial trauma. My current research is a decolonising study looking at the impacts of the colonial out of home care system and how their practices impact Indigenous mothers and their children. My study looks at the policing and apprehension of Indigenous children. It also gives an autoethnographic example of my own lived experiences of navigating racial violence within the out of home care system and how this violence sets out to disconnect and alienate mothers and their children.

Monday 18 March – Keynote Session 1

1:30pm - 2:00pm

Resisting Aboriginal Child State Apprehension - A Lived Experience of a First Nations Mother and Daughters Experience of Standing up to Colonial Power



Jenna Margaret Morris, Student at Education Centre against Violence Cumberland Sydney

I am Jenna and I am a 19-year-old survivor of the family policing system. I am Gomeroi, I am Dungutti, I am Worimi and Adnyamathanha and I am very proud of my heritage. I grew up in the out of home care system

and spent 12 years in foster care where I was treated as a domestic slave and abused by the carers and this abuse has been covered up by the family policing system. I grew up completely denied of my culture and connection, and my mother and family group were erased from my life my knowing, my being and my entire life by the carers and the white out of home care agency. I grew up never knowing my mother lived 30 minutes away from me and was told that her fighting spirit for us to know her and to be connected to our culture was somehow wrong.

Monday 18 March – Keynote Session 1

1:30pm - 2:00pm

Resisting Aboriginal Child State Apprehension - A Lived Experience of a First Nations Mother and Daughters Experience of Standing up to Colonial Power



Mark Le Messurier, Educator, Counsellor and Author, Senior South Australian of the Year 2022

Mark Le Messurier is a teacher, counsellor, author, and co-creator of 'What's the Buzz?' He works in private practice in South Australia as a mentor to young people, a coach to parents, and a teacher educator. He's passionate about

nurturing the wellbeing of children and adolescents.

In his books he affectionately uses the term, 'Tough Kids' to highlight a cohort of children and young people who are our most vulnerable. They often feel hurt, confused, isolated, and misunderstood by the unexpected barriers they face in life. Subsequently, they do life so much tougher than most.

Mark is the recipient of the Australia Day Council's 2022 Senior South Australian of the Year Award. His commitment, generosity and consideration for others has helped many families, and has improved the self-worth, mental health and life outcomes of children, adolescents, parents, and educators.

Monday 18 March – Keynote Session 1

2:00pm - 2:30pm

For the Sake of Better Mental Health: Together We MUST Stand

KEYNOTE PRESENTERS



Maree Crabbe, Director
- It's time we talked

Maree Crabbe is Director of the Australian violence prevention initiative, It's time we talked. She is an educator, author, researcher and filmmaker who is passionate about gender-based violence prevention, and about supporting parents, schools, communities and

governments to address pornography's influence on young people. Maree has developed and delivered programs focusing on sexual violence prevention, sexual diversity, pornography, sexting, and the prevention of sexually transmissible infections. Her contributions to public conversations about young people, sexuality and pornography include production of two broadcast documentary films, television, radio and podcast interviews, and articles in academic and news media.

Tuesday 19 March – Keynote Session 2

8:40am - 9:30am

Sex Ed By Porn? Why Pornography Has Become an Issue We Can't Afford To Ignore



Joe Ball, CEO of Switchboard

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

Group for the federal government's 10-Year LGBTIQ+ Health and Wellbeing Plan. Joe is a Board member of Safe and Equal and sits on the community advisory committee for 1800RESPECT. In 2020, Joe was honoured as an award recipient in the 50 Outstanding LGBTIQ+ 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).

Tuesday 19 March – Keynote Session 2

9:30am - 10:00am

It Is Not Who We Are, But How We Are Treated: Centring the Healthcare Needs Of LGBTIQ+ Young



Mx Emily Unity, Lived Experience Lead, Board Director, Consultant, Emily Unity

Emily Unity is an award-winning mental health advocate, software engineer, and creative designer. They currently hold roles as a Board Director, consultant, project manager, facilitator, and ambassador. Emily is informed

by their intersectional lived and living experiences. This includes mental ill-health, disability, LGBTQIA+, multiculturalism, neurodivergence, homelessness, family violence, and more. Emily currently is the Lived Experience Lead with the Royal Children's Hospital, Metaverse Project Manager with Meta, Board Director with Scope Australia and Midsumma, and a Consultant with UNICEF, Headspace, Beyond Blue, and more. Emily also has founded initiatives to address system gaps, including Multicultural Minds, a multicultural mental health awareness platform. For their work, Emily was recently awarded 25 Under 25, 30 Under 30, Mental Health Advocate of the Year, Youth of the Year, the Disability Leadership Award, Innovation in Protecting Children Award, Children and Youth Empowerment Award, and inducted in the inaugural cohort of the Multicultural Honor Roll.

Tuesday 19 March – Keynote Session 3

3:15pm - 3:45pm

Beyond Participation: My Journey to Youth Lived Experience Leadership

KEYNOTE PRESENTERS



**Dr Helen Street, Founder
& Chair, The Positive
Schools Initiative**

Dr Helen Street is an internationally acclaimed expert in supporting wellbeing, educational consultant and applied social psychologist. She is the founder of Positive Schools and Contextual Wellbeing, a consultant to schools worldwide,

a best-selling author and an honorary fellow at The University of Western Australia. Helen is known as a pioneer in the support of long-term learning engagement and wellbeing through whole school systemic change and development. Her first book 'Standing Without Shoes' includes a foreword by His Holiness the Dalai Lama. Her fourth book, 'Contextual Wellbeing' has become an international best-seller in education. Helen co-founded Positive Schools with Neil Porter, including the highly respected Positive Schools conference series, Positive Schools Online and consultancy services supporting Contextual Wellbeing in schools. Helen lives in Western Australia with Neil, their three daughters and their cavoodle, Barney. She will be releasing her fifth book, a reimagining of resilience, soon.

Tuesday 19 March – Keynote Session 3

3:45pm – 4:45pm

Addressing 'The Impossible Question of Living Well'



**Ashum Owen, Principal
Policy, Research and
Advocacy Officer –
Commissioner for Aboriginal
Children and Young
People South Australia**

Ashum Owen (Kurna, Ngarrindjeri and Narungga) is a Flinders University law and psychology graduate and has previously practiced in the areas

of child protection, family law and domestic violence. Ashum is passionate about equitable justice, and self-determination for Aboriginal people and communities, and protecting and supporting strong cultural identities for Aboriginal children and young people.

Wednesday 20 March – Keynote Session 4

2:45pm - 3:15pm

**Raise The Age, The Intersection Between Youth
Justice and Child Protection, and the Impact on
Aboriginal and Torres Strait Islander Children's
Development, Wellbeing and Cultural Identity**

AddictionZ
Connection NOT Convention

BREAKING THE BARRIERS.
A-Z of addiction prevention, treatment & recovery.

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Providing professionals access to the latest research, projects, programs and strategies to help meet the diverse and complex needs of their clients.

SCAN ME:

anzmh.asn.au/AddictionZ 29 April - 1 May 2024



find your place at headspace

headspace is supporting the next generation of youth mental health clinicians by increasing our capacity to support clinical student placements. We're looking for students studying social work, occupational therapy, and psychology who want to gain valuable skills and experience, develop their career, and make a difference, to undertake their student placement at headspace.

contact us

Reach out to us at earlycareer@headspace.org.au if you are interested in supporting your students to undertake placement at headspace

headspace National Youth Mental Health Foundation
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of SOCIAL ENCOUNTERS®**

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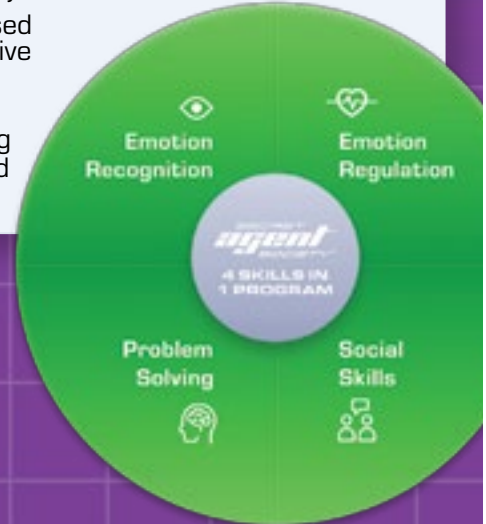
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- comprehensive
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Structured and gamified learning for children aged 8-12 years old.



Prepare neurodivergent children for life's social-emotional challenges.

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YOUNG PEOPLE
OUT OF
HOMELESSNESS**

Ruby's is not just a service; it is a community.

Through family counselling and 24-hour therapeutic support, we work to keep families together and young people the support they need to thrive.

We know this model works. That's why we want to see more families benefit from Ruby's. Contact us to find out more about establishing Ruby's in your community.



scan to find
out more

unitingcommunities.org/rubyslicensing
(08) 8202 5271



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**UNITING
COMMUNITIES**

anzmh.asn.au/camhc **15**

9:00am - 12:00pm LIVINGWORKS SAFE TALK

Don't miss the opportunity to learn the skills to help keep young people safe from suicide. LivingWorks safeTALK half day in-person workshop teaches you the skills to identify someone with thoughts of suicide, ask them openly and directly about suicide and connect them to a keep safe connection for further help. Limited to 30 spots! Registration required.

12:00pm - 1:00pm Registration Open

Welcome! Come and say hello to the Conference Team and collect your Name Badge!

Keynote Session 1 - In Person & Online

Lyn O'Grady, Chair

1:00pm - 1:10pm Welcome to Country

1:10pm - 1:30pm Official Welcome & Housekeeping

Delegate Reflection:

Could you provide your name, position, company, and years of experience in the industry?

What are your learning objectives for the conference, and what prompted your attendance?

Share a fun fact about yourself that might surprise others.

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.



Available **in person and online** via OnAIR



Available **in person only**



Available **online only**

1:30pm - 2:00pm	Resisting Aboriginal Child State Apprehension - A Lived Experience of a First Nations Mother and Daughter's Experience of Standing up to Colonial Power <i>Miimi Morris</i> , Aboriginal Family Counsellor/Victims of Crime Counsellor at Hunter New England Health and Victims Services NSW <i>Jenna Margaret Morris</i> , Student at Education Centre against Violence Cumberland Sydney		
2:00pm - 2:30pm	For The Sake Of Better Mental Health: Together We MUST Stand <i>Mark Le Messurier</i> , Educator, Counsellor and Author, Senior South Australian of the Year 2022		
2:30pm - 3:00pm	AFTERNOON TEA		
3:00pm - 4:30pm	Ballroom 1	Ballroom 2	Springbrook Room
	Masterclass 1 IN PERSON ONLY	Masterclass 2 IN PERSON ONLY	Masterclass 3 IN PERSON ONLY
	Understanding the impact of Neurodiversity and Trauma on the development and support of Emotional Regulation Michael Manning, Caspa Services	Transforming A Community: Trauma Informed Practice in Education Through A Te Ao Māori Lens Jase Williams, Whatumanawa	The Supporting Improved Mental Health in Schools Program - an Education and Health Partnership Between Hospital School SA, CAMHS and the Women's and Children's Hospital Matthew McCurry, Hospital School SA
6:00pm - 8:00pm	PAY YOUR OWN WAY DINNER We know you want to make the most out of your day, so we've organised a venue for you to continue to network and enjoy dinner with your peers and new friends - Surfers Pavilion, 30-34 Ferny Avenue, Surfers Paradise		

Things I Don't
Want to Forget

6:30am - 7:15am	YOGA AT BINNA BURRA TERRACE Stretch and unwind when you join for a guided Yoga session. Limited spots available, ensure you RSVP.			
7:45am - 8:30am	Registration Open			
	Keynote Session 2 - In Person & Online Lyn O'Grady, Chair			
8:30am - 8:40am	Official Welcome & Housekeeping			
8:40am - 9:30am	Sex Ed By Porn? Why Pornography Has Become An Issue We Can't Afford To Ignore Maree Crabbe, Director - It's time we talked			
9:30am - 10:00am	It Is Not Who We Are, But How We Are Treated: Centring The Healthcare Needs Of LGBTIQA+ Young Joe Ball, CEO of Switchboard			
10:00am - 10:25am	MORNING TEA WITH EXHIBITORS			
	Ballroom 1	Ballroom 2	Springbrook Room	Online
	Session 1 IN PERSON & ONLINE Amplifying Voices: Empowering Young People's Meaningful Participation in Decision-Making and Advocacy Chair: Nicola Palfey	Session 2 IN PERSON ONLY Only Student Mental Health - Building Multidisciplinary Team Approaches With Schools and Families Chair: Dr Michelle Kehoe	Session 3 IN PERSON ONLY Only Open Theme Chair: Michelle Tye	Session 4 ONLINE ONLY Pre-recorded Presentations
10:25am - 10:45am	From Theory to Practice: How Young People Can Be Meaningfully and Authentically Engaged in Research as Partners From a Lived Experience Perspective Alexander Dalton, Orygen	What Works in Community-based Group Counselling to Improve Resilience in Children (6-14 Years): a Rapid Literature Review Jasmine MacDonald, Australian Institute Of Family Studies	ARCS Program – Emerging Issues- and How to Respond Collaboratively and Swiftly Across The Sector Ash Simpson, Stride	The Role of AI in Enhancing Youth Mental Health: Navigating New Frontiers Sally-Anne McCormack, ANTSA
10:50am - 11:10am	Turning Insights into Impact: Youth inclusion in decision making for Mental Health Katie Acheson & Abi Cooper, batyr	Play Therapy Can Build Therapeutic School Communities That Foster Mental Health and Well-being for Students and Teachers Meg Ellard and Natalie Scira, Playroom Therapy	Exploring Digital Options for Mental Health Prevention and Early Intervention Heidi Sturk, eMHPrac (e-Mental Health in Practice), QUT	The Positive Impact of Comprehensive Sexuality Education on Adolescent Mental Health Anisa Varasteh, Society of Australian Sexologists

	Ballroom 1	Ballroom 2	Springbrook Room
11:15am - 11:35am	Participation & Lived Experience: A Journey of Reflection and Evolution at Headspace National Vikki Ryall, Headspace National	Examining the Role of Childhood Exposure to Family/domestic Violence in Suicidal Behaviours Among Young People in an Australian Jurisdiction Dr Dominique De Andrade & Prof Silke Meyer, Griffith University	Ensuring Best Practice Collaboration and Connection Between Mental Health Clinicians, Lived Experience Champions and Young People, Their Family/wider Community in Recovery-oriented Eating Disorders Care Jenny-Maree Marshall, The Alfred Infant, Child And Youth Area Mental Health And Wellbeing Service
11:40am - 12:00pm	Best Practice Youth Participation: How and Why, According to Young People Jaymie Moynihan, Orygen	Fathering Practices to Promote Child Mental Health: a Rapid Review Dr Melissa Willoughby, Australian Institute of Family Studies	Involving Voices of Young Children in Research – Practical Earnings from the MHIPS Program Carla Pozo Jeria, Murdoch Children's Research Institute
12:00pm - 1:00pm	LUNCH WITH EXHIBITORS		



	Ballroom 1	Ballroom 2	Springbrook Room
	Session 5 IN PERSON & ONLINE Differences: Fostering Diversity and Inclusion Among Young People #1 Chair: Judy Kynaston	Session 6 IN PERSON ONLY Emerging Issues – and How to Respond Collaboratively and Swiftly Across the Sector Chair: Louise Grant	Session 7 IN PERSON ONLY Celebrating Differences: Fostering Diversity and Inclusion among Young People #2 Chair: Jack Smith
1:00pm - 1:20pm	Sandtray Therapy a Cross-Theoretical Approach to Mental Health in Child & Adolescent Wellbeing Fiona Werle, Opengate Institute	Infant Mental Wellbeing: Understanding the Impact of Domestic Violence and Shaken Baby Syndrome as Dual Threats Nikki Butler, Nikki Butler Consulting & Training	Seasons for Life: Keeping Spirit Strong, Supporting Aboriginal and Torres Strait Islander Families Following Loss in Community Fiona McCallum & Eliza Munro, MacKillop Family Services
1:25pm - 1:45pm	What Are We Learning About the Mental Health, Wellbeing, and Experiences of Sexuality and Gender Diverse Students? New Findings From the Future Proofing Study Dr Lyndsay Brown, Black Dog Institute	Supporting Children and Young People Following the Northern Rivers Floods - a Partnership Between MacKillop Seasons and NSW Education Lauren Brincat & Louise Hall, NSW Department Of Education	Better Together: Reflections From a Project Embedding Cultural Responsiveness at a Youth Mental Health Service Laura Boscaglia, Each / Headspace Dandenong
1:50pm - 2:10pm	Empowering First Nations Youth: Why an Inclusive Approach to Social and Emotional Wellbeing is Essential Karen Cashman, Reachout	The Tern Programme: A New Solution for Youth with Histories of Complex Trauma Braden Dunn, Stride	Preliminary Learnings From the Keys East Program– Bringing Mental Health Into Partnership With Out of Home Care Alex James & Lauren Rodgers, Mind Australia
2:15pm - 2:35pm	Indigenous Mental Health and Child Protection – Perspectives of a Dharug Woman on the Frontline Emma Blackburn, Caspa Services	What Next for Trauma Informed Care? Evolving and Enhancing Our Practice. Lessons Gained From a Churchill Fellowship Nicola Palfrey, Headspace National	Interpersonal Symptoms in Adolescence Depression Across Asian and Caucasian: a Network Approach Dr Ho Nam Cheung, The University Of Hong Kong
2:35pm - 3:05pm	AFTERNOON TEA WITH EXHIBITORS		
	Keynote Session 3 - In Person & Online Lyn O'Grady, Chair		
3:05pm - 3:15pm	DELEGATE ACTIVITY		
3:15pm - 3:45pm	Beyond Participation: My Journey to Youth Lived Experience Leadership Mx Emily Unity, Lived Experience Lead, Board Director, Consultant, Emily Unity		
3:45pm - 4:45pm	Addressing 'The Impossible Question of Living Well' Dr Helen Street, Founder & Chair, The Positive Schools Initiative		

4:45pm - 5:00pm POSTER PRESENTATIONS

1) Aqsa Ali, The Islamia University of Bahawalpur

Aggravated Emotional Behaviours in Early Childhood: Role of Emotional Intelligence to Build Positivity by Early Childhood Educators

2) Michelle Cole, Thriving Queensland Kids Partnership

Using Neuroscience and Resilience to Catalyse Change and Build Collective Capacity

3) Rebecca Cort, Arches Foundation

Standing in Story-Integrating Narrative Therapy into Care Team Practice Frameworks to Amplify the Voices of Young People in Out of Home Care.

4) Dominique De Andrade, Griffith University

A Randomised Implementation Efficacy Trial of Dialectical Behaviour Therapy Interventions for Young People with Borderline Personality Disorder Symptoms

5) Noeleen Denby & Joelle Chaperon, Melbourne City Mission

Living Learning - A School Engagement and Mental Health Social Impact Bond Project

6) Meg Ellard & Natalie Scira, Playroom Therapy

Play Therapy Can Build Therapeutic School Communities That Foster Mental Health and Well-Being for Students and Teachers

7) Sandra Garrido, Reachout

Young People's Engagement with Emerging Digital Platforms for Mental Health

8) Sean Lappin, Connected Self

Investigating the experiences of the 'Adventure to Thrive' program from a participant-centred lens?

9) Maria La Selva, Department of Education

Dreams, Passion, Tenacity, Inspires to Be Our Best. Literature Helps Young Children Have Positive and Powerful Conversations About Wellbeing Through the Magical World of Literacy

10) Keeva Mostyn, Mackillop Seasons, Mackillop

Seasons for Life: Enabling School and Family Collaboration to Prevent Youth Suicide

11) Karen Murphy, Griffith University

Media Multitasking and Mental Health: Exploring the Relationship Between Digital Engagement and Psychological Well-Being in Late Adolescence

12) Maria Padilla Luque- headspace centres led by Stride

Driving Change in The Mental Health Workforce: Implementing the Early Career Program Across Headspace Centres Led by Stride

13) Jess Sanders, Palliative Care Tasmania

Supporting Young People Through Grief and Loss by Creating Grief Literate Communities

14) Natalie Scira, Playroom Therapy

Play Therapy Can Build Therapeutic School Communities That Foster Mental Health and Well-Being for Students and Teachers

15) Meg Stonnill, Murdoch Children's Research Institute

How Do Families Support the Mental Health Competence of Children and Protect Against Mental Health Difficulties?

16) Anne Maree Taney, Strong Kids Strong Community & RFDS

Tapping into Learning: A Simple and Effective Way to Support Emotional Regulation, Learning and Well-Being While Giving Essential Coping Skills for Life

17) Dana Tarif, University of Bristol

Pubertal Timing and Depression in Boys: A Prospective Cohort Study

18) Stephanie Tremblay, McGill University

Mental Health Practices in Physical Rehabilitation: A Chart Review Study for Youth with Physical Disabilities

19) Fiona Werle, Opengate Institute

Sandtray Therapy A Cross-Theoretical Approach to Mental Health in Child & Adolescent Wellbeing

5:00pm - 6:00pm NETWORKING FUNCTION (Tamborine Foyer)

Light canapés and beverages will be served allowing attendees to connect with their peers, along with our partners and exhibitors. Tickets are included for 3-day conference registrations. Additional guest and/or partner tickets can be purchase separately

8:00am - 8:30am Registration Open			
	Ballroom 1	Ballroom 2	Springbrook Room
	Session 8 IN PERSON & ONLINE Digital Duality: Exploring the Benefits and Challenges for Today's Youth Chair: Abi Cooper	Session 9 IN PERSON ONLY Open Theme #2 Chair: Emma Harrison	Session 10 IN PERSON ONLY Panel Chair: Michael Crisci
8:30am - 8:50am	Is Technology Making our Kids Sad and Anxious? It's Complicated Dr Lyndsay Brown, Black Dog Institute	Community Wellbeing Hub – Learnings from the Lismore Community's Experience of Natural Disaster Michael Manning, Caspa Services	Siobhan's Journey: Navigating Severe Anxiety and PTSD Across Life Stages Siobhan Wilson, Our Pixie Friends Pty Ltd
8:55am - 9:15am	Using Neuroscience and Resilience to Catalyse Change and Build Collective Capacity Michelle Cole, Thriving Queensland Kids Partnership	Kidsxpress School Partnership Program: Embedding Trauma Informed Education and Expressive Therapy Services Within a Southwest Sydney Public Primary School Robyn Turton, Kidsxpress	Collaborating on a Culturally Sustainable Mental Health Model for Young People in Care with Complex Needs Sarah Macleish, Darren Giddens & Rebecca Cort, Arches Foundation & Isaac Simon & Robert Brown, Yalga Connect
9:20am - 9:40am	Reimagining Online Safety Education with Young Lilly Moody & Louisa Welland, Young And Resilient Research Centre, Western Sydney University	Fostering a Shared Language for Children's Mental Health: Development of the Children's Wellbeing Continuum Sarthak Gandhi, Murdoch Children's Research Institute	
9:45am - 10:05am	Pubertal Timing and Depression in Boys: A Prospective Cohort Study Dana Tarif, University of Bristol	Understanding the 'Whole Child': a Multi-Disciplinary and Trauma-Informed Approach to Support Schools Jess Sugarman, Act For Kids	
10:05am - 10:35am MORNING TEA WITH EXHIBITORS			



	Ballroom 1	Ballroom 2	Springbrook Room
	Session 11 IN PERSON & ONLINE Emerging issues – and how to respond collaboratively and swiftly across the sector #2 Chair: Alex Dalton	Session 12 IN PERSON ONLY Digital Duality: Exploring the Benefits and Challenges for Today's Youth #2 Chair: Nicola Palfey	Session 13 IN PERSON ONLY Panel Amplifying Voices: Empowering Young People's Meaningful Participation in Decision- Making and Advocacy #2 Chair: Dr Michelle Kehoe
10:35am - 10:55am	Supporting Young People Through Grief and Loss by Creating Grief Literate Communities Jess Sanders Palliative Care, Tasmania	Meeting Children Where They are: Gaming for Better Mental Health Manjul Rathee, BFB Labs	Ensuring Children's Rights Through Mental Health Oversight: Findings From a Two-year Project Exploring the Intersect Between the Involuntary Mental Health and Out- of-home Care Systems Jodie Griffiths-Cook & Courtney Bellemore, ACT Human Rights Commission
11:00am - 11:20am	Whole of systems approach to healing: South Australia's Child and Family Support System Stephanie Mudi, Sean Lappin, Helen Francis, Dana Shen & Travis Gibson, Department of Human Services	The Importance of Reputation(S) for the Mental Health of Young People in a Digital Age Dr James Tranter, Monash University	Single Session Family Therapy - an Effective & Efficient Means of Engaging Children/ Young People & Their Families Therapeutically to Support Better Mental Health Outcomes Susan Arthur, Alfred Infant, Child & Youth Area Mental Health & Wellbeing Service
11:25am - 12:05pm	Parenting Transgender and Gender Diverse Children and Young People: Implications for Holistic Family Intervention Dr Zalia Powell, University Of The Sunshine Coast	My Circle: Building Supportive Online Communities for Young People with Social and Mental Health Concerns Dr Pablo Navarro, Yourtown	Co-designing a Peer Support Program With Young People Experiencing Mental Illness: Lessons Learned Melissa Savaglio, Monash University
12:05pm - 1:05pm LUNCH WITH EXHIBITORS			



	Ballroom 1	Ballroom 2	Springbrook Room
	Session 14 IN PERSON & ONLINE Student Mental Health - Building Multidisciplinary Team Approaches With Schools and Families #3 Chair: Michael Crisci	Session 15 IN PERSON ONLY Student Mental Health - Building Multidisciplinary Team Approaches With Schools and Families #2 Chair: Louise Grant	Session 16 IN PERSON ONLY Panel Amplifying Voices: Empowering Young People's Meaningful Participation in Decision- Making and Advocacy #3 Chair: Jack Smith
1:05pm - 1:25pm	Working Together: Enhancing Family Connections During Adolescence Marie Vakakis, The Therapy Hub	Fostering Adolescent Mental Well-being: Effectiveness and Moderators of a Preventive Mental Health Literacy Program in the School Context Shari J. Dudda, Goethe University Frankfurt, Competence Centre School Psychology Hesse	Co-producing an Intervention to Prevent Mental Health Problems in at-risk Children and Young People in Contact With Child Protection Services Dr Ruth McGovern, Newcastle University, UK
1:30pm - 1:50pm	School Non-Attendance and Disengagement - What's Really Going on? Dr Lyn O'Grady, Community Psychologist	Supporting Student Mental Health Through Telepsychology in Regional, Rural and Remote NSW Schools – an Innovative New Service Katrina Worrall & Stephanie Lade, NSW Department Of Education	When Families Disagree on Whether Home is a Safe Place Bryan Atherton & Paula May, Uniting Communities
1:55pm - 2:15pm	Addressing Youth Suicide. Adapting Service Provision to Meet Community Demand Dr Michelle Kehoe & Dr Angela Wright, Alfred Health	Promoting Mental Health in Toddlers: A Parent Education Video Series for Families from Culturally and Linguistically Diverse Backgrounds Associate Professor Jane Kohlhoff, University of New South Wales	The Prevalence of Mental Health Difficulties in Young People in Out-of-home Care: a Call to Action Jonathon Cummins, Anglicare Victoria
2:15pm - 2:45pm	AFTERNOON TEA WITH EXHIBITORS		
	Keynote Session 4 - In Person & Online Lyn O'Grady, Chair		
2:45pm - 3:15pm	Raise The Age, the Intersection Between Youth Justice and Child Protection, and the Impact on Aboriginal and Torres Strait Islander Children's Development, Wellbeing and Cultural Identity Ashum Owen, Principal Policy, Research and Advocacy Officer – Commissioner for Aboriginal Children and Young People South Australia		
3:15pm - 3:45pm	Get Ready for an Engaging Interactive Keynote Experience! Check the Conference App for More Details and Get Excited		
3:45pm - 4:00pm	Conference Closing		

Delegate Reflection:

Could you provide your name, position, company, and years of experience in the industry?

Did the conference live up to your expectations?

What was your most significant takeaway from the conference?

What actionable insights or knowledge will you bring back to implement in your workplace?

STRIDE For better
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—
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About Stride

Since 1907, Stride Mental Health has been supporting Australians with mental health and wellbeing services. Today, with our team of almost 800 staff, we assist around 18,000 people every year.

Stride offers comprehensive mental health support to people of all ages. Children, youth, adults, their families and carers, can access our diverse range of over 80 impactful services spanning the eastern seaboard of Australia.

Our services range from residential and supported independent living, community outreach, suicide prevention, NDIS and centres like Head to Health, LikeMind and headspace.

Our Youth Services

Stride is proud to be the largest provider of headspace services in Australia. Every year, we support more than 7,500 young individuals across our ten headspace centres and satellites.

Our commitment to early intervention is unwavering, as we provide essential mental health support starting from infants as young as 0, up to young people aged 25.

Stride operates a diverse array of youth-focused services, spanning residential, community, and integrated mental health care, including:

- headspace
- Stride Kids
- Cairns Take 2
- Uplift
- Townsville Me Too
- Transitional Supported Living
- Step-Up Step-Down
- Youth Residential Rehabilitation Service
- Therapeutic Community Placement

We are passionate about working with young people to help them to thrive and lead mentally healthy and fulfilling lives.



KIDS



YOUNG PEOPLE



ADULTS



FAMILIES & CARERS



Stride.com.au

WE'D LOVE YOUR FEEDBACK

We'd love your feedback
about the conference.

Please scan the QR
code at the conference
to complete our short
conference survey.



As a **thank you**
for completing
this survey by
Monday 25 March 2024,
you'll go into the draw to

WIN

a **registration** to the **2025
child & Adolescent Mental
Health Conference** and
2 nights accommodation!



Destination Host Partner



The Gold Coast is renowned for its world-class conferencing facilities, incredible climate and coastal location, making it the ideal destination for business events. With its entrepreneurial spirit, creative energy and cutting-edge research and technology, the city offers a unique blend of business, culture, creativity and leisure. Professional and dedicated experts are committed to helping organisers, delegates and partners deliver a one-of-a-kind experience.

Website: destinationgoldcoast.com

Gold



LivingWorks is the leading suicide prevention training provider and this year is celebrating 40 years of the world's gold standard, 2-day suicide first aid training, LivingWorks ASIST.

LivingWorks Australia specialises in suicide prevention training across health, Defence, workplaces, schools and community, with a strong focus on lived experience and supporting diverse populations. In 2023, LivingWorks will continue its roll-out of the largest schools/youth program of its kind, offering free suicide intervention training to all NSW teachers, parents and the community as part of a record investment from the NSW Government.

Website: livingworks.com.au



Although Stride began simply as a way to help people find a place to live and work, we're now leaders in early intervention and are currently working to expand our range of specialist services. Working alongside you, we're 100% dedicated to providing specialist mental health services which improve the lifelong mental health of children, young people and adults – and help people with complex needs live better. We'll set you on a path to find your motivation, resilience, and ultimately, your strength.

Website: stride.com.au



Bronze



The Australian Council for Educational Research (ACER) mission is to create and promote research-based knowledge, products and services that can be used to improve learning across the lifespan. Established in 1930, today ACER is a world leader in its field, with offices in six countries and recognised for its contributions globally.

Website: acer.org/au



Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds. Each year, headspace helps thousands of young people access vital support through our headspace services in 154 communities across Australia, our online and phone counselling services, our vocational services, and our presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. For locations of headspace services, as well as factsheets and resources for young people and their families and friends, please visit the headspace website

Website: headspace.org.au



Uniting Communities is an inclusive, not-for-profit organisation working alongside more than 80,000 South Australians each year.

We work together with children, young people, and families to support them through difficult times. Our focus is on nurturing vibrant futures, uniting communities, and enriching lives through services including:

- Confidential counselling and family mediation.
- Foster care and youth residential care.
- Support to help young people reunite with their families.
- Peer support for LGBTQIA+ young people.
- And regional youth services, like mental health and AOD resources.

Together, we're committed to empowering future generations, enabling them to embrace their potential and thrive within their communities.

Website: unitingcommunities.org





**Australian & New Zealand
Mental Health Association**

The Australian & New Zealand Mental Health Association is a non-government, non-for-profit association for all mental health professionals, workers, volunteers, carers and advocates.

Through a selection of educational materials, annual events and continued development opportunities, we aim to support the personal and professional wellbeing of every individual active in mental health and wellbeing.

Website: anzmh.asn.au



Established in 2002, the **Australian Kookaburra Kids Foundation** provides evidence based, age appropriate, prevention and early intervention mental health education programs to young people aged 8-18 years who are impacted by family mental illness.

Designed by mental health professionals, our programs are proven to empower young people to thrive beyond the impacts of family mental illness. Delivered within a peer-based, social, and recreational setting, our Kookaburra Kids programs aim to provide connection, improve mental health literacy and encourage help seeking behaviours.

Website: kookaburrakids.org.au



We all know mental health in Australia needs to be better. And that's our goal at **Black Dog Institute**. As a global leader in mental health research and the only Medical Research Institute in Australia to investigate mental health from childhood through to the later stages of life, we know there is no one-size-fits-all solution to the challenges we're facing together. Our areas of strength include suicide prevention, digital mental health, workplace mental health, new treatments, and prevention in young people. We connect research answers, expert knowledge, and the voices of lived experience – to deliver better solutions across the healthcare system for patients and practitioners alike.

Website: blackdoginstitute.org.au



E-Mental Health in Practice (eMHPrac) is funded by the Australian Government and aims to raise awareness and knowledge of e-mental health amongst health practitioners (GPs, allied health professionals and service providers working with Aboriginal and Torres Strait Islander people), as well as provide free training and support in its use.

Website: emhprac.org.au



Emerging Minds develops a wide range of digital resources for practitioners and parents to help support child mental health.

Working together with practitioners and families and drawing on the latest research, we produce videos, animations, podcasts, webinars, practice papers, factsheets, online learning courses and more – all available for free on our website.

Topics include infant and child mental health, trauma, natural disasters (including bushfire, flood and drought), substance use, family domestic violence, bullying, anxiety and much more.

Our team of child mental health advisors also work with organisations across Australia to help support workplace policies and practices that champion positive mental health outcomes for infants and children.

Website: emergingminds.com.au



MacKillop Family Services is a leading not for profit provider of community and family services with a reputation for delivering evidence-informed programs and support to some of the most disadvantaged and marginalised children, young people, and adults in communities across Australia. MacKillop supports the delivery of the Seasons for Growth change and loss education programs, delivered in 7 countries internationally and supporting more than 350,000 children, young people, and adults over the 25-year history. The program has been adapted to support children and young people following experiences of forced migration, out-of-home care, suicide, pandemics and disasters with the Stormbirds program.

Website: mackillopseasons.org.au



Mind Australia is a leading community-managed specialist mental health and psychosocial disability service provider. We have been supporting people experiencing mental health and wellbeing concerns to find help, hope and purpose in their lives for more than 45 years.

Website: mindaustralia.org.au



Opengate Institute is Australia's only registered training organisation (RTO 45703) accredited to deliver the nationally recognised course 11242NAT Graduate Diploma of Sandtray Therapy. We specialise in working with services including schools and other government organisations to deliver short courses in sandtray therapy tailored to needs. All our courses are guided online learning with face-to-face practical training.

Sandtray Therapy is a powerful therapeutic technique that helps evoke unconscious, internal memories through tactile play and the support of a trained professional. This trauma informed, evidence-based method is over 100 years old grounded in developmental, attachment, and other cross-theories.

Website: opengateinstitute.edu.au



Yourtown is a trusted provider of services for children and young people, with a focus on the provision of mental health and wellbeing supports, including Kids Helpline, we provide refuge and broader support for young people experiencing domestic and family violence, support for parents and carers, and support for unemployed young people.

We believe in the unique strengths of young people and support them to identify and create the path they want for themselves.

Our ambition is to generate a powerful ripple effect, positively impacting the lives of children and young people, their families, friends, neighbourhoods, and the wider community.

We are all about supporting young people to rise up in the face of adversity.

Website: yourtown.com.au

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