

Intl. Mental Health Con

**FROM LOCAL COMMUNITIES TO GLOBAL
PERSPECTIVES: REIMAGINING &
REVOLUTIONISING MENTAL HEALTH**



WEDNESDAY 4 & THURSDAY 5 JUNE 2025



THE LANGHAM GOLD COAST, QLD



HOSTED BY

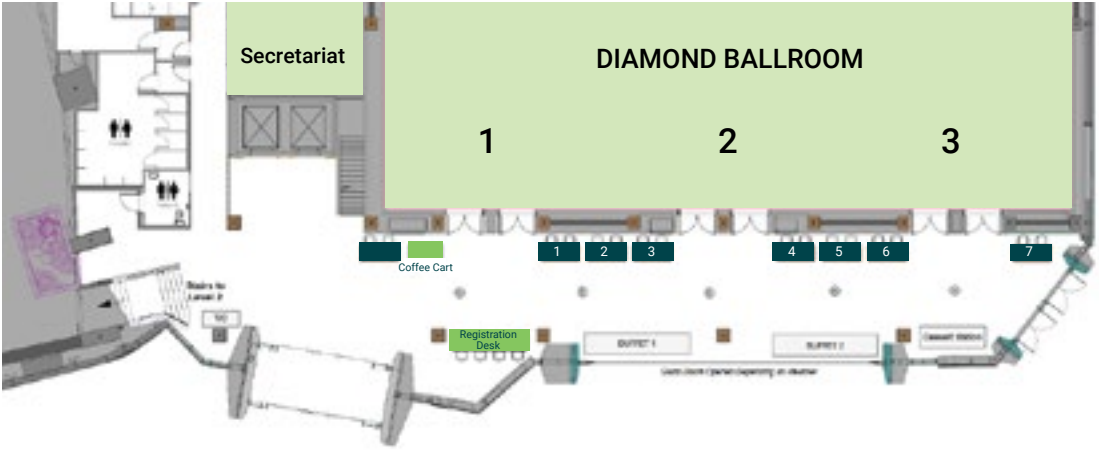


**Australian & New Zealand
Mental Health Association**

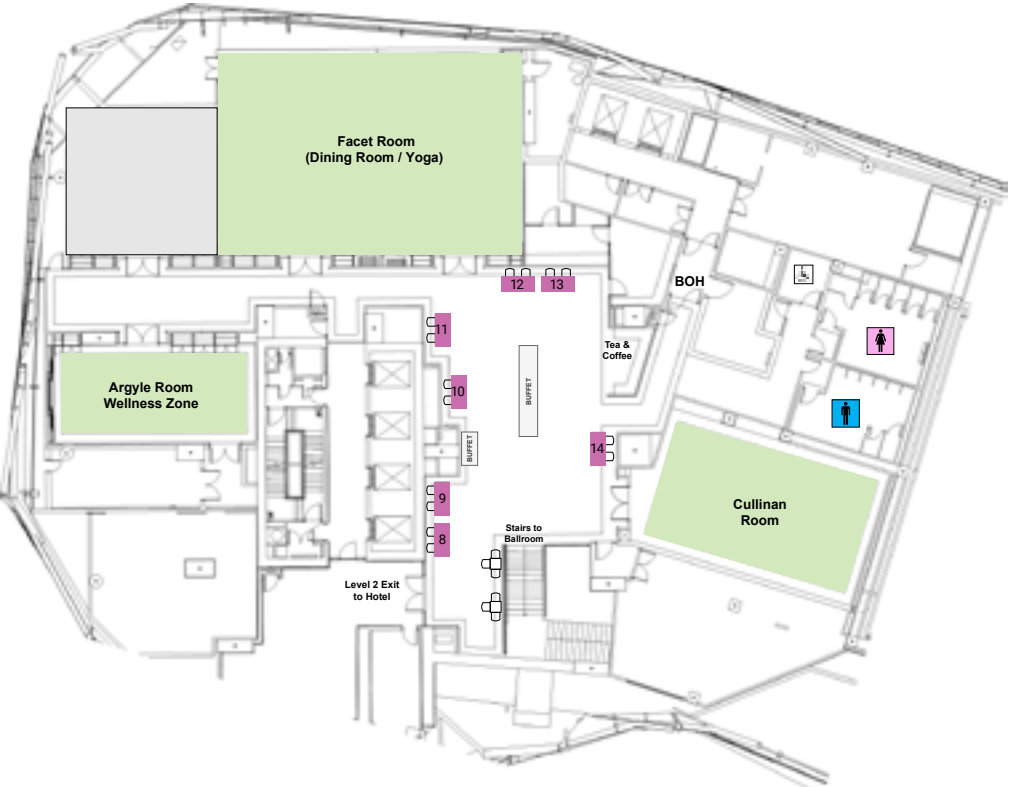
**[ANZMH.ASN.AU/IMHC](https://anzmh.asn.au/imhc)
#IMHC25**

FLOOR PLAN

Ground floor



Level 1



Exhibitors

Diamond Foyer (ground floor)

- 1 eSafety Commissioner
- 2 Amplar Health
- 3 Access Psych / ipar
- 4 eMental Health in Practice (eMHPPrac)
- 5 Stride Mental Health
- 6 Mind-Life
- 7 Australia & New Zealand Mental Health Association (ANZMHA)

Mezzanine Foyer (level 1)

- 8 DV-Alert, Lifeline Australia
- 9 Hader Clinic Queensland Private
- 10 The Healthy Communities Foundation Australia
- 11 AIS International Group
- 12 Arafmi
- 13 The Health Retreat
- 14 MediRecords

Intl. Mental Health Con.

Exhibition Hours

Wednesday 4 June 7:30am – 4:30pm
Thursday 5 June 8:00am – 3:30pm

Plenary Sessions

Diamond Ballroom

Concurrent Sessions

- Room 1 – Diamond Ballroom 1
- Room 2 – Diamond Ballroom 2
- Room 3 – Diamond Ballroom 3
- Room 4 – Cullinan Room (level 1)

- Catering:** Diamond Foyer (ground floor) & Mezzanine Foyer (level 1)
- Exhibition:** Diamond Foyer (ground floor) & Mezzanine Foyer (level 1)
- Dining Room:** Facet Room (level 1)
- Wellness Zone:** Argyle Room (level 1)
- Speakers Prep:** Secretariat (ground floor)
- Counselling Room:** Secretariat (ground floor)

Wellness Activities

- Yoga:** Facet Room (level 1)
- Breath Body Connection:** Argyle Room (level 1)

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

WELCOME



Welcome to the 2025 International Mental Health Conference – an event I return to each time with a deeper sense of purpose (*and yes, carrying both my conference lanyard and a growing list of things I still want to change*).

As someone with roots firmly planted on both sides of the Tasman, I bring with me a love of bold ideas, practical change, and the sometimes-messy, often-beautiful intersections of community, systems, and humanity. Think of me as a slightly rare species – part architect, part demolition crew (with a heart), who tears up when lived experience takes the mic and lights up when someone mentions AI.

This isn't your average rinse-and-repeat event. IMHC evolves, adapts, and sometimes tosses the playbook completely. We're not just redesigning the box – we're asking if it was ever worth building. Thanks to a wildly imaginative committee who don't just think outside the box, but occasionally set it alight, they, together with the ANZMHA team have created a program that feels alive, grounded and unapologetically real.

Think of the next two days as less "sit and listen" and more "lean in and get curious." You'll hear from brilliant minds across lived experience, digital innovation, equity and system redesign – all rethinking what mental health can look like when we actually put people first.

I acknowledge the Yugambah People, Traditional Custodians of this land. With over 65,000 years of knowledge rooted in healing, story and community, this Country holds wisdom that has long sustained wellbeing. If we're serious about transformation, we must stop treating that wisdom as symbolic and start learning from it – genuinely and with humility. I also honour those of us with lived and living experience, whose insights continue to push our thinking, our systems and our responsibility to do better.

So however you've arrived here – burnt out or fired up – I hope you leave with a renewed sense of connection, sharper tools, and at least one good idea that keeps you thinking all the way home.

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.

Program Committee



Taimi Allan
Mental Health Commissioner for South Australia | Conference Chair



Dr Aimee Gayed
Postdoctoral Research Fellow, Black Dog Institute



Dr Andrew J Greenshaw PhD
Professor of Psychiatry and Neuroscience, University of Alberta, Canada



Jason Haitana
Ngati Tuwharetoa Te Ati Haunui a Paparangi Ngati Maruwharanui | Principal Advisor Lived Experience, Hauora Maori Services Directorate | Te Whatu Ora



Dr Kim Hamrosi
Chief Executive Officer, Corporate Mental Health Alliance Australia



Dr Jacinta Hawgood PhD
MClInPsy, BPsy(Hons), BSSc, MAPS, MICDA, Associate Professor, Suicidology, Griffith University



Ellie Hodges
Chief Executive and Founder Lived Experience Leadership & Advocacy Network, LELAN



Zoey Ka
Principal Project Officer, Lived Experience, Queensland Health



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



Katherine Koh
Learning Consultant & Deputy Lead, Growth & Partnerships, National University of Singapore



Martina McGrath
Lived Experience Practitioner



Emily Preston
Innovation Lead, Ember Innovations



Simon Rinne
Director, Founder and AMHSW, Mindful Men



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



Sandra Surace
Workplace Mental Health and Wellbeing Specialist and Counsellor



Iudita Trifa-Schmidt
Chief Executive Officer, Out Doors Inc.



Conference MC
Nicole Gibson
Founder & CEO, inTruth Technologies

GENERAL INFORMATION

The following information is provided to make your attendance at the **2025 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 **Diamond Foyer** of The Langham Gold Coast. The hours of operation are as follows:

Wednesday 4 June 7:30am – 4:30pm
Thursday 5 June 8:00am – 3:30pm

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 Welcome Event. The conference has a no name badge, no entry policy.

Wi-Fi

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

Login: **Langham Events**
Password: **Ocean24**

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 our on-site counsellors from Relationships Australia QLD:

Day 1: Michelle Kelly 0418 189 079
Day 2: Tricia Holden 0429 011 632

We recommend contacting Michelle or Tricia via text message to arrange to meet. We are here to support you.

Conference Catering

All catering will be served in the Diamond & Mezzanine Foyers with the exhibitors and poster presentations.

Seating will be available in the Facet Room on level 1 during the lunch break.

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 2025 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 5 business days after the conference.

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 **IMHC25**
- 4 Your name badge has your login and pin!



App Features

Stay up to date and connected during the 2025 International 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.



We're giving away a number of exciting prizes at IMHC25.

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.

HOW TO WIN

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

Winners must be present to claim their prizes.

Here are some examples of how points can be earned:

- Conference Check-In
- Exhibitor Trivia
- Visit the Poster Presentations
- Join us at the Networking Events
- Mystery Points around the conference venue

Key Contacts

Conference Manager

Lisa Grant • T: 0435 314 052 • E: imhc@anzmh.asn.au

Program Coordinator

Lise Saunders • E: program@anzmh.asn.au

Head of Partnerships

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

COMPETITION

GET SOCIAL WITH US!

Use **#IMHC25** 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 IMHC26 **or**
2. In-person registration to any ANZMHA conference!

FOLLOW US
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CONFERENCES

ANZMHA is proud to host the following conferences in 2025



eMHprac
E-MENTAL HEALTH IN PRACTICE

 Gulf University

 Black Dog Institute

 University of Sydney

 University of Melbourne

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AccessPsych

KEYNOTE PRESENTERS



Mary Ann Baynton
CEO, Mary Ann Baynton
& Associates Corp.

Mary Ann has been called the “godmother of psychological health and safety”. She served as co-chair of the Technical Committee for the Canadian Standard on Psychological Health and Safety in the Workplace, was a member of the Mental Health Commission’s Workforce Advisory Committee, a member of the Employment Standards Committee and director for Workplace Strategies for Mental Health.

As a consultant, Mary Ann supports employers, governments, unions, teams and associations to resolve issues involving mental health, psychological safety, conflict or performance concerns.

Transforming Workplace Cultures: Practical Strategies for Promoting Mental Wellbeing
Thursday 5 June | 9:15am – 10:00am



Dr Marc Brackett PhD
Founding Director, Yale Center
for Emotional Intelligence

Marc Brackett, Ph.D., author of *Permission to Feel*, is the founding director of the Yale Center for Emotional Intelligence and a professor in the Child Study Center at Yale University. Marc has published 125 scholarly articles on the role of emotions and emotional intelligence in learning, decision making, creativity, relationships, health, and performance. He is the lead developer of RULER, an evidence-based, systemic approach to social and emotional learning that has been adopted by more than two thousand schools, pre-K through high school, across the United States and in other countries. Marc has received numerous awards and is on the board of directors for the Collaborative for Academic, Social, and Emotional Learning (CASEL). He is co-founder of Oji Life Lab, a digital emotional intelligence learning system for businesses. Marc also consults regularly with corporations like Facebook, Microsoft, and Google on integrating emotional intelligence principles into employee training and product design.

Workshop: Mastering Emotional Intelligence for Wellbeing and Success (Livestream)
Wednesday 4 June | 11:00am – 12:00pm

The Power of Emotional Intelligence to Transform Wellbeing and Success (Livestream)
Thursday 5 June | 3:55pm – 4:55pm



Emma Elder
Lived Experience Program Lead,
Black Dog Institute, UNSW

Emma specialises in supporting researchers and people with lived and/or living experience of mental health challenges, suicide and self-harm in participatory research methods, with an outcome of real-world impact.

Emma supported the relationship between 100+ Lived Experience Advisors and teams working in partnership within 28 research studies and 33 projects across Black Dog Institute in 2024.

Emma was recently involved in the co-development of a bespoke approach to lived experience engagement at Black Dog Institute. She is also a co-author of the Co-Design Kickstarter, a publication co-developed in response to a need for a resource to support meaningful co-design research.

Engaging People with Lived Experience: Overcoming Barriers and Ensuring Meaningful Involvement
Thursday 5 June | 8:40am – 9:10am



Penny Jones
Director of Integrated Mental
Health, Alcohol & Other Drugs
Mid North Coast Local
Health District

Penny began her healthcare career in 1997, initially working in Cardiothoracic ICU and Emergency before shifting focus to Paediatrics and eventually finding her passion in Mental Health. As a founding member of the Gna Ka Lun Adolescent Inpatient Unit, she demonstrated strong alignment with the therapeutic and strategic needs of youth mental health. To deepen her expertise, she completed a Graduate Certificate in Child and Adolescent Mental Health Nursing and later a Master of Nursing (Mental Health Nurse Practitioner) in 2006. Her work in Emergency Mental Health honed her capabilities in rapid assessments, mental health legislation, and district-wide consultation-liaison roles. Penny then transitioned to the private sector as Director of Nursing for a mental health and rehabilitation clinic, where she led a successful accreditation process, earning multiple “Met with Merit” results—particularly for consumer partnerships. Furthering her qualifications, she completed a double Master’s in Public Health and Health Management at UNSW. As Chief Operating

KEYNOTE PRESENTERS

Officer at Karitane, she contributed to perinatal mental health research, co-developing the Family Outcomes Screen tool and publishing in a peer-reviewed journal. Returning to public service, Penny became Director of Integrated Care at South Western Sydney Local Health District, where she led the implementation of the Patient Flow Portal and the Collaborative Medical Neighbourhood Model, promoting integration between hospitals and primary care. Now at Mid North Coast Local Health District, Penny leads the integration of Mental Health and Alcohol and Other Drugs services. She has secured multiple grants, established the EMHARRT team, improved clinical outcomes, and strengthened fiscal performance. Her leadership extends to international partnerships and translational research, bridging clinical innovation with operational excellence. Penny is widely respected for her ability to balance strategic vision with hands-on clinical leadership and service transformation.

Just Listening: A Compassionate Approach to Supporting Individuals in Distress
Wednesday 4 June | 3:10pm – 3:40pm



Prof Kairi Kölves
Professor - Australian
Institute for Suicide
Research and Prevention
Director - WHO Collaborating
Centre for Research and
Training in Suicide Prevention
School of Applied Psychology,
Griffith University

Professor Kairi Kölves works at the Australian Institute for Suicide Research and Prevention and is the Director of the WHO Collaborating Centre for Research and Training in Suicide Prevention, School of Applied Psychology at Griffith University. She has been working in suicide research and prevention over 25 years and has been involved in several national and international projects and has been an adviser to the World Health Organisation. She is a member of several advisory committees (e.g., the WHO’s Strategic and Technical Advisory Group on Mental Health, Brain Health and Substance Use). Her work has been published in over 200 publications.

The Mental Health Implications of Climate Change: Understanding Eco-Emotions and Suicidality
Thursday 5 June | 3:20pm – 3:50pm



Anna Lembke, MD
Professor of Psychiatry
at Stanford University and
author of the New York Times
bestseller Dopamine Nation:
Finding Balance in the Age of
Indulgence (Dutton 2021)

Anna Lembke, MD is professor of psychiatry at Stanford University School of Medicine and chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. A clinician scholar, she is the author of more than a hundred peer-reviewed publications, has testified before the United States House of Representatives and Senate, and has served as an expert witness in federal and state opioid litigation. She is an internationally recognised leader in addiction medicine treatment and education.

In 2016, she published *Drug Dealer, MD – How Doctors Were Duped, Patients Got Hooked, and Why It’s So Hard to Stop* (Johns Hopkins University Press, 2016), highlighted in the *New York Times* as one of the top five books to read to understand the opioid epidemic (Zuger, 2018).

Dr. Lembke appeared in the Netflix documentary *The Social Dilemma*, an unvarnished look at the impact of social media on our lives.

Her book, *Dopamine Nation: Finding Balance in the Age of Indulgence* (Dutton/Penguin Random House, August 2021) was an instant New York Times and Los Angeles Times bestseller, has been translated into 35 languages, and explores how to moderate compulsive overconsumption in a dopamine-overloaded world. Her latest book *The Official Dopamine Nation Workbook*, is a practical, interactive guide to moderating consumption in a world of plenty.

The Plenty Paradox: How the Pursuit of Pleasure Leads to Pain... And What to Do About It (Livestream)
Wednesday 4 June | 9:00am – 10:00am

KEYNOTE PRESENTERS



Tegan Scheffe
Managing Director - TLS Indigenous Consultancy

Tegan Scheffe, a proud Bidjara and Kamilaroi woman, has a strong background in primary health care and is a recognised leader in suicide prevention. She co-developed the Sunshine Coast's First Nations Suicide Prevention Strategy and has held key roles in national programs like LivingWorks I-ASIST and Thirril's National Indigenous Postvention Service. Tegan is committed to community-driven, co-designed solutions that enhance the wellbeing of Aboriginal and Torres Strait Islander peoples through culturally responsive, evidence-based approaches. She now leads her own consultancy, delivering best-practice services to support Indigenous communities.

Growing the Skills and Capacity of the Social and Emotional Wellbeing (SEWB) Workforce in Regional/ Remote Indigenous Communities
Wednesday 4 June | 3:45pm – 4:15pm



Dr Clinton Schultz
Director, First Nations Strategy and Partnerships, Black Dog Institute

Dr Clinton Schultz is a Gamilaraay man and registered psychologist with a keen interest in lore, culture, planetary health and holistic wellness, particularly the wellness of workers in health and community services. Clinton's PhD is titled: Factors of holistic wellbeing for members of the Aboriginal health and community workforce. Clinton received the award for academic excellence in a thesis from Griffith University for this work. He is the Director First Nations Strategy and Partnerships with Blackdog Institute, and Co-founder of Sobah Beverages.

The Position and Influence of Lore in Social and Emotional Wellbeing
Wednesday 4 June | 10:00am – 10:30am



Nathan Stapleton
Disability Awareness & Mental Health Advocate & Former Professional NRL Athlete

Nathan Stapleton is a former professional NRL athlete who played for the Cronulla Sharks before a devastating spinal cord injury during a country rugby league game changed his life forever. Since then, Nathan has become a passionate voice for disability awareness and mental health, focusing on resilience, inclusion, and the power of community support. Drawing on his lived experience, Nathan inspires others to face challenges head-on, adapt to new realities, and embrace opportunities for growth. His journey offers a unique perspective on the psychological transitions required to rebuild a life, emphasising the importance of inclusive systems and shared human connection.

Adapting to New Challenges: Resilience, Advocacy, and Inclusion in the Face of Adversity
Wednesday 4 June | 4:20pm – 4:50pm



Nicole Gibson
Founder & CEO, inTruth Technologies

Nicole Gibson is a visionary entrepreneur and founder of inTruth Technologies, the world's first emotion biotech. A former Commonwealth Mental Health Commissioner and the youngest to ever hold the role, Nicole brings 15+ years of experience at the intersection of mental health, emotional intelligence, and technology. Her work pioneers a future where emotional wellbeing is measurable, protected, and central to human systems. As the founder of Love Out Loud, she also leads a global movement for authentic connection and conscious leadership. Nicole is recognised globally for her bold vision, powerful communication, and commitment to human-centred innovation.

Navigating the Digital Age: AI, Social Media & Cybersecurity in Mental Health
Thursday 5 June | 10:05am – 10:30am



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7:30 AM - 8:30 AM		Registration and Exhibition Open Welcome! Come and say hello to the Conference Team and collect your name badge!		
8:30 AM - 9:00 AM		DIAMOND BALLROOM Welcome to the 2025 International Mental Health Conference Official Welcome, Housekeeping & Lived Experience Acknowledgment		
9:00 AM - 10:00 AM		The Plenty Paradox: How the Pursuit of Pleasure Leads to Pain... and What to do About It Anna Lembke, MD, Professor of Psychiatry at Stanford University and author of the New York Times bestseller Dopamine Nation: Finding Balance in the Age of Indulgence (Dutton 2021)		
10:00 AM - 10:30 AM		The Position and Influence of Lore in Social and Emotional Wellbeing Dr Clinton Schultz – Director, First Nations Strategy and Partnerships, Black Dog Institute		
10:30 AM - 11:00 AM		Morning Tea		
	DIAMOND BALLROOM 2	DIAMOND BALLROOM 1	DIAMOND BALLROOM 3	CULLINAN ROOM
	Panel Chair: Jason Haitana	Workshop 1 Chair: Emily Preston	Workshop 2 Chair: Sandra Surace	Workshop 3 Chair: Andrew Greenshaw
11:00 AM - 12:00 PM	Pacific Mental Health in Aotearoa New Zealand Dr Sarah Kapeli, Dr Sam Manuela, Dr Veronica Tone-Graham, Dr Analosa Veukiso-Ulugia, University of Auckland	Co-Designing Digital Support Tools: An Interactive Experience with an AI Grief Guide Simon Lowe, People Tech Revolution & Prof Evonne Miller, QUT	~LIVESTREAM~ Mastering Emotional Intelligence for Wellbeing and Success Dr. Marc Brackett PhD, Founding Director of the Yale Center for Emotional Intelligence and author of Permission to Feel	Constructing an Interdisciplinary Integrative Care Program Using Ketamine Infusions and Adjunct Psychotherapy Rachelle Dawson, David Armstrong, Carla Santarossa, Ross Calear, Zed3 Medical Group
12:00 PM - 1:00 PM		Lunch Seating is available in the Facet Room (level 1)		



IMHC25 Program Updates

Scan the QR code or view the conference app for the most up to date version of the program and to read overviews of each session.

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

Available in person and online via OnAIR Available in person only

	DIAMOND BALLROOM 2	DIAMOND BALLROOM 1	DIAMOND BALLROOM 3	CULLINAN ROOM
	Revolutionising Mental Health: Innovations, Challenges and Global Perspectives Chair: Emily Preston	Strengthening Lived Experience and Community Support: Advocacy, Research and System Transformation Chair: Assoc Prof Jacinta Hawgood	Bridging Gaps: Addressing the Needs of Diverse Populations Chair: Katherine Koh	Innovations in Workplace Mental Health & Wellbeing: Research to Action Chair: Martina McGrath
1:00 PM - 1:20 PM	Digital Hype or Help? Unpacking the Evidence behind Digital Solutions Heidi Sturk, eMHPrac QUT	Lived Experience at the Heart of a New Regional and Rural Mental Health Campaign Monica McInnes, Murrumbidgee Primary Health Network	Mental Health, Service Gaps and Community Support for Carers in Australia Dr Lukas Hofstatter, Carers NSW	Support Me! An Exploration of Social Support Used by Social Workers and Mental Health Nurses Associate Professor Ruby Walter, RMIT University
1:25 PM - 1:45 PM	mHealth App as an Aftercare Resource for Relapse Prevention Post AOD Residential Rehabilitation Melinda Symon, Hader Clinic Queensland Private	Training Young Mental Health Advocates: How Batyr Creates Impactful Outcomes for the Next Generation's Storytellers Genesis Lindstrom, Batyr	Inclusive Voices, Equitable Wellness: The Future of Mental Health Dr Mansai Murthy Mittinty, Flinders University	Space for Space Holders: Embedding Trauma-Informed Wellbeing in Mental Health Organisations Amy Smith, Kindred & Consulting with Purpose
1:50 PM - 2:10 PM	Nature-Based Therapy: Bridging Mental Health and Environmental Wellbeing for Holistic Healing Kit Kline, Nature Based Therapy	Exploring Loneliness in Mental Illness and Its Impact on Recovery: An Integrative Review Vanessa Caple, La Trobe University	Developing Australia's First Community Mental Health and Wellbeing Sector Workforce Strategy Chloe Jesson, Queensland Alliance For Mental Health	Uptake and Experience of Mental Health Crisis Support at Adelaide's Urgent Mental Health Care Centre Lainey Reynolds, Ashleigh Gallagher & Taila Leonello, Neami National
2:15 PM - 2:35 PM	Network Psychopathology: Leveraging Vulnerability and Simulation Modelling for Effective Mental Health Triaging Jonathan Yap & Haikel Muhammad, National University of Singapore	Hope and Resilience - Caring for Yourself While Supporting a Loved One with a Mental Illness Sophie Bretag, Metta Leaders	Reducing Weight Stigma and Supporting Meaningful Eating Behaviour Change Using Mindfulness and Values Jacinta Sherlock, The ACT Dietitian	Supporting the Shakey Bridge, Supporting Nurses to Stay Kate Hocknull, Charles Darwin University
2:35 PM - 3:00 PMAfternoon Tea				

	DIAMOND BALLROOM Join us for these inspiring Keynote Sessions
3:00 PM - 3:10 PM	A World First: Introducing the National Centre for Workplace Mental Health & Wellbeing Margo Lydon, Establishment Co-Lead, National Centre for Workplace Mental Health & Wellbeing
3:10 PM - 3:40 PM	Just Listening: A Compassionate Approach to Supporting Individuals in Distress Penny Jones, Director of Integrated Mental Health, Alcohol & Other Drugs Mid North Coast Local Health District
3:45 PM - 4:15 PM	Growing the Skills and Capacity of the Social and Emotional Wellbeing (SEWB) Workforce in Regional/Remote Indigenous Communities Tegan Scheffe, Managing Director - TLS Indigenous Consultancy
4:20 PM - 4:50 PM	Adapting to New Challenges: Resilience, Advocacy, and Inclusion in the Face of Adversity Nathan Stapleton, Disability awareness & mental health advocate & former professional NRL athlete
4:55 PM - 5:00 PM	Day One Wrap Up
5:00 PM - 6:30 PM	Welcome Networking Event Akoya Beachfront, The Langham (adjacent to the outdoor pool) You're invited to join us at the IMHC25 welcome networking event. Connect with friends, industry peers, presenters and our conference partners while enjoying light refreshments and live entertainment. Tickets are included for 2-day conference registrations. See the team at the registration desk to purchase additional guest and/or partner tickets.

6:30 AM - 7:30 AM	Start your morning with one of our Wellness Activities - Trauma Informed Yoga Class by Mollie Cox, Owner of Jala Yoga (Facet Room, level 1) - -The Breath-Body Connection: A Way To Find Your Calm & Clarity with Nicola Laye - (Argyle Room, level 1) - Beachfront Esplanade Walk (Meet at the entrance to the Conference Centre) -
8:00 AM - 8:30 AM	Registration & Exhibition Open
8:30 AM - 8:40 AM	DIAMOND BALLROOM Welcome to Day 2 Join us for these inspiring Keynote sessions
8:40 AM - 9:10 AM	Engaging People with Lived Experience: Overcoming Barriers and Ensuring Meaningful Involvement Emma Elder, Lived Experience Program Lead at the Black Dog Institute, UNSW
9:15 AM - 10:00 AM	Transforming Workplace Cultures: Practical Strategies for Promoting Mental Wellbeing Mary Ann Baynton, CEO, Mary Ann Baynton & Associates Corp.
10:05 AM - 10:30 AM	Navigating the Digital Age: AI, Social Media, and Cybersecurity in Mental Health Nicole Gibson, Founder & CEO, inTruth Technologies
10:30 AM - 11:05 AM	Morning Tea & In-Person Poster Presentations Visit the poster presentations and engage with poster authors to learn more about their research.

10:30 PM - 11:05 PM	POSTER PRESENTATIONS
	Batyr's Program Evolution Demonstrates Collaboration with Young People to Build National Mental Health Prevention Programs Genesis Lindstrom, Batyr
	Developing Addictions and Mental Health Nurses through Immersion and an Academic Partnership Program Grace Miphranum, Metro South Addictions and Mental Health Service
	Do Workplace Mental Health Interventions Work? Results from a Longitudinal Australian Study Dr Alisha McGregor, Mental Health Movement
	Experiences of Mental Health Carers Examined Using a Recovery Framework Dr Lukas Hofstaetter, Carers NSW
	Exploring the Nurture of Nature Through the Creative Arts Maureen (Mo) Carey & Alexander Ward, Out Doors Inc
	Hinapōuri Ki Hīnātore: Improving Mental Health Services and Outcomes via Integrated Care in New Zealand Prof Sarah Derrett & Prof Emma Wyeth, University of Otago
	"Holding Space with Someone" in the Lived Experience Suicide Prevention Landscape Glenn Cotter, The Healthy Communities Foundation Australia National Rural & Remote Suicide Prevention Program
	Imagine a World Free From Mental Health Stigma. Is Storytelling the Answer? Monica McInnes, Murrumbidgee Primary Health Network
	Mindful Leadership: Leading Effectively from the Inside Out Nikki Butler, Nikki Butler Consulting & Training
	Safety First: The Importance of Prioritizing Emotional and Psychological Safety for Mental Health Professionals Dr Ronald Bell, The Upper Room
	Secure Care for People with Intellectual Disability in Forensic Services: Is There a Way Forward? Natalie Conley, James Cook University
	Supporting Diverse Mental Health Carers. Findings From the 2024 National Carer Survey Dr Lukas Hofstaetter, Carers NSW
	The Role of Culture in Maximizing the Benefits of Feedback Informed Treatment in NUS Shatish Jayakumar, Kei Lim, Hui Yan Aw Yong, National University of Singapore
	The Traverse from Wounded to Wounded-Healer; A Lived Experience Case Study at IMHC25 Sarah Bennett, The Minds-Eye Movement
	Transforming Mental Health Care: The Power of Collaboration in Transitional Recovery Services Diana Bennett, Richmond Fellowship Queensland
	Understanding the Factors that Influence HDR Student Wellbeing: Research Findings and a Call to Action Dr Marissa Edwards, UQ



	DIAMOND BALLROOM 2	DIAMOND BALLROOM 1	DIAMOND BALLROOM 3	CULLINAN ROOM
	Innovations in Workplace Mental Health and Wellbeing: Research to Action Chair: Sandra Surace	Global Mental Health, Wellbeing Crises: Responding to Emerging Challenges Chair: Ellie Hodges	Igniting Hope & Inclusion Chair: Iudita Trifa-Schmidt	Interdisciplinary Approaches: From Community Engagement to Educational Enhancement Chair: Assoc Prof Jacinta Hawgood
11:05 AM - 11:35 AM	Revolutionising Mentally Healthy Workplaces – Forging a Path to Global Leadership Margo Lydon, National Centre for Workplace Mental Health & Wellbeing	Understanding and Exploring Work-Related Suicide: Insights from Recent Reviews and Legislative Changes Jamie Mallinder, Sentis	Australian Research on LGBTIQ+ Mental Health & Suicidality Terence Humphreys, LGBTIQ+ Health Australia	“Just the Feeling of Being Stuck”: Stories of Homelessness While Young in Aotearoa New Zealand Dr Mary Buchanan, University of Otago
11:40 AM - 12:10 PM	Unveiling the Blueprint: Practical Insights from Psychosocial Hazard Research Dr Tessa Bailey, The Opus Centre	Educators’ Experiences Working in Remote First Nation Schools Influence How They Teach Mental Health Literacy Anna Wilson, University of Alberta	Advancing Inclusivity in Health Datasets: Leveraging the ABS 2020 Standard Nicky Bath, Lgbtiq+ Health Australia	Soaring Towards Zero Clare Pearson, Little Wings
12:15 PM - 12:45 PM	Should We Be Screening for Mental Ill Health in High-Risk Workforces? Results of a Cluster Randomised Control Trial Prof Samuel Harvey, UNSW Sydney & Black Dog Institute	Addressing the Mental Health of the Australian Entertainment Industry Julia Edwards, Entertainment Assist (HPC) Ltd	Cultivating Mental Health Awareness: Exploring Strategies for Suicide Prevention and Supportive Culture Sean Phillip, The Shaka Project	Supporting Those Who Support Others: Contemporary Supervision Practices and Wellbeing Training Anita Morris & Lani Peach, Solutions Together
12:50 PM - 1:40 PM	Lunch			

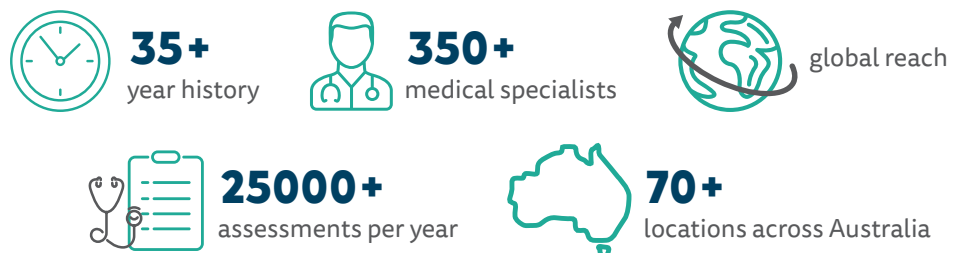


	DIAMOND BALLROOM 2	DIAMOND BALLROOM 1	DIAMOND BALLROOM 3	CULLINAN ROOM
	Strengthening Lived Experience & Community Support: Advocacy, Research and System Transformation Chair: Martina McGrath	Strengthening Systems & Teams Chair: Zoey Ka	Navigating the Digital Age: AI, Social Media & Cybersecurity in Mental Health Chair: Heidi Sturk	Promoting New Approaches in Mental Health Chair: Simon Rinne
1:40 PM - 2:00 PM	Better Outcomes: Combination Peer Support Intervention (PSI) and Psychological Therapy (PT) in Online Digital Space William Campos, Independent Community Living Australia	Empowering Managers with Skills to Support Mental Health in the Workplace Aimee Gayed, Black Dog Institute	How to Bridge the Gap Between Traditional Therapy and AI Sally-Anne McCormack, ANTSA Pty Ltd	What’s My Colour on the Spectrum Dr Krishna Solanki/ Carle, Access Paediatric Clinic
2:05 PM - 2:25 PM	Co-Designing a Child and Family Health and Wellbeing Local with Families in Southern Melbourne Dr Jennifer Bibb, University of Melbourne	A Strengths-Based Exploration of Integrated Care in Specialist Mental Health and Addiction Services in Aotearoa Brooke Craik, University Of Otago	Navigating the Manosphere: Addressing Online Misogyny’s Impact on Adolescent Male Mental Health Cameron Fraser, Inyourskin	Promoting Family Mental Health through Attachment: The Good Enough Parenting Cards Project Daisy Ashworth & Peter Butler, Communicare
2:30 PM - 2:50 PM	At What Cost? The Experiences of Families and Other Carers in Queensland Sue Goodwin, Arafmi	Burnout Prevention in Mental Healthcare: Beyond Self-Care to Intentional Mental Strength Nikki Butler, Child Focused Consultancy	Mental Health - Large Language Models and the Impending Generative AI Tsunami: Whatever Shall We Do? Andrew J Greenshaw PhD, University of Alberta & Taimi Allan, Mental Health Commissioner for South Australia	Cultivating Wellbeing: Exploring Practical Nature-Based Strategies for Burnout Prevention Peta Jay, Nature Zen (pre-recorded presentation)
2:50 PM - 3:15 PM	Afternoon Tea			
	DIAMOND BALLROOM Join us for our closing Keynote Sessions & Conference Closing			
3:20 PM - 3:50 PM	The Mental Health Implications of Climate Change: Understanding Eco-Emotions and Suicidality Prof Kairi Kölves Professor - Australian Institute for Suicide Research and Prevention, Director - WHO Collaborating Centre for Research and Training in Suicide Prevention, School of Applied Psychology, Griffith University			
3:55 PM - 4:55 PM	~LIVESTREAM~ The Power of Emotional Intelligence to Transform Wellbeing and Success Dr. Marc Brackett PhD, Founding Director of the Yale Center for Emotional Intelligence and author of Permission to Feel			
4:55 PM - 5:10 PM	Conference Closing			

mlcoa's purpose is to deliver expert medical opinions that are insightful and actionable, to complete the picture of injury and illness, bridging the knowledge gap with actionable specialist medical advice for optimal health outcomes.

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WHY CHOOSE US?



Samantha Norton
Executive General Manager

Scan the QR code to find out more about Who we are:



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At Amplar Health, we're making health personal.™

We're focused on improving healthcare experiences and providing greater access, choice and control for people in Australia to manage their health, no matter where they are.

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* Eligibility requirements may apply. Access to a smart phone, internet, and/or phone connection may be required to participate in some virtual health programs. Additional equipment may be required, depending on the specific program.

Amplar Health is a business of Medibank Health Solutions Pty Limited ACN 078 934 791 and part of the Medibank Group. Our healthcare services are delivered by Amplar Home Health, Amplar Allied Health, Amplar Virtual Health, Amplar Health Home Hospital and Amplar Preventative Health (which provides our CareComplete programs).

IMHC25 Wellness Activities

→ Trauma Informed Yoga

(limited numbers, bookings essential*)

Thursday 5 June | 6:30am - 7:30am
Facet Room, level 1

→ Breath, Body Connection

(limited numbers, bookings essential*)

Thursday 5 June | 6:30am - 7:30am
Argyle Room, level 1

**Visit the team at the registration desk to register for these sessions*

→ Morning Esplanade Walk

(no booking required)

Thursday 5 June | 6:30am - 7:30am
Meet at the entrance to the Conference Centre (ground floor)

→ Wellness Zone

Take some time out for you in the Wellness Zone.

Argyle Room, level 1



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SCAN ME

My Weekly Preview Issue 853, April 3, 2025

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As leaders in transforming mental healthcare, Zed3 is committed to the highest standards of clinical excellence. Our next-step treatments and cutting-edge practices are designed to improve outcomes and create a positive impact.

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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.

✉ membership@anzmh.asn.au
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eSafety leads and coordinates online safety efforts across Commonwealth departments, authorities and agencies. We provide education and prevention leadership, coordination and best practice guidance.

eSafety provides audience-specific and research-based advice, content, and education programs to raise awareness about online safety issues and empower all Australians to have safer online experiences.

We have substantial powers to protect all Australians – adults now as well as children – across most online platforms and forums where people experience abuse or harm.

✉ outreach@esafety.gov.au
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At **Amplar Health** we're driven by a desire to make health personal and we work collaboratively with government, businesses and not-for-profits to deliver health solutions for people across Australia. We provide a range of virtual services to help address the health needs of people in Australia including mental health support across triage, counselling, additional support and information and referral services.

☎ **0433 970 245**
✉ amelia.cox@medibank.com.au
🌐 amplarhealth.com.au



IPAR, part of the MedHealth Group since 2003, is a leading Australian provider of workplace rehabilitation and injury prevention services. With a nationwide presence, IPAR supports workers' recovery, return to work, and wellbeing through evidence-based programs, workplace assessments, and injury management services. Access Psych, founded in 2021 under the IPAR Rehabilitation brand, specialises in mental health services, including Workplace Wellbeing Programs (EAP), mental health training, and assessments. With AHPRA-certified clinicians, Access Psych collaborates with diverse industries to foster mental wellbeing, reduce stigma, and provide inclusive support. Both organisations are committed to innovative, sustainable solutions and positive outcomes.

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Mind-Life challenges us to Live Different, Think Different and Be Different outside the perceived limitations cause by the symptoms of mental illness. This is a wicked problem that has attracted many to want to solve. It requires brave and fearless thinking that can create new ways of living and being. Mind-Life's main assumption is that an inability to live and lead a full life is not necessarily or simply because of the symptoms of mental illness, but much more from the reduced opportunities to exercise our human rights and live extraordinary lives.

Through Mind-Life's human-centred design processes, a series of resources have been developed that provide practical tools for both help seekers and help providers to navigate the common pitfalls that can be experienced in seeking and providing help.

Mind-Life boldly disrupts the construct of "psychosocial disability" as we have known it – not by trying to change the person, but by challenging the narrative, creating the resources and events that build opportunities to LIVE different, THINK different and ultimately BE different.

☎ **1300 707 655**
✉ enquiries@mind-life.org.au
🌐 mind-life.org.au



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

✉ emhprac@qut.edu.au
🌐 emhprac.org.au



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

✉ hello@stride.com.au
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Zed3 Medical Group is a trusted leader in mental healthcare, committed to transforming lives through innovation, collaboration, and a deep focus on the wellbeing of our people. We seek to empower individuals to live fulfilling lives by providing compassionate, ethical care at the leading edge of clinical practice.

Through innovation and collaboration, we drive positive change in mental health, consistently advancing clinical practices and improving outcomes for the communities we serve.

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mlcoa is a leader in the field of independent medical opinions in Australia, with a diverse range of medical specialties represented on our esteemed panel of Experts. Our team provide guidance and support throughout the assessment process, leveraging over 35 years of experience delivering highly regarded and reliable independent medical solutions to a range of schemes and industries.

Our panel of Medical Experts offer trusted, evidence-based and quality opinions to inform the optimal management of personal injury cases. This valuable advice empowers your decision-making to best support an individual's rehabilitation, recovery, and return-to-work **options, ultimately leading to improved health outcomes.**

We are well-equipped to meet your needs, with permanent consulting suites in every Australian capital city, as well as over 100 key metropolitan and regional locations, and an expanding international network.

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Speech Pathology Australia (SPA) represents over 15,000 speech pathologists, advocating for better access to services for people with communication and swallowing difficulties. These challenges are often experienced by people with mental health needs. They also increase the risk of mental ill-health and distress.

Speech pathologists are university-trained allied health professionals skilled in assessing and treating such difficulties across all ages. They also provide education and training for service providers. SPA is committed to supporting its members and ensuring speech pathologists are recognised as essential in mental health care, promoting a holistic approach that includes communication and swallowing support.

📞 1300 368 835 | 03 8622 0438
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Health Translation Queensland provides a platform for greater integration and collaboration between clinicians, educators, researchers, academics, policy makers and health consumers.

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Delivery of training and assessment on behalf of Lifeline Australia (RTO 88036).
Funded by the Australian Government Department of Social Services.

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At **AIS International Group**, we are your trusted partner in background screening services. Accredited by the Australian Criminal Intelligence Commission, Australian Federal Police, and New Zealand Ministry of Justice, we ensure due diligence in candidate vetting. Operating across 165+ countries, we deliver national and international checks, including criminal history, employment, education, financial, and social media verifications. Sourced directly from primary authorities, our solutions are reliable, swift, and cost-effective. With quick response times and a commitment to safeguarding your organisation's reputation, AIS is Australia's premier background screening service. Trust us to mitigate risks and maintain workforce integrity.

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Arafmi is the peak body for unpaid mental health carers in Queensland, advocating for systemic reforms to government and service providers. It also provides support services to family members, kin and other mental health carers, including young carers, friends and other individuals who support someone experiencing mental ill-health. These free services and programs include a 24-hour Carer Support Line, individual and group support, workshops and respite accommodation. Arafmi also operates a community mental health and wellbeing service in south-east Queensland.

☎ **07 3254 1881**
✉ **marketing@arafmi.com.au**
🌐 **arafmi.com.au**



DV-alert is a nationally recognised training program with training and assessment delivered by Lifeline Australia and approved third parties on behalf of Lifeline Australia (RTO 88036). The program is funded by the Australian Government Department of Social Services as a key initiative under the National Plan to End Violence against Women and Children 2022-2032.

Since 2007, we have been working to build the knowledge and capability of frontline workers to reduce and prevent domestic and family violence.

DV-alert is led by experienced trainers dedicated to ending violence against women and children. Our workshops provide a safe space for frontline workers to learn, connect and be empowered to recognise and respond confidently to those in crisis.

☎ **02 8099 8222**
✉ **training.dvalert@lifeline.org.au**
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Hader Clinic Queensland provides ethical, compassionate, quality care with highly effective treatment programs delivered by a multi-disciplinary team of health professionals and lived experience staff.

Our primary purpose is to work with individuals to deliver long-term recovery treatment options to address alcohol and other substance dependence, alongside co-occurring mental health issues.

Hader Clinic Queensland has a 40-bed residential rehabilitation program and a 25-bed private hospital on-site to facilitate medically supervised detoxification and AOD education programs on a private 10-acre block of land. The education program includes Addictive Behaviours, Mental Health Mastery, Relapse Prevention, Trauma and Strength & Resilience groups.

☎ **1300 856 847**
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CONFERENCE EXHIBITORS



The Healthy Communities Foundation Australia is a charity founded 21 years ago in rural and remote Australia to deliver care to those who were most vulnerable. We deliver a range of services from GP and primary health care services, after-hours telehealth GPs, emergency clinical care, and mental health services. Our mental health services include a fully funded Suicide Prevention program to deliver community-based training and crisis support to anyone experiencing a personal crisis; An upskilling and training program for community members and professionals to enhance their practice in suicide prevention and/or mental health; Art Recovery Therapy (A.R.T) for DFSV survivors; Over 65s Wellbeing and connection program; and our Medicare rebated service providing access to Credentialed Mental Health Nurses, Psychologists, Accredited Social Workers, Mental Health Clinicians and Mental Health Dieticians at a reduced cost. All our services are delivered and run by regional, rural and remote people for regional, rural and remote people. Our philosophy is = Good health made easy. We help make health & social care accessible, easy to use and responsive to the needs of communities.

☎ **02 4062 8900**
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MediRecords is an industry-leader in cloud-based electronic health records and patient management software. Trusted by healthcare professionals in general practice, specialist care, government agencies, emergency services, and the Australian Defence Force, MediRecords specialises in secure data sharing using API and FHIR standards. Our platform bridges data interoperability gaps, linking clinicians, patients, and healthcare partner organisations.

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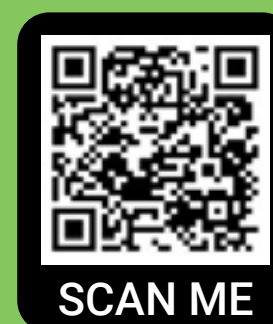
The Mind-Life project has been designed to reframe psychosocial disability, reduce stigma and improve community access for people who experience psychosocial disability.

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