

RMHC

RURAL MENTAL HEALTH CONFERENCE

Justice and Equity: Issues and Solutions for Rural and Remote Mental Health



Wednesday 8 - Friday 10
November 2023



Commercial Club Albury, NSW

ANZMH.ASN.AU/RMHC
[#RMHC23](https://twitter.com/RMHC23)

HOSTED
BY

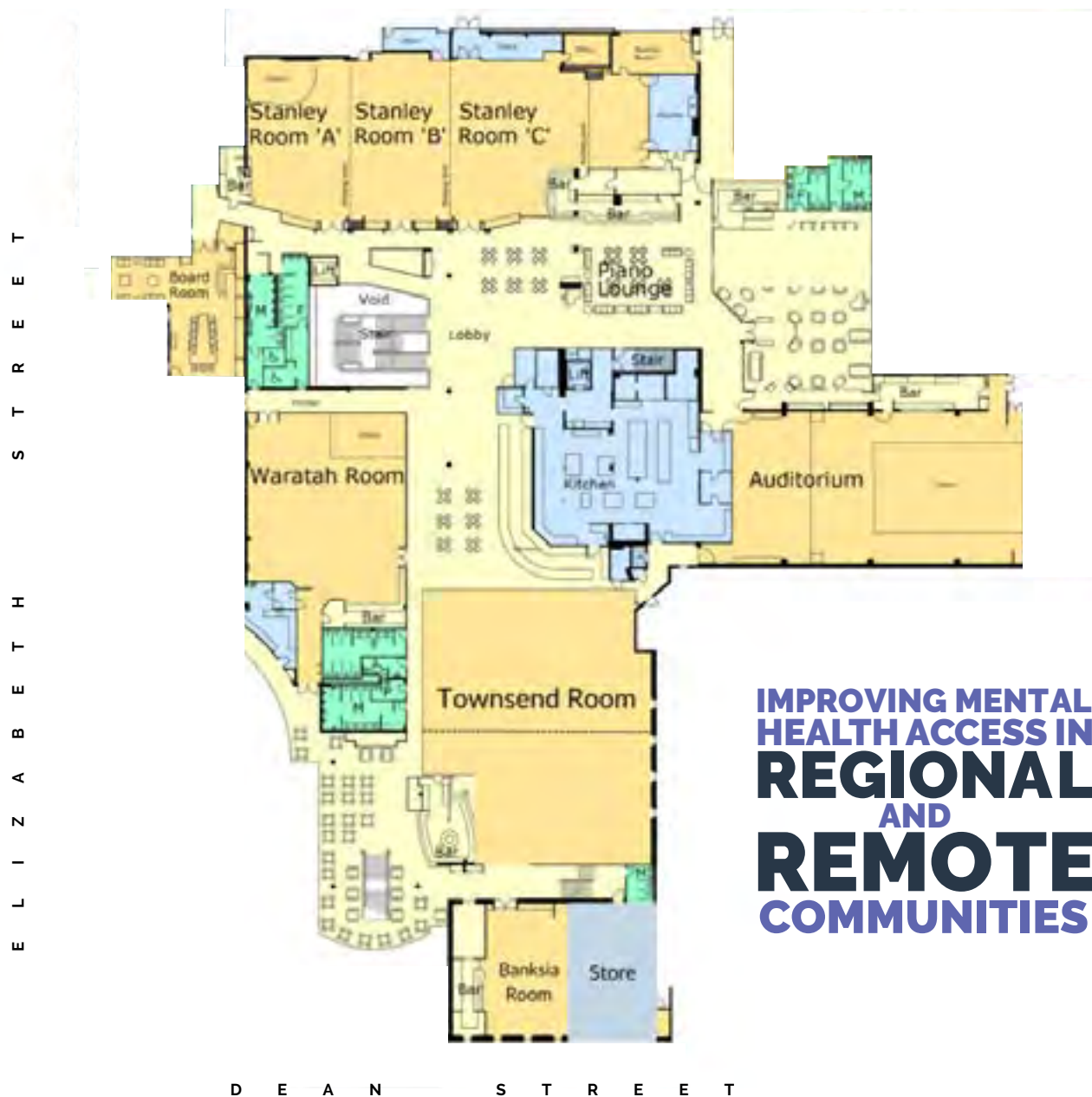


Australian & New Zealand
Mental Health Association

PLATINUM
SPONSOR



Conference Floor Plan



Plenary Sessions

Auditorium

Concurrent Sessions

Room 1 – Auditorium

Room 2 – Stanley A

Room 3 – Stanley B

Room 4 – Stanley C

Masterclasses

Masterclass 1 – Stanley A

Masterclass 2 – Stanley B

Masterclass 3 – Stanley C

Masterclass 4 – Auditorium

Masterclass 5 – Waratah Room

Catering: Townsend Room **Exhibition:** Townsend Room

Poster Presentations: Townsend Room **Speakers Prep:** Executive Board Room

Wellness Zone: Waratah Room

Welcome



Welcome to the 2023 Rural Mental Health Conference!

It is so great to be 'back in the groove' and meeting friends and colleagues in person again.

There is so much to share and celebrate in rural mental health. Arguably, Australia has the best rural health infrastructure in the world. We have a Federal Minister for Mental Health and Suicide Prevention, who is also the Minister for Rural and Regional Health, we have a Rural Health Commissioner (with a Mental Health Deputy Commissioner), a highly respected National Rural Health Alliance and scores of rural health professional organisations. Due to the efforts of rural health advocates over previous decades, we now have 16 University Departments of Rural Health and 19 Rural Clinical Schools, rural medical schools and a rural health research institute and each these have a significant mental health element. This amounts to a total investment of close to \$250 million per annum. In addition to this, we have 11 rurally based universities, the NHMRC is now allocating funding specifically for research led from rural universities and the Federal Government has committed to increasing rural researcher capacity. One example of this commitment is the establishment of the Manna Institute, a consortia of rural mental health researchers from 8 rural universities and partner provider institutions.

However, in rural mental health we are still confronted by many challenges. There is insufficient funding for the rural workforce. Federal MBS and PBS mental health funding follows the providers and consequently metro communities attract 7 times the funding of remote communities. Most rural communities

have difficulties recruiting, supporting and retaining rural mental health workers. We work within a fragmented and difficult to navigate health system, with services provided by state governments, Federal government, not for profit, small health businesses, private health providers and non-government organisations. If the predictions are correct, we are in for a period of rural adversity. On our horizon we have lower commodity prices, reduced rainfall, increased temperatures and a greater risk of bushfires. All of this is on top of an increasing mental health burden in Australia, which is even more pronounced in rural communities.

In response to these challenges, we witness the resilience and ingenuity so characteristic of rural communities. Our conference is an opportunity to share these initiatives and showcase some of the great work that is happening across the country; examples of how we recognised, adapted and responded to emerging challenges.

As consumers, carers, clinicians, managers, mental health advocates and researchers we all share the same goal: improving mental health and wellbeing in rural Australia. Our conference is a unique chance to support each other in pursuit of our common agenda. The conference committee invites you to make the most of this event, to explore opportunities to connect, share, and collaborate with others in your field. Say hello to someone you don't know. It may be the start of a lifetime friendship.

Working for better mental health in rural communities we share a noble and significant purpose, and we are better together.

Professor Russell Roberts
Conference Co-Chair

We acknowledge and thank the Wiradjuri 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

Professor Russell Roberts

Professor, Charles Sturt University and Conference Co-Chair

Barb Walters

Chief Executive Officer, Rural Alive & Well Inc and Conference Co-Chair

Nevenka Alempijevic

Practice Consultant, Rural Alive & Well Inc

Sandra Batistich

CEO, Moving A Head Inc

Annette Beautrais PhD

Suicide Prevention/Postvention Co-ordinator, Psychosocial Support Rural Health New Zealand

Catherine Coysh

Program Manager, Albury Wodonga Aboriginal Health Service (AWAHS)

Lyn English AM

SA Lived Experience Advisor

Ingrid Hatfield

Deputy Director Policy and Research, Mental Health Australia

Alan Heath

Community Liaison, Aboriginal & Torres Strait Islander Crisis Support, Lifeline Australia

Dr Rochelle Hine

Lecturer, School of Rural Health, Monash University

Dr Clifford Lewis

Senior Lecturer, Charles Sturt University

Jay Little

After Suicide Support Coordinator, Wellways

Sarah Loveridge

Senior Policy Officer, Australian Department of Agriculture, Fisheries and Forestry

Anita McRae

Senior Manager System Integration, Murrumbidgee PHN

Professor Darryl Maybery

Professor of Rural Mental Health, Monash University

Conference Host

Sam Stewart

CEO, Australian & New Zealand Mental Health Association

General Information

The following information is provided to make your attendance at the 2023 Rural Mental Health Conference as pleasant as possible. If you require assistance, please visit the conference team at the registration desk.

IMPORTANT VENUE NOTE

All attendees must scan their ID with address (driver licence) using the electronic scanners to sign into the Commercial Club each day. This is a New South Wales Government requirement.

Registration and Information Desk

The registration desk will be located in the Foyer on Level One of the Commercial Club Albury. The hours of operation are as follows:

Wednesday 8 Nov 11:30am – 4:00pm

Thursday 9 Nov 8:00am – 5:30pm

Friday 10 Nov 8:00am – 2:30pm

Name Badge

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

Wi-Fi

Complimentary Wi-Fi internet will be available throughout the conference.

Login: Commercial Club Wi-Fi FREE

No Password Required

Mobile Phones

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

Dress Code

The dress code is smart casual.

On-Site Counsellor

During the conference, if you feel the need to speak to someone, please contact **Sandra Batistich** on **0476 658 198**. We are here to support you.

Conference Catering

All catering will be served in the Townsend Room 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 2023 Rural 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 | T: 0427 261 616 | E: rural@anzmh.asn.au

Program & Research Manager

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

Head of Partnerships

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

Networking Events



Conference Welcome Dinner (Pay Your Own Way)

Relax and unwind on night one of the conference with your peers, colleagues and friends.

You'll be able to order directly from the restaurant's dinner and drinks menu, from share plates to mains and desserts. The Albury Brewhouse is a local, contemporary brewhouse offering fresh craft beer and a modern menu. Located alongside the conference venue and across the road from the conference hotel.

 **Albury Brewhouse,**
618 Dean Street, Albury

 **Wednesday, November 8th**
(day one of the conference)

 **6:30pm – 8:30pm**

 **Pay your own way, on the night**



Networking Welcome Reception

The networking welcome reception is a chance for you and your fellow delegates to say G'day. Conference exhibitors, partners, committee and presenters are all welcomed. Light canapés and beverages will be served.


Entertainment by Tonic Trio

Step into a world where timeless jazz standards meet contemporary brilliance with Tonic Trio. Composed of seasoned musicians, this trio specialises in the art of improvisation, breathing fresh life into the classics.

 **The Albury Club,**
519 Kiewa St, Albury

 **Thursday, November 9th**
(day two of the conference)

 **5:30pm – 6:30pm**

 **Tickets are included for 3-day Conference Registrations. Additional guest and/or partner tickets can be purchased separately at the registration desk.**



Want to Make the Most of Your Conference Experience?

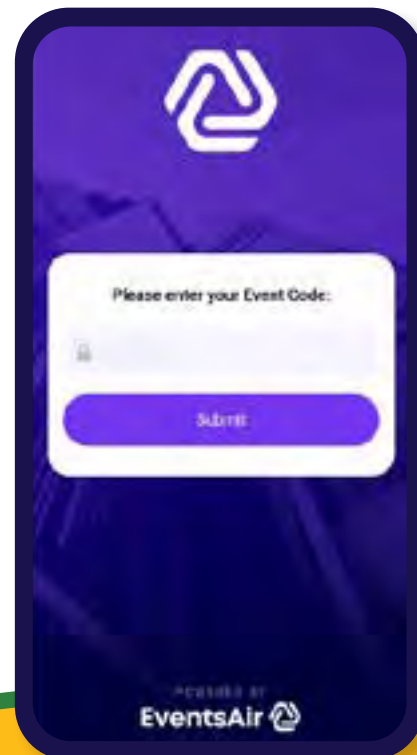
Download the conference app!

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 **RMHC23**
4. Your name badge has your login and pin!



App Features

Stay up to date and connected during the 2023 Rural 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.



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COMPETITION TIME

Get social with us!

Use #RMHC23 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 RMHC24 or
2. In-person registration to any ANZMHA conference!

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Keynote Presenters



Professor Russell Roberts

Charles Sturt University,
Conference Co-Chair

Dr Russell Roberts is professor of mental health, and leadership at Charles Sturt University, and Clinical Associate Professor at University of Sydney. He is national director of Equally Well Australia, tasked to oversee the national implementation of actions to improve the physical health of people living with mental illness. He is also Chief Investigator on the Rural Universities Network (RUN) mental health research collaborative. He is a board member of Australian & New Zealand Mental Health Association, and has previously served on the NSW Mental Health Commission Advisory Council, as Director of Clinical Training at Griffith University, Queensland, as Editor in Chief of the Australian Journal of Rural Health and as Chair of the Workplace Mental Health Symposium. He is referenced as one of the 50 most influential rural Australians. Russell has extensive experience as a clinician, rural mental health service director and academic.

Moderator - Keynote Panel – Justice & Equity
Wednesday 8 November | 12:45pm – 2:00pm



Catherine Lourey

Commissioner, Mental Health
Commission of NSW

Catherine Lourey was appointed NSW Mental Health Commissioner in 2017 and brings over 30 years' experience leading and delivering major strategic and complex mental health projects at the state and national level. She has held positions at the local health district, state government and federal government levels, understands the systemic issues people and services face when accessing and providing support, and is a passionate supporter of lived experience being at the core of mental health reform. She is deeply committed to improving the lives of people living with mental health issues and strengthening the communities that support them and has recently led the development of Living Well in Focus 2020-2024, the updated NSW strategic plan for community recovery, wellbeing and mental health in NSW.

Keynote Panel – Justice & Equity
Wednesday 8 November | 12:45pm – 2:00pm



Dr Chris Maylea,

Associate Professor of Law, La
Trobe University Law School

Dr Chris Maylea is a social worker, lawyer, and Associate Professor of law at La Trobe University. He has experience in mental health services as a social worker and manager. Associate Professor Maylea's work sits at the intersections of health, welfare and the law, and is underpinned by human rights and social justice. He is the author of over 80 peer-reviewed publications and commissioned reports. He previously managed and evaluated mainstream Aboriginal and child and family community mental health services in regional areas and has served as Chair the Victorian Mental Illness Awareness Council (VMIAC).

Keynote Panel – Justice & Equity
Wednesday 8 November | 12:45pm – 2:00pm



Carolyn Nikoloski

Chief Executive Officer,
Mental Health Australia

Carolyn is the CEO of Mental Health Australia, taking up the role in April 2023. She has significant experience in mental health policy development and reform, strategy development and execution, and service delivery. She has a track record of leading through transformations and change. Prior to Mental Health Australia, Carolyn was the Chief Strategy Officer of Beyond Blue, where she led the development of Beyond Blue's 2023 – 2028 strategy; the development and execution of Beyond Blue's policy reform agenda; the development and implementation of Beyond Blue's brand strategy; and the design and initial implementation of Beyond Blue's business transformation. Carolyn serves as a Director of Prevention United, a national mental health promotion charity. Carolyn is driven by a determination to improve mental health and wellbeing through innovative approaches, and bold policy reform.

Keynote Panel – Justice & Equity
Wednesday 8 November | 12:45pm – 2:00pm

Keynote Presenters



Murray Hartin
Australian Storyteller

Muz grew up in the northern NSW town of Moree playing Saturday morning footy, Sunday morning cricket and hanging out with his mates. He spent 5 years at Sydney's Barker College,

worked in Sydney for Amoco, then for Caltex and TNT in Tamworth before stumbling into journalism with the Northern Daly Leader after winning the inaugural Bush Poetry competition in 1987. He went full-time with his entertainment career in 1996. Through his extensive travels around Australia Muz has met a vast and varied collection of remarkable Australians. They are the inspiration for his stories. People like the late Northern Territory station-owner and legend Billy Hayes, former world champion surfer Mark Richards and The Hog Whisperer, Scotty Parker, Muz's mate from Queensland. His story "Rain From Nowhere", written in February, 2007, addressing the issue of rural suicide, has touched the hearts of people Australia-wide. It is already being spoken of as one of the most significant pieces of Australian verse in recent memory. Muz's diet story "A-Z", directed and animated by Zenon Kohler, made the final 16 of the 2007 Sony Tropfest short film festival. In 1999 his poem Turbulence made it into the Top 20 of Australian Country Music charts – a unique feat for a piece of Aussie verse. Muz throws great characters into a blender with funny situations, adds a big dash of poetic license and a whole lot of humour, flicks the switch and it all comes out in rhyme. It's a good recipe.

Opening Words

Thursday 9 November | 8:45am – 9:00am

Day 2 Closing Words

Thursday 9 November | 5:00pm – 5:15pm



Susi Tegen
Chief Executive, National Rural Health Alliance

Susi Tegen has lived and worked in rural and remote Australia for most of her working life on a sheep, cattle and cropping property in the Limestone Coast

South Australia, as well as in remote Northern Territory, rural New South Wales and Victoria, as well as Australian Capital Territory. She has worked in primary industries, education and health. Her interests have led to stakeholder and place led medical and health care workforce strategies, farm injury prevention, population health initiatives, mental health services, remote monitoring and telehealth initiatives, primary industries policies and funding change to support medical and health service access for rural and remote communities. She recognises the value of rural medical, nurse and allied health training (read the multidisciplinary health care team training), community development and advocacy, health literacy, as well as government and private approaches to serving communities sustainably. She has serviced as Deputy Chair on Sight for All, FarmSafe, FarmBis.

**Grass Root and Place-based Innovation and Planning,
the Key to Rural Mental Health and Wellbeing**
Thursday 9 November | 9:00am – 9:30am



Wellness Zone

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



MASSAGES

10-minute head and shoulder massages provided by qualified therapists will be available during the following hours:

Thursday 9 November
Friday 10 November

10:00am – 4:00pm
8:30am – 1:30pm



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Keynote Presenters



Erika Cross

Equity, Diversity and Inclusion Adviser, Charles Sturt University

Erika Cross is based on Wiradjuri Country in Albury. She has a background in environmental science, but her passion for

working with people led her to her current role as an Equity, Diversity, and Inclusion Adviser at Charles Sturt University. Erika is part of a small and committed team that deliver staff-focused diversity and inclusion initiatives across Charles Sturt. Their work seeks to promote a university culture that provides dignity and respect to all, values differences, and helps to break down barriers that impede diversity and inclusion. Erika has vast experience supporting regional university students, including those navigating complex personal and professional challenges. She is an accredited Mental Health First-Aid facilitator who provides engaging training to students and staff on topics related to equity, diversity and inclusion.

Small Changes, Big Impact: Why Diversity and Inclusion Matter in a Regional University Setting
Thursday 9 November | 4:15pm - 4:55pm



Gerard Vaughan Farmstrong NZ

Gerard has worked as Farmstrong Programme Director since it began in 2014. He has led (along with the small team) the programme through its various phases of partnership

establishment, scoping, design, launch in 2015 and continued growth and development. Gerard also chairs Governance Groups of other NZ mental health programmes within manufacturing, construction and NZ Rugby. He also provides advice to Scotland as they establish their Farmstrong programme. Prior to Farmstrong Gerard spent five years as CEO of the Alcohol Advisory Council of NZ (with a mission to reduce harms from alcohol misuse), and five years leading NZ's national mental health campaign Like Minds, Like Mine.

Farmstrong: Live Well, Farm Well
Thursday 9 November | 3:30pm - 4:10pm



Dr Michelle Blanchard

Honorary Senior Fellow, Melbourne School of Psychological Sciences, University of Melbourne

Dr Michelle Blanchard is an executive leader and advocate for a world where everyone is

treated with dignity, humanity and respect. From 2021 to 2023, Michelle was Executive Director – Strategic Projects at the National Mental Health Commission, leading the development of the National Stigma and Discrimination Reduction Strategy. Prior to joining the Commission, Michelle was Deputy CEO at SANE Australia and the Founding Director of SANE's Anne Deveson Research Centre, which partners with people affected by complex mental health issues, trauma and distress to catalyse social change. Michelle is also an Honorary Senior Fellow at the Melbourne School of Psychological Sciences at the University of Melbourne. Prior to joining SANE in 2017, Michelle held senior roles at the Butterfly Foundation for Eating Disorders and the Young and Well Cooperative Research Centre. She was also an Honorary Research Fellow at the Centre for Youth Mental Health, University of Melbourne. In addition to holding academic qualifications in psychology, political science, adolescent health and welfare and leadership and management, Michelle has a PhD in Youth Mental Health.

Navigating Complexity in Reducing Stigma and Discrimination

Friday 10 November | 1:15pm – 1:45pm



Lee Martinez

Mental Health Academic | Department of Rural Health, University of SA

Lee lives and works in country SA providing lifelong experience and understanding of those residing in rural and remote

areas. Lee, from a nursing background currently works for the University of SA with the Department of Rural Health as a mental health academic. She is committed to involving people with a lived experience of health services in rural areas in all levels of decision making. Lee is involved in several networks including the Upper Eyre Local Health Cluster, Country SA Primary Health Network, and the Whyalla Suicide Prevention Network since its inception. Lee is passionate about ensuring people in rural and remote areas receive equitable access to quality services to meet their needs.

What is Innovation in Rural and Remote Mental Health? When and Where It Works and How Do We Make It Stick!

Friday 10 November | 1:45pm – 2:15pm

Notes & Key Learnings

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Things I Don't Want to Forget

Program | Day 1: Wednesday, November 8, 2023

11:30am - 12:30pm REGISTRATION

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

12:30pm - 12:40pm CONFERENCE OPENING including Welcome to Country

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

Professor Russell Roberts, Charles Sturt University, Conference Co-Chair

12:45pm - 2:00pm Keynote Panel – Justice & Equity

Moderator: **Professor Russell Roberts**, Charles Sturt University, Conference Co-Chair

Keynote Panelist: **Catherine Lourey**, Commissioner, Mental Health Commission of NSW

Keynote Panelist: **Dr Chris Maylea**, Associate Professor of Law, La Trobe University Law School

Keynote Panelist: **Carolyn Nikoloski**, Chief Executive Officer, Mental Health Australia

2:00pm - 2:30pm AFTERNOON TEA

IN-PERSON ONLY

	Masterclass 1 Stanley A	Masterclass 2 Stanley B	Masterclass 3 Stanley C	Masterclass 4 Auditorium	Masterclass 5 Waratah Room
2:30pm - 4:00pm	Screening and Assessment of Anxiety and Depression in Children and Adolescents Professor Sonja March and Dr Govind Krishnamoorthy, University of Southern Queensland, Manna Institute	Outside the City: Designing Suicide Prevention for Rural and Remote Communities Laura Grattidge, Centre for Rural Health/ University of Tasmania, and Dr Sally Fitzpatrick, Everymind and Manna Institute	Beyond The Rainbow: Building LGBTQ+ Inclusive Services and Specialist Practice in Regional Areas Michael Gordon-Tarnowski, Drummond Street Services and Andrew Macdonald, Anglicare Victoria	Solstice Documentary Tim Daly, This Is My Brave Australia Inc, Annette Baker, Winter Solstice and Helen Newman, Nomad Films	What Does 'Good' Look Like in Mental Health Research Partnerships with Rural Communities? Professor Russell Roberts and Dr Hazel Dalton, Charles Sturt University, Manna Institute

YOUR OWN TIME!

4:00pm - 6:30pm




Take some time out to enjoy the afternoon, check in and settle into your hotel room, or perhaps enjoy a pre-dinner drink. It's your time to relax.

6:30pm - 8:30pm PAY YOUR OWN WAY DINNER

Relax and unwind on night one of the conference with your peers, colleagues and friends. You'll be able to order directly from the restaurant's dinner and drinks menu, from share plates to mains and desserts. Located alongside the conference venue and across the road from the conference hotel.

Location: Albury Brewhouse, 618 Dean Street, Albury

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
-  Available online via OnAIR

Program | Day 2: Thursday, November 9, 2023

6:30am - 7:15am	YOGA in the Botanical Gardens
8:00am - 8:30am	REGISTRATION OPEN
8:30am - 8:45am	DAY 2 Opening Keynote Session Welcome & Housekeeping <i>Barb Walters</i> , CEO Rural Alive & Well Inc, Conference Co-Chair
8:45am - 9:00am	Opening Words from <i>Australian Storyteller Murray Hartin</i>
9:00am - 9:30am	Grass Root and Place-Based Innovation and Planning, The Key to Rural Mental Health and Wellbeing <i>Susi Tegen</i> , Chief Executive, National Rural Health Alliance
9:30am - 10:00am	Indigenous Rural and Remote Mental Health <i>Exciting Keynote to be announced</i>
10:00am - 10:30am	MORNING TEA WITH EXHIBITORS Tea

IN-PERSON & VIRTUAL Auditorium & Virtual via OnAIR	IN-PERSON ONLY Room - Stanley A	IN-PERSON ONLY Room - Stanley B	IN-PERSON ONLY Room - Stanley C
Communities Driving Solutions and Engagement Chair: Anita McRae	Future of Rural and Remote Mental Health / New & Innovative Approaches to Care Chair: Lindsay Mamone	Mental Health Workforce Chair: Catherine Coysh	Open Topic Chair: Annette Beaudrais
10:30am - 11:00am			
Rethinking Psychosocial Support Following Adverse Events: Integrating Practical Solutions With Wellbeing Delivery in the Field Sarah Donaldson, East Coast Rural Support Trust	Outreach as Preferred Practice in Supporting Rural and Remote Communities Jacki Eckert and Jarryd Williams, Gateway Health	Supporting the Rural and Remote Psychology Workforce: Perspectives of Experienced Supervisors Sharon Varela, James Cook University	The Challenge of Cultural Change in Mental Health. How Can We Get Psychiatrists, GPs and Counsellors Speaking the Same Language? Dr Zelko Mustac, Dokotela and Geoff Davey, Queensland Injectors Health Network
11:05am - 11:35am			
Awareness is the Greatest Agent for Change - 18 Years of Action Alison Thorne and Lourene Liebenberg, Deniliquin Mental Health Awareness Group	Sustainable Delivery of Nature- Based Social Prescribing for Mental Health in Rural and Remote Communities Dr Eric Brymer, Manna Institute and Southern Cross University and Associate Professor Matthew Leach, Southern Cross University	Attracting and Increasing an Aboriginal and Torres Strait Islander Workforce Belinda Kendall, Curijo Pty Ltd	Using Digital Mental Health to Connect Children and Youth in Regional/Remote Areas to Psychiatry Services Sarah McDowell and Dr Josephine Anderson, Royal Far West Centre for Rural and Remote Children's Health
11:40am - 12:10pm			
Connecting National Programs at the Community Level Joshua Matheson, Everymind	Forestry Fit - Wellbeing Program Designed for Industry David Milne and Barb Walters, Rural Alive & Well Inc.	Addressing Rural Mental Healthcare Workforce Wellbeing and Productivity Challenges: a Local Health District and University Partnership Case Study James Hindman, Western NSW Local Health District Mhda	How a Regional Youth Mental Health Service Achieves a 93% Engagement Rate and Clinical Outcomes Jennifer Parke, Human Nature Adventure Therapy

Program | Day 2: Thursday, November 9, 2023

12:10pm - 1:10pm LUNCH WITH EXHIBITORS Tea			
Mental Health Workforce #2 Chair: Anita McRae	Communities Driving Solutions & Engagement #2 Chair Sarah Loveridge	Future of Rural & Remote Mental Health Chair: Sandra Batistich	Open Topic #2 Chair: Jay Little
1:10pm - 1:30pm			
Advancing Rural Mental Health: Collaborative Training Program to Address Workforce Shortage Chantal Bachere-crinquand, WA Centre For Rural Health	Building Community Capacity to Improve Mental Health in the Face of Natural Disasters Claire Fisher and Sam Robinson, Relationships Australia	AI Technologies in Screening and Early Detection of Mental Health Disorders Among Rural Adolescents Prof Omar Al Omari, Sultan Qaboos University	Exploring the Wellmob Website: a Digital Library of Wellbeing Tools for Health Workforce and Mob David Edwards, University of Sydney - eMHPac
1:35pm - 1:55pm			
Consumer Peer Work in a Multidisciplinary Therapeutic Team Amy Salmon and Spencer McGill, Murrumbidgee Local Health District	Communities Striving to Be in a Good Place Jeanice Henderson, Foundation for Rural & Regional Renewal (FRRR)	Optimising the Preventure Program to Prevent Mental Ill-health and Substance Use in Rural Youth Julia Boyle, The Matilda Centre For Research In Mental Health And Substance Use.	Understanding and Supporting the Spectrum of Challenges Faced by Regional and Rural Children and Adolescents Prof Sonja March, Dr Govind Krishnamoorthy, University of Southern Queensland, Dr Marg Rogers, University of New England, Dr Anwaar Ulhaq, Charles Sturt University and Michelle Gossner, Central Queensland University, Manna Institute
2:00pm - 2:20pm			
Competing for a Stronger Workforce in Rural and Remote: Strategy for Recruiting and Retaining Nurses James Hindman, Western NSW Local Health District Mhda	Building a Better Future for the Outback Linda Hansen, Outback Futures	Tearing Down Barriers to Care - Evaluation of a Home Telehealth Alcohol Withdrawal Service Fiona Faulkner, Clean Slate Clinic	Panel Continued
2:25pm - 2:45pm			
Rural Roads to Brighter Futures: A Psychology Workforce Development Model Associate Professor Megan Jenkins, Federation University	Challenges Impacting the Transition to the NDIS in Rural and Remote Settings Associate Professor Tania Shelby-James, Flinders University	Filling the Gaps in Mental Health Services to Make the Inaccessible Accessible Natalie Wild, Redefine Life	Panel Continued
2:45pm - 3:15pm AFTERNOON TEA WITH EXHIBITORS Tea			

Program | Day 2: Thursday, November 9, 2023

3:15pm - 3:30pm POSTER PRESENTATIONS

Hegemonic Masculinity: Can This Be a Silent Barrier to Rural Men's Mental Health and Wellbeing?

Dr Biswajit Banik, Federation University Australia and Manna Institute

Inclusive Practice: Principles and Concerns, as Identified by Rural Stakeholders

Cecilia Blackwell, Glen Innes Family Youth Support Service

Men's Reconstruction of Fatherhood: From Masculine Gender Roles to Egalitarian Gender Roles

Dr Jasleen Chhabra, Federation University, Manna Institute

Therapy on Demand: Integrating Digital Mental Health Treatments into Rural and Remote Clinical Practice

Jay Court, This Way Up, The Clinical Research Unit for Anxiety and Depression, St Vincent's Hospital

The Creation of a Rural Mental Health Multidisciplinary Training Hub

Lucinda Derrick, Three Rivers Department of Rural Health, Charles Sturt University

Increasing Access to Dialectical Behavioural Therapy in Rural Areas Using Telehealth: a Pilot Study

Anna Dunbar, Murrumbidgee Local Health District

Towards Cultural Safety: Mental Health Wellbeing Clinic Njernda Aboriginal Corporation

Stuart Hearn, Njernda Aboriginal Corporation

Libraries for Health and Wellbeing

Jacqui Horwood, State Library Victoria

Health, Safety and Wellbeing Influences on Compassion Satisfaction and Compassion Fatigue Outcomes for Rural and Remote Rehabilitation Healthcare Workers

Kelly McGrath, The University of Sydney

How Do We Reduce Burnout for Psychologists and Ensure a Diverse Workplace

Jaqui O'Donohoe, Access Psych

MyStep to Mental Wellbeing - Providing a Therapy Service Alongside Community Mental Health Services

Amy Salmon and Judith McGill, Murrumbidgee Local Health District

The Manna Institute: Position Statements on Mental Health in Regional, Rural and Remote Australia

Associate Professor Christian Swan, The Manna Institute

Good Things Come in Small Packages: Remember Our Toddlers

Dr Nancy Wallace, PhD, Karitane

3:30pm - 5:15pm JOIN US FOR THIS INSPIRING KEYNOTE SESSION

Keynote Session Chair

Professor Russell Roberts, Charles Sturt University, Conference Co-Chair

3:30pm - 4:10pm Farmstrong: Live Well, Farm Well

Gerard Vaughan, Farmstrong NZ

4:15pm - 4:55pm Small Changes, Big Impact: Why Diversity and Inclusion Matter in a Regional University Setting

Erika Cross, Equity, Diversity and Inclusion Adviser, Charles Sturt University

4:55pm - 5:00pm Conference Day 2 Wrap-Up

by Professor Russell Roberts, Conference Co-Chair

5:00pm - 5:15pm Closing Words from

Australian Storyteller Murray Hartin

5:20pm

Meet in Level 1 Lobby for Guided Walk to The Albury Club.

5:30pm - 6:30pm WELCOME NETWORKING RECEPTION

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

Location: The Albury Club, 519 Kiewa St, Albury

WE'D LOVE YOUR FEEDBACK

We'd love your feedback
about the conference.

Please scan the QR
code at the conference
to complete our short
conference survey.



As a THANK YOU
for completing
this survey by
Friday 17 November 2023,
you'll go into the draw to
WIN
an Apple Watch SE
valued at \$399.00!



Program | Day 3: Friday, November 10, 2023

6:30am - 7:15am YOGA in the Botanical Gardens				
8:00am - 8:30am REGISTRATION OPEN				
IN-PERSON & VIRTUAL Auditorium & Virtual via OnAIR	IN-PERSON ONLY Room - Stanley A	IN-PERSON ONLY Room - Stanley B	IN-PERSON ONLY Room - Stanley C	Virtual via OnAIR ONLINE ONLY
Future of Rural and Remote Mental Health #2 Chair: Sarah Loveridge	New & Innovative Approaches to Care Chair: Cliff Lewis	Social, Emotional and Cultural Determinants of Mental Health Chair: Sandra Batistich	Open Topic #3 Chair: Catherine Coysh	Pre-Recorded Presentations
8:30am - 8:50am				
Moving Moments – an Innovative Community-Based Approach to Addressing Social Isolation in Older Adults Chris Seiboth and Natalija Pearn, Lutheran Services	The Manna Institute: Position Statements on Mental Health in Regional, Rural and Remote Australia Associate Professor Christian Swann, Manna Institute	Harnessing the Strengths and Assets of Rural Communities to Improve Mental Health: a Systematic Review Annika Luebbe, Queensland Centre for Mental Health Research	Connect, Your Way - Mental Health Campaign Maja Asmus, Murrumbidgee Primary Health Network	Someone Who Understands: Exploring the Suicide Postvention Needs of Rural People Dr Heather Bridgman, Centre For Rural Health Utas
8:55am - 9:15am				
Coupling Mental Health Care Navigation with Telehealth Contributes to High, Timely Uptake Kelly McGrath, Wesley Research Institute	Unpacking Complex Suicide Ideation Detection in Social Media with Explainable Deep Learning Dr Anwaar Ulhaq, Charles Sturt University and Manna Institute	Experiences of Mental Health Support for Older Adults in Rural and Regional Australia Dan Wadsworth, University of the Sunshine Coast and Dr Belinda Cash, Charles Sturt University and Manna Institute	National and State-Wide Implementation of Indigenous Suicide First Aid Training in Regional and Rural Australia Eli Toombs, LivingWorks Australia	The Success of Wellmates: a Positive Mental Health Programme for Agricultural Students Dr Nicky Stanley-Clarke, Massey University
9:20am - 9:40am				
Murrumbidgee's Virtual "Suicide Prevention Outreach Team" (Spot) - The Story So Far Elizabeth Martin and Jesse Warran-Rigby, Murrumbidgee LHD	Suicide Prevention in Central Queensland: Warmline Case Study Mancel Carmont, Country to Coast, Queensland and Ellen Drane, Anglicare	Barriers and Enabling Factors for Rural Men's Mental Health in Australia: A Scoping Review Dr Biswajit Banik, Federation University Australia and Manna Institute	Stakeholder Perspectives of a Rural Interdisciplinary Mental Health Work-Integrated Learning Experience: A Mixed Methods Study Latitia Kernaghan, Charles Sturt University - Three Rivers DRH	Southern NSW Cross-agency Communication Response Protocol for Suicide Incidents Affecting Young People and Their Communities Jenni Hudson, Southern NSW LHD
9:45am - 10:05am				
My Drought Story - Reflections of Resilience During Tough Times Kate Arndell, Rural Adversity Mental Health Program	Rural and Regional Victoria: Supporting Our Workforce Now and for the Future Jessica Barbizzi, Department of Health, Victoria	Promoting the Rural Family Carer Mental Health Workforce Through the Co-production of a Discipline Framework Caroline Walters and Deua Stojanovska, Tandem	Adapting an Existing Service to Support a Rural Setting Erin Butler and Natalie Willson, Kidsxpress Ltd	Mental Health Nurses Enhancing Cald Community Access to Mental Health Services – an Intervention Study Reshmy Radhamony, Federation University
10:05am - 10:35am MORNING TEA WITH EXHIBITORS				

Program | Day 3: Friday, November 10, 2023

Social, Emotional & Cultural Determinants of Mental Health #2 Chair: Cliff Lewis	Future of Rural & Remote Mental Health/New & Innovative Approaches to Care #2 Chair: Annette Beutrais	New & Innovative Approaches to Care #2 Chair: Darryl Maybery	Transformative pathways to Holistic Mental Health Care Chair: Nevenka Alempijevic	Pre-Recorded Presentations #2
10:35am - 11:05am				
Listening to Voices Theatre Presents "Actually It's Me". Lived Experience and Performance as a Catalyst for Personal and Collective Transformation Kate Fiske, Gateway Health	Nature Trails for Mental Health in Rural and Remote Communities Dr Eric Brymer, Southern Cross University and Manna Institute, Jacinta Elphick and Jennifer Wines, Murrumbidgee LHD, and Dr Miles Holmes, The Connective Pty Ltd	Finding Human Connection Amidst the Digital Mental Health Revolution Heidi Sturk, eMHPac (e-Mental Health in Practice), Queensland University of Technology	Effect of Consumer-Led Education About Stigma Towards Mental Illness Among Mental Health Nurses Dr Anju Sreeram, Federation University	Health Providers' Perceptions of iSISTAQUIT Social Media Videos: A Qualitative Analysis Dr Ratika Kumar, Southern Cross University
11:10am - 11:40am				
Parental Perceptions of Social and Emotional Wellbeing of Children From At-Risk Families: Exploring Effective Supports Dr Marg Rogers, University of New England and Manna Institue	Our First Year - Early Learnings From a Rural Victorian Local Mental Health Wellbeing Service A/Prof Harry Hill and Simon Hallam, Albury Wodonga Health and Michelle Hutton, Wellways Australia	The Phenomenon of Healing: Integrating Holistic Responses to Psychological Trauma Dr Rochelle Hine, Monash University and Charmaine Clarke, Indigie Services	Challenge of Lived Experience Suicide Prevention Support in Regional NSW Glenn Cotter, Grand Pacific Health + R U OK? Community Ambassador	Experiences of Tasmanian Male Victims of Domestic Violence and Service Providers Assisting Their Needs Paul Campbell, Western Sydney University
11:45am - 12:15pm				
Trauma and Resilience: Mental Health Clinician Experiences of a Collaborative Rural/Urban Disaster Response to Bushfires Elizabeth Martin, Sydney Local Health District Mental Health Service	The Individual Placement Support (IPS) Program: An Evidenced-Based Employment Service for People with Mental Illness Stephanie Lagoutaris, Allianz Australia	Expanding the Reach of Mental Health Day Programs Julie Huntington, Healthscope	Overlooked Need, Lived Experience Solutions: MH Families and Carer in Rural and Remote Communities Amaya Alvarez and Dr Caroline Lambert, Tandem Carers Inc	Overcoming Barriers: Supporting Expectant & New Rural Mums to Access Online Perinatal Depression and Anxiety (PND) Therapies Keryl de Haan, Murrumbidgee Local Health District & Brendan Cook, Mental Health Service Southern NSW Local Health District
12:15pm - 1:15pm LUNCH WITH EXHIBITORS				
JOIN US FOR OUR FINAL KEYNOTE SESSION AND CONFERENCE CLOSING Keynote Session Chair Barb Walters, CEO Rural Alive & Well Inc. Conference Co-Chair				
1:15pm - 1:45pm	Navigating Complexity in Reducing Stigma and Discrimination Dr Michelle Blanchard, Honorary Senior Fellow, Melbourne School of Psychological Sciences, University of Melbourne			
1:45pm - 2:15pm	What is Innovation in Rural and Remote Mental Health? When and Where It Works and How Do We Make It Stick! Lee Martinez, Mental Health Academic Department of Rural Health, University of SA			
2:15pm - 2:30pm CONFERENCE CLOSING AND PRIZE DRAWS				



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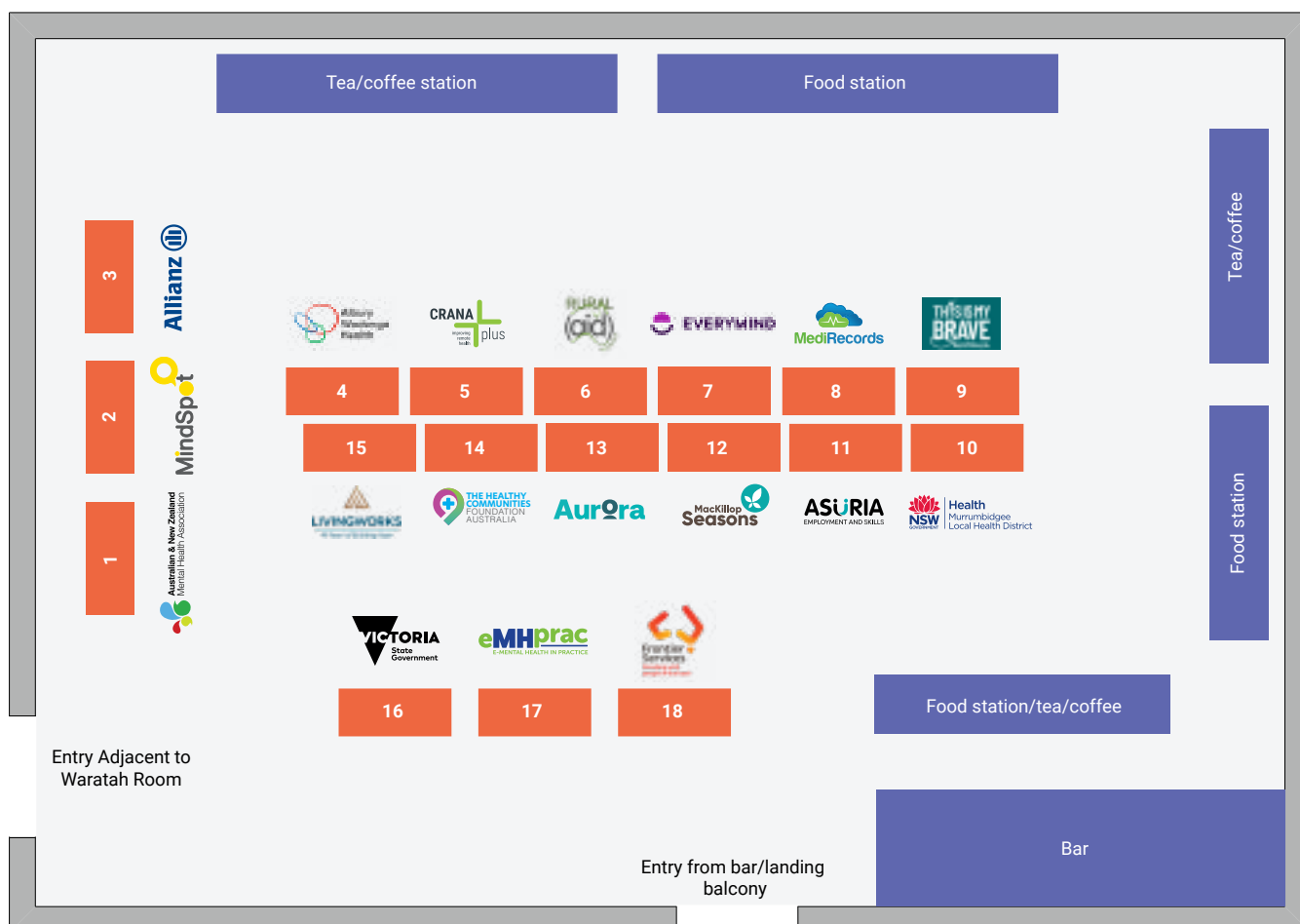
Exhibition Hall Map

Exhibition Hours

Wednesday 8 November 11:30am – 4:00pm

Thursday 9 November 8:00am – 5:30pm

Friday 10 November 8:00am – 2:00pm



Exhibitor Listing

1. Australian & New Zealand Mental Health Association
2. MindSpot
3. Allianz Australia Ltd
4. Albury Wodonga Health
5. CRANAplus
6. Rural Aid
7. Everymind
8. MediRecords
9. This is My Brave Australia Inc.
10. Murrumbidgee Local Health District
11. Asuria
12. MacKillops Seasons
13. Aurora Healthcare
14. The Healthy Communities Foundation Australia
15. LivingWorks Australia
16. Department of Health, Victoria
17. E-Mental Health in Practice (eMHPrac), Queensland University of Technology
18. Frontier Services

Sponsors

Platinum



MindSpot is a world leading digital mental health clinic providing free mental health resources, confidential assessments and clinically- proven treatments to Australian adults experiencing stress, anxiety, depression, OCD, PTSD and chronic pain.

Our innovative approach to telephone and online mental health treatment has helped more than 200,000 people build their emotional resilience.

Developed by internationally- recognised experts, our services have been carefully evaluated in over 80 clinical trials with more than 9,000 participants.

MindSpot is a clinic at MQ Health, based at Macquarie University in Sydney and funded by the Australian Government – Department of Health.

Phone: 1800 614 434
Email: contact@mindspot.org.au
Website: www.mindspot.org.au

Gold



Allianz has proudly protected Australians for over 100 years.

Our team of experts in Personal Injury operate across NDIS, the workers compensation, CTP and life insurance spaces, and aim to make a difference to the personal injury sector, including supporting those injured or in ill health, employers, businesses, and communities.

Allianz Australia Insurance Limited

Phone: 136 347
Email: ndis@allianz.com.au
Website: www.allianz.com.au/about-us/how-we-help/ndis-plan-management.html



The Department of Health has a vision for the future in which Victorians are the healthiest people in the world. Of communities in which safe and quality care is provided close to home, whenever and wherever it is needed.

Victoria's mental health and wellbeing system is being reformed to respond better to the needs of all communities, and that includes a tailored response for rural and regional communities. We are providing our rural and regional services with additional resources, workers, and programs, including incentives to attract and retain workers to regional and rural areas.

The great work of our rural and regional workforces are central to achieving our vision. We are committed to partnering with you to provide sustainable and clear pathways for your career in public mental health, wellbeing and alcohol and other drugs.

Two years into a 10-year reform journey and our vision has never been clearer or more important. Join us as we work to build a bigger, better mental health system for all Victorians.

Website: www.vic.gov.au/mental-health-jobs

Sponsors

Bronze



Albury Wodonga Health is one of the world's few cross-border health services, caring for people across Northeast Victoria and Southern New South Wales. While we operate under the jurisdiction of Victoria's Department of Health, 51 percent of our emergency department presentations and 51 percent of our inpatients are residents of New South Wales.

We have two primary hospital campuses in Albury and Wodonga with a further 22 sites around the region that offer diverse community, mental health, allied health and sub-acute services. Our workforce includes approximately 3,500 headcount of dedicated professionals who collectively cover a service catchment of more than 73,000km², an area larger than the state of Tasmania.

Phone: 02 6058 4505
Email: sandra.peters@awh.org.au
Website: www.awh.org.au



The e-Mental Health in Practice (eMHPrac) Project 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.

Phone: 07 3069 7541
Website: www.emhprac.org.au



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.

Phone: 1300 738 382
Email: info@livingworks.com.au
Website: www.livingworks.com.au



The Healthy Communities Foundation Australia was founded by healthcare professionals to change health outcomes in rural and remote communities, we have been helping Australian communities for over 20 years. We understand that one size doesn't fit all, and each community is different. Everything we do is about putting your health, and your communities' health first.

Healthy Minds, Healthy Communities is our sector that addresses how we can maintain good mental health throughout our lives and assist communities in maintaining healthy minds which leads to a healthy wellbeing in our communities.

The National Rural and Remote Suicide Prevention Program (NRRSP) is a federally funded initiative which aims to educate young people and adults in the community, increase access to services, upskill local health professionals and empower local people to support each other. Under this program we deliver the Crisis Nurse Support program provides people with support to manage everyday life in their community. They have access to a community Crisis Nurse who will help support and facilitate this and help the person to manage their triggers for their crisis and provide them with strategies and tools to put into their own personal toolbox.

Phone: 02 4062 8900
Email: info@thcfa.org.au
Website: www.thcfa.org.au



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Victoria's mental health and wellbeing system is being reformed to better respond to the needs of all Victorians, and that includes a dedicated response for rural and regional communities.

We are providing our rural and regional services with additional resources, workers and programs, including incentives to attract and retain workers to regional and rural areas.

The great work of our rural and regional workforce is central to achieving our vision of Victorians being the healthiest people in the world.

We are committed to partnering with you to provide sustainable and clear pathways for your career in public mental health, wellbeing, and alcohol and other drugs.

Two years into a 10-year reform journey and our vision has never been clearer or more important.

**Join us as we work to build a bigger,
better mental health system
for all Victorians.**



Learn more at
vic.gov.au/mental-health-jobs

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September 2023. (2309601)





let's talk about MENTAL WELLBEING



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find out more awh.org.au/recruitment

With a hospital or clinic nearby, Aurora Healthcare is here for you.

Aurora Healthcare's highly qualified teams of psychiatrists, medical, nursing and allied health professionals provide whole of life care, to manage and treat a wide range of mental health disorders. Aurora Healthcare can help your patients via immediate psychiatry appointments and immediate admissions through hospital bookings, day programs or community care.

Hospitals near you:

Belmont Private Hospital

Queensland's largest private mental health hospital specialising in a wide range of mental health disorders.
T 3398 0111 F 3398 3105

Currumbin Clinic

Gold Coast's only addiction and dual diagnosis private hospital specialising in the treatment of addictive disorders and high prevalence mental health disorders.
T 5534 4944 F 5534 7752

Robina Private Hospital

Gold Coast's premier private hospital providing mental health, rehabilitation and day surgical services located in the heart of the Robina business precinct.
T 5665 5100 F 5655 5199

Eden Private Hospital

Specialised rehabilitation services including robotic assisted therapy plus a 24 mental health bed unit.
T 5472 6472 F 5447 7592

Aurora

aurorahealth.com.au



Struggling with the loss of a child or pregnancy?

Penthos offers **free** specialized 16-week therapy program for couples who have experienced the death of a child or loss of a pregnancy. The therapy is provided by experienced mental health professionals

find out more
www.penthos.org.au



PENTHOS

Responding to grief and loss in couples and families

Conference Exhibitors



Asuria is a leading public service provider, supporting thousands of people each year. We strive to empower people, communities and nations to be effective and productive. We do this by running a range of frontline public services covering employment support, training and education, justice, business start-up and health and wellbeing. Our candidates include young people, people returning to work, people with disabilities, First Nations people and people from culturally and linguistically diverse (CALD) backgrounds. The Asuria Wellbeing Specialist Team are highly trained, registered allied health professionals, who support job seekers every step of the way.

Phone: 1800 773 338
Email: contactus@asuria.com.au
Website: www.asuria.com.au



Aurora Healthcare is a dedicated and focused specialty healthcare group that specialises in mental health, rehabilitation, community care, oncology and cardiology. Committed to delivering premium health services and clinical excellence, Aurora Healthcare's Australian portfolio comprises 17 private hospitals and community services in Australia's major cities and key regional areas. With 1,000 mental health beds, 450 rehabilitation/medical beds and a range of outpatient and day programs, Aurora Healthcare is one of the largest private providers in Australia's mental health and rehabilitation sectors.

Phone: 07 3055 9476
Email: susie.bayne-jardine@aurorahealth.com.au
Website: www.aurorahealth.com.au/specialties/mental-health-1



The personal and professional demands faced by those working in rural and remote health are significant and unique. In recognition of this, not-for-profit organisation **CRANAplus** offers mental health and wellbeing support to the remote health workforce. This support includes the 24/7 Bush Support Line, research-based psychological advice in our weekly Mindful Monday newsletter, wellbeing workshops for workplaces, tip sheets, posters, free eLearning and podcasts. To learn more or access our resources visit crana.org.au/support.

Phone: 07 4047 6400
Email: wellbeing@crana.org.au
Website: www.crana.org.au



Everymind is a leading institute dedicated to the prevention of mental ill-health and suicide, with a vision of empowering people and organisations to implement change – for themselves, for each other and for the future. We have a long-standing reputation for designing, implementing and evaluating tailored policy advice, research, and programs.

Phone: 02 4924 6900
Email: everymind@health.nsw.gov.au
Website: www.everymind.org.au



Frontier Services is Australia's oldest bush charity, standing alongside people in remote Australia through the joys and struggles of life since 1912.

We dream of an Australia where everyone who lives in these areas are cared for and supported, and have a mantle of safety and well-being.

People who live in the Outback experience the tyranny of distance and social isolation. For them, we are the people who travel the distance and take the time to listen.

Through our Bush Chaplains and Outback Links programs, we are the people offering a helping hand when people need it most.

Phone: 1300 787 247
Email: team@frontierservices.org
Website: www.frontierservices.org



MacKillop Seasons evidence-based programs build knowledge and capacity of professionals to provide a safe space for children, young people and adults to learn knowledge, skills and attitudes to understand and respond to experiences of change, loss and grief. Our ongoing support and on-the-ground services help to embed and sustain knowledge and capacity in local schools and communities. We work closely with schools and other community groups who have strong, trusted relationships with children and young people, to support them to adapt well to change, loss and grief.

Phone: 1300 379 569
Email: seasonsforlife@mackillop.org.au
Website: www.mackillopseasons.org.au/programs/seasons-for-life

Conference Exhibitors



MediRecords, Australia's leading cloud-based patient management platform, services healthcare organisations nationwide in both the public and private sectors. As a trusted partner, we cater to the diverse needs of doctors, specialists, multidisciplinary clinics, and hospitals. Our solutions support mental health providers in delivering care, whether virtual or in-person, offering services such as case management and assessment forms, including psychological wellbeing, DASS21, K10, and more.

Recently, we launched MediRecords 2.0, featuring an enhanced user interface designed to optimise screen space, streamline navigation, and prioritise alerts and notifications. We believe that improved access to healthcare data leads to better patient health outcomes.

Phone: 1300 103 903
Email: sales@medirecords.com
Website: www.medirecords.com



Murrumbidgee Local Health District spans 125,243 square kilometres across southern New South Wales, stretching from the Snowy Mountains in the east to the plains of Hillston in the northwest and all the way along the Victorian border.

When you join our team at Murrumbidgee Local Health District, you unlock a broad range of interesting and unique experiences to advance your skills. Living in the district positions you centrally to Sydney, Melbourne and Canberra, rivers, beaches, snowy mountains, wineries, and lots of exciting destinations to fill your weekends.

Upgrade your career and elevate your lifestyle by joining our Mental Health and Drug and Alcohol (MHDA) team in the magical Murrumbidgee.

Phone: 03 5880 2100
Email: mlhd-mhda-workforceteam@health.nsw.gov.au
Website: www.mlhd.health.nsw.gov.au/careers



Rural Aid is Australia's most trusted rural charity. We stand with our farmers when they need us most. Rural Aid provides critical support to farmers affected by natural disaster through financial, water, fodder and volunteer assistance.

Rural Aid also offers free, confidential counselling to registered farmers and their families, wherever they're most comfortable; on farm, in town, or over the phone.

Rural Aid's vision is to safeguard farming and rural communities before, during and after natural disasters so they can keep providing food and fibre for all Australians.

As an independent charity, Rural Aid relies on the generosity of industry partners and supporters who fundraise, donate and volunteer.

Phone: 1300 327 624
Email: contact@ruralaid.org.au
Website: www.ruralaid.org.au



This Is My Brave Australia Inc. (TIMBA) was founded in Canberra in 2016 and is a registered mental health charity dedicated to ensuring that we live in a society where mental illness is free from stigma and discrimination.

TIMBA is dedicated to promoting mental health awareness by contributing to a national conversation around mental illness through our lived experience storytelling events, mental health film festival and community mental health and wellbeing activities.

TIMBA believes all mental health consumers deserve a stigma free environment in which to freely seek and engage in self-help pathways.

Phone: 0455 747 168
Email: tim@thisismybrave.org
Website: www.timba.org.au


Optional Delegate Activities

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



Paint by Numbers, located inside the Wellness Zone

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

 **Waratah Room, Level 1 at the Commercial Club Albury**


 **Thursday 9 November and Friday 10 November**

 **During conference times**



Conference Puzzle, located inside the Wellness Zone

The challenge has been set - can we complete our beautiful 1000 piece puzzle as a team before the end of the conference? Add a few pieces in between your chosen sessions or when you want to a 10 minute mindfulness break.

 **Waratah Room, Level 1 at the Commercial Club Albury**

 **Thursday 9 November and Friday 10 November**

 **During conference times**



Yoga in the Botanical Gardens Stretch, unwind.

Join Sal and the team from Self Pilates each morning in the Albury Botanical Gardens for a guided Yoga session. If you're a yoga enthusiast or a beginner, everyone attending the conference is welcome to attend.

 **Corner of Dean Street and Wodonga Place (200 metres / 3-minute walk down Dean Street from the Atura Hotel).**

 **Thursday 9 November and Friday 10 November**

 **6:30am – 7:15am**


Please note: Yoga mat is provided, please bring your own water.



Murray Art Museum Albury (MAMA)

MAMA is the region's most significant contemporary art museum, located in old Town Hall. Experience international exhibitions with deep connections to the Albury region and cultural identity. Enjoy a coffee or bite to eat at the Canvas Eatery overlooking QEII Square.

 **546 Dean Street, Albury**

 **Open 10:00am – 5:00pm**

For more information visit:
www.mamalbury.com.au

Optional Delegate Activities

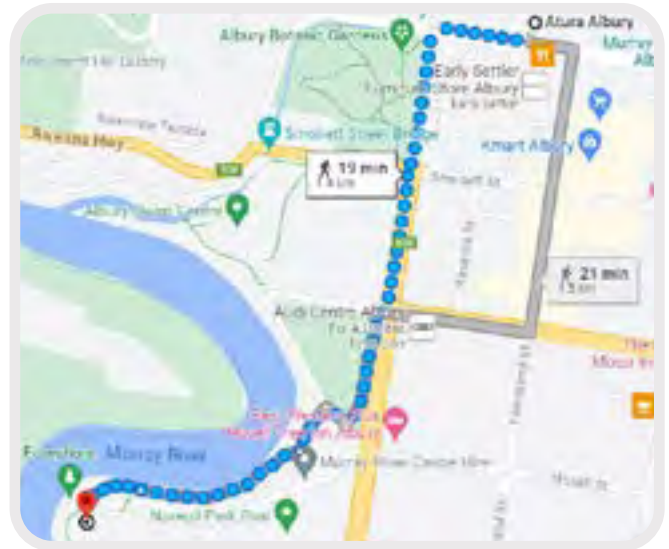


Murray River Walk

Take an easy 20-minute walk from conference venue to Noreuil Park Foreshore to view the famous Murray River. Located less than a kilometre from the Albury CBD off Wodonga Place, Noreuil Park Foreshore is the most popular riverside park in Albury. With mature shade trees, picnic tables and large expanses of grass, there is plenty of space to sit, relax and watch the river water pass by. The River Deck Café is open from 9am – 3pm daily.

 Approximately 1km

 Noreuil Park Foreshore,
Wodonga Place, Albury



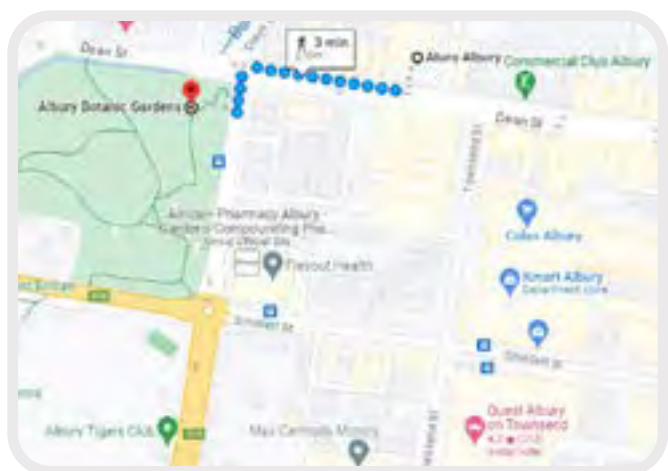
Albury Botanical Gardens

Need some fresh air and sunshine? Enjoy the green retreat of the Albury Botanical Gardens, a short 5-minute walk from the conference venue. Explore 10 acres of the garden's established trees, meandering pathways and colourful garden beds.

 Corner of Dean Street and
Wodonga Place, Albury

 6:30am until sunset

For more information visit:
<https://www.alburycity.nsw.gov.au/leisure/parks-and-public-spaces/botanic-gardens>



Albury Botanical Gardens

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