



COLLABORATING & INNOVATING GLOBALLY
TO INCREASE CHOICE, CAPACITY, DIVERSITY
& QUALITY OF MENTAL HEALTH

HOSTED BY



Australian & New Zealand
Mental Health Association

**Wednesday 7 June –
Friday 9 June 2023**

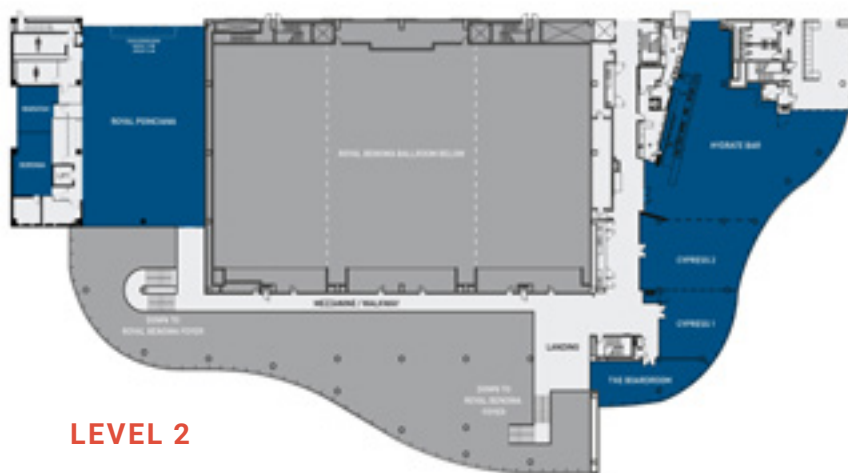
**RACV ROYAL PINES RESORT
GOLD COAST, AUSTRALIA**

#IMHC
anzmh.asn.au/imhc-2023

Conference Floor Plan



LEVEL 1



LEVEL 2

Plenary Sessions

Wednesday 7 June

Royal Poinciana, located on Level 2

Thursday 8 June

Prince Room and Monarch Room

Friday 9 June

Prince Room and Monarch Room

Masterclass

Masterclass 1 – Royal Poinciana,
located on Level 2

Masterclass 2 – Norfolk Hall

Masterclass 3 – Cypress Room 2,
located on Level 2

Breakout Sessions

Room 1 – Prince Room

Room 2 – Monarch Room

Room 3 – Royal Poinciana,
located on Level 2

Room 4 – Norfolk Hall

Exhibition: Prince and Monarch Foyer

Catering: Prince and Monarch Foyer

Poster Presentations: Prince and Monarch Foyer

Speakers Prep: Business Centre

Wellness Zone: Monarch Foyer

Program Committee

Taimi Allan (Conference Chair)

Tumu Whakarae (Director), Ember Innovations.
Appointed to Te Hiringa Mahara, The Mental
Health and Wellbeing Commission of New Zealand

Matthew Caruana

Mental Fitness Facilitator

Helen Day

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

Dr Jacinta Hawgood

Australian Institute for Suicide Research and Prevention
WHO Collaborating Centre for Research and Training in
Suicide Prevention Griffith University

Aden Hemmerling

Wellness Coordinator, Head to Health, Gateway Health

Zoey Ka

Lived Experience Project Lead, Mental Illness
Fellowship Australia

Professor Steve Larkin PhD

Pro Vice Chancellor - Indigenous Engagement, Office of
Academic and Student Engagement,
The University of Adelaide

G'day, and Kia ora Koutou, my fellow mental health enthusiasts!

Tuia te moemoea ki te whenua, tuia te whenua ki te moemoeā

Kei te iwi taketake, Yugambeh peoples, tēnā koutou i ngā mate kua riro

Otirā, tēnā tātou e te moemoeā e ora tonu nei.

Karanga mai rā.

It's my absolute pleasure to welcome you to the 24th International Mental Health Conference at the spectacular RACV Royal Pines Resort on the sunny Gold Coast in Queensland! As an Aussie-Kiwi with roots planted deeply on both sides of the Tasman, I am excited to be here to connect with some of my favourite speakers from both sides of the ditch and afar.

Over the next three sun-soaked days, we'll dive into our theme: Collaborating and Innovating Globally to Increase Choice, Capacity, Diversity & Quality of Mental Health. As someone deeply passionate about Lived Experience Leadership, Technology, Indigenous knowledge, and Innovation, I couldn't be more excited about the programme. I look forward to meeting you all – please don't be a stranger; come up and introduce yourself!

I'm nerding out over our impressive line-up of over 100 in-person and 7 virtual presenters! We're an international gathering, with presenters and delegates joining us from Australia, South Africa, Singapore, Canada, New Zealand, the United Kingdom, Pakistan, and beyond. It's like a veritable United Nations of mental health experts!

I want to extend my heartfelt thanks to my fellow committee members, the speakers, and the delegates for making this conference possible, and to the Yugumbeh People, who are the traditional custodians of the land on which this conference

is hosted, we are deeply grateful for their ongoing connection to this beautiful place.

Over the next three days, we'll explore various topics, such as Collaborating Communities, Connecting the World, and Innovating for Advanced Strategies and Outcomes. As someone who delivered a keynote on innovation and simplifying complexity just last year (and it was my first year attending, too!), I can vouch for the wealth of implementable ideas and lifelong connections you'll make here. This year, I'm over the moon to sink my Chair-teeth into interviewing some keynotes over my new favourite theme of A.I.

Now, it's time to dive in! Enjoy the interactivity, the pan-shops, and the workshops - but good luck trying to choose from all the fantastic speakers. It's like trying to pick your favourite Tim Tam flavour! So, let's make the most of this incredible gathering of minds and hearts, connect, and soak up all the knowledge and inspiration we can.

Welcome, once again, to the 24th International Mental Health Conference. Let's collaborate, innovate, and make a difference!



Nau mai haere mai!
Welcome welcome,
welcome

Taimi Allan
Conference Chair

Acknowledgement

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

Katie Larsen

Senior Manager Inclusion, Participation and Strategic Reform, Research and Advocacy, Mind Australia

Fiona McCallum

General Manager, MacKillop Seasons

Riana Manuel

Chief Executive/Tumu Whakarae – Te Aka Whai Ora, Te Aka Whai Ora – Māori Health Authority

Nieves Murray

Chief Executive Officer, Suicide Prevention Australia

Pip Rae

Word Styler

Robert Skeen

Chief Executive Officer, Aboriginal Health & Medical Research Council of NSW

Heidi Sturk

Director, eMHPrac (e-Mental Health in Practice), Queensland University of Technology

Dr Evelyne Tadros

Board Director, St John Ambulance NSW

Karla Thorpe

Vice President, External Affairs and Development, Mental Health Commission of Canada

General Information

The following information is provided to make your attendance at the 24th 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 in the **Conference Centre Foyer** of the **RACV Royal Pines Resort**. The hours of operation are as follows:

Wednesday 7 June	11:30am – 4:30pm Jacaranda Foyer
Thursday 8 June	8:00am – 5:00pm Prince Foyer
Friday 9 June	8:00am – 3:00pm Prince Foyer

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 using the following login:

Network: RACV Conference

Password: racvconference

MOBILE PHONES

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

DRESS CODE

The dress code is smart casual.

CONFERENCE CATERING

All catering will be served in the Prince and Monarch Foyers with the exhibitors and poster presentations.

ON-SITE COUNSELLOR

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

Kate Lloyd: 0409 873 571

Dr Jemina Petch: 0437 022 966

We are here to support you.

NETWORKING FUNCTION

The networking function will be held on Thursday 8 June from 5:00pm – 6:00pm in the Prince and Monarch Foyers. Canapes, beer, wine, and soft drinks will be served.

Live Music entertainment provided by Common Time Band.

ACCOMMODATION

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

RESOURCE CENTRE

As part of your conference registration, you will receive access to the 24th 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.

Key Contacts

Conference Manager

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

Program & Research Manager

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

Head of Partnerships

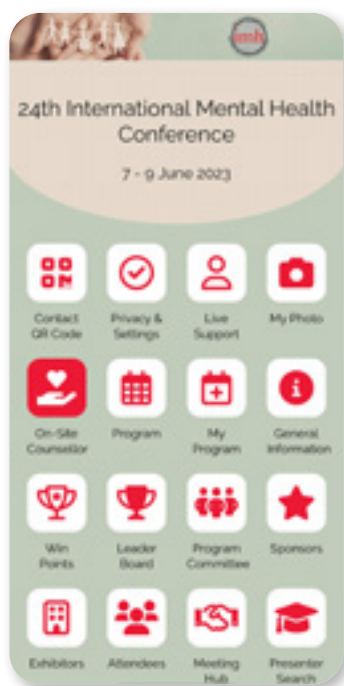
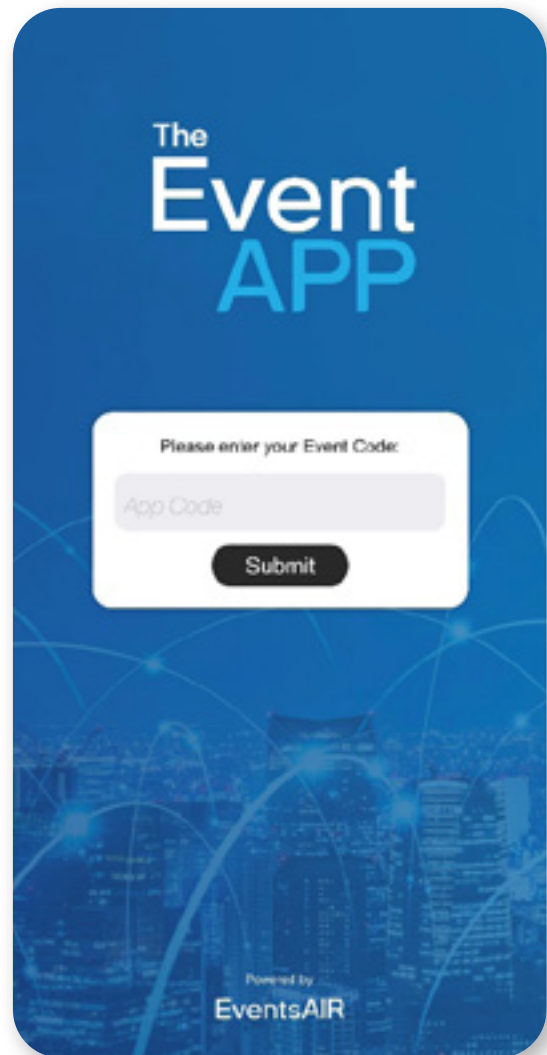
Talitha Natt | P: 0451 602 265 | E: partner@anzmh.asn.au



Conference App

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 **IMHC23**
4. Your name badge has your login and pin!



App Features

Stay up to date and connected during the 24th International Mental Health Conference.

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

PRESENTERS: Read speaker biographies and presentation overviews.

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

CONNECT: View who has joined us as an exhibitor and sponsor.

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

Time Out

WE KNOW THAT SOMETIMES YOU JUST WANT TO TAKE A LITTLE TIME OUT FROM THE CONFERENCE.

We recommend using the tables and chairs outside the conference area.

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

RESORT SITE MAP



Map Key

- 1 Hotel
- 2 Convention Centre
- 3 One Spa
- 4 Chapel
- 5 Undercover Tennis Courts
- 6 Tees' Clubhouse
- 7 Golf & Tennis Pro Shop
- 8 Outdoor Tennis Courts
- 9 Undercover Car Parking
- 10 Driving Range
- 11 Children's Playground
- 12 Outdoor Pool & Water Park
- 13 Pirie Sports Field & the Hub
- 14 Podium Lawns

-- Exercise / Nature Walk Please note that walking / jogging is not allowed on the Golf Course. Please adhere to marked route.

- - Walking Track to Metricon Stadium Metricon Stadium is an easy 15 minute walk south along Ross Street

- - Walking Track to Benowa Village Local shopping centre is a short 5 minute walk

Get Social With Us!

FOLLOW US

Australian & New Zealand Mental Health Association

FACEBOOK

facebook.com/ANZMHA



LINKEDIN

linkedin.com/company/4844914



TWITTER

twitter.com/ANZMHA



COMPETITION TIME

Use #IMHC throughout social media to enter the draw to win one of two prizes:

- In-person registration to IMHC24 or
- In-person registration to any ANZMHA conference!



Keynote Presenters



Taimi Allan

Tumu Whakarae (Director), Ember Innovations. Appointed to Te Huringa Mahara; The Mental Health and Wellbeing Commission of New Zealand, Conference Chair

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.

Keynote Panel: Through the Darkness: Humanising Suicidal thoughts – Insights from Lived Experience

Thursday 8 June | 3:15pm – 4:45pm



Matthew Caruana

Mental Fitness Facilitator

Matt unintentionally became an international speaker after becoming a paraplegic when he attempted suicide at 16. Now he is best known for his humanitarian work surrounding suicide prevention, resilience and mental health. His initiatives have been featured on 7 News, ABC, SBS, Channel 9, The Daily Telegraph and many other media sources while bringing him two separate (NSW) state-wide awards.

Keynote Panel: Through the Darkness: Humanising Suicidal thoughts – Insights from Lived Experience

Thursday 8 June | 3:15pm – 4:45pm



Nicole Gibson

CEO, Love Out Loud

Nicole Gibson is redefining what it means to be an entrepreneur. Obsessed by love's power to effect change, Nicole's focus is to facilitate a tipping point in human consciousness; to successfully actualise a civilisation of love by 2030.

Combining the intersections of visionary technology, transformative arts and complex systems thinking, Nicole is building a bridge to an entirely new way of living and being for humanity.

While leading events and facilitating experiences for over 1 million people, Nicole identified a code that unlocked humanity's greatest potential. Spanning from the establishment of a charitable organisation, to becoming the youngest Commonwealth Commissioner in history, to launching a social movement with a reach across 40 countries; Nicole's main preoccupation is to leverage love's power to transform and scale it to 350 million people globally.

Listed as Australia's top 100 most Influential Women, finalist for Young Australian of the Year and Pride of Australia Medalist, Nicole's just getting started.

Keynote Panel: Unlocking the Potential: Exploring the Role of Artificial Intelligence in Mental Health Care

Thursday 8 June | 8:45am – 10:45am



Dr Andrew J Greenshaw PhD

Professor & Associate Chair of Psychiatry

Dr. Andrew J. Greenshaw, University of Alberta Professor of Psychiatry and Neuroscience and Fellow of the Royal Society of Arts, trained in Europe and Canada. A Fellow of the Canadian College of Neuropsychopharmacology (CCNP), for which he served as President from 2000-2002, and the Collegium Internationale Neuropsychopharmacologicum (CINP), Andy served as University of Alberta Associate Vice President (Research) and served as a member of the Scientific Advisory Board of the CIHR Institute of Neuroscience Mental Health & Addiction. Andy has broad research interests that range from neuroscience to policy in mental health, with particular interests in AI and machine learning applications and e-health. Andy is a founding member of the University of Alberta computational psychiatry group, working closely with members of the Alberta Machine Intelligence Institute. Since 2016 Andy has served as Scientific Director for the APEC Digital Hub for Mental Health.

Keynote Panel: Unlocking the Potential: Exploring the Role of Artificial Intelligence in Mental Health Care

Thursday 8 June | 8:45am – 10:45am



Shivani Gupta

CEO of Leadership Engineers

Over the last 20 years, Shivani has spoken in 18 countries to over 250,000 people. Her why is to help businesses and leaders of those businesses grow. She takes her corporate career as a leader and over 20 years of running her own businesses into strategies and actions you can take. Her presentations are practical, actionable, and fun!

Mental Health for Leaders

Friday 9 June | 2:25pm – 2:55pm



Leanne Hall

Clinical Lead at Youth Insearch. Therapist. Author. Presenter. Advocate.

Leanne is a Psychologist and Therapist with over 20 years of experience working across a variety of government, non-government and private services and programs. She has a passion for working with young people, advocating for lived experience and actively working to dismantle the power hierarchies ingrained within the mental health system.

Leanne is a published author, publishing her first book in 2017 as well as contributing to several book chapters and peer reviewed research papers. She also has over a decade of experience as a TV presenter and media expert and commentator, and is often consulted on issues about relationships, youth mental health, parenting, mind/body health.

Currently the Clinical Lead for Youth Insearch, Leanne is involved in advocacy and lobbying alongside Peer Leaders for the development of a National Workforce of Lived Experience Peers. Also a PhD candidate at Sydney University Leanne is involved in a number of current research projects with a focus on Lived Experience and developing a robust evidence base for Youth Peer Work in Australia.

Keynote Panel: Through the Darkness: Humanising Suicidal thoughts – Insights from Lived Experience

Thursday 8 June | 3:15pm – 4:45pm

Keynote Presenters



Kevin Kropinyeri

Comedian, Proud Ngarrindjeri Man

Kevin is one of Australia's most established and popular Aboriginal comedians with a long list of Australian TV credits. He is a proud Aboriginal man from the Ngarrindjeri Nation of the lower River Murray, Lakes,

and Coorong region in South Australia.

A high-energy performer, Kevin is sharp, likeable, silly, and measured: mixing keen observational standup with joyfully ridiculous physical comedy. His engaging brand of comedy warmly invites both Aboriginal and non-Aboriginal audiences to share his journey, his culture, his life.

Kevin is a regular feature on the mainstream corporate, club and festival circuits and a Melbourne International Comedy Festival Roadshow regular. He is a bona fide star of the Indigenous performing arts scene.

Kevin Kropinyeri Goes Talkabout

Wednesday 7 June | 12:45pm – 1:45pm



Martina McGrath

PhD Candidate, Centre for Mental Health, University of Melbourne, Lived Experience Researcher and Advocate

Martina McGrath is a highly experienced lived experience of suicide and mental health, early career researcher and practitioner. Since 2015, Martina has significantly contributed to the development of public health equity policies and practices that better respond to the needs of people with a lived experience of suicide or mental health concerns. She also continues to contribute to the development of the lived experience workforce. Martina is a PhD Candidate at the Centre for Mental Health at the University of Melbourne. Martina's research examines the disclosure of suicidality within workplaces and the role of stigma in influencing disclosure decisions. Findings from the study will inform best practice guidelines for workplaces. Martina has also authored several peer-reviewed articles.

Martina has held positions on numerous state and national-level boards, committees, and advisory groups. In addition to completing her PhD, Martina is working as a research assistant at the University of Melbourne and as a lived experience consultant collaborating on projects across mental health, suicide prevention and lived experience workforce development. Martina is also a member of the Australian Institute of Suicide Research and Prevention's Suicidology Industry Advisory Board (Griffith University) and the University of Melbourne School of Population and Global Health's Graduate Research Training Committee. Martina is a founding co-chair of the International Association of Suicide Prevention's LGBTQA+ Special Interest Group and founder of the recently launched initiative UnLonely Hour.

Keynote Panel: Through the Darkness: Humanising Suicidal thoughts – Insights from Lived Experience

Thursday 8 June | 3:15pm – 4:45pm



Pip Rae

Word Styler

Pip Rae is a survivor strategist for victims of domestic and sexual violence. She is a former police officer, now journalist and Domestic violence subject matter expert with extensive time spent in law enforcement, government and organisational response to trauma.

She has knowledge of systemic and gender issues, jurisdictional processes and systems and embed an evidence-based approach to educate others in mental health, wellbeing and safety. She has created a womens change behaviour and wellbeing program that supports women at risk of domestic violence, contributed her expertise to podcast interviews, books, and events about the impact of abuse and violence on mental health. Pip chairs the National Child Protections Alliance and has provided evidence to State and Federal Government agencies in her advocacy work. Pip has previously shared her own journey from PTSD to Post Traumatic Growth where she invested heavily in her recovery from the debilitating impacts of severe anxiety, depression a dm adrenal fatigue to the life she only thought was possible. She now travels Australia educating front line workers and shaping the wholistic response provided to Domestic and Family Violence victims survivors.

Overload and Over It

Wednesday 7 June | 1:45pm – 2:15pm



Dr Kaushik Ram

Neuroscientist and Author

Dr Kaushik Ram is a Neuroscientist and Author. Formerly based at Brain and Mind Institute, University of Sydney, Dr. Ram was the project lead for the implementation of AI in clinical workflow. He was responsible

for the successful design and deployment of the MS Federated Imaging Repository (MSBIR) - an AI-assisted Neuroinformatics Platform housing 75,000 multiple sclerosis patients. Dr. Kaushik Ram completed his PhD in Neuroimaging genetics at the Department of Psychiatry, Westmead Hospital.

Dr Ram now applies his evidence-based research in leadership programs for enterprise and government organisations. He spoke at the 2022 TEDx Sydney Leadership event in collaboration with LinkedIn. He has been featured in multi-award-winning documentaries and is the author of Hidden World, a book that asks the deeper questions of science and spirituality.

Keynote Panel: Unlocking the Potential: Exploring the Role of Artificial Intelligence in Mental Health Care

Thursday 8 June | 8:45am – 10:45am

Keynote Presenters



Matthew Steans

Founder/CEO, Hope Upstream Charitable Trust

Matthew is the founder of Hope Upstream Charitable Trust, a charity for the research, evaluation, and development of suicide prevention initiatives relevant to Aotearoa

New Zealand.

He has previously launched Stigma Statistics, a social venture enabling suicide prevention through data and technology in the UK. Stigma provided technology for suicidal behaviour monitoring technology and real time suicide surveillance.

Addressing suicide prevention is the most important thing to Matthew given his personal experience. He is a passionate mental health campaigner with a corporate treasury and management consulting background.

Keynote Panel: Through the Darkness: Humanising Suicidal thoughts – Insights from Lived Experience

Thursday 8 June | 3:15pm – 4:45pm



Associate Professor Simon Stafrace

Program Director, Mental & Addiction Health, Alfred Health

A/Prof Simon Stafrace is a psychiatrist and the Program Director of Mental & Addiction Health at Alfred Health, a major tertiary

health service in metropolitan Melbourne.

He also holds several honorary appointments, as Clinical Adjunct Associate Professor at Monash University; Co-Chair of the Community Collaboration Committee of the Royal Australian & New Zealand College of Psychiatrists (RANZCP), bringing the voice of lived and living experience to the policy, education, and advocacy work of the College; and non-executive director of Mental Health Victoria, a peak body representing service providers in Victoria.

Simon was recently Chief Adviser in the Victorian Department of Health Division of Mental Health & Wellbeing from 2020-22. In that role, he contributed to the Royal Commission into Victoria's Mental Health System and was a member of the senior executive team tasked with early implementation of its recommendations.

Keynote Panel: Unlocking the Potential: Exploring the Role of Artificial Intelligence in Mental Health Care

Thursday 8 June | 8:45am – 10:45am



Jase Te Patu

CEO and Founder of M3 Mindfulness

Jase Te Patu is a highly sought-after international keynote speaker, thought leader and facilitator. His 30-plus years in the wellbeing industry make him the perfect person to empower people with simple and accessible wellbeing tools. He has garnered many awards for his work in the mental health space, is a popular Ted Talk Speaker, Edmund Hillary Fellow and Founder and CEO of M3 Mindfulness – a holistic Mindfulness-based resilience programme for teachers, students, and families right throughout Aotearoa, New Zealand.

Keynote Panel: Unlocking the Potential: Exploring the Role of Artificial Intelligence in Mental Health Care

Thursday 8 June | 8:45am – 10:45am



Gus Worland

Gotcha4Life Founder & Director, Advocate, Campaigner, Media Identity

Family man. Friend. Sports fan. Founder. Australian radio host and TV personality Gus Worland is the driving force behind mental fitness charity Gotcha4Life.

Gus set up the not-for-profit foundation in 2017 to help people develop the emotional muscle, resilience and social connections needed to build mental fitness and prevent suicide.

A compassionate bloke, Gus wears his heart on his sleeve. But that heart was shattered the day news arrived that Angus – his friend, mentor, and father figure – had taken his life. Angus seemed to have it all – a beautiful family, home, great job, the respect, and friendship of many. But he had something else too. Inner worries that were eating away at him. And he never told anyone about it. The stigma around mental health stops too many from reaching out and asking for help when life throws challenges our way.

Gus was driven to action. In 2016, he hosted three-part documentary series Man Up, lifting the lid on the relationship between masculinity, social isolation, mental health and suicide.

The attention it received created awareness – but Gus knew more was needed. 'It is time for action- time to draw a line in the sand to engage, educate and empower people about mental fitness.'

Gotcha4Life

Friday 9 June | 1:10pm – 1:55pm

Royal Poinciana and Virtual via OnAIR

11:30am – 12:30pm Registration Open

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

12:30pm Conference Opening

12:30pm – 12:40pm Welcome to Country

12:40pm – 12:45pm Welcome & Housekeeping

Taimi Allan, Tumu Whakarae (Director), Ember Innovations. Appointed to Te Hiringa Mahara; The Mental Health and Wellbeing Commission of New Zealand, Conference Chair

12:45pm – 1:45pm Kevin Kropinyeri Goes Talkabout

Kevin Kropinyeri, Comedian, Proud Ngarrindjeri Man

1:45pm – 2:15pm Overload and Over It

Pip Rae, Word Styler

2:15pm – 3:00pm Afternoon Tea

Masterclass 1

In-Person Only
Royal Poinciana Room

Masterclass 2

In-Person Only
Norfolk Hall

Masterclass 3

In-Person Only
Cypress Room 2

3:00pm – 4:30pm

Mindfulness & Yoga for Trauma Recovery

Lisa Brown, Frontline Yoga

Cultural Safety, The Bedrock of All We Do

Lang Baulch and Courtney Mitchell, Department of Health Victoria

Recruiting to Peer Positions: Understanding Core Competencies and Collaborative Contribution to Recruit and Support Effectively
Anna Scheepers, Neami National

6:30pm – 8:00pm

Pay Your Own Way Dinner

We know you want to make the most out of your day, so we've organised a venue for you to continue to network and enjoy dinner with your peers and new friends.

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.

WELLNESS ZONE

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

one•spa Massages

Complimentary 10-minute head and shoulder massages provided by qualified therapists from RACV Royal Pines Resort onsite day spa will be available during the following hours:

Thursday 8 June 10:00am – 4:00pm

Friday 9 June 10:00am – 2:00pm



Program | Day 2

Prince and Monarch Room and Virtual via OnAIR

8:00am – 8:30am

Registration Open

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

8:30am – 8:45am

Welcome & Housekeeping

Taimi Allan, Tumu Whakarae (Director), Ember Innovations. Appointed to Te Hinga Mahara; The Mental Health and Wellbeing Commission of New Zealand, Conference Chair

8:45pm – 10:45pm

Keynote Panel - Unlocking the Potential: Exploring the Role of Artificial Intelligence in Mental Health Care

Moderator: **Nicole Gibson**, Love Out Loud

Keynote Panelist: **Dr Andrew J Greenshaw PhD**, Professor & Associate Chair of Psychiatry, University of Alberta, Canada

Keynote Panelist: **Kaushik Ram, PhD**, Neuroscientist, Author and TEDx Speaker

Keynote Panelist: **Associate Professor Simon Stafrace**, Program Director, Mental & Addiction Health, Alfred Hospital

Keynote Panelist: **Jase Te Patu**, CEO and Founder, M3 Mindfulness

10:05am - 10:35am

Morning Tea with Exhibitors

Prince Room and Virtual via OnAIR	Monarch Room In Person Only	Royal Poinciana In Person Only	Norfolk Hall In Person Only	Virtual Only via OnAIR
Collaborating Communities – Joining Forces for Improved Outcomes Chair: Lauren Cox	Innovating for Advanced Strategies and Outcomes Chair: Dr Evelyne Tadros	Open Topic Chair: Matthew Caruana	The Mental Health Workforce – The Now and The Future Chair: Dr Jacinta Hawgood	Pre-Recorded Presentations ONLINE ONLY
Roots of Hope - A Canadian Community- Based Suicide Prevention Project) Sandra Koppert, Mental Health Commission of Canada	An Emergency Mental Health Service in a Major Paediatric Hospital. What Have We Learnt? Thomas Sheppard, EMHS/RACER, CAMHS and Kendall Louder, CAMHS	Joining The Dots: Approaches in Schools to Support Student Mental Health, Wellbeing and Academic Outcomes Jacob Elms, John Paul College	Are We There Yet? The Journey of Establishing and Integrating a Lived Experience Peer Workforce Karen McCann and Robyn Turk, Metro South Addiction and Mental Health Services	Exploring Intersection Between Mental Health and Financial Wellbeing: Learning from a Non For Profit Hannan Amin, Good Shepherd Australia New Zealand
What Helps and What Hinders in Receiving Mental Health Crisis Care Helena Roennfeldt, University of Melbourne	How Eastern Tantric Philosophy Could Provide Answers to Mental Health Randal Newton-John, Lucid Life	Physical Health and Mental Illness: A Review of Australian Initiatives, and Progress in Implementing the Equally Well National Consensus Statement Russell Roberts, Charles Sturt University	Partners In Care or Hidden Workforce? Family And Friend Carers in The Mental Health Sector Dr Lukas Hofstaetter, Carers NSW	Regulation and Quality Assurance for the Mental Health and Substance Use Health Workforce Dr Mary Bartram, Mental Health Commission of Canada
Co-Designing a Community-Based Psychosocial Service with Youth Experiencing Mental Illness in Tasmania Melissa Savaglio, Monash University	Using Neurofeedback to Assist with Phase One Complex Trauma Treatment: A Trial in Progress Dr Maxine O'Brien, Darling Downs Health AODS	Finding a Sense of Purpose to Strengthen our Mental Health Silvia Damiano, About My Brain Institute	Co-Designing a Cupid-Like Matching Algorithm to Connect People with Timely, Personalised Support: Wins and Lessons Dr Kevin Wernli, Oqea Curtin University	Beyond Health Equity: Introducing A Novel Comprehensive Equity and Social Justice Framework and Tool Brandon Hey, Mental Health Commission of Canada

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.

Day 2 | Program

	Prince Room and Virtual via OnAIR	Monarch Room In Person Only	Royal Poinciana In Person Only	Norfolk Hall In Person Only	Virtual Only via OnAIR
11:50am - 12:10pm	Being There: The Critical Roles Young People Play in Supporting Each Other Through Tough Times Thomas Riley, Batyr	Digital Mental Health Services a Dialogue of Opportunity to Meet Public Needs Dr Andrew Greenshaw, University of Alberta, Canada and APEC Digital Hub for Best Practices in Mental Health	Finding Human Connection Amidst the Digital Mental Health Revolution Heidi Sturk, e-Mental Health in Practice, Queensland University of Technology	Disclosing a Mental Health or Suicide Concern in Workplaces? Findings from a Systematic Literature Review Martina McGrath, Centre for Mental Health, University of Melbourne	Breaking the Cycle of Loneliness: The Power of Peer Support for Mental Health David Titeu, Linkmate
12:10pm – 1:10pm	Lunch with Exhibitors				
1:10pm – 1:40pm	Canadian Perspectives Panel	Connecting the World Chair: Nieves Murray	Collaborating Communities Chair: Dr Jacinta Hawgood	Mental Health Workforce - Then & Now Chair: Zoey Ka	Pre-Recorded Presentations #2 ONLINE ONLY
1:45pm – 2:15pm	Prioritizing Psychological Health and Safety of Health-Care Workers: The Canadian Context of a Global Issue Sandra Koppert, Sam Breau and Madi Sutton, Mental Health Commission of Canada	Stopping Young Male Suicides: Investigating the Unfortunate Intersection of Toxic Masculinity and Poor Mental Health Gareth Shantikumar and Ashvin Sharma, Man Up Western Australia	Implementing a World First Suicide Intervention First Aid Training for School Communities Marc Bryant, LivingWorks Australia	Does Distributed Problem Solving Reduce Burnout in The Mental Health Workforce? David Butt and Sharon Friel, Grow Australia	The Working Mind: Changing How We See Mental Illness in The Workplace Micheal Pietrus, Mental Health Commission of Canada, Opening Minds and Carrie Leeson, Lifeline Canberra
2:20pm – 2:50pm		The Silent Endemic - The Deafening Silence Around Adult Survivors of Child Sexual Abuse Gloria Masters, Handing the Shame Back Foundation	Evaluation of Queensland Injectors Network (Quihn) & Dokotela Psychiatry Partnership: Long Distance Relationships Can Work Dr Zelko Mustac, Dokotela	What Makes for a Good Mental Health Professional? The Changing Face of Our Sector Peta Dampney, From Me To You Consulting	Integrated Therapeutic Justice Care: Advancing 'Collaborative Care' for Aboriginal Children and Families With Complex Needs Dr Effie Zafirakis
		Evaluating the Effectiveness of Mates in Construction (MATES) Respond Program. Peers Guiding Postvention Worksite Support Nicholas Thompson, Mates In Construction	Building Connections for Mental Health in Disaster-Affected Communities Shannon Harvey and Paula Paananen, Relationships Australia NSW	Building Sustainable Workforce Planning Capability in the Mental Health Sector Julie Sloan, OAM and Tina McGhie, CuriJo	
2:50pm - 3:15pm	Afternoon Tea with Exhibitors				
3:15pm – 4:45pm	Join us for this inspiring Keynote Panel Keynote Panel - Through the Darkness: Humanising Suicidal thoughts – Insights from Lived Experience Moderator: Taimi Allan , Tumu Whakarae (Director), Ember Innovations. Appointed to Te Hiringa Mahara; The Mental Health and Wellbeing Commission of New Zealand, Conference Chair Keynote Panelist: Matthew Caruana , Mental Fitness Facilitator Keynote Panelist: Martina McGrath , PhD Candidate, Lived Experience Researcher and Advocate Keynote Panelist: Leanne Hall , Clinical Lead at Youth Insearch: Therapist. Author. Presenter. Advocate Keynote Panelist: Matthew Steans , Founder/CEO, Hope Upstream Charitable Trust				
4:45pm – 4:50pm	Conference Day 2 Wrap-Up Taimi Allan , Tumu Whakarae (Director), Ember Innovations. Appointed to Te Hiringa Mahara; The Mental Health and Wellbeing Commission of New Zealand, Conference Chair				

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 2

4:50pm – 5:00pm

Poster Presentations

Venue Foyer and Virtual via OnAIR

The Promise of a Better Life and a Brighter Future ≠ CALD+COVID+MH

Gordana Blazevic, The Migrant Centre (trading As Thriving Multicultural Communities)

Caring for the Staff Respondent: Impartial and Non-judgmental Care Within a Sexual Misconduct Investigation Process

Joanne Chua and Muhamad Haikel Bin Mohamed, National University Of Singapore

The Innovative Use of Narrative Therapy and Lived Experience Narrative Supporting Trauma Integration

Dr Lisa Fahey, Quovus

How Can Visual Co-Design Methods Create Connection and Foster Change in Suicide Help-seeking Research?

Charlotte Finlayson, The University of Sydney

Embracing Lived Experience to Motivate Change and Increase Reach: Peer Mentoring for Eating Disorders

Lucy Galbraith, Eating Disorders Queensland

Psycho-Educational Social Anxiety Mobile Apps: There Is Room for Innovation!

Trent Ernest Hammond, The University of Sydney

Supporting Carers' Mental Health Through Digital Access: The 'Connecting Carers Online' Project

Dr Lukas Hofstaetter, Carers NSW

Building a Culture of Participation and Collaboration

Sarah Josefsberg, Department of Health Victoria, Mental Health and Wellbeing Division

Positivum™ After Trauma: Unique Health Coaching Program to Improve Psychosocial Function and Symptoms of PTSD

Georgina Lamb, IPAR Rehabilitation

Lived Experience of Mental Illness: A Peer Support Work Program in Regional North Queensland

Enara Larcombe, Flinders University

A Dose of L&D (Learning & Development)

Vicki Lovell, Marigold Space

Culturally and Linguistically Diverse Families: New Perspectives. Infant Mental Health - My Baby's Mind Resource

Zakiyyah Muhammad, Family Haven SA

Why Are We Not 'Talking About It'?

Jaqui O'Donohoe, Access Psych

Occupational Therapy Australia Mental Health Strategy. Resetting The OT Profession to Navigate Mental Health Reform

Michelle Oliver, OT Australia

Workforce Development Program – Building the Perinatal Mental Health Workforce and Increasing Access to Care

Amelia Walker, Gidget Foundation Australia

Male Mental Health: What it's Like Living with Mental Illness

Simon Rinne, Mindful Men

Enhancing the Psychosocial Functioning of Adults with Severe Mental Illness:

A Controlled Evaluation of Foundations

Melissa Savaglio, Monash University

Suicide After-Care That Works. Lessons From a Bespoke Program

Alex Woods, Social Futures and Aimee McNeill, Healthy North Coast

Virtual Only

Brain Power, Optimal Mood, Resilience: What is Mental Fitness and Why Does It Matter?

Charmaine Hugo, University of Notre Dame

5:00pm - 6:00pm

Welcome Networking Reception

Meet the industry's top vendors at the end of day 2 - a unique opportunity to meet and connect with our sponsors, exhibitors and speakers. Drinks and canapes will be served.

Live band entertainment provided by Common Time Band

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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Program | Day 3

	Prince Room and Virtual via OnAIR	Monarch Room In Person Only	Royal Poinciana In Person Only	Norfolk Hall In Person Only	Virtual Only via OnAIR
8:00am – 8:30am	Registration Open Tea and coffee with buttermilk scones and croissants will be served for your enjoyment.				
	The Mental Health Workforce – The Now and The Future #2 Chair: Dr Evelynne Tadros	Collaborating Communities – Joining Forces for Improved Outcomes #2 Chair: Nieves Murray	Open Topic #2 Chair: Matthew Caruana	Workplace Solutions Chair: Heidi Sturk	Pre-Recorded Presentations #3 ONLINE ONLY
8:30am – 8:50am	Professional Dangerousness in Mental Healthcare: Navigating the Fine Line Between Safe and Unsafe Practice Nikki Butler, Nikki Butler Consultancy & Training	Helping a Town to Help Itself: Bringing Mental Health Education to Diverse Rural Communities Anna Dorsey, Headlight	More Than an Opinion: The Value of Lived Experience-Led Participation in Transformative Change Kevin Harper, Changing Minds	Caring For Our Team. How Do We Reduce Burnout for Psychologists Ensuring a Diverse Workplace? Jaqui O'Donohoe and Sarah Nesbitt, Access Psych	Ways Forward: Neurodiverse Paradigms and Practices Dr Britt Couchman, Autism Approach
8:55am – 9:15am	A Stepped Care Model for Perinatal Mental Health – Facilitating Equitable Access to Care Amelia Walker, Gidget Foundation Australia	Embracing the Power of Communities: Working Across the Sectors to Improve Mental Health Outcomes Renee Knapp, Think Effective Consultancy	Australian Medical Student Mental Health: Re-Imaged, Reformed and Representing the Needs of Future Doctors Elizabeth Middleton, Australian Medical Student Association	Reforming Healthcare Culture: Restorative Justice Fosters Psychologically Safe Workplaces to Reduce Suicide Among Healthcare Workers Sue Murray OAM, Zero Suicide Institute of Australasia	Addressing The Role of Acculturative Stress on Mental Health in Immigrant Youth: Implications for Practice Doukessa Lerias, University of South Australia
9:20am – 9:40am	Building a Better Future in the Outback Georgie Woods, Outback Futures	The Coming Together of Lived Experience and What It Means to Find Your North Zoey Ka, Mental Illness Fellowship of Australia	Somewhere Between Heaven and Hell: Navigating Services for Queer Victims of Religious Trauma Dr Joel Hollier, University Of Sydney	Occupational Therapy Australia Mental Health Strategy. Resetting The OT Profession to Navigate Mental Health Reform Michelle Oliver, OT Australia	
9:45am – 10:05am	No Shrinking Violet: The Ripple Effect of Workplace Trauma Dr Jacinta Buchbach, Respect At Work, In Safe Hands, Educators in Safety	Striving to Support the Supporters: Evaluating Support Groups for Caregivers of those with Eating Disorders Jane Rowan, Eating Disorders Families Australia	Acts of Kindness: The Importance of Social Connection, Kindness & Compassion as Protective Factors Abbie Williams, Letters Of Hope	What Can Be Done About Australia's Rising Incidence of Psychological Workplace Injury and Burnout? Georgina Lamb and Drew Schultz, IPAR Rehabilitation	
10:05am - 10:35am	Morning Tea with Exhibitors				

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Day 3 | Program

	Prince Room and Virtual via OnAIR	Monarch Room In Person Only	Royal Poinciana In Person Only	Norfolk Hall In Person Only
	Connecting The World - Our Diverse Global Community Chair: Abbie Williams	Collaborating Communities Joining Forces for Improved Outcomes #3 Chair: Heidi Sturk	The Mental Health Force - The Now and The Future #3 Chair: Renee Knapp	Innovating for Advanced Strategies and Outcomes #2 Chair: Zoey Ka
10:35am – 10:55am	How Can Visual Co-Design Methods Create Connection and Foster Change in Suicide Help-seeking Research? Charlotte Finlayson, The University of Sydney	Comorbid Mental Illness and Chronic Disease in First Nations Australians: A Systematic Review Dr Bushra Nasir, The University of Queensland	Build Back Better App - Smartphone App Addressing Distress in Emergency Service Workers and Volunteers Dr Denise Meuldijk, Black Dog Institute, UNSW	Caring For Our Team. How Do We Reduce Burnout for Psychologists Ensuring a Diverse Workplace? Jaqui O'Donohoe and Sarah Nesbitt, Access Psych
11:00am - 11:20am	Strengthening Meaningful Connection Matthew Caruana, Mental Fitness Facilitator	Exploring Self-Stigma in Rural Areas of NSW and Possible Ways to Address It Timothy Heffernan, Mental Health Commission of NSW	Panel Presentation: Setting Up Peer Workers to Succeed: Why Embedding a Lived Experience Culture Is Key Jackie Hallan and Emily Smith, ReachOut, Heather Nowak, Mental Health Peer Work Solutions	WellNUS Framework: A Systematic Approach to Enhance Employee Mental Wellbeing - A Case Illustration Dr Andrew Epaphroditus Tay and Katherine Koh, National University of Singapore
11:25am - 11:45am	Connecting The Dots: A Prevention and Intervention Methodology Targeting Psychiatric Comorbidities in Neurodiversity Fiona Stojcevski, Private Practice	Closing The Gap: National and State-Wide Implementation of Indigenous Suicide First Aid Training in Australia Tegan Scheffe, LivingWorks Australia	Panel Continued	Eating Disorder Recovery Through Connected Eating: Addressing A Gap in Community-Based Meal Support Services Lucy Galbraith, Eating Disorders Queensland
11:50am - 12:10pm	OTFC+ The Development of an Innovative Model of Service Delivery in the Mental Health Space Michael Crisci and Dino Mennillo, OTFC Group	Psychiatric Diagnostic and its Relationship to Chemical Restrain in Residential Aged Care Facilities Jennifer Mulvogue, Central Queensland University	Panel Continued	Like & Subscribe - Flipping the Narrative; Social Media, Technology & Using Data for Change Alex Farquhar, Batyr
12:10pm – 1:10pm	Lunch with Exhibitors Join us for our final Keynote Session and Conference Closing Keynote Session Chair Taimi Allan , Tumu Whakarae (Director), Ember Innovations. Appointed to Te Hiringa Mahara; The Mental Health and Wellbeing Commission of New Zealand, Conference Chair Gotcha4Life Gus Worland , Gotcha4Life Founder & Director, Advocate, Campaigner, Media Identity M3 - Healing Communities with Māori Stories, Mindfulness and Movement Jason Te Patu , CEO and Founder of M3 Mindfulness Mental Health for Leaders Shivani Gupta , Business Speaker, Business Coach, Business Author Conference Closing and Prize Draws Taimi Allan , Tumu Whakarae (Director), Ember Innovations. Appointed to Te Hiringa Mahara; The Mental Health and Wellbeing Commission of New Zealand, Conference Chair			

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.

Notes



Visit our website www.emhprac.org.au
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Exhibition Hall Map

Exhibition Hours

Thursday 8 June 8:00am – 6:00pm

Friday 9 June 8:00am – 2:00pm



EXHIBITOR LISTING

- | | |
|---|--|
| 1 Registration | 9 Grow |
| 2 Registration | 10 ACM Healthcare |
| 3 Australian & New Zealand Mental Health Association | 11 Ramsay Psychology |
| 4 Australian & New Zealand Mental Health Association | 12 E-Mental Health in Practice (eMHPrac), Queensland University of Technology |
| 5 Speech Pathology Australia | 13 Livingworks Australia |
| 6 Star College Australia | 14 Stride Mental Health |
| 7 Mentoring Men | 15 Mid North Coast Local Health District |
| 8 New Zealand Health Group | |

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

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

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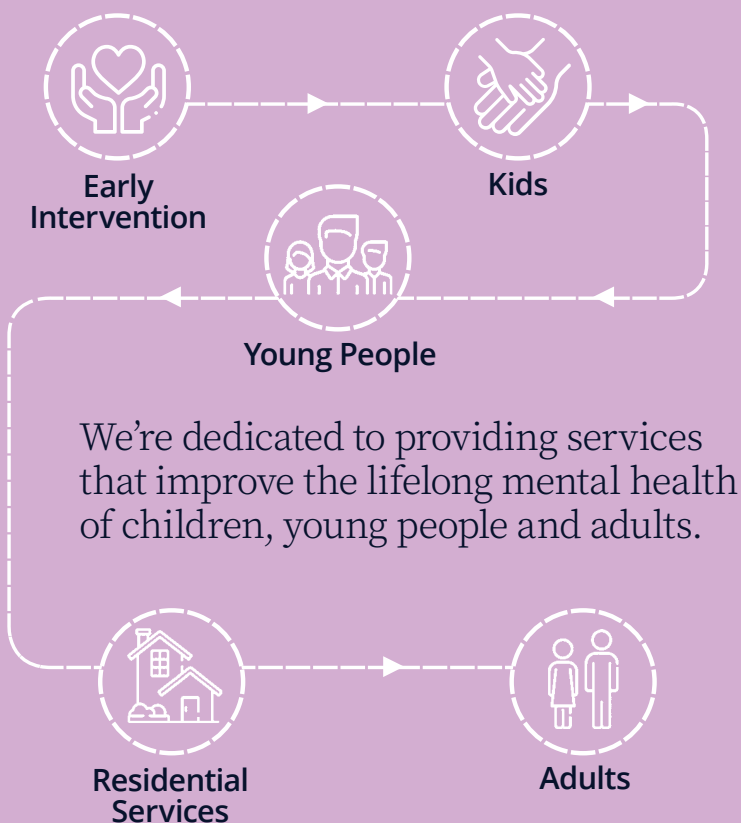
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Website: www.grow.org.au



Mentoring Men

Mentoring Men is a registered Australian charity providing free long-term one-to-one life mentoring for men who are going through some challenges or changes in their life. We focus on a proactive approach, engaging with men who need help before they spiral into crisis.

Sometimes just having someone listen, without judgement or agenda, can be the difference between life and death. Our volunteer Mentors provide vital support for men which in turn creates stronger, healthier families and communities.

Why only MEN? In short, men represent 75% of all suicides in Australia and yet most suicide prevention support services are more effective at reaching women not men.

Mentoring Men provides a support that is accessible to every man in Australia. So let's support men in their life journey.

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Website: www.mentoringmen.org.au



**Mid North Coast
Local Health District**

Mid North Coast Local Health District

MNCLHD Integrated Mental Health and Alcohol and Other Drugs Services is a multi-award winning service that provides care for people experiencing problems related to mental and emotional wellbeing and substance use.

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Speech Pathology Australia

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