



HOSTED BY



Australian & New Zealand
Mental Health Association

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Today

**Monday 5 September –
Wednesday 7 September 2022**

**GOLD COAST CONVENTION AND
EXHIBITION CENTRE, GOLD COAST**

#IMHC
anzmh.asn.au/imhc-2022

Floor Plan

Plenary Sessions: Rooms 6, 7, 8

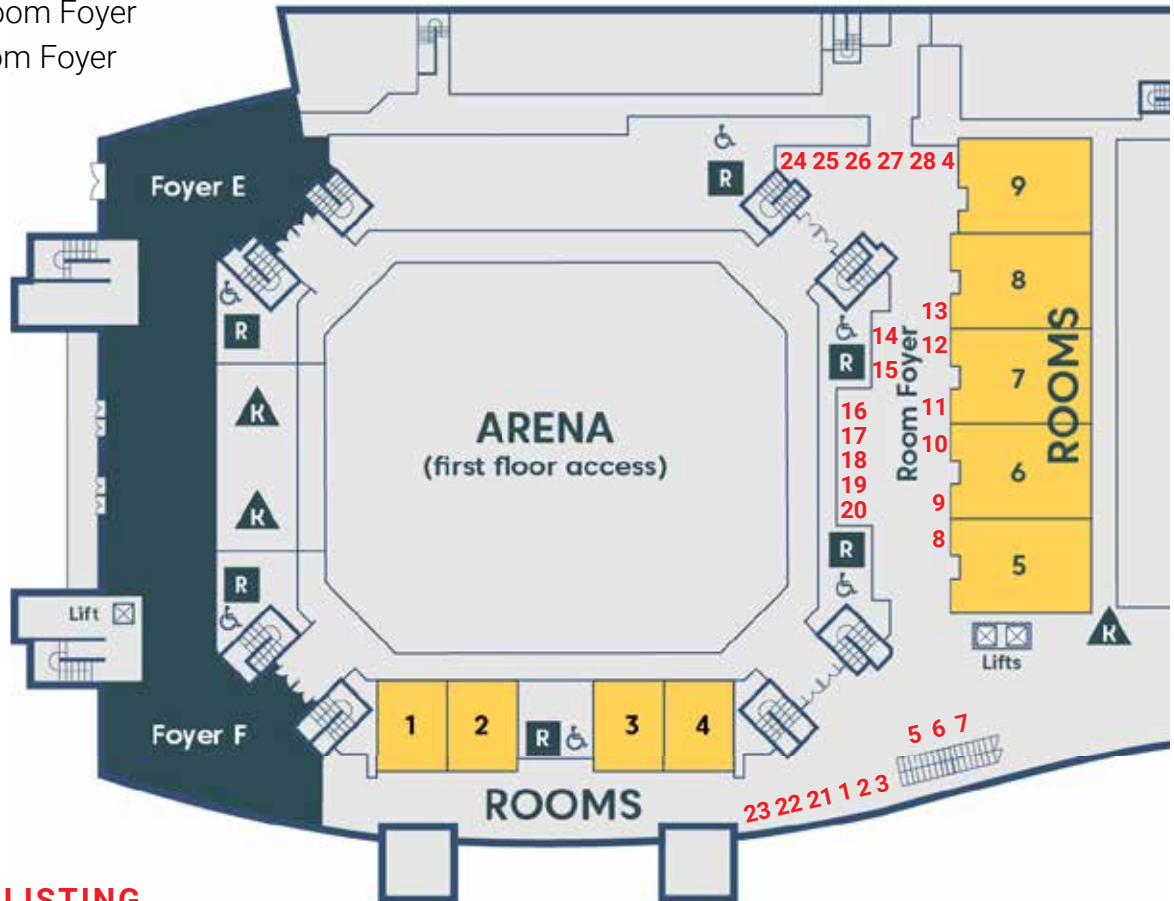
Breakout Sessions: Rooms 5, 6, 7, 8

Speakers Prep: Room 4

Poster Presentations: Room Foyer

Exhibition: Room Foyer

Catering: Room Foyer



EXHIBITOR LISTING

- | | |
|---|---|
| 1 Speech Pathology Australia | 17 Serco |
| 2 Healthy Mind and Soul | 18 Victorian Responsible Gambling Foundation |
| 3 eMHPrac | 19 Today |
| 4 PDP Seminars | 20 Today |
| 5 Australian & New Zealand Mental Health Association | 21 Indigenous Wellbeing Centre |
| 6 Registration | 22 Health Workforce Queensland |
| 7 Registration | 23 Grow Australia |
| 8 Mental Health First Aid International | 24 Australian Council for Educational Research |
| 9 Aurora Healthcare | 25 ACM Healthcare |
| 10 Mind Australia | 26 Canberra Health Services |
| 11 Stride Mental Health | 27 Star College Australia |
| 12 Vegepod | 28 Mentoring Men |
| 13 Vegepod | |
| 14 Psych2U | |
| 15 Movember | |
| 16 CoviU | |

I would like to extend a warm welcome to the 23rd International Mental Health Conference. It is wonderful to have your support of this pinnacle event in the mental health industry. As CEO of the Australian & New Zealand Mental Health Association, I am delighted to see so many delegates converge, both in-person and online, to deliberate and discuss mental health issues confronting Australia and New Zealand after what has been a challenging few years.

During the next three days, you will hear from a range of speakers addressing a wide selection of topics to provoke discussion. With something for everyone, I hope that you find the program informative, motivating, and inspirational. I want to make special mention of and say thank you to our fantastic presenters. Their valuable contributions, along with guidance from the program committee, have created an extensive and inclusive program.

I must thank our delegates for their ongoing support of the conference. I look forward to seeing some familiar faces and welcoming some new ones as we embark on the next few days of reflection, sharing and networking.

Finally, a special thank you to our exhibitors and sponsors whose support of this conference

is vital to its success. I encourage you to take advantage of break times to engage with the exhibitors and expand your connections.

The conference session recordings will be available to delegates shortly after the conference. Please also take the time to complete the evaluation form. Your feedback will help us continue to grow as we progress into our 24th anniversary.



Sam Stewart

CEO

Australian & New Zealand Mental Health Association

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

Melanie Cantwell, Acting CEO, Carers Australia

Professor Dave Coghill, Chair of Developmental Mental Health, The University of Melbourne

Natalie Colmer, Clinical Nurse Manager, Mental Health NT Health - Central Australia Region

Helen Day, Chief Executive Officer, Top End Mental Health Consumers Organisation Inc.

Dr Barbara Disley, Group Chief Executive, Emerge Aotearoa

Bronwen Edwards, CEO, Roses in the Ocean

Annette Jackson, Executive Director Statewide Services, Berry Street

Katie Larsen, Senior Manager Inclusion,

Participation and Strategic Reform, Research and Advocacy, Mind Australia

Dr Filippo Katavake McGrath, Director of Wellbeing System Leadership, Insights Mental Health and Wellbeing Commission

Associate Professor Melissa Norberg, Department of Psychology, Macquarie University

Lynette Pearce, Consultant

Sophie Potter, Director of Services, SANE Australia

Zed Tintor, Deputy Chief Executive Officer, LBGTIQ+ Health Australia

Marion Wands, CEO and Director, ConNetica

Shanna White, CEO, Cognitive Behavioural Education

General Information

The following information is provided to make your attendance at the **23rd International 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 1 of the Gold Coast Convention and Exhibition Centre. The hours of operation are as follows:

Monday 5 September	7:45am – 5:00pm
Tuesday 6 September	8:00am – 4:30pm
Wednesday 7 September	8:30am – 12:30pm

NAME BADGE

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

DRESS CODE

The dress code is smart casual.

WI-FI

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

MOBILE PHONES

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

ON-SITE COUNSELLOR

During the conference, if you feel the need to speak to someone, please visit the registration desk. We are here to support you.

CONFERENCE CATERING

All catering will be served in the Exhibition Area with the exhibitors and poster presentations.

NETWORKING FUNCTION

The networking function will be held on Monday 5 September from 5:15pm – 6:15pm in the Exhibition Space. 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 23rd International Mental Health Conference presentation recordings. This online library includes presentation slides and video recordings that can be watched on demand for 30 days. Your login details will be sent to you via email approximately five business days after the conference.

COVID SAFE

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

Key Contacts

Conference Manager

Justine White | P: 0427 261 616 | E: imhc@anzmh.asn.au

Program & Research Manager

Rachel Dempster | P: 0431 917 300 | E: research@anzmh.asn.au

Head of Partnerships

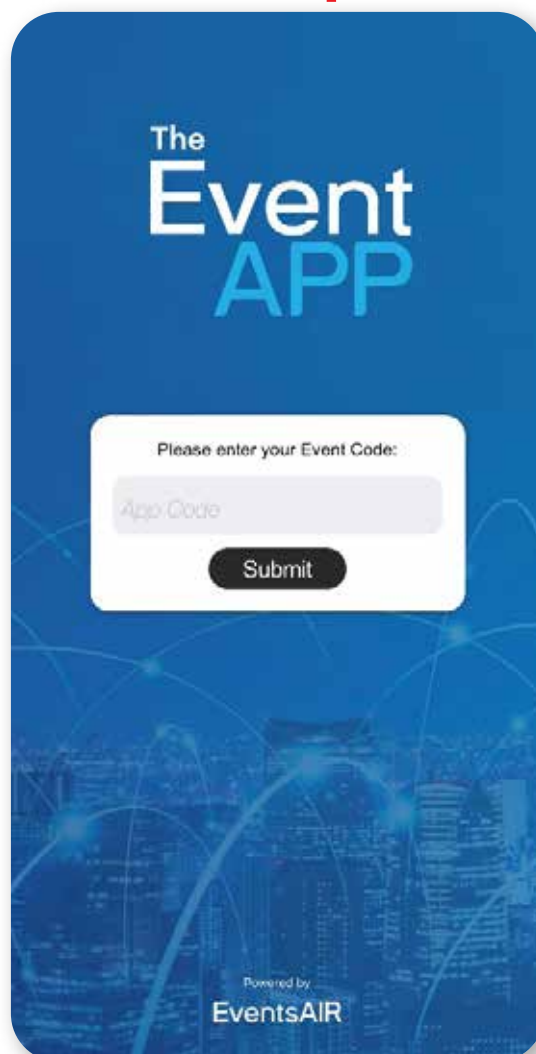
Talitha Natt | P: 0451 602 265 | E: partner@anzmh.asn.au



Want to Make the Most of Your Conference Experience?

Download the conference app! Simply follow these easy steps:

1. Visit the app store on your Apple or Android device
2. Search 'The Event App by EventsAir' and download
3. Open and enter event code **IMH22**
4. Your name badge has your login and pin!



App Features

Stay up to date and connected during the 23rd International Mental Health Conference.

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

SPEAKERS: 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.

Designing a brighter tomorrow, together



Today

Today works with organisations across Australia to reimagine brighter futures. We use strategy and design methods to co-create with organisations, their communities and their beneficiaries. We design inclusive, thoughtful systems and services by ensuring people with lived and living experience play a meaningful role in genuine co-design programs. We believe that inclusive design—embracing diversity in all its forms—leads to better outcomes.

FOLLOW US

Australian & New Zealand Mental Health Association

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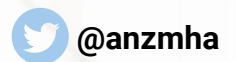
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GET SOCIAL

TO WIN!

Highlight your favourite moments of the symposium by using the hashtag **#IMHC** or tag **@ANZMHA** on social media, and you'll go into the draw to **win one of these prizes:**

A complimentary in-person registration to ANY of our ANZMHA conferences - you choose!

A complimentary virtual delegate registration for the 24th International Mental Health Conference

#IMHC

Keynote Presenters



Taimi Allan
Tumu Whakarae (Director) Ember Innovations. Appointed to Te Huringa Mahara; The Mental Health and Wellbeing Commission of NZ

Taimi is the Director of Ember Innovations, appointed to the Mental Health and Wellbeing Commission, Deputy Chair of the Suicide Mortality Review Committee and Mental Health Advisor to the Royal Commission on Abuse in State Care. After early careers in business and entertainment, she has dedicated 2 decades to using her own lived experience of mental distress to support others to flourish, and believes innovation is the only way we can solve our system gaps. Featured as a global thought-leader in M2 Woman Magazine she was honoured with Mental Health's "Emerging Leader" award in 2019 and as a New Zealander of the Year's Local Hero Medallist in 2021.

Moderator – Keynote Panshop – Unresolved Challenges in the Sector

Tuesday 6 September | 8:35am – 10:00am

Solving the Mental Health "Crisis" – Applying Common Sense Within Complex Systems

Tuesday 6 September | 4:00pm – 4:30pm



Leva Azadi
Senior Strategic Designer, Today

Leva is a Senior Strategic Designer with deep knowledge and extensive experience in public health and nutrition. She has a passion for designing better, more valuable outcomes for everyone in the care process and has worked in the health sector across government, not-for-profit and industry both within Australia and internationally for the last twenty years. Most recently Leva has led a re-design of the model of care of a nationally known mental health counselling service and worked closely with the Victorian Department of Health's Mental Health and Wellbeing Division on the co-design of their Outcomes and Performance Framework.

Preparing your Organisation for Genuine and Effective Co-Design

Tuesday 6 September | 3:00pm – 3:30pm



Alistair Carmichael
Associate Partner at McKinsey & Company, Mental Health Advocate

Alistair is an Associate Partner at McKinsey & Company and a leader of the People and Organisational Performance Practice. Alistair works with clients to transform culture, orchestrate, and lead change, develop leadership and talent and reimagine operating models and organisational design. Alistair is a leader of the McKinsey Health Institute and one of the drivers of McKinsey's thinking on creating mentally healthy and safe workplaces. Outside of McKinsey, Alistair is a passionate advocate for mental health and a volunteer at Lifeline.

Keynote Panshop – Unresolved Challenges in the Sector

Tuesday 6 September | 8:35am – 10:00am



Dr Ceri Evans
Consultant Psychiatrist

Dr Ceri Evans is a consultant psychiatrist from New Zealand who helps leading organisations, businesses and teams perform under pressure. Ceri graduated in medicine with distinction from Otago University, completed a Rhodes Scholarship at Oxford University while playing professional football in the English Championship, and specialised in forensic psychiatry while completing a PhD in traumatic memory.

Ceri has served as Clinical Director of a Forensic Psychiatric Service, appeared as an expert witness in major court cases, and is a Fellow of the Royal College of Psychiatrists. Now in private practice, Ceri has worked across the spectrum in high performance sport, corporate, medical, education and government environments. Author of Perform Under Pressure, he is perhaps best known for his work with the New Zealand All Blacks since 2010.

Opening Address: Perform Under Pressure

Monday 5 September | 8:50am – 9:50am



Sam Frost
Media Personality, Actress & Author

Sam Frost is an Australian actress, media personality and author. She first won the hearts of the nation after appearing on The Bachelor Australia in 2014, described as the quintessential Aussie girl next door. Frost then starred in the very first Bachelorette Australia in 2015. In 2015, she also became a national radio host working alongside comedian and TV personality, Rove McManus, for 18 months. During her time on radio, she also appeared on Hell's Kitchen Australia. In 2017 Sam joined the cast of the long running Australia TV drama, Home and Away as Jasmine Delaney.

Sam's talent has seen her win Radio Presenter of the Year, Women of the Year Awards (2016) and after her first 6 months in her role as Jasmine Delaney she was nominated for the Graham Kennedy Award for Most Popular New Talent, TV Week Logie Award (2018).

In 2022 and after more than a year in the making, Sam published her first book 'Believe' with Hachette. Sam has a massive online presence and her undeniable popularity with fans has seen her on the covers of Women's Health Magazine, Cosmopolitan, Who for Who's Most Beautiful People, Stellar Magazine, and Body & Soul to name a few.

Believe - A Mental Health Initiative for Women Focusing on Depression, Anxiety and the Sometimes Toxic World of Social Media

Monday 5 September | 3:30pm – 4:00pm

Keynote Presenters



Karen Gallagher
Partnerships Director, Today

Karen's committed to making Australia a fairer, thriving country. Over the past 20 years, she's led large-scale behaviour change programs, communications strategies, and stakeholder engagement; bringing people together for meaningful collaboration. Karen has designed and implemented transformation strategies for organisations like the Olivia Newton-John Cancer Centre, Austin Health, and the Nine Entertainment Co. She's previously led the implementation for Australia's My Health Record expansion for the Federal Government, and she chaired the Family Safety working group and the Aboriginal and Torres Strait Islander People working group to advocate for and implement critical improvements to the MHR system to increase privacy, safety, and access.

Preparing your Organisation for Genuine and Effective Co-Design
Tuesday 6 September | 3:00pm – 3:30pm



Mary O'Hagan
Executive Director Lived Experience,
Mental Health and Wellbeing Division,
Department of Health, Victoria

Mary O'Hagan was a key initiator of the psychiatric survivor movement in New Zealand in the late 1980s and was the first chairperson of the World Network of Users and Survivors of Psychiatry between 1991 and 1995. She has been an advisor to the United Nations and the World Health Organization. Mary was a full-time Mental Health Commissioner in New Zealand between 2000 and 2007. Mary established the international social enterprise PeerZone which provides peer support and resources for people with mental distress. She has written an award-winning memoir called 'Madness Made Me' and was made a Member of the New Zealand Order of Merit in 2015. Mary is currently Executive Director Lived Experience in the Mental Health and Wellbeing Division at the Department of Health in Victoria. All Mary's work has been driven by her quest for social justice for one of the most marginalised groups in our communities.

Keynote Panshop – Unresolved Challenges in the Sector
Tuesday 6 September | 8:35am – 10:00am



Professor Myfanwy Maple PhD
Director, Regional Australia Mental Health
Research Training Institute, Faculty of
Medicine and Health, University of New
England

Professor Myfanwy Maple is Director of the new Regional Australia Mental Health Research and Training Institute and Discipline Lead for Social Work and Community Services in the Faculty of Medicine and Health at the University of New England, Australia. For over 20 years, Professor Maple's research has focused on distress, trauma, and loss, with a particular emphasis on understanding risk and resilience following exposure to suicide. A focus on lived experience underlies all of Professor Maple's work where her emphasis remains on authentically including the voices of those with firsthand experience to better inform policy, research, and teaching. She lives and works in rural Australia bringing a regional perspective to her work.

Latest Research on Suicide Prevention and Mental Health
Monday 5 September | 4:00pm – 4:30pm



Torie Robinson
CEO, Epilepsy Sparks

Torie is a podcast host (Epilepsy Sparks Insights), YouTuber, Epilepsy Sparks CEO, and public speaker regarding epilepsy and psychiatric comorbidities, with the purposes of bridging the communication gaps between clinicians, researchers, patients, and the world! Having had stints in psychiatric hospitals, brain surgery for her epilepsy, and taking medications for each, Torie provides an insight into the real worlds of invisible disabilities – including psychiatric and neurological illnesses. Hear why mental health conditions can be more negatively impactful than seizures and why it's crucial for clinicians and society as a whole to see the wider picture in order to improve people's quality of life.

**Insight into the Real Worlds of Invisible Disabilities – Including
Psychiatric and Neurological Illnesses – live stream from the UK**
Tuesday 6 September | 3:30pm – 4:00pm



Karla Thorpe
Vice President, Organizational
Performance and Public Affairs, Mental
Health Commission of Canada

Karla Thorpe is Vice President, Organizational Performance and Public Affairs at the Mental Health Commission of Canada (MHCC). She comes with a wealth of leadership experience and a unique mix of expertise in research, marketing, communications, and building key stakeholder relationships. She also sits on the Education Committee of the Quality End-of-Life Care Coalition of Canada (QELCCC). Karla has earned a Master of Science in Statistics from Queen's University as well as a Bachelor of Commerce from Carleton University.

Keynote Panshop – Unresolved Challenges in the Sector
Tuesday 6 September | 8:35am – 10:00am



Libby Trickett
Former Olympian, Author, Radio Host &
Mental Health Ambassador

Former Australian Swimmer Libby Trickett collected 24 gold medals on the international stage across Olympic, Commonwealth Games and World Championships events. This included eight long course and seven short course world titles, five Commonwealth Games and four Olympic gold medals which were won at three consecutive Olympic Games. Since retiring from swimming, she has lived many lives, but she is currently studying a Bachelor of Counselling, and has co-founded a business called Unlocking Her Potential, to inspire and empower ALL women to unlock their greatest potential through exercise and holistic health practices.

Libby is also host of two podcasts, All That Glitters and The Sport Social; as well as running after her three young daughters, Poppy, Edwina and Bronte.

Keynote Presentation
Monday 5 September | 9:50am – 10:20am



A world leading digital mental health clinic

MindSpot offers free assessment and treatment for adults experiencing stress, anxiety, depression, OCD, PTSD and chronic pain.

Developed by internationally-recognised experts, our self-directed or therapist-guided online courses have been clinically-proven by trials involving thousands of Australians.




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	Room 6 & Virtual via OnAIR	Room 5 In Person Only	Room 7 In Person Only	Room 8 In Person Only	Virtual Only via OnAIR
7:45am- 8:30am	Registration Open Welcome! Come and say hello to the Conference Team and collect your Name Badge! Keynote Session 1 Chair: Tony Clarkson				
8:30am – 8:40am	Welcome to Country				
8:40am – 8:50am	Welcome & Housekeeping Talitha Natt, Head of Partnerships, Australian & New Zealand Mental Health Association				
8:50am – 9:50am	Opening Address: Perform Under Pressure Dr Ceri Evans, Consultant Psychiatrist				
9:50am – 10:20am	Keynote Presentation Libby Trickett, Former Olympian, Author, Radio Host & Mental Health Ambassador				
10:20am - 10:50am	Morning Tea with Exhibitors				
	Mental Health and Cultural Inclusion Chair: James Hill	Embracing the Lived Experience Perspective Chair: Tony Clarkson Sponsored by: 	Understanding Social Wellbeing Chair: Zoey Ka	Mental Health Intriguing Topics Chair: Helen Day	PRE-RECORDED PRESENTATIONS ONLINE ONLY
10:50am - 11:10am	First Nations Social & Emotional Wellbeing Ara (Julga) Harathunian, Indigenous Wellbeing Centre Ltd	Where Are We Now? Snapshot of the Emerging Lived Experience Projects in Darwin Noemi Tari-Keresztes, Flinders University, Remote and Rural Health NT	Results From a Feasibility Study of a General Practice Nurse-Led Intervention For Later Life Anxiety Danny Hills, Federation University	Evaluating Digital Supports for Carers of a Person with Depression or Anxiety: A Randomised Trial Elloyse Fitzgeraldson, Everymind/University of Newcastle	Boosting student wellbeing and resilience: from an intercultural perspective Lanxi Huang, University of Melbourne
11:15am - 11:35am	Your Voice: Magnifying the Voices of Young People, and Recommendations to Improve their Mental Health Dr Marion Byrne, yourtown	Peer Navigation – Embedding Service Integration in Peer Work Lynnette Matthews and Sophie Luttrell, NSW Mental Health Commission	Embedding integration – How Coordinated Treatment & Supports Make a Difference in Brisbane North Naomi Laauli, Brisbane North PHN	Preparing and Managing Staff who have Lived Experience For Their Success Sarah Eldridge and Kelly Quirk, Box Hill Institute	Determinants of Burnout among Healthcare Workers in Belize amidst COVID-19 pandemic Dr Lila Estephan, National Yang Ming Chiao Tung University
11:40am - 12:00pm	“Ghost on the Coast”: Persistent Hallucinations Through the prism of cultural concepts of distress Hemant Khanna, Gold Coast University Hospital	Transition to Adult Mental Health Services: Listening to the Lived Experience Robyn Rosina and Associate Professor Jo Wu, University of the Sunshine Coast	Exploration of Social Capital and Social Support for Infrastructure Workers Based on Their Psychological Distress Dr Rebecca Langdon, University Of Queensland	High IQ - The Precursor to Mental Strength and Resilience Gary Fahey, Neurostoic Solutions	The Mindful Media Project: An Online Mindfulness Meditation Intervention for Problematic Internet Use Kavya Raj, Monash University
12:05pm - 12:25pm	Listening to the Voices of People on the Autism Spectrum Davina Sanders, Autism Queensland	Care of Patients with Borderline Personality Disorder in the Emergency Department: A Lived Experience Perspective Enara Larcombe, Flinders University	Attachment and Biobehavioral Catch-Up: Introducing a New Infant Mental Health Intervention to the Service Community Suzie Lewis, Accoras	Freedom Behind Bars - Lived Experience of Anorexia and Prison – The Linking Thought Patterns Eleni Psillakis, Brazengrowth	A Mediating Role of Treatment Satisfaction between Trust in Physician & Medication Adherence Erum Bibi, National University of Modern Languages, Pakistan
12:25pm - 1:25pm	Lunch with Exhibitors				

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

Program | Day 1

	Room 6 & Virtual via OnAIR	Room 5 In Person Only	Room 7 In Person Only	Room 8 In Person Only
	Embracing the Lived Experience Chair: Sophie Potter	E-Mental Health: Where Are We Now? Chair: Heidi Sturk	Understanding Social Wellbeing #2 Chair: David Titeu	Panel Presentation IN PERSON ONLY
1:25pm - 1:55pm	Amplifying Voices of Lived Experience Through Relationships, Trust and Technology Zoey Ka and Donna Didlick, Mental Illness Fellowship Australia	Benefits and Challenges of Delivering Cognitive Assessments Remotely Dr Annie Banbury, Coviu and Valorie O'Keefe, Pearson Clinical Assessment	Equally Well: Collectively Improving Physical Health Outcomes for People Living with Mental Illness Patrick Livermore, Equally Well Australia	Stocktake of Lived Experience Engagement and Lived Experience Workforce Development in PHN and Commissioning 2018-2021 Paula Arro, Brisbane North PHN, Lynda Watts, Eastern Melbourne PHN, Lauren Keys, Northern Territory PHN, Kerry Hawkins, National Mental Health Consumer and Carer Forum
2:00pm - 2:30pm	Provoking the Discussion; A New Approach, Can A Movie Shift the Dial? Debbie Childs, Helpingminds	Differences in Help-Seeking and Engagement Between Adolescents and Young Adults Accessing Text-Based Online Counselling Services Pablo Navarro, University Of Queensland	National Mental Health and Suicide Prevention Agreement: Shaping the Future of Australia's Mental Health System Ruth Vine, Department Of Health	Panel Continued...
2:35pm - 3:05pm	Campaign Tales: Mental Health Promotion Led and Informed by Lived Experience Asha Zappa, WayAhead, Mental Health Association NSW	Mental Health First Aid® Training for Multinational Workplaces: A Training and Support Model Kathy Bond, Mental Health First Aid International	A Meaningful Future: How is Mental Health Policy for Young People Informed for Client Outcomes Nicola Ballenden, Mind Australia	Panel Continued...
3:05pm - 3:30pm	Afternoon Tea with Exhibitors Keynote Session 2 Chair: Katie Larsen			
3:30pm - 4:00pm	"Believe" – A Mental Health Initiative for Women Focusing on Depression, Anxiety and the Sometimes Toxic World of Social Media Sam Frost, Author, Actress			
4:00pm - 4:30pm	Latest Research on Suicide Prevention and Mental Health Professor Myfanwy Maple PhD, Director, Regional Australia Mental Health Research Training Institute, Faculty of Medicine and Health, University of New England			
4:40pm - 4:50pm	Q&A with Keynote Presenters			
4:50pm - 5:00pm	Conference Day 1 Wrap Up Talitha Natt, Head of Partnerships, Australian & New Zealand Mental Health Association			

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.

5:00pm - 5:15pm

Poster Presentations

Circadian Preference of Shift Workers: Effects of Shift Schedules

Jihye Ahn, Samsung Medical Center

Can Kind Leadership Create a More Mentally Healthy Workplace?

Sophie Bretag, Metta Leaders

Access to Mental Health Services Can Be Improved Using Electronic Access Commonly Known As E-Mental Health for Diagnosis Not Just Treatment Options

Erin Carmody, Alicia Tyler, Yolla Makhoul, Sam Fewings, Paul A. Phillips

Once Access is Improved, Accuracy is Paramount: The Myths of Clinician Lead Diagnostic Processes and their Accuracy

Sam Fewings, Paul A. Phillips, Alicia Tyler, Yolla Makhoul, Erin Carmody

Comparison of Job Burnout Between Non Shift Worker, Irregular and Regular Shift Workers

Hyerin Gu, Samsung Medical Center, Seoul, Korea

Exploring Collaboration: Weaving the Intersection of Values-Based Care, Individual State Change and Systems Thinking Ecology

Katherine Haag, Social Worker, Counsellor

Achieving Zero Seclusion in an Acute Adolescent Mental Health Unit

Sarah Hall, 8ba

Nature-Based Therapy Through Edible Gardens. Successful Real World Experiences in the Community with Practical Tips

Simon Holloway, Vegepod

Sleep Disturbances and Depressive Symptoms of Shift Workers: Effects of Shift Schedules

Somi Lee, Samsung Medical Center, Seoul, Korea

Gaining More Accurate Diagnoses from Trusted Tools: Extending The MMPI-2 And PAI to Assess Attention Deficit Hyperactive Disorder (ADHD) And Autistic Spectrum Disorder (ASD)

Yolla Makhoul, Paul A. Phillips, Alicia Tyler, Erin Carmody

The Impact on the Mental Health of Japanese Children Due to COVID-19

Professor Mika Nishiyama, Hiroshima Bunkyo University

Comparison of Recent Stressors and Psychiatric Diagnosis between Suicidal Attempters and Suicide Completers in Korea

Seahyun O, Samsung Medical Center

Personality or Personality Disorder?: If You Are Not Assessing Both at the Same Time Are You Really Diagnosing or Just Being Prejudice?

Paul A. Phillips, Erin Carmody, Yolla Makhoul, Alicia Tyler

Building a Bridge - A New Approach to Recovery and Complex Mental Health

Sophie Potter and Jackie Mead, SANE Australia

Your Best Asset is Your Mental Health

Dr Julie Rowse, Healthy Mind and Soul

Impact of Hotel Managers' Leadership Style and Mental Health Literacy on Staff's Work Related Stress

Puneet Sansanwal, Victoria University

Fatigue and Somatization in Shift-Workers: Effects of Depression and Sleep

Jinwon Seo, Samsung Medical Center, Seoul, Korea

Towards a Common Aim: Organization-Wide Integration of an Intersectionality Framework

Karla Thorpe, Mental Health Commission of Canada

Algorithms are Better Than Clinicians: Using Electronic Multi-Psychometric Assessments Decreases Time, Cost and Error Rates

Alicia Tyler, Yolla Makhoul, Erin Carmody, Paul A. Phillips

5:15pm - 6:15pm

Welcome to Networking Reception

Program | Day 2

	Room 6 & Virtual via OnAIR	Room 5 In Person Only	Room 7 In Person Only	Room 8 In Person Only
8:00am- 8:30am	Day 2 - Registration Open			
8:30am - 8:35am	Welcome to Day 2 Talitha Natt, Head of Partnerships, Australian & New Zealand Mental Health Association			
8:35am - 10:00am	Keynote Panshop - Unresolved Challenges in the Sector Moderator - Taimi Allan, Tumu Whakarae (Director) Ember Innovations. Appointed to Te Hiringa Mahara; The Mental Health and Wellbeing Commission of NZ Panelist – Alistair Carmichael, Associate Partner, McKinsey & Company Panelist - Mary O'Hagan, Executive Director Lived Experience, Mental Health and Wellbeing Division, Department of Health, Victoria Panelist Karla Thorpe, Vice President, Organizational Performance and Public Affairs, Mental Health Commission of Canada			
10:00am - 10:30am	Day 2 - Morning Tea with Exhibitors			
	Disaster and Mental Health Recovery: Transforming the Narrative Chair: Sophie Bretag	E-Mental Health: Where Are We Now? #2 Chair: James Hill	Embracing the Lived Experience Perspective #3 Chair: Helen Day	Exploring the Truth Behind Co-Design Chair: Zoey Ka
10:30am - 10:50am	The Impact of Climate Change on Mental Health- After the Fires and Floods Fay Jackson, Flourish Australia	The Evolution of E-Mental Health with AI Technology: How AI Removes Limitations of Care Delivery Esha Oberoi, Inside Stori	Developing Pathways for Peerworkers - Intentional Design to Develop and Employ People Who "Get It" Jackie Mead and Sophie Potter, Sane Australia	Enhancing Wellness and Building Resilience Anne-Marie Elias, Currumbin Clinic
10:55am - 11:15am	Response to a Pandemic by a Small Residential Service for Women with Substance Use Disorders Latha Nithyanandam and Michelle Delamotte, Adfnsw-Kathleen York House	Latest UK Developments in Data-Driven Mental Healthcare Chris May, Mayden	Living Well With Schizophrenia: The Power of Lived Experience Hannah Hyatt, Peers With Psychosis Network Australia	Design or Co-design: How People with Lived Experience are Already Leading David Butt, Grow Australia
11:20am - 11:40am	COVID-19: Testing the Resilience of our Mental Health System Dr Marion Byrne, yourtown	Examples of Digital Mental Health Services Across the World Professor Nick Titov, MindSpot	When CBT Isn't Enough. Somatic Mindfulness as Complementary Treatment for Eating Disorders. Lived Experience Perspective Amanda Goodfellow, Agile Mind	Reflections on Collaboration and Partnerships to Support Long-Term Inpatient Clients into Successful Community Living Sam Grimes and Alana Aspinall, Mind Australia
11:45am - 12:05pm	Psychological Impact of COVID-19 on Health Care Workers: Cross-Sectional Analyses from 14 Countries Associate Professor Dr Muhammad Aziz Rahman, Federation University Australia	Reset Your Life: e-Mental Health Support for Gambling Addiction Tony Clarkson, Victorian Responsible Gambling Foundation	Experiences of Families Where Two or More Members Have Been Diagnosed with Life-Limiting/Chronic Illness Diane Cass, Diane Cass Consulting	Human-Centred Design, Lived Experience and Building a Personalised Digital Youth Mental Health Ecosystem that Scales Paulus van der Kolk, ReachOut Australia
12:05pm - 12:50pm	Day 2 - Lunch with Exhibitors			

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	Room 6 & Virtual via OnAIR	Room 5 In Person Only	Room 7 In Person Only	Room 8 In Person Only
	Exploring the Truth Behind Co-Design #2 Chair: Gary Fahey	Embracing the Lived Experience Perspective #4 Chair: Katie Larsen	Understanding Social Wellbeing #4 Chair: Dr Filippo Katavake McGrath	Open Topic Chair: David Titeu
12:50pm - 1:20pm	Collaborative Community Suicide Postvention Response & Recovery Narelle Corless and Katie Towers, Headspace	The Birthplace of the Northern Territory's First Lived Experience Advocacy Body: The Peer-Led Education Pilot Noelene Armstrong, NT Lived Experience Network	Psychosocial Disability, Identity and Recovery: Perspectives Terri Warner, Australian National University	Innovative Holistic Wellbeing Assessment Tool Empowers Practitioners Susan Stevenson, New Zealand Curriculum Design Institute
1:25pm - 1:55pm	Establishing a New Mental Health Consumer Representative Peak in Queensland – Lessons and Reflections Zoe Cunningham, Melissa Pietzner and Abi Cooper, Queensland Mental Health Commission	The Data is Damning: 'Psychosocial Disability' From the Perspective of the People that the Mental Health Reform Agenda Forgot Helen Day, Top End Mental Health Consumers Organisation Inc. and Kerry Hawkins, National Mental Health Consumer and Carer Forum	Mental Wellbeing, Politics and Social Justice: How to Make Life Worth Living for Everyone Peta Dampney, From Me To You Consulting	Your Best Asset is Your Mental Health Dr Julie Rowse, Healthy Mind and Soul
2:00pm - 2:30pm	Beyond the Buzzword: Understanding and Implementing Co-Design in a Community Managed Mental Health Service Dr Carolynne White, Mind Australia	Interventions for Grieving and Bereaved Informal Caregivers: Exploring 'New Normal' Karla Thorpe, Mental Health Commission of Canada	Community-Based Care in the Eating Disorder Space. Cass Kowitz, Ended	Cannabis Oils, Recovery and Citizenship Fay Jackson, Flourish Australia
2:30pm - 3:00pm	Day 2 - Afternoon Tea with Exhibitors Keynote Session 3 Chair: Tony Clarkson			
3:00pm - 4:40pm	Join us for our final keynote session!			
3:00pm - 3:30pm	Preparing your Organisation for Genuine and Effective Co-Design Karen Gallagher and Leva Azadi, Today			
3:30pm - 4:00pm	Insight into the Real Worlds of Invisible Disabilities – Including Psychiatric and Neurological Illnesses – live stream from the UK Torie Robinson, CEO, Epilepsy Sparks			
4:00pm - 4:30pm	Solving the Mental Health "Crisis" - Applying Common Sense Within Complex Systems Taimi Allan, Tumu Whakarae (Director) Ember Innovations. Appointed to Te Hiringa Mahara; The Mental Health and Wellbeing Commission of NZ			
4:30pm - 4:40pm	Conference Closing & Prize Draws Talitha Natt, Head of Partnerships, Australian & New Zealand Mental Health Association			

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.

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Day 3 | Program

	Room 6 In Person Only	Room 7 In Person Only	Room 8 In Person Only
8:30am - 9:00am	Day 3 - Registration Open (Workshops Only)		
9:00am - 10:30am	Untangle from Workplace Complexity Ashleigh Fleming, Opposite	Online Mental Health Services and Peer Lived Experience Connection. Perspectives for Future Development William Campos, Independent Community Living Australia	Mental Health Supports and Modifications For People on the Autism Spectrum Davina Sanders and Steffi-Louise Stackpoole, Autism Queensland
11:00am - 12:30pm	Utilising Digital Mental Health for Prevention and Early Intervention Heidi Sturk and Dr Tania McMahon, eMHPPrac, and Dr Jan Orman, Black Dog Institute	Designing out Loneliness and Social Isolation in our Ageing Societies Associate Professor Danny Hills, Federation University and Professor Lisa Scharoun, QUT	Creating Calls to Action - Bringing Truth, Professionalism and Authenticity Into the Mental Health Sector Peta Dampney, From Me To You Consulting

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Aurora Healthcare is Australia's largest private specialty healthcare group focused on mental health, rehabilitation, specialty medical and community services. Our Australian portfolio comprises 16 private hospitals and community services in Australia's major cities and key regional areas. We are the nation's leading provider of mental health services, with 1,000 beds across Queensland, New South Wales, Victoria, and Western Australia – and soon in the ACT.

Aurora Healthcare proudly provides mental health treatment and services across the age spectrum, including adolescents, adult, and older persons. Collectively, we target a broad range of specific diagnostic areas, making us the expert and leader in mental health; our expertise across sub-specialties includes depression, anxiety, addictions, trauma, PTSD, perinatal and eating disorders.

We are now recruiting for suitably qualified psychiatrists, registrars, and nurses to join our dynamic hospital teams.

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Mental Health First Aid® is a purpose-driven Australian-based global provider of mental health first aid education. We are a registered health promotion charity, operating within a professional, evidence-based model, guided by best practice and the voices of lived experience.

Mental Health First Aid has more than 20 years of experience and proven effectiveness in developing training courses that improve mental health literacy and build community capacity to provide support to people experiencing mental health problems. Over the last two decades over 5 million people world-wide have received Mental Health First Aid training from over 60,000 Accredited Instructors.

The Mental Health First Aid suite of early-intervention education programs may be licensed and culturally adapted by eligible organisations in other countries.

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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 40 years. We partner with health, community, and government organisations to provide individualised, evidence-based and recovery focused support.

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- one of the largest housing providers in Australia for people experiencing mental health and wellbeing concerns
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eMHPrac

The e-Mental Health in Practice (eMHPrac) project is funded by the Australian Department of Health and aims to raise awareness and knowledge of evidence-based digital mental health resources. eMHPrac delivers free presentations, workshops, and webinars to health practitioners throughout Australia and also provides a range of online resources. eMHPrac is led by Queensland University of Technology in partnership with Black Dog Institute, Menzies School of Health Research, and University Centre for Rural Health of the University of Sydney.

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Website: www.emhprac.org.au



Grow Australia

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Email: national@grow.org.au

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Health Workforce Queensland

Health Workforce Queensland is a not-for-profit, non-government organisation and our purpose is to create sustainable health workforce solutions that meet the needs of remote, rural, regional, and Aboriginal and Torres Strait Islander communities, challenged by a shortage of health professionals.

Health Workforce Queensland collaborates with key remote and rural primary health care stakeholders; participate in community development; provide scholarship initiatives; facilitate professional development; engage future workforce; and capture data and produce evidence to ensure we continuously improve our effectiveness.

Phone: 07 3105 7800

Email: admin@healthworkforce.com.au

Website: www.healthworkforce.com.au



Healthy Mind and Soul

Healthy Mind and Soul is a private practice that offers mental health services, clinical supervision, training, and public speaking. At IMHC 2022, Healthy Mind and Soul is proud to launch 'The Mentally Fit Leader' by Dr Julie Rowse. Julie uses relatable stories, metaphors, and practical examples to help leaders understand their own mental health and how to achieve optimal mental fitness to perform at their best. As a qualified mental health occupational therapist, speaker, coach, and author, she works with businesses, organisations, schools and community groups to develop and implement positive mental health strategies that stick and are sustainable.

Phone: 0419 357 272

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Speech Pathology Australia

Speech Pathology Australia is the national peak body for the speech pathology profession in Australia. Speech pathologists are university trained allied health professionals with expertise in the assessment and treatment of communication and/or swallowing difficulties. As part of the mental health team, they play an important role in diagnosing mental illnesses.

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20-22 March 2023

RACV Royal Pines Resort, QLD

anzmh.asn.au/camhc-2023

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