

THE POWER OF COLLABORATION: *Working Together to Create Lasting Change*



Monday 4 - Tuesday 5 March 2024



JW Marriott Gold Coast Resort & Spa, QLD

ANZMH.ASN.AU/FMHC
#FMHC24

HOSTED BY

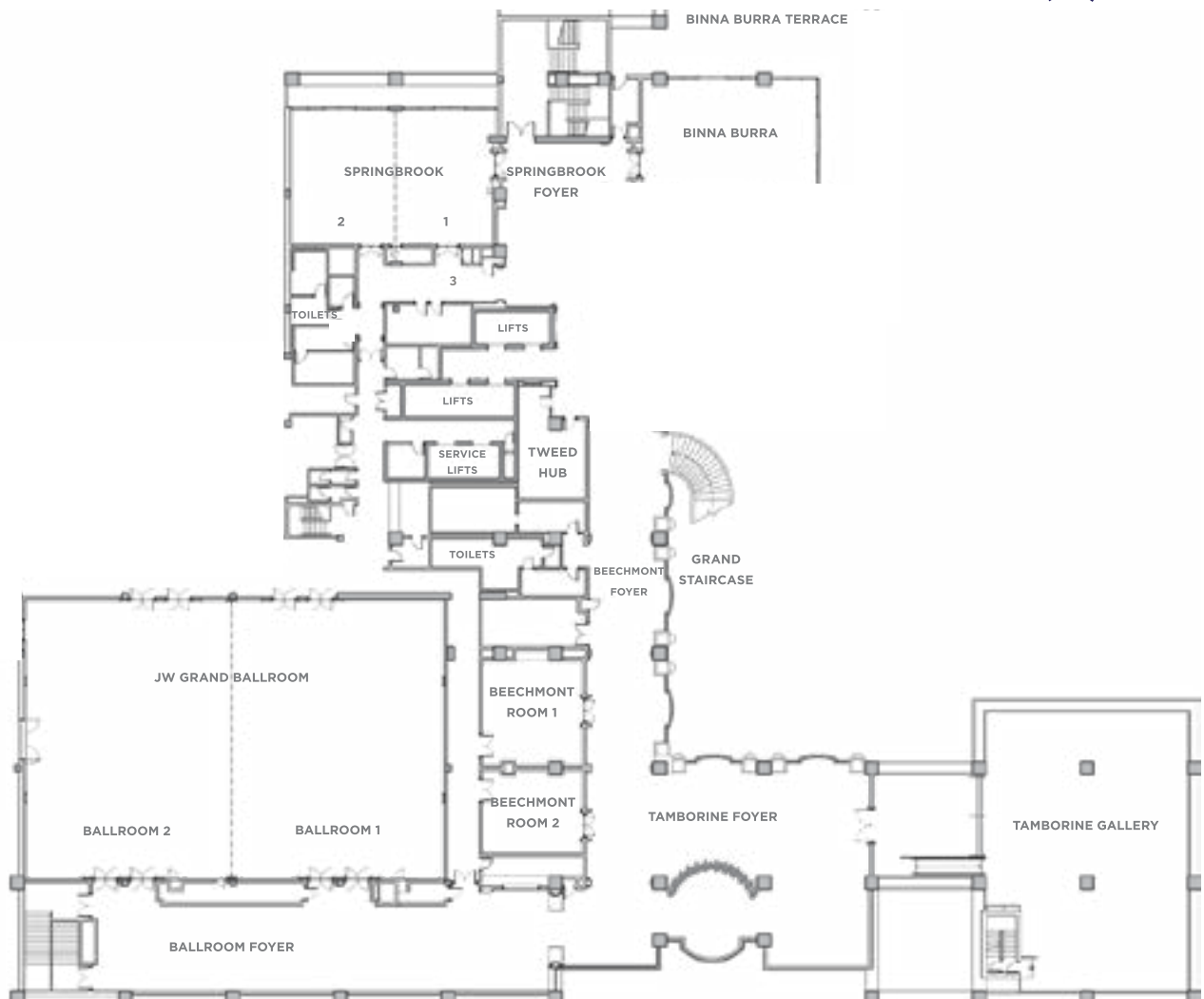


Australian & New Zealand
Mental Health Association

DESTINATION
HOST PARTNER

EXPERIENCE
GOLDCOAST.

Conference Floor Plan



Plenary Sessions

JW Marriott Grand Ballroom

Concurrent Sessions

Room 1 – Ballroom 1

Room 2 – Ballroom 2

Room 3 – Springbrook Room

Catering: Tamboirine Foyer and Gallery

Exhibition: Tamboirine Foyer and Gallery

Poster Presentations: Tamboirine Foyer

Speakers Prep: Beechmont 2

Wellness Zone: Tamboirine Foyer





SHAPING A FRONTLINE SECTOR **THAT THRIVES.**

Welcome

It is my great pleasure to welcome you to the 2024 Frontline Mental Health Conference. Now in its fifth year, we welcome you to the wonderful Gold Coast and, of course, online.

It is my great pleasure to welcome you to the 2024 Frontline Mental Health Conference. Now in its fifth year, we welcome you to the wonderful Gold Coast and, of course, online.

This year we focus on the power of collaboration, exploring how we can work together to create lasting change. I personally am so excited by the incredible breadth and diversity of the 2024 program. Over the next two days we bring together the voices of those with lived and learned experience, policy makers, leaders, clinicians and researchers across the frontline sector to discuss topics such as the challenges faced by frontline workers and their families, how psychosocial hazards and moral injury intersect, how we can build not only individual, but organisational, community and cultural resilience and how we can revolutionise frontline mental health through innovation.

I would like to extend a heartfelt thank you to the incredible program advisory committee for the wealth of experience, knowledge, and insight that they have brought to informing the development of the content for this conference, which I believe is the best yet – full of richness, meaning, and real-world application.

The 2024 Frontline Mental Health Conference is a safe space for us all to be seen, valued, heard, and cared for. On behalf of the Australian and New Zealand Mental Health Association I wholeheartedly encourage you to connect, share and collaborate with each other and with the presenters, keynote speakers, and sponsors. It is through true collaboration that we learn and grow as individuals and in service of our organisations and our people.

I look forward to seeing and connecting with as many of you as I can over the next two days. Please do come and introduce yourself.

Tara J Lal AFSM
Conference Chair

We acknowledge and thank the Yugambah people as the Traditional Owners of the land on which we hold this Conference.

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

Tara J Lal AFSM

Senior Firefighter and Peer Support Officer,
Fire and Rescue NSW, Researcher, University
of New England and Conference Chair

Todd Best

Training Coordinator, Queensland
Fire and Emergency Services

Adrian Burke

Director, Response Mental Health Peer Support

Jacqueline Costello

Commanding Officer, 1st Psychology
Unit, Australian Defence Force

Leonie Daly

Ethical Standards Command,
Queensland Police Service

Dr Sadhbh Joyce

Principal Psychologist / Co-Founder,
Mindarma and The Black Dog Institute

James Maskey

National Sector Specialist, Fortem Australia

Tony O'Day AFSM

Assistant Chief Fire Officer,
Interoperability Fire Rescue Victoria

Dr. Loretta Poerio

Senior Mental Health Adviser,
Department of Veteran Affairs

Dr. Buck Reed

Lecturer in Paramedicine,
Charles Sturt University

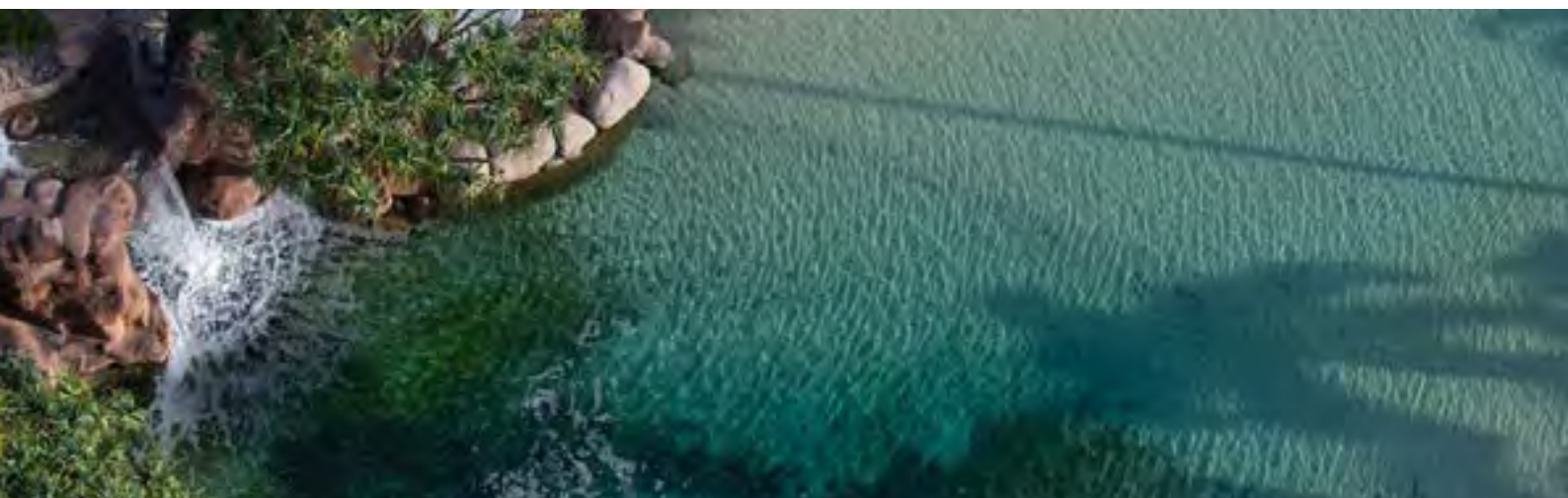
Pip Weiland CSC

Director, South Queensland, Open Arms
– Veterans & Families Counselling

Conference Host

Sam Stewart

CEO, Australian & New Zealand Mental Health
Association



General Information

The following information is provided to make your attendance at the 2024 Frontline 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 4 March 7:30am – 5:15pm

Tuesday 5 March 8:00am – 4:00pm

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.

Wi-Fi

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

Login: MarriottBonvoy

No Password Required

Mobile Phones

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

Dress Code

The dress code is smart casual.

On-Site Counsellor

During the conference, if you feel the need to speak to someone, please contact **Mishayla Beringer** on **0457 439 423** or **Karina Anderson** on **0429 422 153**. We are here to support you.

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 **Monday 4 March from 5:00pm – 6:00pm in Tamborine Gallery**. 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 receive access to the 2024 Frontline 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.

Key Contacts

Conference Manager

Justine White | T: 0427 261 616 | E: fmhc@anzmh.asn.au

Program & Research Manager

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

Head of Partnerships

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



Growth beyond service

Disaster Relief Australia (DRA) brings hope to communities devastated by disaster. We unite the skills and experience of military veterans, emergency responders and civilians to deploy volunteer disaster recovery teams in Australia and the world.

DRA has, over time, witnessed the power that helping others in their time of need has on volunteer wellbeing and, in 2022, commissioned the Wellbeing Study.

Funded by a Movember Foundation research grant and led by the South Australian Health and Medical Research Institute (SAHMRI), the Study focused on more than 700 DRA volunteers to explore if service in DRA leads to improved mental health and wellbeing.

The Study will finalise in February 2024, however, an October 2023 interim report confirmed that:

- **VOLUNTEERING WITH DRA IMPROVES WELLBEING**
- **DRA'S SUPPORT OF WELLBEING IS UNIQUE FROM MAINSTAY INTERVENTIONS.**

It illustrates that DRA activities map primarily onto drivers of wellbeing (belonging, purpose, self-worth, recognition, enjoyment, and hope). These drivers help protect people from serious illness and behaviours (such as suicide).

Key activities that drive wellbeing for DRA volunteers:

- **ACTIVE VOLUNTEERING:** physically active and helping others in times of need.
An informal support network created via:
- **CONNECTION:** forming positive relationships with people with a shared worldview.
- **SUPPORTIVE CONVERSATIONS:** detecting early warning signs by wellbeing officers and volunteers with high wellbeing literacy.
- **PERSONAL DEVELOPMENT:** formal and informal upskilling leading to improved self-worth.
- **RECOGNITION:** feeling valuable in the eyes of others and the wider community.



Scan to connect
with the DRA
membership team



Scan to find out
more about DRA's
Wellbeing Study



**DISASTER
RELIEF
AUSTRALIA**

Want to Make the Most of Your Conference Experience?

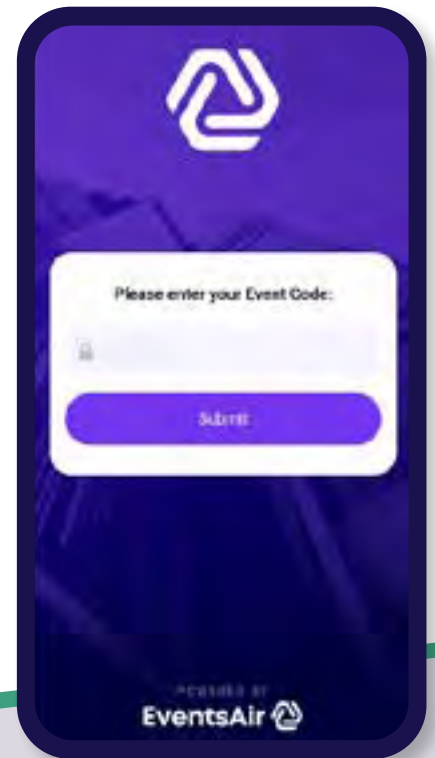
Download the conference app!

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 **FMHC24**
4. Your name badge has your login and pin!



App Features

Stay up to date and connected during the 2024 Frontline Mental Health Conference.

PROGRAM

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

PRESENTERS

Read presenter 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.

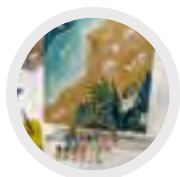
GAMIFICATION

Compete for prizes – it's fun and easy.



Optional Delegate Activities

To add to your experience at the Frontline Mental Health Conference, we have put together a number of activities you can enjoy both within and outside of the Conference program, at no additional cost.



Paint by Numbers, located inside the Wellness Zone

Gather your colleagues and channel your inner artist at the Paint by Numbers table. These easy-to-follow designs are suitable for beginners and experienced artists. Relax and enjoy painting one of eight different designs.



Tamborine Foyer, Level 2



Monday 4 March and Tuesday 5 March



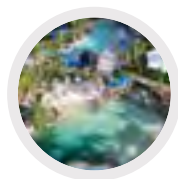
During conference times



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.



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



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.

Equipment available includes Cardiovascular Equipment, Elliptical Machine(s), Exercise Bike(s), Free Weights, Medicine Balls, Rowing Machine(s), Strength Equipment, Treadmill(s), and Weight Machines



Level 3, JW Marriott Gold Coast Resort & Spa



Open 24 hours a day, 7 days a week



Yoga at Binna Burra Terrace

Stretch and unwind when you join Zoe from OJAS Yoga & Mindfulness for a guided Yoga session. If you're a yoga enthusiast or a beginner, everyone attending the conference is welcome to attend.



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



Tuesday 5 March 2024



6:30am – 7:15am

Please note: Yoga mat and water is provided. In the event of wet weather, this class will still go ahead.

Social Media



COMPETITION TIME

Get social with us!

Use **#FMHC24** 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 FMHC25 or
2. In-person registration to any* ANZMHA conference!

*Excludes MHomentum

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Keynote Presenters



Tara J Lal AFSM

Senior Firefighter and Peer Support Officer, Fire and Rescue NSW, Researcher, University of New England

Tara is a professional firefighter and peer support officer with Fire and Rescue NSW and a researcher at the University of New England. Her doctoral thesis for which she was awarded an Australian Rotary Health scholarship explored the impact of suicide on firefighters and is currently under examination. She is also the internationally published author of *Standing on My Brother's Shoulders – Making peace with grief and suicide*. Tara has managed the psychological wellbeing program in Fire and Rescue NSW and has worked with researchers at the Black Dog Institute to implement programs aimed at building resilience and improving mental health outcomes in firefighters. She is also a registered physiotherapist and was a finalist in the Rotary Inspirational Woman of the Year awards in 2017. She was awarded the Australian Fire Service Medal in 2022 for her work supporting the mental health and prevention of suicide in firefighters. She is also an ambassador for Fortem Australia and StandBy Support After Suicide.

Her mission is to embed the voice of lived experience into translational research practices to co-create new knowledge in the frontline mental health and wellbeing sector. Tara passionately believes that it is only through true collaboration which respects and equally values the experiences of all that we can effect meaningful change at individual, organisational and community level.

Moderator - Keynote Pan-Shop - Empowering Frontline Resilience: Tackling Moral Injury Together
Monday 4 March | 8:55am – 10:25am



Dr Nikki Jamieson

Specialist Advisor - Suicide Prevention, Department of Defence

Dr Nikki Jamieson is a suicidologist, author, researcher and AASW registered social worker in Australia. Nikki's interest in military suicide and moral injury, was born from lived experience and has led to pioneering research on moral injury and suicide, several publications, a book and national and international keynotes and workshops.

Nikki is an established leader in suicide prevention and moral injury, and has worked strategically within suicide prevention across a range of government departments including DVA, Health, Education and more recently for the Department of Defence where she currently holds a key role in suicide prevention.

Keynote Pan-Shop - Empowering Frontline Resilience: Tackling Moral Injury Together
Monday 4 March | 8:55am – 10:25am



Professor Zachary Steel

Chair of Trauma & Mental Health, UNSW & St John of God Health Care

Professor Zachary Steel holds the St John of God Chair of Trauma and Mental Health, a partnership between Richmond and Burwood Hospital in NSW and the Discipline of Psychiatry & Mental Health at University of New South Wales. He has more than 30 years' experience as a researcher and clinician with a focus on the impact of trauma on veterans, first responders, frontline workers, refugees, asylum seekers, and civilian populations. He is also the immediate past president of the Australasian Society for Traumatic Stress Studies (2019-2021) and is on the Board for the Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS).

Keynote Pan-Shop - Empowering Frontline Resilience: Tackling Moral Injury Together
Monday 4 March | 8:55am – 10:25am

Keynote Presenters



Associate Professor Jacqueline Drew

School of Criminology and Criminal Justice and Griffith Criminology Institute, Griffith University

Dr Jacqueline Drew is an Associate Professor with the School of Criminology and Criminal Justice and Griffith Criminology Institute, Griffith University. Jacki has over 20 years of experience in law enforcement, as a practitioner and researcher. Jacki began her career in law enforcement with the Queensland Police Service (QPS). Jacki's work focuses on police organisational practice and experiences of police personnel, specifically the areas of police mental health, suicide, police leadership, career paths of women police and recruitment and retention. Jacki has been awarded an Australian Research Council (Linkage) Grant, working with the Queensland Police Commissioner, to develop a workplace health and wellbeing early warning system to improve the mental health and wellbeing of police personnel. Jacki works internationally with law enforcement in the United States (US), she is a lead investigator on a national (US) biennial survey research program with the National Fraternal Order of Police focused on police wellbeing.

Keynote Pan-Shop - Empowering Frontline Resilience: Tackling Moral Injury Together
Monday 4 March | 8:55am – 10:25am

Psychosocial Hazard Identification and Risk Management for Police Leaders: Development and Application of an Early Warning System for Workplace Health and Performance
Tuesday 5 March | 2:45pm – 3:15pm



Chaplain Rob Sutherland CSC

Principal Veterans' Chaplain,
Department of Veterans' Affairs

Chaplain Rob Sutherland, CSC, BTh, MMin is the Principal Veterans Chaplain in the Department of Veterans Affairs (DVA).

As an Infantry Officer, Rob studied theology and was ordained an Anglican priest. He has been part-time and full-time Army chaplain since 1998.

Rob has deployed overseas on operations as a chaplain seven times, mainly with Special Operations Task Groups. Seeing the effects of combat and operations on soldiers, Rob looked for recovery and healing options for veterans.

Rob has been to the US and Canada (including a Churchill Fellowship) studying programs for recovery. He has developed or worked on numerous Moral Injury, spiritual wounds, suicide prevention, mental health and resilience programs. He has contributed to books and numerous articles and presentations on healing for veterans and families.

Rob has been a prison chaplain (Goulburn CC) and Parish priest and is Director of Warrior Welcome Home, a faith-based recovery program for Moral Injury and spiritual wounds.

He wrote the 2021 Report into the need for Pastoral Support, Spiritual Health and Chaplaincy Effects for Former Serving Members and Families. He is seconded to DVA as Principal Veterans Chaplain leading the Veterans Chaplaincy Pilot Program.

Keynote Pan-Shop - Empowering Frontline Resilience: Tackling Moral Injury Together
Monday 4 March | 8:55am - 10:25am



Keynote Presenters



Dr Moshe Farchi

Head of the Social Work Department, Tel-Hai Academic College, Israel

Dr. Moshe Farchi, MPH, PhD, specializes in acute trauma, emergency mental health intervention, Psychological First Aid (PFA), and psychological inoculation, along with related fields associated with PFA protocols. Dr. Farchi's research also encompasses resilience empowerment and acute stress reaction. Presently, he serves as the Head of the Social Work Department at Tel-Hai College and is also the professional advisor of the Stress Trauma & Resilience Studies program. Furthermore, Dr. Farchi is recognized as the Founder and Professional Leader of the Israeli national Psychological First Aid "SIX Cs" model. This model has been widely adopted and employed by various institutions and regions. Simultaneously, he holds the rank of Lieutenant Colonel in the Home Front Command of the Israel Defense Force, responsible for planning and implementing PFA intervention protocols across IDF units. Dr. Farchi has led trauma relief efforts during significant events such as Operation Cast Lead (2009), Operation Pillar of Defense (2012), Operational Protective Edge (2014), bushfires (2010, 2016), and more. Since the onset of the Covid-19 crisis, he has also served as a Senior Mental Health Advisor for the Israeli Ministry of Health. In addition to his national contributions, Dr. Farchi has headed several humanitarian psychosocial delegations to Sri Lanka, Georgia, and Haiti. Dr. Farchi's academic background includes a Bachelor of Arts in Social Work from Haifa University, a Master of Arts in Public Health and Community Medicine from the Hebrew University, and a Doctor of Philosophy in Social Work from Bar University. In his scholarly and leadership roles, Dr. Farchi currently presides as the President of the International Center for Functional Resilience.

**The Frontline of Psychological First Aid:
The Shield of the 'SIX Cs Model**

Monday 4 March | 3:55pm – 4:15pm



James Hill

Mental Health Manager, Energy Queensland

James Hill is a passionate Mental Health Advocate whose background is in the electricity industry. James has successfully implemented positive systemic and cultural change regarding workplace mental health and is the Mental Health Manager for Energy Queensland, leading a dedicated mental health team. Outside the workplace James is a lived experience advisor for the Queensland Mental Health Commission and a lived experience advocate for UniSc Thompson Institute.

His achievements in the mental health sector have earned him the Individual Contribution to Mental Health Award in Queensland Australia, along with the Large Workplace Mental Health Award. In addition, he was a finalist for the Queensland Local Hero category in the Australian of the Year awards and awarded the Chancellors Medal at UniSC for his contribution to mental health.

Electricity Workers on the Frontline
Monday 4 March | 4:15pm – 4:55pm



Keynote Presenters



CAPT Malcolm Roberts

Department of Defence

CAPT Malcolm Roberts is in his 20th year in the Australian Army. In 2009/10 he deployed to Afghanistan on Operation Slipper as a company medic. It was during this deployment that he encountered a number of traumatic incidents including the death of a fellow soldier. CAPT Roberts continued his career in Army and in 2013 he completed his Bachelor of Nursing, commissioning as a Nursing Officer. It wasn't until 10 years after his deployment that CAPT Roberts was diagnosed with PTSD. Since then he has had to navigate the challenges of maintaining a fulltime career in Defence with his recovery.

CAPT Roberts is a firm believer in the benefits of Lived Experience and finding purpose as a way of navigating the challenges of PTSD. He continues to deliver his Lived Experience talks to Defence members and advocates for destigmatising Mental Health in Defence and the wider community. CAPT Roberts is posted to HQ 2nd Health Brigade as the Long Term Schooling Manager for SE Qld, NSW & ACT. He is married to his ever patient wife Rachael and between them have four amazing children.

"What Did You Learn?" – My Journey with PTSD

Tuesday 5 March | 8:45am – 9:15am



Professor Richard Bryant AC

Director, Traumatic Stress Clinic | Scientia Professor & NHMRC Leadership Fellow, School of Psychology, University of New South Wales.

Richard Bryant is a Scientia Professor of Psychology at the University of New South Wales, Sydney and Director of the Traumatic Stress Clinic. Professor Bryant's research has focused on the nature and treatment of stress reactions. He has identified key genetic, neural, and psychological factors underpinning stress reactions and strategies to manage them. His assessment and

treatment protocols have been translated into over 15 languages and used in many countries. Professor Bryant has written 6 books, 87 book chapters, and 760 journal articles. He has worked with many first responder agencies in managing traumatic stress, as well as working with the World Health Organization to develop programs to manage stress reactions in countries affected by trauma and adversity. He also served on panels to develop traumatic stress diagnoses for ICD-11 and DSM-5.

What Do We Know About What Works in Improving First Responders' Mental Health?

Tuesday 5 March | 9:15am – 9:45am



Derrick McManus

Speaker, Facilitator, Author, Human Durability

Derrick McManus was a Sniper, Tactical Diver and trained by the military elite SAS (Special Air Service) as a Counter-Terrorist Operative in the SA Police STAR Group (Special Tasks And Rescue Group). As you would well imagine, his work required 100% effort and Peak Performance.

Now, after an extreme workplace injury, Derrick has experienced Post-Traumatic Growth, is an international speaker and facilitator and founded The Australian Centre for Human Durability - The Ability to Go Beyond Resilience to Sustainable Optimal Performance.

Through lived experience, he has distilled a mental well-being methodology that allows Frontline Operators to also experience Post-Traumatic Growth from their service.

He has worked with police, the Army and the RAAF including fighter pilots with great success. His methodologies apply equally to the general public too.

Beyond Resilience to Sustainable Optimal Performance. Lessons Learned from 14 Bullets.

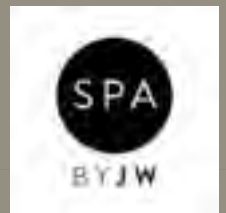
Tuesday 5 March | 3:15pm – 4:15pm

Notes & Key Learnings

Things I Don't Want to Forget

Wellness Zone

You're invited to join us in the Wellness Zone to enjoy a quiet space to relax. Featuring comfy bean bags, massages, water, and fresh fruit to snack on, plus some arts and craft surprises! We hope you take a few minutes out of your day to enjoy this space and reflect on your conference experience.



MASSAGES

10-minute head and shoulder massages provided by qualified therapists from Spa by JW Marriott. The day spa massage therapists will be available during the following hours:

Monday 4 March	12:30pm – 4:00pm
Tuesday 5 March	9:30am – 12:30pm





Based in Sydney, St John of God Richmond and Burwood Hospitals provide a safe, structured and supportive environment for individuals recovering from exposure to traumatic events.

Our team of caring professionals are experienced in working with the specific needs and concerns of people who have been injured in the line of duty.

St John of God Health Care has been a leader in providing specialist care for people with post-traumatic stress injuries for more than 30 years.

Expertise in
treatment of
post-traumatic
stress injuries



PTSD is an operational injury
like any other injury
- it does not have to be
a life sentence.

Find out more: mentalhealth.sjog.org.au



We are here for
First Responders
impacted by
suicide loss.



Responding to a suicide?

We are on StandBy.

StandBy is Australia's leading program dedicated to assisting people and communities bereaved or impacted by suicide. This free service can **help First Responders to refer and connect those bereaved** or impacted by suicide to support services.



1300 727 247

For free support resources and more
information scan the QR code or visit:

standbysupport.com.au

StandBy - an initiative funded by the Australian Government
Image courtesy of Queensland Ambulance Service



It's strong to seek support.

Fortem Australia nurtures the resilience of first responders to boost their mental health and wellbeing in the face of tough conditions.

Let's work together to build
safer communities.

fortemaustralia.org.au



Program | Day 1: Monday March 4, 2024

7:30am - 8:30am REGISTRATION OPEN

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

8:30am - 8:40am CONFERENCE OPENING including Welcome to Country

8:40am - 8:55am Official Welcome, Housekeeping and Lived Experience Acknowledgement

Tara J Lal AFSM, Senior Firefighter and Peer Support Officer, Fire and Rescue NSW, Researcher, University of New England & Conference Chair

8:55am - 10:25am Keynote Pan-Shop - Empowering Frontline Resilience: Tackling Moral Injury Together

Moderator: **Tara J Lal AFSM**, Senior Firefighter and Peer Support Officer, Fire and Rescue NSW, Researcher, University of New England & Conference Chair

Keynote Panelist: **Dr Nikki Jamieson**, Specialist Advisor - Suicide Prevention, Department of Defence

Keynote Panelist: **Professor Zachary Steel**, Chair of Trauma & Mental Health, UNSW & St John of God Health Care

Keynote Panelist: **Associate Professor Jacqueline Drew**, School of Criminology and Criminal Justice and Griffith Criminology Institute, Griffith University

Keynote Panelist: **Chaplain Rob Sutherland CSC**, Principal Veterans' Chaplain, Department of Veterans' Affairs

10:25am - 10:55am MORNING TEA WITH EXHIBITORS

	BALLROOM 1	BALLROOM 2	SPRINGBROOK ROOM
	IN-PERSON & VIRTUAL	IN-PERSON ONLY	
	Framework for Mental Wellness Chair: Dr Sadhbh Joyce	Healthy Workplaces and Environments for Frontline Workers Chair: James Maskey	Revolutionising Frontline Mental Health: Exploring Innovative Approaches to Treatment Chair: Jacquie Costello
10:55am - 11:15am	An Evidence-based Framework to Guide Frontline Organisations on How to Create Mentally Healthier Workplaces Professor Samuel Harvey, Black Dog Institute	Don't Make Decisions About Me Without Me! Matthew Lamberth, Officer B Speaks	Exploring Stress, Trauma, and Social Factors in Adult Surf Lifesavers and Lifeguards Dr Jaz Lawes, Surf Life Saving Australia
11:20am - 11:40am	Using Indigenous Healing Practices to Support Mental Health and Wellbeing at NZ Police Reihana Finch, Habit Health	What Frontline Agencies Can Do to Promote Help-Seeking (and Importantly, What They Shouldn't) Dr Aimee Gayed, Black Dog Institute	How Virtual Reality is Changing Lives and Transforming Mental Health Care Dr Tia Cummins, Flintworks
11:45am - 12:05pm	Shaping the Future: Wellbeing Preparation for Paramedic Students Olivia Morgan, Charles Sturt University	Burnout and PTSD in Frontline Workers – Overview of Anecdotal and Research Findings Courtney Stace, IPAR Rehabilitation	Developing a Peer Support Program to Support Surf Lifeguards in New Zealand Ari Peach, Surf Life Saving New Zealand

Available in person and online via OnAIR

Available in person only

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.

anzmh.asn.au/fmhc 17

Program | Day 1: Monday March 4, 2024

12:10pm - 12:30pm	Can a Leaning Health Care System Improve Outcomes for Injured Frontline Workers? Professor Zachary Steel, UNSW & St John of God Health Care	Wilderness-based Interventions and Circuit-breaking to Support the Mental Health of Veterans, Police and First Responders Daniel Vincent and Tim Keeffe, Trojans Trek	The Defence SafeSide Project: Implementing the SafeSide Prevention Framework Jennifer Harvey, Department of Defence and Dan Mobbs, SafeSide Prevention Australia
12:30pm - 1:30pm	LUNCH WITH EXHIBITORS		
1:30pm - 1:45pm	POSTER PRESENTATIONS		
Elimination of Restrictive Practices from Acute Mental Health Care Services <i>Stephanie Bennetts</i> , Deakin University			
The Neuroscience of Organisational Well-being <i>Rebecca Cort and Sarah Macleish</i> , Arches Foundation			
Utilising the Collective Power to Empower Frontline Mental Workers <i>Nickie Djapouras</i> , Forensic Hospital NSW			
The Triangle of Effective Resilience <i>Dr Moshe Farchi</i> , Tel-Hai Academic College			
A RCT of a Smartphone App for Addressing Distress and Wellbeing in Emergency Service Workers <i>Mikayla Gregory</i> , Black Dog Institute			
Prevalence of Complex Post-Traumatic Stress Disorder in Serving Military and Veteran Populations <i>Rory Grinsill, Dr Andrew Khoo & Dr Katelyn Kerr</i> , Toowong Private Hospital			
Resolute Ready. One Stop. One Call. One Life <i>Lidia Hall</i> , Resolute Ready			
Protecting the Wellbeing and Mental Health of First Responders: The Role of Social Connectedness <i>Dominic Hilbrink</i> , Fortem Australia			
Adversity Recruits... Nothing. The Impact of Childhood Abuse and Military Sexual Trauma on PTSD in Australian Veterans <i>Dr Katelyn Kerr</i> , Toowong Private Hospital			
Positivum a Guide Forward After Trauma: Unique, Biopsychosocial Rehabilitation Approach for Individuals Exposed to Trauma <i>Georgina Lamb</i> , IPAR Rehabilitation			
Wellbeing Centred Model for Workforce Retention Supporting Frontline Healthcare Workers in Rural or Urban Settings <i>Dr Elisabeth McLinton</i> , Australian National University			
Cairns Mental Health Coresponder – Where “Going Troppo” is a Shared Responsibility <i>Carolyn Pomeroy</i> , Queensland Health			
The Impact of Covid-19 on Frontline Nursing Staff in Saudi Arabia, Lessons Learnt <i>Dr Loujain Sharif</i> , King Abdulaziz University			
Exploring Māori and Non-māori Mental Health Nurses' Perception of Te Whare Tapa Whā <i>Samantha Teinakore</i> , Waikato University			

Program | Day 1: Monday March 4, 2024

	BALLROOM 1	BALLROOM 2	SPRINGBROOK ROOM
	IN-PERSON & VIRTUAL	IN-PERSON ONLY	
	Supporting the Unsung Heroes: Exploring Who Helps the Helper and How? Chair: Dr Buck Reed	Revolutionising Frontline Mental Health: Exploring Innovative Approaches to Treatment #2 Chair: Leonie Daly	Healthy Workplaces and Environments for Frontline Workers #2 Chair: Tony O'Day
1:45pm - 2:15pm	Supporting the Mental Health and Well-being of Members of a Specialised Area of an Australian Law Enforcement Organisation Prue Laurence, Converge International	Leveraging Best Practice Research to Support a Better Model of Care With Tangible Outcomes Riley Bartholomew, Guardian Exercise Rehabilitation	Protecting Frontline Workers: How Enhancing Psychological Resilience Reshapes Risk Profiles Dr Sadhbh Joyce, Mindarma Program, Black Dog Institute
2:20pm - 2:50pm	Standing By and Supporting Our Unsung Heroes Jo Langford and Tim De Goey, Standby Support After Suicide	Fostering Synergy: Breaking Barriers Through Collaborative Engagement Samuel Parkhouse and Andrew McGarity, Fire and Rescue NSW and Brett Anderson, Employers Mutual Limited	Breaking the Cycle: A Journey to Culture Change in Occupational Violence and Aggression in Healthcare James Kolozsi, Western Health
2:55pm - 3:25pm	Strengthening the Resilience of First Responders and Disaster-Prone Communities James Maskey, Fortem Australia	Navigating Psychosocial Risks for a Sustainable Return to Work following Psychological Injury Kristin Tinker, Resilia	Returning to Work Following Psychological Injury: the Role of Perceived Workplace Support Georgina Lamb, IPAR Rehabilitation

3:25pm - 3:55pm AFTERNOON TEA WITH EXHIBITORS

Join us for these inspiring Keynote Presentations

Chair: **Tara J Lal AFSM**, Senior Firefighter and Peer Support Officer, Fire and Rescue NSW, Researcher, University of New England & Conference Chair

3:55pm - 4:15pm The Frontline of Psychological First Aid: The Shield of the 'SIX Cs Model

Dr Moshe Farchi, Head of the Social Work Department, Tel-Hai Academic College, Israel

4:15pm - 4:55pm Electricity Workers on the Frontline

James Hill, Mental Health Manager, Energy Queensland

4:55pm - 5:00pm Conference Day 1 Reflection

5:00pm - 6:00pm Welcome Networking Reception

This event is a chance for you and your fellow delegates to say G'day. Conference exhibitors, partners, committee and presenters are all welcomed. Light canapes and beverages will be served.

6:30pm - 8:30pm Pay Your Own Way Networking Dinner

Location: Surfers Pavilion, 30-34 Ferny Avenue, Surfers Paradise

Relax and unwind on night one of the conference 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.

Program | Day 2: Tuesday March 5, 2024

6:30am - 7:15am	Yoga at Binna Burra Terrace Stretch and unwind when you join Zoe from OJAS Yoga & Mindfulness for a guided Yoga session. If you're a yoga enthusiast or a beginner, everyone attending the conference is welcome to attend.		
8:00am - 8:30am	REGISTRATION DESK OPEN		
	Day 2 Conference Opening		
8:30am - 8:40am	Welcome and Housekeeping <i>Tara J Lal AFSM</i> , Senior Firefighter and Peer Support Officer, Fire and Rescue NSW, Researcher, University of New England & Conference Chair		
8:40am - 8:45am	A Mindful Pause <i>Dr Sadhbh Joyce</i> , Mindarma		
8:45am - 9:15am	"What Did You Learn?" – My Journey with PTSD <i>CAPT Malcolm Roberts</i> , Department of Defence		
9:15am - 9:45am	What Do You Know About What Works in Improving First Responders' Mental Health? <i>Professor Richard Bryant AC</i> , Director, Traumatic Stress Clinic Scientia Professor & NHMRC Leadership Fellow, School of Psychology, University of New South Wales.		
9:45am - 10:15am	MORNING TEA WITH EXHIBITORS		
10:15am - 10:35am	BALLROOM 1	BALLROOM 2	SPRINGBROOK ROOM
	IN-PERSON & VIRTUAL	IN-PERSON ONLY	
	Addressing the Unique Challenges Faced and Opportunities for Frontline Workers and Their Families Chair: Gary Fahey	Open Topic 1 Chair: Dr Loretta Poerio	Open Topic 2 Chair: Leonie Daly
	How the Un Disaster Risk Equation Can Inform Frontline Workforce Psychosocial Risk Management Dr Elisabeth Mclinton, Australian National University	Living Alongside First Responder PTSD: Giving Voice to the Voiceless Sarah U'Brien and El Ke	Moral Injury – a Psychosocial Risk for the 21st Century? Dr Nikki Jamieson, Department of Defence

Program | Day 2: Tuesday March 5, 2024

		MASTERCLASS	MASTERCLASS
10:40am - 11:00am	<p>A Psychosocial Risk Approach - Managing Aggressive/Inappropriate Public Behaviour Towards Frontline Workers</p> <p>Heizy Serrels, Centre for Corporate Health</p>	<p>How Systems Thinking Changes Workplace Mental Health: a Holistic Primary Preventative Framework for Worker Wellbeing</p> <p>Rev Dr Mark Layson, Charles Sturt University NSW Centre for Work Health and Safety</p>	<p>Theory and Practice of the SIX Cs model for Psychological First Aid</p> <p>Dr Moshe Farchi, Tel-Hai Academic College, Israel</p>
11:05am - 11:40am	<p>Building a National Framework for Supporting Bereaved Military, Emergency Services & their Families After Suicide</p> <p>Dr Henry Bowen, Military And Emergency Services Health Australia</p>		
11:40am - 12:40pm LUNCH WITH EXHIBITORS			
	<p>Supporting the Unsung Heroes: Exploring Who Helps the Helper and How??</p> <p>Chair: Tony O'Day</p>	<p>Open Topic 3</p> <p>Chair: Dr Loretta Poerio</p>	<p>Addressing the Unique Challenges Faced and Opportunities for Frontline Workers and Their Families.</p> <p>Chair: James Maskey</p>
		MASTERCLASS	
12:40pm - 1:00pm	<p>Identity Crisis: you vs YOU</p> <p>Gary Fahey, Strong Men'd</p>	<p>Leading at the Frontline</p> <p>Marianne Dyer, Authentic Connections</p>	<p>Not Just a Number: a Holistic Approach to Career Management and Transition for First Responders</p> <p>Dr Claire Cooper, Fortem Australia</p>
1:05pm - 1:25pm	<p>Australian Adolescent Surf Lifesavers: a Snap Shot of Exposure to Traumatic Events and Shame</p> <p>Associate Professor Talitha Best, CQ University</p>		<p>Crossover of Traumatic Stress Between Paramedics and Their Intimate Partners</p> <p>Matthew Hill, University of The Sunshine Coast</p>
1:30pm - 1:50pm	<p>Helping the Helpers: Exploring the Impact of Volunteering on Student Paramedics</p> <p>Clare Sutton, Charles Sturt University</p>		<p>The Journey from Injury to Wellbeing</p> <p>Geoff Evans, CEO, Disaster Relief Australia</p>
1:55pm - 2:15pm	<p>PTSD to PTG: Harnessing Post-Traumatic Growth for Personal Transformation</p> <p>Felicia Zsha' Mirzze, Neuro Vitality Pty Ltd</p>	<p>Piloting Mindarma at the AFP: Essential Psychological Skills and Self-Care Strategies for Police</p> <p>Michael Arena, Australian Federal Police and Dr Sadhbh Joyce, Mindarma and The Black Dog Institute</p>	<p>People Behind The Uniform</p> <p>Lindsay Mamone, Medically Retired NSW Police Officer</p>

Program | Day 2: Tuesday March 5, 2024

2:15pm - 2:45pm AFTERNOON TEA WITH EXHIBITORS

JW Ballroom and Virtual via OnAIR

Join us for our final Keynote Session and Conference Closing

Chair: **Tara J Lal AFSM**, Senior Firefighter and Peer Support Officer, Fire and Rescue NSW, Researcher, University of New England & Conference Chair

2:45pm - 3:15pm Psychosocial Hazard Identification and Risk Management for Police Leaders: Development and Application of an Early Warning System for Workplace Health and Performance

Associate Professor Jacqueline Drew, School of Criminology and Criminal Justice and Griffith Criminology Institute, Griffith University

3:15pm - 4:15pm Beyond Resilience to Sustainable Optimal Performance. Lessons Learned from 14 Bullets

Derrick McManus, Speaker, Facilitator, Author, Human Durability

4:15pm - 4:30pm Conference Closing and Prize Draws

Prize Draws

We're giving away Prezzy e-Gift cards to use to spoil yourself! Simply use the conference app to scan the QR codes located throughout the conference venue or participate in Q&A and live polls in the keynote sessions.

**1st Prize
\$250.00
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**3rd Prize
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HOW TO WIN

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

Some examples of how points can be earned include:

Scan the QR codes at or on:

- Registration desk
- Exhibition booths
- Poster presentations
- Networking function
- Wellness Zone

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
Friday 8 March 2024,
you'll go into the draw to
WIN
an Apple iPad
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Our tools provide objective data about an individual's potential for risk to themselves, their clients and organisation

SafeSelect is the market leader in psychological risk assessment. Our assessments are specifically designed for high-risk work environments, where ensuring the safety of individual staff, team members, clients and the community is always the highest priority.

High-risk work environments are those where there is:

- The potential for heightened emotions, use of force,
- Threats of violence or harm, or
- The responsibilities of working with vulnerable people.



FIND OUT MORE

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Exhibition Hall Map

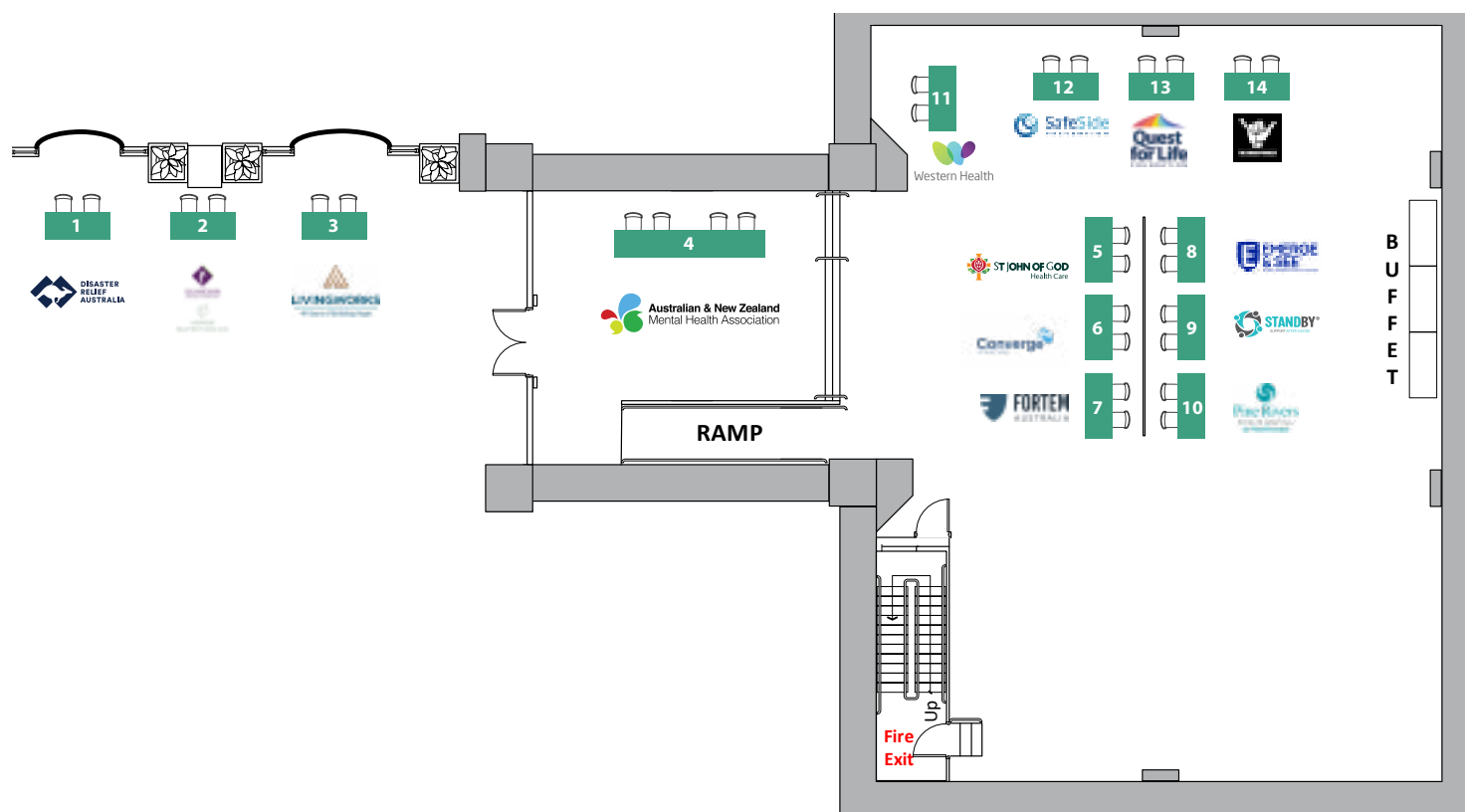
Exhibition Hours

Monday 4 March

7:30am – 6:00pm

Tuesday 5 March

8:00am – 3:00pm



Exhibitor Listing

- | | |
|---|-----------------------------------|
| 1. Disaster Relief Australia | 8. Emerge & See |
| 2. Guardian Exercise Rehabilitation and Verde Nutrition | 9. Standby Support After Suicide |
| 3. LivingWorks | 10. Pine Rivers Private Hospital |
| 4. Australian & New Zealand Mental Health Association | 11. Western Health |
| 5. St John of God Foundation | 12. SafeSide Prevention Australia |
| 6. Convergence International | 13. Quest for Life Foundation |
| 7. Fortem Australia | 14. The Shaka Project |

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Website: www.destinationgoldcoast.com

Conference App



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Workers' Compensation Regulatory Services regulate Queensland's workers' compensation scheme and we're part of the Office of Industrial Relations.

Our purpose is to maintain a fair and efficient workers' compensation scheme that balances the needs of workers and employers.

We work with insurers, employers, workers and health professionals to make sure all workers who've experienced a work-related injury are supported throughout their rehabilitation journey and can safely return to work.

Phone: 1300 362 128

Email: safe@oir.qld.gov.au

Website: www.WorkSafe.qld.gov.au

Platinum



LivingWorks is the world's leading suicide intervention training provider. They believe everyone can learn the skills to help keep their family, friends and colleagues safe from suicide. With an array of integrated training programs to meet every need, they've been providing communities and organisations with suicide prevention solutions across the globe since 1983, and for more than 25 years in Australia.

Phone: 1300 738 382

Email: info@livingworks.com.au

Website: www.livingworks.com.au

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Gold



Converge International is a wholly Australian-owned company and the first provider in Australia to deliver EAP services in 1960. This unmatched experience provides significant breadth and depth to our service offering and includes Critical Incident Debriefing, Organisational Development Consultancy, OHS Psychological Risk and Team Assessments, Career Transition and Outplacement Support, Conflict Resolution and Mediation along with a broad platform of leading-edge training services. Our experience and capability allow us to understand and respond to the differing and often sensitive needs of complex organisations and employee groups to maximise psychological health and embed positive workplace behavioural change.

At Converge International, we believe in the potential of organisations and are committed to helping make them great places to work – the sort of workplaces that enhance people's mental health, psychological capacity and wellbeing. We are passionate about creating positive workplaces characterised by optimal organisational health, wellbeing and employee productivity.

Phone: 1300 687 327
Email: safeselect@convergeintl.com.au
Website: www.convergeinternational.com.au

Silver



St John of God Hospitals in Richmond & Burwood are private mental health hospitals providing comprehensive and holistic mental health care services.

We recognise each person is an individual and offer a unique opportunity for recovery in a supportive and caring environment. Our experienced team provide the best care to clients and their families both in hospital or while receiving outpatient therapy.

Richmond's tranquil location on the outskirts of Sydney specialises in post-traumatic stress disorder (PTSD), anxiety and depression, drug and alcohol addictions and older adult mental health through personalised programs to help clients live a happy, healthy and fulfilled life.

Inner Western Sydney's Burwood location offers a range of treatments for conditions including depression, mood disorders, anxiety, psychosis, perinatal mental health issues and general psychiatry services including ECT and TMS.

Phone: 02 4571 1552
Email: info.richmond@sjog.org.au
Website: www.sjog.org.au/richmond

Gold



Disaster Relief Australia (DRA) is a veteran-led not-for-profit organisation. We unite the skills and experience of Australian Defence Force veterans with emergency service responders and motivated civilians to rapidly deploy disaster relief teams in Australia and around the world in the wake of disasters. DRA also provides veterans with a continued purpose after service.

Phone: 1300 372 287
Website: www.disasterreliefaus.org

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Bronze



FIT FOR SERVICE

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- Emerge & See is a not-for-profit charity that supports, connects, educates and empowers past and present NSW & ACT Emergency Service Workers and their families with service-related mental health complexities.
- Free - Independent - Confidential
- Run by medically retired Emergency Service workers
- Online and face to face education and empowerment sessions
- Online and face to face wellness and connection activities
- Individual and group guidance, support & resources specifically in the areas of

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- Prioritising services in regional areas
- Advocacy to promote and affect change, underpinned by the voice of living experience

Phone: 0402 279 300

Email: info@emergeandsee.org.au

Website: www.emergeandsee.org.au

Bronze



Fortem is a not-for-profit organisation that leads the mental health and wellbeing of first responders and their families across Australia.

Our rich ecosystem of services is tailored to each individual. Through social connections and wellbeing activities, evidence-based psychology and online resources, and strategic career management, we help first responders remain bendable, not breakable.

And we remain independent, even while collaborating with first responder agencies and other valued partners to drive improvement across the sector.

Because, when we support the people who keep our communities safer, we support every Australian.

Phone: 1300 339 594

Email: info@fortemaustralia.org.au

Website: www.fortemaustralia.org.au

Bronze



StandBy is Australia's leading program dedicated to assisting people and communities bereaved or impacted by suicide. This free service can help First Responders to refer and connect those bereaved or impacted by suicide to support services. If you or your colleagues need support, we also work with First Responders.

Support is available anywhere in Australia.

For free support resources and more information visit standbysupport.com.au

StandBy - an initiative funded by the Australian Government

Phone: 1300 727 247

Email: national@standbysupport.com.au

Website: www.standbysupport.com.au

New Specialised PTSD & Trauma Support Unit for Military and First Responders

Launching 4
March 2024
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Inpatient program focus:

- Education about trauma and PTSD
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- Develop skills to improve communication and manage relationships
- Assist patients to manage symptoms of depression and anxiety
- Learning to manage problems associated with alcohol and other drugs
- Learn strategies to improve sleep and overall physical health
- Access to Day Programs and 12 week follow up on discharge

Unit features:

- 12 single premium rooms
- Basketball court / outdoor space
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- Comfortable lounge area and chill out space
- rTMS commencing April 2024

Team includes:

- Consultant psychiatrists
- Care Coordinators
- Allied Health Professionals
- Exercise Physiologist

All enquiries and referrals should be directed to Deakin Private Hospital on (02) 5114 8100 or visit our website

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deakinprivate@iMH.com.au
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Emerge & See is an Australian registered not-for-profit peer led charity that supports, connects, educates and empowers, past and present NSW & ACT Emergency Service workers (and their families) with PTSD and other service-related mental health complexities. Our services are free, confidential and independent and focus on 4 key areas assistance

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Helping Emergency Service workers emerge & see a better future!

www.emergeandsee.org.au | info@emergeandsee.org.au | [@emergeandseensw](https://www.instagram.com/emergeandseensw)

Conference Exhibitors



**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.

Phone: 07 5502 2068

Email: membership@anzmh.asn.au

Website: www.anzmh.asn.au



Located in Strathpine, Pine Rivers Private Hospital (PRPH) is a dedicated mental health facility providing inpatient and outpatient services.

Facilitated by the multidisciplinary clinical team, patients are supported with regular psychiatric consultation, 24/7 nursing support and Allied Health services. Derived from a broad range of evidence based treatment modalities, therapeutic groups are facilitated daily to enhance insight and enable development of adaptive coping strategies. The program includes a specific trauma stream of therapy sessions. Additionally, PRPH offers an intensive inpatient EMDR program, involving both group and individual therapy upon referral and assessment for suitability.

An extensive range of Day Programs are offered daily, providing a targeted approach for specific mental health concerns. ACT, DBT, Schema and Positive Psychology Programs provide a comprehensive understanding of relevant key concepts whilst supporting skill acquisition and application. Additionally, PRPH offers Day Programs specifically addressing Addiction, GAD and Trauma, including PTSD000 for emergency services.

Phone: 07 3881 7222

Email: prv.enquiries@healthscope.com.au

Website: www.pineriversprivatehospital.com.au



Guardian Exercise Rehabilitation's team of mobile allied health clinicians prescribe therapeutic exercise-based programs for individuals afflicted with injury or illness, principally under a compensable-injury policy. With an ever-increasing national footprint, they are industry leaders in clinically guided, best-practice rehabilitation interventions.

Verde Nutrition Co's Accredited Practicing Dietitians have a variety of specialities, including gut health, skin, auto-immune disease, disordered eating, weight management, fertility, and elite sport nutrition. Their purpose is for all Australians to have access to quality nutrition care, regardless of geographical location. Thanks to their convenient Telehealth model, Verde Nutrition are connecting people to a healthier life all over the country.

Phone: 1800 001 066

Email: admin@guardianexercise.com.au

Website: www.guardianexercise.com.au/mental-health-hub and www.verdenutrition.co

Conference Exhibitors



Established in 1989 by Petrea King, the **Quest for Life Foundation** has assisted over 125,000 people through intensive educational programs for people living with depression, anxiety, trauma, and chronic illness. Our clinically proven results make a profound difference to people's lives and positively change the damaging effects of trauma, along with reducing death by suicide. Our suite of services is available as residential, workplace, online and outreach community programs. Residential programs are conducted at our Centre in the Southern Highlands, NSW.

Phone: 02 4883 6599
Email: info@questforlife.org.au
Website: www.questforlife.org.au



SafeSide Prevention Australia provides workforce education and leadership consultation to unite and inspire your workforce around a recovery-oriented approach to suicide prevention.

We offer evidence-based strategies that can be tailored to specific contexts, needs, and organisational goals. Our international team of clinical and lived experience faculty leverages their passion for hope, recovery, and creativity to provide comprehensive tools, templates, and training for suicide prevention across organisations and systems.

Phone: 0412 902 511
Email: jamie.thompson@safesideprevention.com
Website: www.safesideprevention.com



The Shaka Project

Email: sean@theshakaproject.com
Website: www.theshakaproject.com



Western Health is a major public health service based in Melbourne's west that provides healthcare to a population nearing 1 million. Comprising four acute hospitals as well as community-based treatment and rehabilitation, our workforce of more than 12,000 staff provides high-quality, patient-centred care across the lifespan. Specialties include oncology, renal, women's health and maternity, mental health, chronic diseases, geriatrics and cardiology. In meeting the healthcare needs of our growing population, Western Health is set to open the new 500-bed \$1.5bn Footscray Hospital in 2025, followed by the \$900m Melton Hospital in 2029.

Phone: 0400 041 305
Email: james.kolozsi@wh.org.au
Website: www.westernhealth.org.au



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