



NEURODIVERGENCE WELLBEING CONFERENCE

**Innovation, Inclusion, Empowerment:
the Future of Neurodivergent Mental Health**



11-12 AUGUST 2025



RACV Royal Pines Resort, Gold Coast

ANZMH.ASN.AU/NWC
#NWC25

HOSTED BY



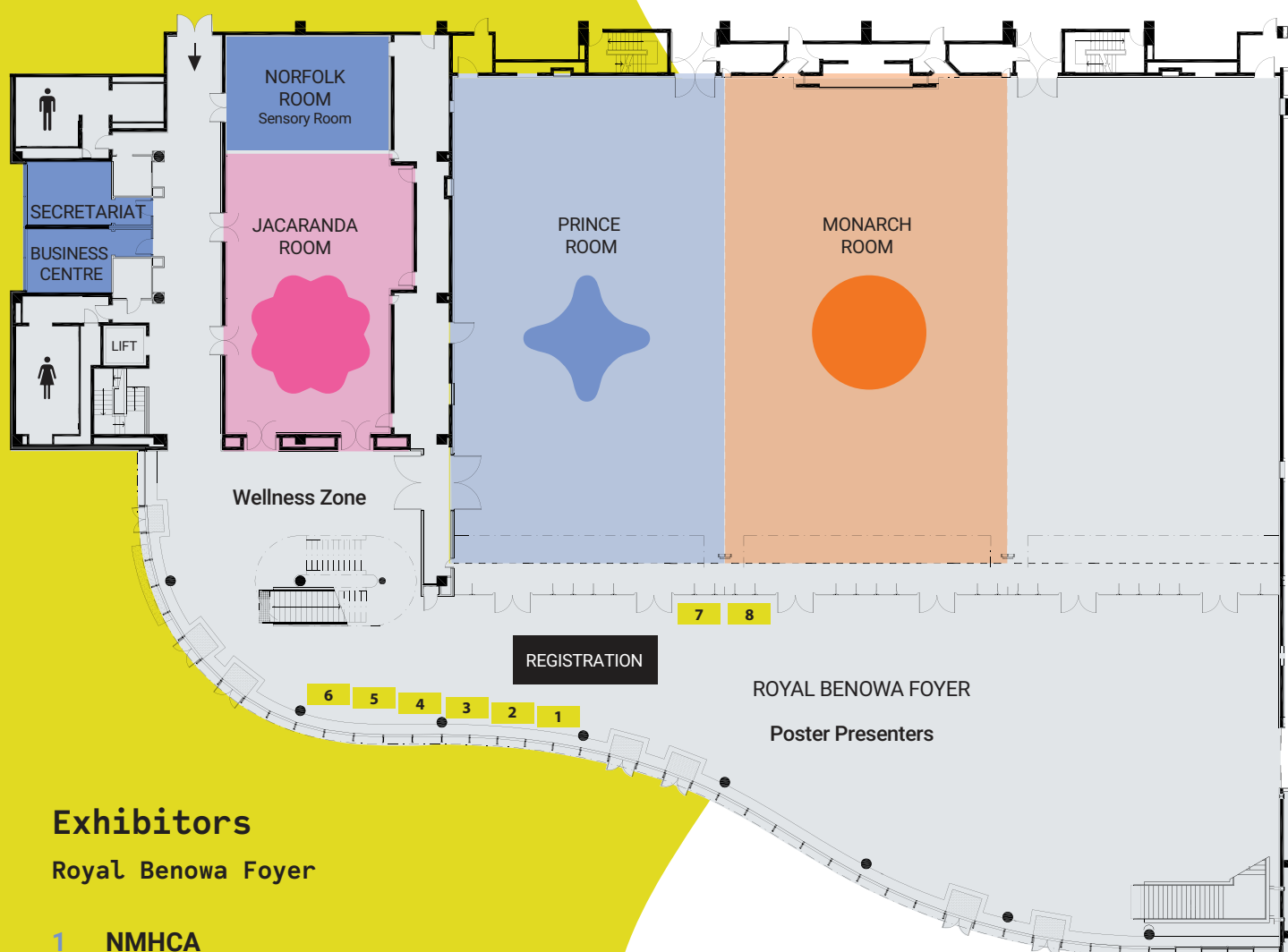
**Australian & New Zealand
Mental Health Association**



FLOOR PLAN



NEURODIVERGENCE WELLBEING CONFERENCE



Exhibitors

Royal Benowa Foyer

- 1 NMHCA
- 2 Amaze
- 3 Southern Cross Uni
- 4 Roses in the Ocean
- 5 Expressive Mind Therapy & Harry's Helping Hands
- 6 Social Futures
- 7 Social Science Translated
- 8 Monash University

CONFERENCE FLOOR PLAN

Exhibition Hours

Monday 11 August 7:30am – 5:00pm

Tuesday 12 August 8:00am – 3:30pm

Plenary Sessions



Prince & Monarch Rooms

Concurrent Sessions



Stream 1 – Prince Room



Stream 2 – Jacaranda Room



Stream 3 – Monarch Room

Royal Benowa Foyer: Catering

Royal Benowa Foyer: Exhibition

Royal Benowa Foyer: Wellness Zone

Norfolk Room: Sensory Room

Business Centre: Speakers Prep

Traffic Light Communication System



To support a respectful and neurodivergent-friendly space, delegates are invited to use the traffic light system to indicate social availability:



Green – Open to chat and connection



Yellow – Okay with brief or familiar interactions



Red – Not available for social interaction

Stickers will be available at the reception desk to place on your name badge. You can change colours anytime – no explanation needed.

Please respect each person's choice. This helps create a space grounded in **consent, clarity, and care**.

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

ACKNOWLEDGEMENT

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

Program Committee



Dr Gail Alvares

Senior Research Fellow, CliniKids



Professor Adam Guastella

PhD Clinical Psychologist



Erin Bulluss

PhD Clinical Psychologist, Samson & Bulluss Psychology & Consulting



Dr Joey Lawrence

Clinical Psychologist, Clinical Neuropsychology Registrar, Director of Neudle Psychology and Neurodiversity Advocate



Laurence Cobbaert

Eating Disorders Neurodiversity Australia (EDNA)



Sandhya Menon

Educational and Developmental Psychologist, Upwards & Onwards Psychology



Annie Crowe

Founder and CEO NeuroAccess, Human Rights Lawyer



Monique Mitchelson

Clinical Psychologist, Neurodivergent Woman Podcast



Kathleen Davey

CEO and Clinical Psychologist, Social Science Translated, Autism CRC & Decipher Zone



Justine Munro

CEO, Neurodiversity in Education Project



Dr Celia Falchi

Psychologist, Wellminded Psychological Services



Simon Rinne

Director, Founder and AMHSW, Mindful Men



Conference Host

Sam Stewart

CEO, Australian & New Zealand Mental Health Association

Want to Make the Most of Your Conference Experience?

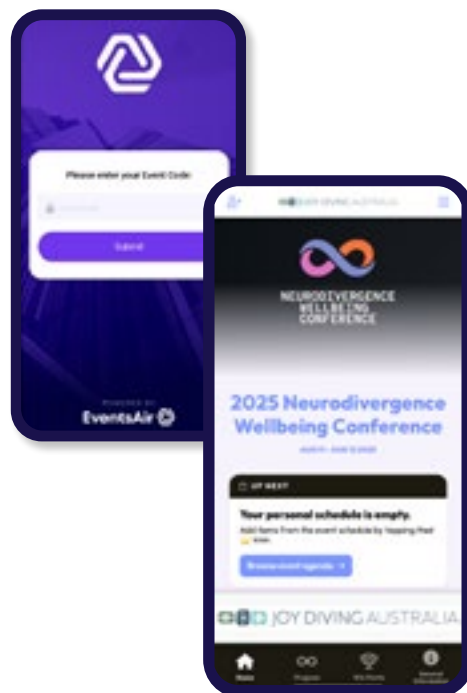
Download the conference app!

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 **NWC25**
- 4 Your name badge has your login and pin!



App Features

Stay up to date and connected during the 2025 Neurodivergence Wellbeing 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.



We're giving away a number of exciting prizes at NWC25.

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

GENERAL INFORMATION

The following information is provided to make your attendance at the **2025 Neurodivergence Wellbeing 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 **Royal Benowa Foyer of RACV Royal Pines Resort**. The hours of operation are as follows:

Monday 11 August 7:30am – 5:00pm
Tuesday 12 August 8:00am – 4:30pm

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 will be available throughout the conference.

Login: **RACVCONFERENCE**

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.

On-Site Counsellor

During the conference, if you feel the need to speak to someone, please contact our on-site counsellors:

Monday – Edna Lee • 0413 594 888

Tuesday – Kylie Turner • 0448 800 732

We are here to support you.

Conference Catering

All catering will be served in the Royal Benowa Foyer with the exhibitors and poster presentations.

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 Neurodivergence Wellbeing 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 &
Program Coordinator**
Lise Saunders

☎ 0439 790 454
✉ program@anzmh.asn.au

**Business Partnerships
Manager**
Carolyne Gowen

☎ 0451 602 265
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Autism Connect

National autism helpline

*Autism information you can trust.
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Autism Connect will connect you to a friendly team of advisors who provide expert information and advice in many areas, including:

- Exploring autism and Autistic identity
- Behaviour and communication strategies
- Assessment and diagnosis support
- School and education
- The NDIS
- Referrals to services
- Peer support connections
- Finding autism-inclusive events
- Making environments accessible

Phone: 1300 308 699

Email: info@autismconnect.org.au

Webchat: amaze.org.au/autismconnect





NATIONAL MENTAL HEALTH
CONSUMER ALLIANCE



Meaningful mental health reform starts with us.

DRIVEN BY JUSTICE



Built on decades of advocacy, we fight for human rights, person-led care, and consumer-led reform—holding systems and power to account.

UNITED FOR CHANGE



A federated alliance of states and territories representing 8000+ mental health consumers.

LED BY LIVED EXPERTISE



We're standing on the shoulders of giants, with 135+ years of collective consumer leadership.

About Us

We are Australia's national peak body for mental health consumers, built by and for people with lived experience of mental health challenges

We believe that those who've walked the path of mental health challenges should lead the way in shaping the systems that affect our lives.

We are not problems to be 'fixed'. The problem is a system that still treats distress as disorder, and diversity as deviance.

Join Us in Reimagining Mental Health



Follow us

@NMHCAlliance



admin@nmhca.org.au



www.nmhca.org.au

COMPETITION

GET SOCIAL WITH US!

Use **#NWC25** 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 NWC26 **or**
2. In-person registration to any ANZMHA conference!



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Australian and New
Zealand Mental Health
Association



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**Australian & New Zealand
Mental Health Association**

CONFERENCES

ANZMHA is proud to host the following conferences in 2025



KEYNOTE PRESENTERS



Bianca Buliga

**Artist Photographer and
Mental Health Advocate,
Bianca Joanna Photography**

Bianca Joanna is a documentary photographer, artist, and mental health advocate based in Adelaide, originally from Romania. As a neurodivergent woman with bipolar disorder and AuADHD, and a mother to two autistic children, she brings deep lived experience to her work. Photography is both a therapeutic tool and a means to spark dialogue around mental health, identity, and neurodiversity.

Bianca specialises in documentary and therapeutic photography, creating safe, pressure-free spaces where individuals feel seen. Her ongoing project *Inherited Duality* explores the realities of bipolar disorder, while her exhibition *Breaking the Silence: A Postpartum Story* confronts stigma around maternal mental health.

Keynote Panel: Addressing Stigma

Monday 11 August | 3:05pm - 4:05pm



Kartini Clarke

**CEO, Young Neurodiversity
Champions**

Kartini Clarke is the CEO of the Young Neurodiversity Champions and a law student at the University of Auckland.

Now in her penultimate year, she is passionate about the intersection of neurodiversity, the criminal justice system, and disabled workers' rights. Kartini began her advocacy journey after being diagnosed with ADHD just before her second year of university. Since then, she has worked to amplify the voices of neurodivergent youth, champion inclusive policies, and raise awareness through public speaking, research, and leadership.

**Beyond the Brain: How Neurodiversity
Shapes the Whole Body**

Monday 11 August | 4:10pm - 4:40pm



Angus Coplin-Walters **Founder, Croc Candy**

Angus Copelin-Walters is a 15-year-old entrepreneur and philanthropist from Cairns, Queensland. At just seven, he founded Croc Candy, a social enterprise offering handcrafted, crocodile-shaped confectionery. The business supports dyslexia awareness and has raised over \$50,000 for various causes. Diagnosed with dyslexia, Angus uses his experiences to inspire others, serving as the Australian Young Ambassador for the global charity Made by Dyslexia. His achievements have earned recognition from figures like Sir Richard Branson, global leaders and the late Queen Elisabeth. Angus's story is also featured in the children's book *Croc Candy*.

**A Personal Journey to Discover My
Dyslexic Superpower**

Monday 11 August | 10:05am - 10:25am



Dr Chris Edwards

**Research Fellow, Aspect
(Autism Spectrum Australia)**

Dr Chris Edwards is an Autistic Autism Researcher with Aspect (Autism Spectrum Australia) and Adjunct Research Fellow with Griffith University as part of the Inclusive Futures beacon. Chris also serves on the Executive Committee for the Australasian Society for Autism Research (ASfAR) and as a Non-Executive Director of Empower Autism. Chris has been supporting the Autistic community for over 10 years across various roles, and is most passionate about research in adulthood.

**Addressing the Autism Mental Health
Crisis Through Research and Innovation**
Tuesday 12 August | 9:30am - 10:45am

KEYNOTE PRESENTERS



Rebecca Flower

Senior Lecturer | Researcher, Therapy | La Trobe University

Dr Rebecca Flower (she/her) is a Senior Lecturer in the Department of Psychology, Counselling, and Therapy at La Trobe University. Her research focuses on 1) neurodiversity-inclusive workplace practices, and 2) mental health service provision for Autistic adults, the latter which she explores alongside Dr Rachel Jellett. This research explores the experience of Autistic adults and psychologists in working together. Bec is a first in family university graduate, neurodivergent (ADHDer), and is committed to conducting inclusive and respectful research that addresses practical questions of importance to the neurodivergent community. She is also the Executive Editor at the journal *Autism in Adulthood*.

Seen, Heard, Valued: Neurodiversity Affirming Psychology Practice
Tuesday 12 August | 8:40am - 9:25am

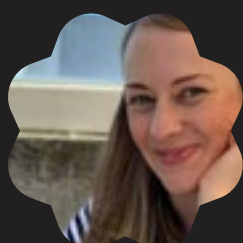


A/Prof. Wenn Lawson

Senior Researcher, Curtin Autism Research Group

Dr Wenn, an Autistic Researcher and British Psychologist whose work focus is Autism and Mental health, is internationally acclaimed. Wenn is well published, has won many awards, is a key theorist on the Monotropism theory of Autism, resides on the editorial board 'Autism in Adulthood', the Autism Research Institute (ARI) (US), and The American Autism Association. Dr Wenn, a key member of the Autism Co-operative Research Centre, (ACRC) Queensland, is a Family man with Autistic 'offspring' and grandchildren. Wenn's passions include neurodivergence, birds, animals, writing poetry and sharing his world with open minded and open hearted 'Others'.

Keynote Panel: Addressing Stigma
Monday 11 August | 3:05pm - 4:05pm

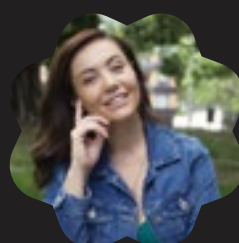


Dr Rachel Jellett

Lecturer, Swinburne University Of Technology

Dr Rachel Jellett (she/her) is a Clinical Psychologist in private practice and a Lecturer at Swinburne University. She works in partnership with Dr Rebecca Flower to research psychology service provision for Autistic adults. Inspired by her clients and research participants, Rachel is committed to improving accessibility, inclusivity, and equity in mental health services. She recently contributed to Australia's first evidence-based definition of Neurodiversity Affirming psychology practice and is particularly interested in exploring how these principles apply in real-world service contexts. Through her clinical and academic roles, Rachel aims to bridge the gap between research and practice, advocating for meaningful, evidence-informed change in psychological care.

Seen, Heard, Valued: Neurodiversity Affirming Psychology Practice
Tuesday 12 August | 8:40am - 9:25am



Bianca McIntyre

Bianca McIntyre, Lived Experience Educator, Bianca McIntyre

Bianca is a leading emotional regulation coach, therapist, and content creator dedicated to helping neurodivergent individuals navigate life with confidence and self-acceptance. With a strong foundation in Dialectical Behaviour Therapy (DBT), Bianca specialises in practical, relatable strategies for emotional resilience, self-regulation, and authentic living. Her work, reaching millions online, challenges mental health stigma with the philosophy "humanising before pathologising", advocating for self-understanding over labels. A sought-after speaker and educator, Bianca offers a refreshing, down-to-earth perspective on neurodivergence, encouraging audiences to embrace their emotions and engage with life through curiosity rather than expectation.

Keynote Panel: Addressing Stigma
Monday 11 August | 3:05pm - 4:05pm

KEYNOTE PRESENTERS



Sandhya Menon

Director, Upwards & Onwards Psychology

Sandhya Menon (she/her) is an AuDHD Developmental Psychologist and Author of beloved books *The Brain Forest*, *The Rainbow Brain* and her new upcoming book, *My Body's Power Pack*.

She helps guide children and families into early positive self-identity and a deep appreciation of their neurotype through assessment, workshops and resources. Hailing from Singapore from a multi-cultural family, she reflects deeply on intersectional issues, insists on nuance and embraces the diverse aspects that form self-identity.

Reimagining the Classroom: The New Way Forward in Supporting Diverse Learners
Tuesday 12 August | 3:50pm - 4:20pm



Peter Wharmby

Author, *Pete Wharmby Neurodiversity*

Pete Wharmby is an autistic/ADHD bestselling author and speaker on the topic of neurodiversity. His two books

have been translated into many languages, and his third book, on education and autism, is due in 2026. Pete is an ex-teacher from the UK, and is also parent to an autistic child. Pete has spoken internationally on many Autism-related topics, from Spain to Canada, and has worked with many major organisations, such as Warner Bros, Capita and Salesforce.

Untypical & Unaccepted - Why Depression and Autism May Co-Occur
Monday 11 August | 9:00am - 10:00am



Monique Mitchelson

Clinical Psychologist, Divergent Futures and the Neurodivergent Woman Podcast

Monique is an Autistic and ADHD'er Clinical Psychologist

and Co-Director of Divergent Futures training. She is a Board Approved Supervisor, has consulted on the National Autism Strategy and has co-authored 'The Neurodivergence Skills Workbook for Autism and ADHD' (2024) by New Harbinger. Monique has an interest in Autism and ADHD particularly in women and girls, and co-occurring chronic pain/illness, and trauma. Monique also co-hosts The Neurodivergent Woman Podcast with Clinical Neuropsychologist Dr Michelle Livock which shares free clinical and lived experience information on Neurodivergence in Girls and Women for professionals, neurodivergent people and their loved ones. The podcast has over 2 million downloads and is in the top 1% of podcasts on Spotify.

Keynote Panel: Addressing Stigma
Monday 11 August | 3:05pm - 4:05pm



Dr Annabel Prescott

CEO, TRACTION for Young People

Dr Prescott is a seasoned leader in youth health, wellbeing and development, with over 20 years of experience across Aotearoa

and Australia. Her career focuses on the intersection of young people's health and wellbeing and education. She currently leads TRACTION for Young People as its CEO — bringing strategic leadership to early intervention, strength-based youth mentoring, and trauma-informed education pathways. Previously, Dr Prescott held national leadership roles in New Zealand — most notably as Learning & Development Director for the New Zealand Drug Foundation and Chief Executive at Anamata Youth One Stop Shop, where she oversaw integrated youth health and clinical services. Dr Prescott has served on a number of national boards for both youth development and the addiction's sector along with expert advisory groups such as ASH NZ's Expert Advisory Group.

Strength-Based Hands-On Mentoring with Neurodiverse Young People
Tuesday 12 August | 3:15pm - 3:45pm

WELLNESS ACTIVITIES

Trauma Informed Yoga

(limited numbers, bookings essential)



Pavillion Lawns, Level 1



Thursday 5 June



6:45am – 7:45am

Morning Esplanade Walk

(no booking required)



Maps available at Reception



Anytime

Sensory Space

If you need a quiet space to rest, relax and recharge your own mental wellbeing take some time out in the Sensory Space. Featuring comfy chairs, low lighting and silence.

Wellness Zone

When you need a break from the crowd, come enjoy the Wellness Zone. There is a place to enjoy a quiet conversation with a friend or try your hand at building some LEGO Botanicals. It is a great space to reflect on the day and enjoy a moment away.

Inclusion Isn't a Garnish. It's the Whole Recipe.

Tired of teams that look great on paper but burn out under pressure?

We help you redesign the actual way your team works so no one gets left out, left behind, or left holding the chaos.

- 🔧 Smarter systems
- 🧠 Real neuroinclusion
- 🌊 Less stress, more flow

Built for the neurospicy.
Seasoned for complexity.
Delivered with zero fluff.

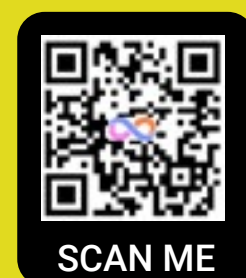
📱 Scan to taste the difference



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WIN a FREE REGISTRATION!

Scan the QR code and enter your details to receive updates as we plan NWC 2026 and go in the draw to win a **FREE REGISTRATION** to the 2026 conference!



SCAN ME

Program | Monday 11 August 2025

7:30 AM - 8:30 AM		Registration and Exhibition Open Welcome! Come and say hello to the Conference Team and collect your name badge!		
	Conference Opening Keynotes			
8:30 AM - 8:40 AM	Welcome to Country & Karakia Uncle John & Associate Professor Byron Rangiwai			
8:40 AM - 8:50 AM	Confereence Welcome, Housekeeping and Lived Experience Acknowledgement Monique Mitchelson, Divergent Futures And The Neurodivergent Woman Podcast			
9:00 AM - 10:00 AM	Untypical & Unaccepted – Why Depression and Autism May Co-Occur Peter Wharmby, Author, Pete Wharmby Neurodiversity			
10:05 AM - 10:25 AM	A Personal Journey to Discover my Dyslexic Superpower Angus Copelin-Walters, Founder, Croc Candy			
10:25 AM - 11:00 AM		Morning Tea with Exhibitors		
	 PRINCE ROOM	 JACARANDA ROOM	 MONARCH ROOM	 Virtual via OnAIR Only
	Workshop 1 In Person Only	Workshop 2 In Person Only	Workshop 3 In Person Only	Virtual via OnAIR Only Chair: Dr Joey Lawrence
11:00 AM - 11:30 AM	Self-Compassion: A Strength-Based Approach to Mental Health in Autistic Adults Dr Ru Ying Cai & Dr Chris Edwards – Aspect	Neurodivergence: Understanding Self and One’s Intersectionality Through the Monotropic Lens – Building Supports for Mental Fitness A/Professor Wenn Lawson – Curtin Autism Research Group	Recognition Over Resilience: Reframing Mental Health Support for Neurodivergent Families Ms Joanne Hatchard – Better Being Me	Mental Health and Autism – Accessing Services: A Personal Perspective Yenn Purkis – Disability Leadership Institute
11:30 AM - 12:00 PM				Destigmatising Dissociation and Multiplicity for Neurodivergent People Stephanie Robertson – SGR Occupational Therapy
12:00 PM - 1:00 PM		Lunch with Exhibitors		

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



Will take place in the **PRINCE ROOM** and **online** via OnAIR



Will take place in the **JACARANDA / KARRIE WEBB ROOM** in person only



Will take place in the **MONARCH ROOM** in person only



Will take place **online** via OnAIR only

	 PRINCE ROOM	 JACARANDA ROOM	 MONARCH ROOM
	Understanding and Supporting Children and Adolescents Chair: Sandhya Menon	Intersectionality, Co-occurring Conditions, and Mental Health in Neurodivergent Individuals Chair: Laurence Cobbaert	Addressing Sanism, Neuronormativity, & Stigma in Mental Health Chair: Annie Crowe
1:00 PM - 1:20 PM	Non-Traditional Evidence Based Therapeutic Approaches with Neurodivergent Individuals Sarah Gurrin & Kelly Bettridge – Neurokind Insights	Gender Aligning Voice Training Jenny Matthews – Bayside Voice Centre	Shifting Systems: Neurodivergent Leadership in Australian Disability Policy and Practice Alexandra Bignell & Cheryl Koch – Autism Self Advocacy Network Australia And New Zealand
1:25 PM - 1:45 PM	My Therapy House – Creating a Space Where Neurodivergent Children and Families Truly Belong Dana Baltutis & Maria Radimissis – My Therapy House	The Living Experience of Neurocomplexity, Intersectionality and Indigeneity; Accessing and Observing Specialist Mental Health Services Vanilla Martin – Te What Ora Specialist Mental Health Service Waitaha	Reframing Reflection: How Lived Experience-Led Supervision Shapes Neuro-Affirming Practice Renai Buchanan – Renai Buchanan
1:50 PM - 2:10 PM	Understanding and Supporting Children and Adolescents with FASD: Practical Strategies for Optimising Wellbeing Vanessa Spiller – Jumpstart Psychology & Robyn Smith – NOFASD Australia	“Which Part of Me is Safe with you?” Stories of Safety From Trans Neurodiverse Folk Samson Dunlevie – Samson Dunlevie	Co-Regulation Station for Creating and Connecting Freya Pinney – The Process Repository
2:15 PM - 2:35 PM	Supporting the Supporters: The OT Role in Maternal Wellbeing and Neurodivergent Child Outcomes Megan Doherty – Eli’s Place Allied Health	From Challenge to Innovation: Leveraging Technology for ADHD Management (Pre-Record) Eleanor Beilby – Muddle Mend	Surviving the System, Honouring the Self: A Neurodivergent Journey Tanya Carroll – Plus AusDoCC
2:35 PM - 3:00 PM	Afternoon Tea with Exhibitors		



NWC25 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.

	Afternoon Keynotes
3:05 PM - 4:05 PM	<p>Keynote Panel: Addressing Stigma Moderator: Monique Mitchelson – Clinical Psychologist, Neurodivergent Woman Podcast</p> <p>Panellists: Peter Wharmby – Author, Pete Wharmby Neurodiversity Bianca McIntyre – Lived Experience Educator, Bianca McIntyre Associate Professor Wenn Lawson – Senior Researcher, Curtin Autism Research Group Bianca Buliga – Artist Photographer And Mental Health Advocate, Bianca Joanna Photography</p>
4:10 PM - 4:40 PM	<p>Beyond the Brain: How Neurodiversity Shapes the Whole Body Kartini Clarke, CEO, Young Neurodiversity Champions</p>
4:40 PM - 4:45 PM	<p>Day One Closing Monique Mitchelson, Divergent Futures And The Neurodivergent Woman Podcast</p>
4:45 PM - 4:55 PM	NMHCA Networking Welcome
5:00 PM - 6:00 PM	<p>Networking Event Sponsored by: National Mental Health Consumer Alliance</p>
	 <p>NATIONAL MENTAL HEALTH CONSUMER ALLIANCE</p> <p>You're invited to join us for our conference evening event, held among the exhibitors at the conference venue. Enjoy a relaxed evening featuring live music, local cuisine, and a selection of refreshments. Whether you're eager to mingle with fellow delegates, sponsors, and exhibitors, or prefer to unwind quietly and take in the atmosphere, this event is designed to be welcoming and inclusive of all social styles, offering space for connection, reflection, and comfort.</p>

Things I Don't Want to Forget

[illegible]

6:45 AM - 7:45 AM	Trauma-Informed Yoga Class Stretch and unwind when you join Mollie Cox from Jala Yoga for a guided Yoga session. These sessions promise to be a serene escape before the hustle of a big day of presentations and learning. If you're a yoga enthusiast or a beginner, everyone attending the conference is welcome to attend.		
8:00 AM - 8:30 AM	Registration Open Welcome back! The conference desk is open again if you need to pick up your name badge or have a question.		
	Morning Keynotes		
8:30 AM - 8:40 AM	Welcome & Housekeeping Kathleen Davey, Social Science Translated		
8:40 AM - 9:25 AM	Seen, Heard, Valued: Neurodiversity Affirming Psychology Practice Rebecca Flower, Senior Lecturer Researcher, Therapy La Trobe University and Rachel Jellett, Lecturer, Swinburne University Of Technology		
9:30 AM - 10:15 AM	Addressing the Autism Mental Health Crisis Through Research and Innovation Dr Chris Edwards, Research Fellow, Aspect (Autism Spectrum Australia)		
10:15 AM - 10:45 AM	Morning Tea		
	 PRINCE ROOM	 JACARANDA ROOM	 MONARCH ROOM
	Promoting Positive Mental Health in Neurodivergent Women and Girls Chair: Sandhya Menon	Reframing Neurodivergent Experience: Language, Lived Reality & Diagnostic Culture Chair: Celia Falchi	Advancing Inclusion in Employment, Healthcare and Education Chair: Annie Crowe
10:50 AM - 11:20 AM	Beyond-the-Mask: Peer-Led Strategies to Support the Mental Health and Emotional Wellbeing of AuDHD Teenage Girls Katie Koullas – Yellow Ladybugs	Turning Pain Into Purpose: OCD and Men's Mental Health Simon Rinne – Mindful Men	Creating a Culture of Belonging Sarah Eagle – Joy Diving Australia
11:25 AM - 11:55 AM	Hormonal Sensitivity in Neurodivergent Women: Navigating Pregnancy, Postpartum, and Mental Health Caitlin Hooper – Unmasked Naturopath	Welcome to My Brain: Creating a Language for Conversations About Neurodivergence Madelaine Armstrong Willcocks & Justine Munro – Neurodiversity In Education Project Kartini Clarke – YNC	Co-Designing Self-Care Resources with Neurodivergent Students in Higher Education: Adopting a Neurodiversity-Affirming Approach Dr Radhika Tanksale, Annabel Lee, David McAtee, Klaire Ren, Asher Sweet, Rong Han & Dr Kevan Jones – University of Queensland
12:00 PM - 12:30 PM	Hiding or Thriving? Experiences and Coping Strategies of Women and Gender Diverse People With ADHD Dr Oli Meredith – Charles Sturt University	Autistic Eating Isn't Broken: Why ARFID Diagnoses Need a Rethink Natasha Lane – Eating And Feeding	Neuro-Inclusive Workplace Feedback: The Curiosity over Judgement Approach Lizzie Somerfield – New Deal For Neurodiversity
12:30 PM - 1:30 PM	Lunch with Poster Presentations		

POSTER PRESENTATIONS
The Dangers of Autistic Burnout and How to Work with an Autistic Person Michael Coles, The Deep Dive Podcast
Healthy Identities & Respectful Self-Advocacy - Let's Learn from Each Other Kathleen Davey, Social Science Translated & Jasmine Gough, University of Southern Queensland
Differences Both Ways: Neurodivergent - Affirming Approaches to Social-Emotional Skill Building Kathleen Davey, Social Science Translated
Creating Financial Equity for Late Diagnosed People Sarah Eagle, Joy Diving Australia
Why Lived Experience needs to Shape Policies Sarah Eagle, Joy Diving Australia
Autistic Adults' Experience of a Neurodiversity-Affirming Post -Diagnostic Resource Dr Chris Edwards, Aspect (Autism Spectrum Australia)
Sensemaking, Serendipity, and Systems Change; an Approach to Neuroinclusive Practice in the Workplace Zea Fael, Tiny Forest Collective
The Development of a Neurodiversity Affirming Art Therapy Practice Hélène Johnson, A Splash Of Art Therapy
Ask Me What I Need: Preparation, Response, Recovery, Strategies for the Autistic Community in Emergencies Berinda Karp, Autism Step Australia & Brendan Chippendale Achieve Collective
Beyond Behaviour: How the Feeding Environment Shapes Neurodivergent Eating Experiences Natasha Lane, Eating and Feeding
Gender Aligning Voice Training Jenny Matthews, Bayside Voice Centre
Parenting - Trusting My Inner Voice Jenny Matthews, Bayside Voice Centre
Transitioning from Neuronormative to Holistic Learning: Embracing Neurodiversity in Nursing Higher Education Sarah Mckay, RMIT University
Transforming Care: Examining the Role of Mental Health Nurses in Supporting Adults with ADHD Sarah Mckay, RMIT University
Neurodiversity-Affirming Schools for Autistic Teachers Clare Nowell & Dr Dunya Tomic & Dr Clare Hall, Monash University
Colouring Outside the Lines: Neurodiversity-Affirming Practice in the Visual Arts Classroom Dr David Prescott-Steed, Hester Hornbrook Academy
Exploring Parents' Experiences of Accessing Healthcare for Their Children with Autism in South Australia Smitha Raj Sarala Rajan, University of South Australia, Dr Morgan Roberta Smith & Dr Mitra Javanmard, University of Adelaide
Mental Health First Aid: Training Adaptations and Cohort Support to Facilitate Thriving in Neurodiverse Individuals Dr Bronwyn Robson, MHFA International
Strengths Based Neurodivergence - Exploring the Complex Overlap of Presentations Helen Sheehy, Emotif Coaching and Training
Leading with Neurodivergence: Building Inclusive Workplaces and Shaping Organisational Culture Loly Reyes Munoz, Youturn Support
My Lived Experience Navigating Academia as a Late-diagnosed Female ADHDer Annari de Waal, The University of Queensland

Program | Tuesday 12 August 2025

	 PRINCE ROOM	 JACARANDA ROOM	 MONARCH ROOM
	Addressing Sanism, Neuronormativity, and Stigma in Mental Health Chair: Celia Falchi	Open Topic Chair: Justine Munro	Embedding Neurodivergent-Affirming Practices Across Sectors Chair: Kathleen Davey
1:30 PM - 1:50 PM	Beyond the Diagnosis: Culturally Responsive ADHD Assessment and Therapy Anushka Phal – Umeed Psychology	Parenting with ADHD: From Chaos...to Calm(ish!) Dr Claire Milligan – Maple Leaf Psychology & Allied Health	Paramedic Practice and Neurodivergent-affirming Care: A Systematic Review Charlton Quitoriano – Monash University
1:55 PM - 2:15 PM	National Mental Health Consumer Alliance's National Human Rights Survey Priscilla Brice – NMHCA	Empowering Autistic and LGBTQIA+SB Youth to Navigate the NDIS: an Inclusive Rights-Based Project Berinda Karp – Autism Step Australia & Brendan Chippendale – Achieve Collective	Co-Development of an Autism Suicide Prevention Resource Hub for Australian Mental Health Practitioners Dr Claire Brown – Olga Tennison Autism Research Centre, La Trobe University
2:20 PM - 2:40 PM	ADHD in Aotearoa New Zealand – Challenges, Support, and Neurodivergent Voices Associate Professor Byron Rangiwai – Ngā Wai A Te Tūi: Māori And Indigenous Research Centre	Language is Access: How NeuroNeutrality Builds Safety and Wellbeing Annie Crowe, Founder and CEO NeuroAccess, Human Rights Lawyer	Bridging the Gap: Collaborative Care for Neurodivergent Young People and Their Families Dr Siobhan Lamb – Developmental Paediatrics
2:40 PM - 3:10 PM	Afternoon Tea		
	Closing Keynotes Kathleen Davey, Social Science Translated		
3:15 PM - 3:45 PM	Strength-Based Hands-On Mentoring with Neurodiverse Young People Dr Annabel Prescott, TRACTION for Young People		
3:50 PM - 4:20 PM	Reimagining the Classroom: The New Way Forward in Supporting Diverse Learners Sandhya Menon, Director, Onwards and Upwards Psychology		
4:20 PM - 4:30 PM	Conference Closing & Prize Drawing		

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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.

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The National Mental Health Consumer Alliance is the national voice for mental health consumers — led by people with lived experience, for people with lived experience.

Building on more than 50 years of the mental health consumer movement in Australia, we work to ensure that the voices, rights, and expertise of mental health consumers are at the centre of all decisions shaping mental health policy, services, and research.

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Amaze is a leading autism organisation driving change so that Autistic people and their families can live their best lives.

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The **Opportunity Tech Lab (OTL)** at **Monash Business School** provides research-based advice to help ensure the digital economy develops in an inclusive and equitable way. With support from government and industry partners, OTL also codesigns and researches new digital solutions with intended beneficiaries to address inequity and disadvantage in areas such as employment and entrepreneurship.

OTL is one of seven multidisciplinary labs within Impact Labs, Monash Business School's flagship platform for external engagement and impact. These pioneering hubs deliver practical solutions and drive knowledge exchange across sectors and communities. We actively engage with industry and policymakers through translational research to create sustainable, positive change.

 www.monash.edu/business/impact-labs/opportunity-tech-lab

Social Science Translated, a social enterprise and subsidiary of AutismCRC, delivers evidence-based resources that make for meaningful change in people's lives. As part of the NDIA Peer Support and Capacity Building projects, we are co-producing child identity and self-advocacy resources for allied health, education, and lived-experience mentors to empower neurodivergent children to develop healthy identity and self-advocacy skills from a young age. Visit our booth to find out how to support this project and maximise impact.

We are also home to Secret Agent Society, an espionage-themed program supporting children and their communities to prepare for life's social-emotional challenges.

 07 3720 8740

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Roses in the Ocean
stemming the tide of suicide

Roses in the Ocean is Australia's national lived experience of suicide organisation. Walking alongside people with lived experience of suicide is at the core of everything we do. We collaborate with individuals and organisations across community, corporate, research, health and government sectors to effectively and meaningfully integrate and partner lived experience of suicide expertise with all aspects of suicide prevention. Driving system reform, co-designing innovative services, delivering non-clinical peer led services, and affecting cultural change are key focuses as we strive to continuously contribute to best practice and a growing evidence base.

 <https://rosesintheocean.com.au>



Nathan and Jenelle are the passionate founders of **Expressive Mind Therapy** and **Harry's Helping Hands**, two dynamic organisations providing NDIS services, counselling, and mentoring across NSW. They are also certified facilitators of Neurodiversity in the Workplace training, delivering CPD-accredited programs Australia-wide. Their work empowers individuals and organisations to embrace inclusion, lived experience, and practical strategies—making them proud contributors to the ANZMHA Neurodiversity Conference.

 www.expressivemindtherapy.com.au

 www.harryshelpinghands.com.au

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