

RMHC

RURAL MENTAL HEALTH CONFERENCE

EMPOWERING RURAL COMMUNITIES: FROM CRISIS TO WELLBEING INITIATIVES



Wednesday 6 November –
Friday 8 November 2024

ANZMH.ASN.AU/RMHC
[#RMHC24](https://twitter.com/RMHC24)



Pullman Cairns International, Cairns Qld

Hosted by



Australian & New Zealand
Mental Health Association

Supported by



Queensland
Mental Health
Commission

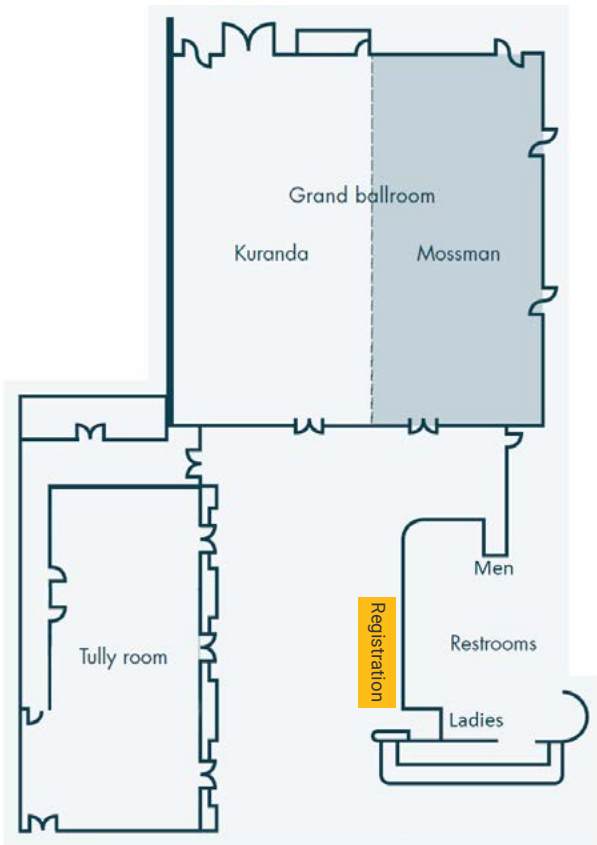
Destination Partner

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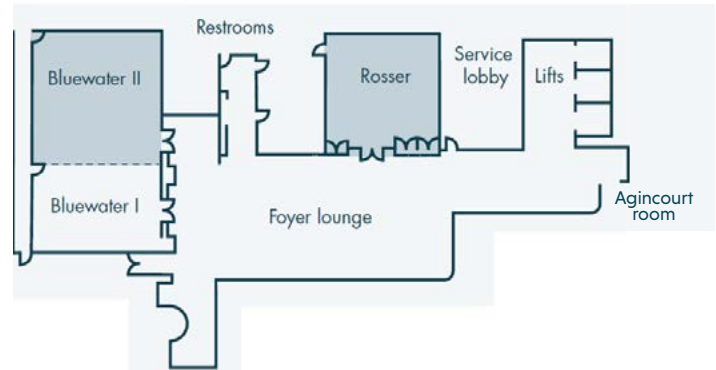


Conference Floor Plan

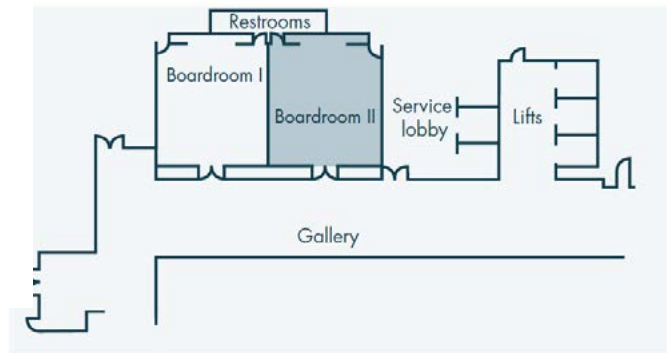
Ground Floor



Level 1



Level 2



Plenary Sessions

Grand Ballroom

Concurrent Sessions

- Room 1 – Kuranda Ballroom
- Room 2 – Mossman Ballroom
- Room 3 – Bluewater I
- Room 4 – Bluewater II

Workshops

- Workshop 1 – Kuranda Ballroom
- Workshop 2 – Mossman Ballroom
- Workshop 3 – Bluewater I
- Workshop 4 – Bluewater II

Catering: Tully Room and Ballroom Foyer

Exhibition: Tully Room

Poster Presentations: Foyer Lounge, Level 1

Speaker's Prep: Boardroom I, Level 2

Wellness Zone: Rosser Room, Level 1

Counselling Room: Agincourt Room, Level 1





IMPROVING MENTAL HEALTH ACCESS IN **REGIONAL** AND **REMOTE** COMMUNITIES

Welcome to 16th annual Rural Mental Health Conference, here in beautiful Cairns, Queensland!

For well over a decade, Australia has been experiencing a net migration from the cities to the country. This has probably, in part, been driven by soaring real estate prices in the capital cities, overcrowding and traffic congestion. In addition, COVID-19 required many people to work from home, and organisations realised there was little difference if home was next door, or 1,000 km from the office. As such, many organisations came to accept the viability of working remotely, and many staff came to appreciate working from home and not having to do the long daily city commute.

Combined these, and other factors has seen the net migration from the major cities to rural communities double. Consequently:

- The rural population is growing, and regional communities are blooming
- Every day in Australia over 120 people from cities are migrating to rural communities
- Rural communities are witnessing an influx of employed middle class
- Across the country this is the equivalent to a new regional city of about 45,000 people being created every year. (Imagine the infrastructure and health personnel needed to serve a community of this size)

- There is a substantial increase of demand for mental health services in rural communities which is dispersed widely across the country
- Much of this demand comes from the newly arrived the middle class 'immigrants' who are accustomed to high standards of quality mental and physical health care
- It has become much far easier for rural mental health workers to relocate to a rural community, as often their partner/family member can keep their existing employment and work remotely
- Due to increased demand, fewer GPs are offering bulk billing.

As such, with the continuing increased prices of capital city real-estate, combined with the attractiveness of the rural lifestyle, and the growing acceptance of remote working; each of the above points will become more pronounced.

Our conference provides a wonderful opportunity to share our experiences, challenges and solutions arising from these, and other changes to the fabric of rural Australia. We invite you embrace this opportunity to make new connections, forge networks and reacquaint with old friends. But most importantly we invite you to support, encourage and affirm our rural comrades as we work together to enhance mental health and wellbeing in our rural communities.

Professor Russell Roberts
Conference Co-Chair

We would like to begin by acknowledging Country, and paying our respects to the traditional owners of this land, the Gimuy Walubara Yidinji people who have cared for this land for thousands of generations. We acknowledge their elders past and present and thank them for their custodianship of these ancestral lands on which we gather today.

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



Dr Clifford Lewis
Senior Lecturer, Charles
Sturt University



Barb Walters
Manager Tasmania Business
Development & Transition, Each
and Conference Co-Chair



Anita McRae
Senior Manager Priority
Populations, Murrumbidgee PHN



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



Professor Darryl Maybery
Professor of Rural Mental
Health, Monash University



Dr Chay Brown
Managing Director, Her
Story Mparntwe



Dr Vicki Pascoe
CQUniversity and Manna Institute



Mancel Carmont
Senior Manager Mental Health
Alcohol & Other Drugs, CCQ
Country to Coast, QLD



Myf Pitcher
Manager - Mental Health and
Wellbeing, Rural Aid Ltd



Emma Coughlan
Senior Policy and Project Officer,
Mental Health Australia



Ailsa Rayner
Consultant



Lyn English AM
SA Lived Experience Advisor



Celeste Russell
Registered Nurse - Mental
Health & Wellness, The Healthy
Communities Foundation Australia



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

General Information

The following information is provided to make your attendance at the **2024 Rural Mental Health Conference** as pleasant as possible. If you require assistance, please visit the conference team at the registration desk.

Registration and Information Desk

The registration desk will be located in the **Foyer** of the **Pullman Cairns International Hotel**. The hours of operation are as follows:

Wednesday 6 Nov 12:00pm – 5:00pm

Thursday 7 Nov 8:00am – 5:00pm

Friday 8 Nov 8:00am – 3:00pm

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 Tropical Nights Networking Reception.

Wi-Fi

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

Login: PULLMAN

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 our on-site counsellor, **Louise O'Neill** on **0437 644 447**. We recommend contacting Louise via text message to arrange to meet the Agincourt Room located on Level 1. We are here to support you.

Conference Catering

All catering will be served in the Tully Room and Ballroom Foyer with the exhibitors.

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 2024 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: program@anzmh.asn.au

Head of Partnerships

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

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To find out more, visit mindspot.org.au or call 1800 61 44 34

MindSpot

Want to Make the Most of Your Conference Experience?

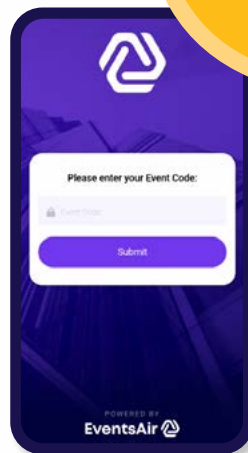
Simply follow these easy steps:

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 **RMHC24**
4. Your name badge has your login and pin!

DOWNLOAD THE CONFERENCE APP!



App Features:

Stay up to date and connected during the 2024 Rural Mental Health Conference.

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

PRESENTERS Read presenter biographies and presentation overviews.

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

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

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



We're giving away a number of exciting prizes at RMHC24.

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:

- Registration desk
- Exhibition booths
- Poster presentations
- Networking function
- Mystery Points around the conference venue



COMPETITION TIME

Get social with us!

Use **#RMHC24** 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 RMHC25 or
2. In-person registration to any ANZMHA conference!

FOLLOW US

**Australian and New Zealand
Mental Health Association**



<https://facebook.com/ANZMHA>



[https://www.linkedin.com/
company/4844914](https://www.linkedin.com/company/4844914)



<https://x.com/ANZMHA>

Digital mental health services can help you reach more people and spend more time on what truly matters in your practice.

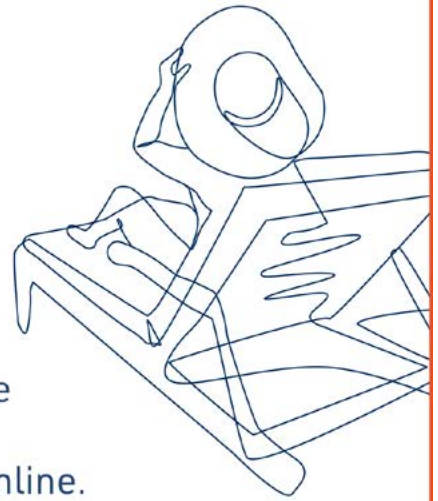
Let us help you unlock the potential of digital mental health for your community



Visit our website for more information

Time to take a break?

Stay up-to-date with your long service leave online.



www.qleave.qld.gov.au
1300 QLEAVE | 1300 753 283

Making a positive difference for the community services industry - today, tomorrow and in the future.

CAREER UP HERE

Are you passionate about health equity and improving mental health outcomes in remote Australia? If so, Torres and Cape Hospital and Health Service is the place for you!

Form the tropical islands of the Torres Strait to the rugged beauty of Cape York, join our dedicated team, enjoy the challenges and live the experience.

The Torres and Cape Mental Health Service is a multidisciplinary team providing specialist Adult Mental Health, Child and Youth Mental Health, Alcohol and Other Drugs, Perinatal and Infant Mental Health and Social and Emotional Wellbeing services. The service operates out of 4 major hubs and 5 remote communities offering a combination of live in community and fly in fly out work opportunities.

Live and work in diverse communities that challenge and reward you



We have positions available for Nurses, Social Workers, Occupational Therapists and Psychologists with opportunity for other disciplines in the near future.

Scan the QR code to visit our website www.torres-cape.health.qld.gov.au/careers



Keynote Presenters



De Backman-Hoyle Independent Mental Health Advocate, Speaker & Educator

De Backman-Hoyle is the Equally Well Carer Alliance representative and a national contributor with over 15 years of carer lived experience leadership. Her journey since the 1980s revealed health services' segmented approach, leading her to champion Equally Well initiatives. Recently, as Co-Chair of the RANZCP Community Collaboration Committee, she co-designed the inaugural Lived Experience Strategy for RANZCP in 2022-23. An organisational development practitioner, De integrates OD best practices into her advocacy, fostering systemic reform. Recognised for her fearless engagement, De's strategic and reform-focused approach drives her influential roles on mental health boards and senior advisory committees.

Keynote Panel: Give Me a Challenge – Preferably Not Too Hard! The Reality of Rural Mental Health Care
Wednesday 6 November | 1:20pm – 2:20pm



Dr Tahnee Bridson Queensland Young Australian of the Year for 2022

Dr Tahnee Bridson is best known for her work to reduce stigma, improve help-seeking and promote mental wellbeing as the founder of Hand-n-Hand Peer Support Inc.

Tahnee experienced shame and stigma firsthand when she was diagnosed with anorexia nervosa as a university student. She rose through adversity and defied the odds by graduating top of her class.

Her experiences were the inspiration behind Hand-n-Hand - so no one would ever need to go through this alone again.

Tahnee is a psychiatry doctor from a small country town in Far North Queensland. Whilst she initially thought of pursuing a career in dance and music, she had a desire to improve the wellbeing and lives of others that led her down the path of medicine. Growing up in the country was no easy feat.

She faced a number of barriers both at home, school and university. Overcoming her own adversities has driven Tahnee to support others from similar backgrounds so they can reach their full potential.

Being a born and bred country girl, she is also an advocate for access to better healthcare in rural and remote areas of Australia. She is passionate about advancing the field of mental health through research and recently combined these two passions when offered a PhD position in Melbourne.

More recently, Tahnee has advocated for the wellbeing needs of healthcare workers during the COVID-19 pandemic establishing a peer support network that provides free and confidential support to all healthcare workers across Australia and New Zealand.

Tahnee's work was recognized by her home state, and she was selected as the 2022 Queensland Young Australian of the Year.

La Dolce Vita - Learning from Adversity
Friday 8 November | 1:45pm – 2:45pm



Lyn English AM SA Lived Experience Advisor

Originally from Sydney, residing in South Australia for 25 years, over 9 years living and working in regional and remote SA. Worked for Country Health SALHN Mental Health Services for 6½ years in a

lived experience role. Co-Chair, SA OCP Lived Experience Advisory Group; MH Coalition SA Board Member: Co-Chair Governance Committee, Urgent Mental Health Care Centre: National Mental Health Consumer & Carer Forum consumer representative: Equally Well Alliance lived experience member: RANZCP Community Collaboration Committee Community Member (Lived Experience)

Equity and access to mental health care in rural and remote Australia and embedding and growing the lived experience (peer) workforce are issues I continue to advocate for. Partnering with people with lived experience is essential to the implementation of a human rights-based approach to the planning, design, implementation and monitoring and evaluation of mental health services. People with lived experience, their carers/family members have a unique and significant insight which continues to be undervalued.

Keynote Panel: Give Me a Challenge – Preferably Not Too Hard! The Reality of Rural Mental Health Care
Wednesday 6 November | 1:20pm – 2:20pm

Keynote Presenters



Ivan Frkovic
Queensland Mental
Health Commissioner

Ivan Frkovic is Commissioner of the Queensland Mental Health Commission and brings substantial policy, academic and patient-centred experience

to the role, having worked in the Queensland mental health system for over 30 years. With a focus on strengthening partnerships and collaboration, he oversees delivery and implementation of the State's strategic plan for mental health, alcohol and drugs and suicide prevention - Shifting minds. Ivan's experience across government and non-government organisations provides valuable insight to help bring all sectors together to focus on delivering better mental health outcomes for Queenslanders. He has made a significant contribution to community mental health through published papers and articles.

Keynote Address from the Queensland Mental Health Commissioner

Friday 8 November | 1:15pm – 1:45pm



Dr Miles Holmes
NatureFix

Miles is the co-founder NatureFix, a social enterprise delivering positive change through connection with the healing powers of nature. NatureFix is providing health care professionals with the tools to

take their practice outside and transform any greenspace into a wellness place. Miles has been facilitating groups outdoors for over 25 years. He has a background in cultural anthropology, outdoor education and research. He has a deep understanding of nature connection processes, and how they can be applied in the health and education sectors. Plus, many years practical experience collaborating with First Nations to understand and improve the relationship between people and land.

More Than a Walk in the Park, the Science and Practice of Nature Based Interventions

Thursday 7 November | 4:25pm – 4:55pm



Professor Ernest Hunter
Adjunct Professor: The Cairns
Institute, James Cook University,
Cairns, Queensland. Consultant:
Schools Up North (SUN) project;
Youth Empowered Towards
Independence (YETI), Cairns

An Australian medical graduate, Ernest trained in adult, child, cross-cultural psychiatry, and public health in the USA before doctoral research in the Kimberley in the 1980s (Aboriginal Health and History: Power and Prejudice in Remote Australia; CUP, 1993). His career since has been in Far North Queensland as a clinician and Foundation Professor of mental health/public health with the University of Queensland. His passion for the region continues since retirement in 2017 through the Schools Up North (SUN) project. Ernest has authored several hundred publications and convenes the Creating Futures conferences addressing health and socio-environmental issues across Pacific Island Nations. Two non-academic books have recently been published – *Vicarious Dreaming: With Jack Idriess on Madman's Island*, and, *Reef Madness: Digging up the Dirt on an Australian Myth*.

Making Ripples: Challenges Working Outside the Frame for Indigenous Youth Mental Health

Thursday 7 November | 8:45am – 9:15am



Paul Klotz
Lived and Living Experience
Journeyman

A lived and living experience storyteller using his 50 plus years of battling with the repercussions of child abuse (sexual, physical and emotional), mental illnesses, suicide, disabilities, homelessness and chronic health conditions to bridge the chasm between victims, survivors and consumers with the academic, clinical and policy arenas that define the level of access, availability and effectiveness of our health systems.

Works behind the scenes on many LLE committees, advisory groups and research projects to help build these bridges, such as National Centre for Action on Child Sexual Abuse, Blueknot Foundation, Project Air, Musculoskeletal Australia, Roses in the Ocean, Manna Institute, Mental Health Australia, Qld Health (MHCCSC), The Achieve Foundation, MHLEPQ, The Alive Research Collective, plus many others.

Passionate about the human rights, mental health and well-being of males and raising the profile of the needs of people in regional, rural and remote communities.

Keynote Panel: Give Me a Challenge – Preferably Not Too Hard! The Reality of Rural Mental Health Care

Wednesday 6 November | 1:20pm – 2:20pm

Notes

Support for mental health carers every day of the year

- 24-hour Carer Support Line
1300 554 660 Metro
1800 351 881 Regional
(free call from landline)
- Respite accommodation
- Individual and group support
- Education programs
- Advocacy for change

For more information email carersupport@arafmi.com.au

arafmi.com.au



Integrate wellbeing initiatives in your organisation and pave the way to sustainable wellness with

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for more
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DETECT & PROTECT

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Peer CARE Companion is coming to your Cairns community

Peer **CARE** companion in community

A 'golden thread' of trained and supported community members with a lived experience of suicide supporting others through their experiences of suicide.

Learn more about the service here 

CARE is not just a word, it's how we connect.

We're seeking volunteers
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🌐 rosesintheocean.com.au

Roses in the Ocean
stemming the tide of suicide

Keynote Presenters



Professor Myfanwy Maple
Director, Manna Institute,
University of New England

Myfanwy Maple is Director of Manna Institute, a Commonwealth funded, Regional University Network virtual research and training institute focused on

mental health and wellbeing in regional communities. For over two decades, Professor Maple's research has focused on trauma and loss, with a particular emphasis on understanding risk and resilience following exposure to suicide. Her work has made a significant contribution to understanding vulnerability and resilience related to suicide exposure and she is currently working on the development of interventions and evaluating supports to reduce adverse outcomes related to suicide. Professor Maple's focus remains on authentically collaborating with those with lived and living experiences to better inform policy, research and practice developments.

Consideration of Early Distress and Access in Regional Suicide Prevention

Wednesday 6 November | 2:30pm – 3:00pm



Auntie Vicki McKenna Head
of Aboriginal and Torres Strait
Islander Lived Experience
Centre Black Dog Institute

Vicki McKenna is a proud Yawuru and Bunaba woman from Broome in the Kimberley Region of Northwest Western Australia. As

a devoted mother of five and grandmother to 18, Vicki's commitment to her family and community is at the heart of her work.

Vicki has significant experience working in social and emotional wellbeing, cultural safety, suicide prevention, postvention support and care, and critical response work with Aboriginal and Torres Strait Islander people. Vicki is a trained Counsellor and Child Psychotherapist and currently the Head of the Aboriginal and Torres Strait Islander Lived Experience Centre where she utilises her invaluable lived experience which guides the development and implementation of crucial initiatives aimed at enhancing the Social and Emotional Wellbeing of First Nations peoples.

Specifically, Vicki is passionate about improving the shared understanding in the broader mental health sector of what Aboriginal and Torres Strait Islander Lived Experience expertise looks like, and how successful consultation with these voices can be achieved. Vicki mobilizes First Nations lived experience voices from local, state and National levels, amplifying their voices

at higher level engagements with Government, National and International decision-makers, with the purpose of informing culturally safe, effective and respectful Aboriginal and Torres Strait Islander-led suicide prevention and mental health wellbeing.

Recognised as a cultural leader and First Nations advocate, Vicki is an expert in suicide prevention, serving her community in the Kimberley and beyond. Her dedication and innovative approaches were acknowledged when she received the 'National Innovation' and 'Priority Populations' Excellence in Suicide Prevention LiFE Awards from Suicide Prevention Australia.

Empowering First Nations Communities: The Local Lived Experience Network for Cultural Leadership and Systemic Change

Thursday 7 November | 9:15am – 9:45am



Dr Christopher Rainbow
Research Fellow, SANE

Christopher has over 15 years experience working in the mental health sector in both Australia and New Zealand. An experienced and person-centered researcher in the field of mental health and

suicide prevention, he has provided leadership in effective communication, collaboration and messaging about suicide. He has also demonstrated expertise in digital service management, peer support and evaluation, leading the development of the Beyond Now safety planning app, interactive video support groups and online peer support forums for SANE and Beyond Blue.

Building Inclusive Mental Health Support for LGBTQIA+ Communities in Rural Areas

Thursday 7 November | 9:45am – 10:15am

Keynote Presenters



Louisa Salee
National Network Manager,
Aboriginal and Torres Strait
Islander Lived Experience
Centre, Black Dog Institute

Louisa is a proud Wakaid and Wagadagam woman from Torres

Strait Islands with family ties to several islands including Papua New Guinea and Samoa. With over 27 years of experience in health sector, she has served Aboriginal and Torres Strait Islander Communities across Queensland. Her qualifications include a Certificate III in Primary Health Care, Bachelor of Applied Science, Graduate Certificate in Health Management, and Master's in Public Health. Louisa is currently the National Network Manager at the Aboriginal and Torres Strait Islander Lived Experience Centre, Black Dog Institute, overseeing the creation and implementation of Local Lived Experience Networks across Australia.

Empowering First Nations Communities: The Local Lived Experience Network for Cultural Leadership and Systemic Change

Thursday 7 November | 9:15am – 9:45am



Steph Schmidt
Farm Life Psych

Steph Schmidt is a psychologist, farmer, and mum of three boys, running a large sheep and cropping enterprise in South Australia with her husband.

Combining her psychological expertise with her lived farming experience, Steph shares practical mental health strategies to improve wellbeing for rural Australians. Known for her authenticity, she engages audiences with her raw and real journey from city girl to farmer, her personal mental health journey, and the challenges and joys of farming life. In 2023, she led the "Change The Picture" campaign, highlighting farmer mental health through rural women's stories. Join Steph on her new podcast "Farm Life Psych with Steph Schmidt".

Change The Picture: Beyond the Stereotypes in Farmer Mental Health

Thursday 7 November | 3:55pm – 4:25pm


Social Program


Welcome Event


Relax and unwind on night one of the conference with your peers, colleagues and friends at a local heritage listed venue. Hemingway's Brewery Cairns Wharf is located just a 5-minute walk at the Cruise Liner Terminal in Cairns and features waterside views across Trinity Inlet.

You'll be able to enjoy a welcome drink on arrival and delicious grazing boards featuring local produce. Plus, you'll have the option to order meals directly from the restaurant's dinner and drinks menu.

 **Hemingway's Brewery Cairns Wharf, 4 Wharf Street, Cairns**

 **Wednesday 6 November**
(day one of the conference)


 **6:00pm – 8:00pm**


 **\$30.00**


Includes: Welcome Drink on arrival and Grazing Boards


Tropical Nights Networking Event

You're invited to join us at our conference networking event, poolside at the conference venue. Join us for an evening of great conversations, live music, local cuisine, drinks, and entertainment. This is the perfect opportunity to catch up with friends, industry peers, sponsors, and exhibitors.

 **Pool Deck, Pullman Cairns International**

 **Thursday 7 November**
(day two of the conference)

 **5:00pm – 6:30pm**

 **Included in full conference registration.**
Additional tickets for day registrants and accompanying persons can be purchased for \$82.50 (incl GST) per ticket from the registration desk.

Includes: Entertainment, light canapés, and beverages

Program | Day 1: Wednesday November 6 2024

12:00 PM - 1:00 PM REGISTRATION

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

1:00 PM - 1:20 PM Welcome to the 2024 Rural Mental Health Conference:
Professor Russell Roberts, Conference Co-Chair

1:20 PM - 2:20 PM **Keynote Panel: Give Me a Challenge – Preferably Not Too Hard! The Reality of Rural Mental Health Care**
Moderator: *Lyn English AM*, SA Lived Experience Advisor
Panelist: *De Backman-Hoyle*, Independent Mental Health Advocate, Speaker & Educator
Panelist: *Paul Klotz*, Lived and Living Experience Journeyman
Panelist: *Steph Schmidt*, Farm Life Psych

2:20 PM - 2:30 PM Stretch Break

2:30 PM - 3:00 PM **Consideration of Early Distress and Access in Regional Suicide Prevention**
Professor Myfanwy Maple, Director, Manna Institute, University of New England

3:00 PM - 3:30 PM AFTERNOON TEA

| | Workshop 1 Kuranda Ballroom | Workshop 2 Mossman Ballroom | Workshop 3 Bluewater I | Workshop 4 Bluewater II |
|-------------------|---|--|--|--|
| 3:30 PM - 5:00 PM | <p>Time Trails Kowanyama: A Whole-of-Community Approach to Improving Youth Mental Health and Resilience</p> <p>Dr Ernest Hunter, Helen Travers, Danielle Williams, Alden Raymond, YETI - Youth Empowered Towards Independence</p> | <p>Incorporating Nature as a Co-Therapist - Experiential Therapy</p> <p>Barbara Gilmore, B Gilmore Counselling</p> | <p>Mustering Growth: Emotional Resilience for Rural and Remote Schoolchildren</p> <p>Myfanwy Pitcher and Marg McKay, Rural Aid Limited</p> | <p>Valuing Diverse Life Skills: Meeting the Social-Emotional Needs and Goals of Neurodivergent Children</p> <p>Kathleen Davey, Social Science Translated</p> |

YOUR OWN TIME!

5:00 PM - 6:00 PM Take some time out to enjoy the afternoon, check in and settle into your hotel room, or perhaps take a walk down to the Cairns waterfront lagoon. It's your time to relax.

6:00 PM - 8:00 PM WELCOME EVENT

Relax and unwind on night one of the conference with your peers, colleagues and friends at a local heritage listed venue. Hemingway's Brewery Cairns Wharf is located just a 5-minute walk at the Cruise Liner Terminal in Cairns and features waterside views across Trinity Inlet. You'll be able to enjoy a welcome drink on arrival and delicious grazing boards featuring local produce. Plus, you'll have the option to order meals directly from the restaurant's dinner and drinks menu. **Cost: \$30.00 Includes: Welcome Drink on arrival and Grazing Boards.**



RMHC24 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.

Program | Day 2: Thursday November 7 2024

6:30 AM - 7:30 AM SOUND HEALING by Kate Godfrey, Crystal Bowl Sound Healing.

8:00 AM - 8:30 AM REGISTRATION OPEN

8:30 AM - 8:45 AM Welcome: *Barb Walters, Conference Co-Chair*

8:45 AM - 9:15 AM Making Ripples: Challenges Working Outside the Frame for Indigenous Youth Mental Health
Professor Ernest Hunter, Adjunct Professor, The Cairns Institute, James Cook University, Cairns, Queensland

9:15 AM - 9:45 AM Empowering First Nations Communities: The Local Lived Experience Network for Cultural Leadership and Systemic Change
Aunty Vicki McKenna, Head of Aboriginal and Torres Strait Islander Lived Experience Centre, Black Dog Institute &
Louisa Salee, National Network Manager, Aboriginal and Torres Strait Islander Lived Experience Centre, Black Dog Institute

9:45 AM - 10:15 AM Building Inclusive Mental Health Support for LGBTQIA+ Communities in Rural Areas
Dr Christopher Rainbow, Research Fellow, SANE

10:15 AM - 10:45 AM MORNING TEA WITH EXHIBITORS

| Kuranda | Mossman | Bluewater I | Bluewater II |
|---|---|---|--|
| Empowering Community Voices: Centring Lived Experience in Mental Health Service Provision Chair: Anita McRae | First Nations and Indigenous Mental Health Resilience and Equity #1 Chair: Celeste Russell | Improving Mental Health Support in Rural and Geographically Dispersed Areas Chair: Dr Anastasia Hronis | Environment Sustainability and Mental Health Chair: Myf Pitcher |

10:45 AM - 11:15 AM

| | | | |
|--|--|---|---|
| Women's Mental Wellbeing in Rural Communities: Challenges and Solutions Emma Iwinska and Bianca Blackmore, Women's Health And Equality Queensland | PANEL PRESENTATION - Assessment and Advancement of Mental Health of Young Indigenous People Professor Aleksandar Janca and Dr Zaza Lyons, University of Western Australia, Dr Ernest Hunter, YETI (Youth Empowered Towards Independence), Dr Siva Bala, Consultant Psychiatrist, and Kim Mulholland | Empowering Remote and Regional Mental Health: Innovative Practices and Strategies Sandra Volvricht, Kim Whitehead, and Dianne Van Giesen, CAMHS Northern Country | Supporting Students Following the Northern Rivers Floods. A Partnership Between Mackillop Seasons and NSW Education Lauren Brincat JP, Child Wellbeing and Mental Health Services, NSW Department of Education and Godelieve Hofman-Verkuyl, Mackillop Seasons |
|--|--|---|---|

11:20 AM - 11:50 AM

| | | | |
|---|------------------------------|---|---|
| The Peacock Centre - A Built Environment Tailored to Support Best Practice Mental Health Care Peter Scott, Xsquared Architects | PANEL PRESENTATION CONTINUED | Co-designing Digital Wellbeing Support for Drought Impacted Communities Dr Michelle Sweet, Menzies School Of Health Research | The Rural Adversity Mental Health Program and Our Role in Natural Disasters in Northern NSW Steve Carrigg and Samantha Osborne, Northern NSW Local Health District |
|---|------------------------------|---|---|

11:55 AM - 12:25 PM

| | | | |
|--|--|---|--|
| Gippsland PHN's Lived Experience Pilot Program: "Leading the Way" Jess Edwards, Gippsland PHN | Empowering a First Nations Workforce, The Past, The Present, The Future Edward Mosby, Wakai Waian Healing | Bridging Distances, Fostering Connections: Overcoming Isolation in a Geographically Dispersed Workforce Rebecca Cort, Arches Foundation Health District Mhda | Navigating Life After Bushfires: A Qualitative Analysis of Mental Health Discussions on the SANE Forums Christopher Rainbow, Sane |
|--|--|---|--|

Program | Day 2: Thursday November 7 2024

| 12:25 PM - 1:30 PM LUNCH WITH EXHIBITORS | | | |
|---|---|---|--|
| Workforce Development in Rural Mental Health Chair: Kathleen Davey | Resource Allocation for Rural Mental Health Programs Chair: Dr Vicki Pascoe | Improving Mental Health Support in Rural and Geographically Dispersed Areas #2 Chair: Ailsa Rayner | Promoting Inclusion and Mental Wellbeing in Rural Communities Chair: Steve Carrigg |
| 1:30 PM - 1:50 PM | | | |
| Evaluation of CoreConnect: A Professional Training Program for Provisional Psychologists in Regional NSW Zora Todoroska, Marathon Health and Nicole Sudmalis, Health in Mind | Getting Your Research Published: The Australian Journal of Rural Health Associate Professor Pim Kuipers, Australian Journal of Rural Health | How Does Remoteness and Rurality Impact the Factors of Ageing Well? Peach Robb, Charles Sturt University | What Discourses Shape and Reshape Men's Experiences of Accessing Mental Health Support? Philip Ferris-Day, Massey University |
| 1:55 PM - 2:15 PM | | | |
| Promoting Wellbeing to Support a More Sustainable Rural and Remote Mental Health Workforce Kristy Hill, CRANAPlus | The Wellbeing and Mental Health Needs of Young People Living in Rural and Regional Australia Julia Boyle, University Of Sydney | MHAOD Reform - An Approach to Increase Capacity in Rural and Remote Areas in QLD Marie Kelly, Country to Coast PHN | Learnings from Consultation to Implementation: Suicide Prevention Pathway in a Remote Hospital & Health Service Damian Garozzo-Vaglio, Torres and Cape Mental Health |
| 2:20 PM - 2:40 PM | | | |
| Empathy Increased After Participation in the Hearing Voices That Are Distressing Simulation Workshop Carol-Ann Stanborough, Flinders University Dept of Rural Health | Rural Mental Health Strengths - Findings From ABS National Study of Mental Health and Wellbeing Annika Luebbe, Queensland Centre For Mental Health Research | Evidence-Based, Consumer Led Innovative Co-Design Through Healthy North Coast's Mental Health Reform Project Aimee McNeill, Healthy North Coast | Caring for Carers in Rural Areas Sue Goodwin, Arafmi |
| 2:45 PM - 3:05 PM | | | |
| Strengthening Rural Mental Health Workforce: Empowering Communities and Health Professionals In NSW Through the National Rural and Remote Suicide Prevention Program Cassandra Talbot, The Healthy Communities Foundation Australia | Overcoming Barriers when Recommending Digital Resources to Rural Clients Heidi Sturk, eMHPprac, QUT | The Therapeutic Alliance: 'Bigger Than Us' Collaboration to Deliver Primary Mental Health Care Dr Shelley Rowe & Jenny Sinclair, EACH | Mental Health First Aid, Empowering First Nations Mob to Deliver Courses in Community and Workplaces Lynette Anderson, Mental Health First Aid International |
| 3:05 PM - 3:35 PM AFTERNOON TEA WITH EXHIBITORS | | | |

Program | Day 2: Thursday November 7 2024

3:35 PM - 3:45 PM POSTER PRESENTATIONS

Community-Based mHealth Screening and Referral for Trauma, Depression, and Anxiety among Flood-affected in Rural-High-Risk-Districts, Pakistan

Banafsha Ali, Precision Health Consultants (PHC) Global (Pakistan) – **Virtual only**

Dareecha: a School-based Zero Suicide Model to Address Suicide-Risk in Youth of Ghizer, Gilgit-Baltistan, Pakistan

Banafsha Ali, Precision Health Consultants (PHC) Global (Pakistan) – **Virtual only**

Addressing Workforce Shortages: Investment, Innovation and Collaboration in Western Queensland

Michelle Anifetos, Mind, Science & My Health

Calm the Farm – Creating a Happy Healthy Farm Workplace

Dr Kelly Barnes, National Centre for Farmer Health

Helping the Helper – Tailored Training to Support Mental Health Professionals Working with Farming Communities

Dr Kelly Barnes, National Centre for Farmer Health

Capacity and Connection - How a Community of Practice Can Support and Enhance Community Initiatives

Dr Kelly Barnes, National Centre for Farmer Health

The “Mind Maintenance Toolkit”: an Online Self-Paced Mental Health and Wellbeing Resource for Farmers

Dr Kelly Barnes, National Centre for Farmer Health

Traditional Healing Complementary Effect on Mental Health in Sub-saharan Africa, a Systematic Review

Kenfe Berhe, Torrens University – **Virtual only**

Mental Strength Fitness in Rural Mental Healthcare: Understanding the Neuroscience of Resilience

Nikki Butler, Nikki Butler Consulting & Training

Factors Influencing Suicide in Older Rural Males: an Updated Review of Australian Studies

Dr Kylie Crnek-Georgeson, KCG Consulting

“Meeting Where You Are” a Social and Emotional Wellbeing Project

Karen Caseman and Dan Munro, ReachOut Australia

Lived Experience in the Delivery of Mental Health Services in the Rural Communities

Nathan Darvill, Expressive Mind Therapy and Jenelle Connors, Harrys Helping Hands

Empowering & Strengthening Our Rural Communities Through Innovatively Delivering Suicide Prevention Initiatives and Programs

Jo Drayton, Holyoake

Theoretical Framework for Nature Based Therapy in Private Practice: Applying Research to Micro-level Practice

Cassandra Fletcher-Dunham, Wahroonga Hill Pty Ltd

Community Mobilization for Adolescent Suicide Prevention: Application of Arts-Based Intervention-Awareness, Agency and Motivation in Gilgit-Baltistan

Anamta Ghur, Precision Health Consultants (PHC) Global (Pakistan) – **Virtual only**

Employing Telehealth Model to Deliver Mental Health Services to Underserved Rural Communities in Pakistan

Anamta Ghur, Precision Health Consultants (PHC) Global (Pakistan) – **Virtual only**

Social Recovery Approach for People with Psychosocial Injury or Illness in Rural and Regional Communities

Dr Caroline Howe, My Social Support Network

Program | Day 2: Thursday November 7 2024

POSTER PRESENTATIONS continued

Harnessing the Healing Power of Art Therapy for Suicide Prevention among DV and Suicide Survivors
Becky Jackson, The Healthy Communities Foundation Australia

Understanding Stigma – A Thematic Analysis of Help-Seeking & Help-Offering Attitudes in the FIFO Industry
Jordan Jackson, Department of Energy, Mines, Industry Regulation & Safety, Western Australia

Psychosocial Disability: Ndis Participant Experience and Their Carers
Dr Prasheela Karan, Mental Health Carers NSW

The bITE Program: Increasing Access to Community-Based Eating Disorder Treatment in Regional and Remote Areas
Sarah Larsen, Eating Disorders Queensland

Peer Mentoring for Eating Disorders: Expanding Lived Experience Services in North Queensland
Amanda Long, Eating Disorders Queensland

Do Smartphone Applications Delivering CBT Interventions, Influence Symptom Reduction in Individuals with Depression?
Sally-Anne McCormack, ANTSA

Mental Health Workforce Development - Challenging Mental and Rural Health Content in Bachelor of Nursing Curriculum Designs
Dr Eileen Petrie, Charles Sturt University Lecturer – **Virtual only**

Young Well Beings: Improving Young Mother's Mental Health Literacy Through a Co-designed Digital Learning Resource
Ariane Reis, Western Sydney University

Empowering Rural & Remote Mental Health: Insight into a Nurse-led Crisis Intervention Program in NSW
Cassandra Talbot, The Healthy Communities Foundation Australia

Using Nature Based Interventions to Improve Individuals' Physical, Mental Health and Community Health
Phil Wilson, Western District Health Service

AFTERNOON KEYNOTE SESSION - Barb Walters, Conference Co-Chair

3:45 PM - 3:55 PM **Sound Healing**
Kate Godfrey, Crystal Bowl Sound Healing

3:55 PM - 4:25 PM **Change The Picture: Beyond the Stereotypes in Farmer Mental Health**
Steph Schmidt, Farm Life Psych

4:25 PM - 4:55 PM **More Than a Walk in the Park, the Science and Practice of Nature Based Interventions**
Dr Miles Holmes, NatureFix

4:55 PM - 5:00 PM **Conference Day 2 Reflection**

5:00 PM - 6:30 PM TROPICAL NIGHTS NETWORKING EVENT

You're invited to join us at our conference networking event, poolside at the conference venue. Join us for an evening of great conversations, live music, local cuisine, drinks and entertainment. This is the perfect opportunity to catch up with friends, industry peers, sponsors and exhibitors. Cost: Included in full conference registration. Additional tickets for day registrants and accompanying persons can be purchased for \$82.50 (incl GST) per ticket. Includes: Entertainment, light canapés and beverages.

Location: Poolside

Program | Day 3: Friday November 8 2024

| | | | |
|---|--|---|---|
| 6:30 AM - 7:30 AM SOUND HEALING by Kate Godfrey, Crystal Bowl Sound Healing. | | | |
| 8:00 AM - 8:30 AM REGISTRATION OPEN | | | |
| Kuranda | Mossman | Bluewater I | Bluewater II |
| Improving Mental Health Support in Rural and Geographically Dispersed Areas #3 Chair: Dr Anastasia Hronis | Empowering Community Voices: Centring Lived Experience in Mental Health Service Provision #2 Chair: Myf Pitcher | Environment Sustainability and Mental Health #2 Chair: Philip Ferris-Day | Enhancing Mental Health through Nature-Based Therapies and Alternative Programs in Rural Communities Chair: Celeste Russell |
| 8:30 AM - 8:50 AM | | | |
| Empowering Rural & Remote Mental Health: Insight into a Nurse-led Crisis Intervention Program in NSW Cassandra Talbot, The Healthy Communities Foundation Australia | A Novel Co-Designed Approach to Improving Mental Health in Farming Communities Kelly Barnes, National Centre for Farmer Health | Using Nature Based Interventions to Improve Individuals' Physical, Mental Health and Community Health Phil Wilson, Western District Health Service | Saleyard Serenity: A Nurse-Led Mental Health Initiative Sarah Austin, Yea and District Memorial Hospital |
| 8:55 AM - 9:15 AM | | | |
| Sleep Treat: The Online Insomnia Intervention Improving Health Outcomes in Rural and Regional Practice Jay Court, This Way Up, Clinical Research Unit For Anxiety and Depression | Lived Experience in the Delivery of Mental Health Services in the Rural Communities Nathan Darvill, Expressive Mind Therapy and Jenelle Connors, Harrys Helping Hands | Understanding Climate Change Emotions in Young People Yumiko Coffey, University Of New England | Can Animal-Assisted Services be a Possible Pathway for Rural Mental Health Wendy Coombe, Animal Therapies Ltd |
| 9:20 AM - 9:40 AM | | | |
| "Small Town Syndrome" Finding a Cure Fran Caddell, Steps Group Australia | My Name is Michael and I Have Schizophrenia..... a Love Story Michael Marsh, FUNLHN SA Health and Dr Judith Keith, BHFLHN SA Health | Detect & Protect - a Roadblock to Suicide, a Pathway to Rural Wellness Christine Boucher, Wellness Worx | Co-Designing Therapy with Adolescents: Adventure Therapy in Action Jennifer Parke, Human Nature Adventure Therapy |
| 9:45 AM - 10:05 AM | | | |
| Building Community-Capacity to Support Rural Children and Young People's Disaster-Recover, and Resilience in East Gippsland Godelieve Hofman-Verkuyl, Mackillop Seasons and Dr Meaghan Vosz, Southern Cross University | Co-Designing a Youth Mental Health Outreach Service in Ten Remote Communities in Western NSW Hannah Kennedy, Impact Co and Brendan Cubby, Marathon Health | Protecting Farmer Mental Health after Natural Disaster Kelly Barnes. National Centre for Farmer Health | Wholebeing Health Project – Breaking Barriers to Nutrition and Exercise Support for Rural and Remote Communities Ellie Thompson, Verde Nutrition Co. |
| 10:05 AM - 10:35 AM MORNING TEA WITH EXHIBITORS | | | |

Program | Day 3: Friday November 8 2024

| Kuranda | Mossman | Bluewater I | Bluewater II |
|--|--|---|---|
| First Nations and Indigenous Mental Health Resilience and Equity Chair: Dr Vicki Pascoe | Workforce Development in Rural Mental Health #2 Chair: Christopher Rainbow | Empowering Community Voices: Centring Lived Experience in Mental Health Service Provision #3 Chair: Sue Goodwin | Promoting Inclusion and Mental Wellbeing in Rural Communities #2 Chair: Myf Pitcher |
| 10:35 AM - 11:05 AM | | | |
| Building Connection in Northern Territory Remote Indigenous Communities Mia Poklepovich, OT Inspire Australia Pty Ltd | Comprehensive, Psychiatric Assessment Clinic for Rural/ Remote Children and Their Referring Paediatricians – What Works, and How Dr Josephine Anderson and Sarah McDowell, Royal Far West, UNSW | Embedding Lived Experience in Local Mental Health Hubs: A Case Study on Supporting Rural Communities in Victoria Jacqueline Gibson, The Mental Health and Wellbeing Commission (MHWC) and Cat Hunt, Wellways | Community Wellbeing Plans Utilising Collective Impact to Provide Local Solutions to Increase Safety & Wellbeing Jo Drayton, Holyoake |
| 11:10 AM - 11:40 AM | | | |
| Strong & Deadly Futures: Empowering Indigenous and Non-indigenous Youth Against Alcohol and Drug-related Harms Kriscia Tapia, The Matilda Centre, University Of Sydney | Government and Corporate Partnerships - Is This The Way Forward for Regional Mental Wellbeing? Paul McFarlane, Converge International | The Self Project - a Lived Experience Journey Tahlia Isaac, Strong Empowered Living Free | Just a Farmer - Story Telling to Create Awareness and Be a Catalyst for Change Leila Sweeney-Mcdougall, Vam Paddock Productions |
| 11:45 AM - 12:15 PM | | | |
| Healing Through Connection in the Central Australian Outback: Play Therapy in Remote First Nations Communities Hannah West, Royal Flying Doctor Service | Training Rural Mental Health Staff in Dialectical Behaviour Therapy: A Case Study from Rural NSW Dr Anastasia Hronis, University Of Technology Sydney; Australian Institute For Human Wellness | Supporting Mental Health Services and Staff to Provide Accessible Care and Support for Deaf People Rebecca Reedman and A/Prof Frances Dark, Metro South Addiction & Mental Health Services | Work and Study Support Providing Early Intervention and Recovery for 15 to 25 Year Olds Zoe Walsh and Ella Sheehan, headspace |
| 12:15 PM - 1:15 PM LUNCH WITH EXHIBITORS | | | |
| Closing Keynote Session <i>Professor Russell Roberts, Conference Co-Chair</i> | | | |
| 1:15 PM - 1:45 PM Keynote Presentation Topic: Resource Allocation for Rural Mental Health Programs <i>Ivan Frkovic</i> , Commissioner, Queensland Mental Health Commission | | | |
| 1:45 PM - 2:45 PM La Dolce Vita - Learning from Adversity <i>Dr Tahnee Bridson</i> , Queensland Young Australian of the Year for 2022 | | | |
| 2:45 PM - 3:00 PM Conference Closing & Prize Draws | | | |

WE'D LOVE YOUR FEEDBACK



SCAN ME

We'd love your feedback about the conference. Please scan the QR code at the conference to complete our short conference survey.



Verde Nutrition Co

Comprehensive, evidence-based telehealth dietitian services tailored to support a wide range of clinical conditions, including:

- Mental health management through nutritional intervention
- Gastrointestinal disorders
- Food intolerances
- Preconception and pregnancy nutrition
- Eating disorders
- Oncology nutrition
- General dietary optimisation for chronic and acute conditions

For referral details and to connect your patients with our specialised care, simply scan the QR code.



MENTAL HEALTH & SUICIDE PREVENTION SERVICES

FOR RURAL AND REMOTE COMMUNITIES

Our HealthAccess Mind Care program delivers life-saving services across our most disadvantaged communities.

- Mental health and suicide prevention training for communities, schools and businesses
- Health professional training
- Crisis support program
- Community action plans and capacity building
- Mental health & wellbeing program for individuals



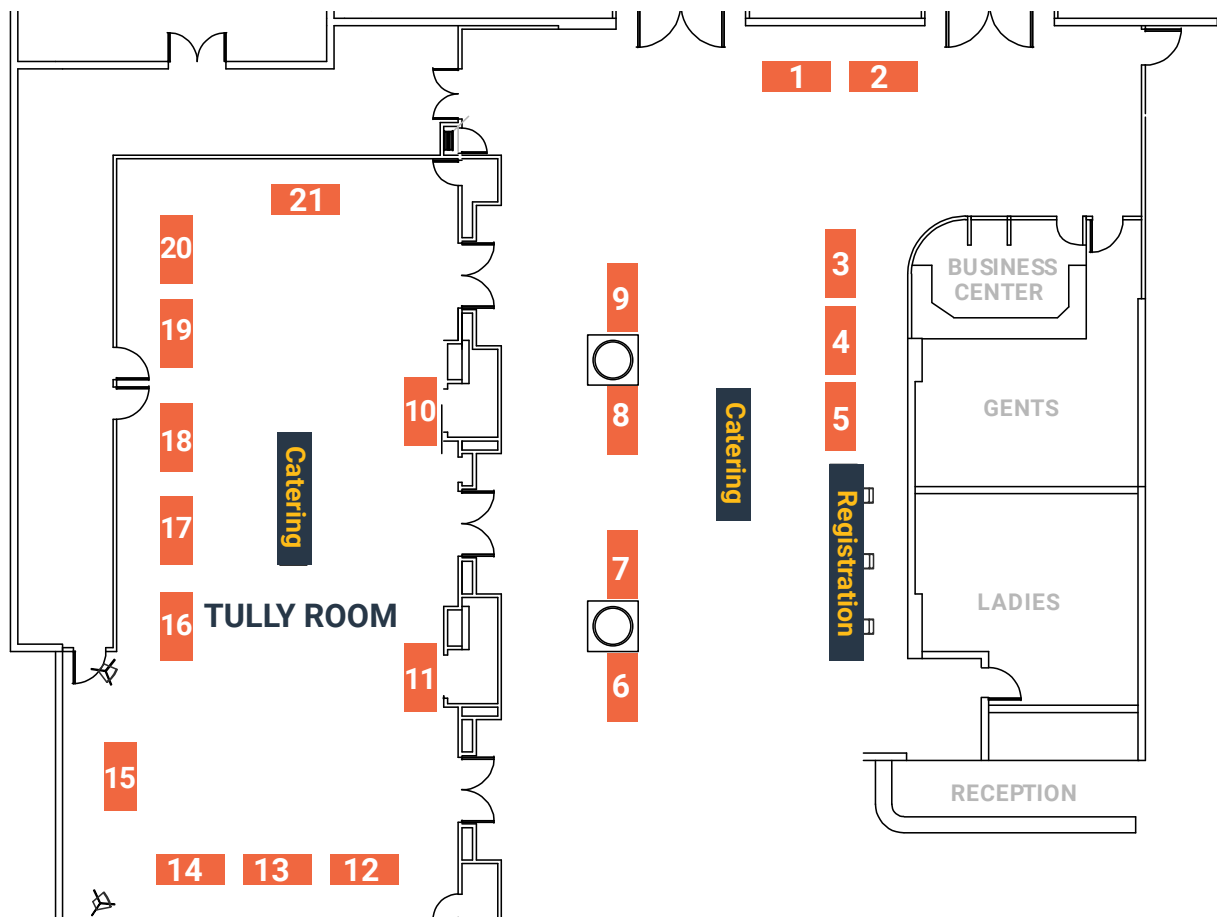
ACCESS TRAINING AND SERVICES FOR YOUR COMMUNITY

suicideprevention@thcfa.org.au www.thcfa.org.au

Exhibition Hall Map

Exhibition Hours

| | |
|----------------------|------------------|
| Wednesday 6 November | 12:00pm – 5:00pm |
| Thursday 7 November | 8:00am – 5:00pm |
| Friday 8 November | 8:00am – 1:15pm |



Exhibitor Listing

1. MindSpot
2. Torres and Cape Hospital and Health Service
3. E-Mental Health In Practice (eMHPrac), Queensland University of Technology
4. Guardian Exercise Rehabilitation
5. Australian & New Zealand Mental Health Association
6. headspace Work and Study Online
7. The Healthy Communities Foundation Australia
8. North & West Remote Health Ltd (NWRH)
9. Queensland Corrective Services
10. Social Science Translated
11. ReachOut Australia
12. Eating Disorders QLD
13. MacKillop Seasons
14. ARAFMI
15. Animal Therapies Ltd
16. Converge International
17. Albury Wodonga Health
18. Western Queensland Primary Health Network
19. DV-alert, Lifeline Australia
20. QLeave - Portable Long Service Leave
21. Roses in the Ocean

Sponsors

Conference Host



**Australian & New Zealand
Mental Health Association**

The Australian & New Zealand Mental Health Association is a non-government, non-for-profit association for all mental health professionals, workers, volunteers, carers and advocates.

Through a selection of educational materials, annual events and continued development opportunities, we aim to support the personal and professional wellbeing of every individual active in mental health and wellbeing.

Email: membership@anzmh.asn.au
Website: anzmh.asn.au

Gold



Funded by the Australian Department of Health and Aged Care, **MindSpot** is a free, digital psychology service supporting Australian adults with their mental health. Our services include psychological assessment and treatments. We specialise in supporting people experiencing symptoms of anxiety, depression, OCD, PTSD, and chronic pain and our team of experienced mental health professionals have supported more than 200,000 Australians. Our treatment courses are effective and backed by clinical trials from the eCentreClinic – a leading specialist research clinic at Macquarie University.

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

Host Destination Partner



Cairns & Great Barrier Reef Business Events

Website: tropicalnorthqueensland.org.au

Silver



Torres and Cape HHS comprises of 31 Primary Health Care Centres (PHCCs), two Hospitals, a Multi-purpose Health Service and an Integrated Health Service in the Cape York, Torres Strait and Northern Peninsula region of northern Queensland. As one of Australia's leading providers of healthcare services to Aboriginal and Torres Strait Islander communities, TCHHS staff have the privilege of being able to immerse themselves in the vibrant culture and rich traditions of the Aboriginal and Torres Strait Islander peoples, gain a better understanding of the unique healthcare challenges faced by remote communities and form meaningful connections. Grow, connect, learn and create life-defining experiences with Torres and Cape HHS.

Email: TCHHS-MHATODS@health.qld.gov.au
Website: torres-cape.health.qld.gov.au

Supported by



**Queensland
Mental Health
Commission**

Queensland Mental Health Commission

Website: qmhc.qld.gov.au

Sponsors

Bronze



GUARDIAN
exercise rehabilitation

Guardian Exercise Rehabilitation is a premier Australian provider of exercise-based rehabilitation services, specialising in mobile exercise physiology and physiotherapy. Following the acquisition of Verde Nutrition Co., we now offer comprehensive telehealth nutrition services led by Accredited Practising Dietitians. Verde Nutrition Co. focuses on gut health, IBS, disordered eating, skin health, and sports nutrition, providing evidence-based, personalised nutrition plans. Our integrated approach combines therapeutic exercise and nutrition to optimise recovery and well-being for compensable injury cases, including workers' compensation and motor vehicle accidents. "Connecting People to a Healthier Life," we are your partners in comprehensive healthcare.

Phone: 1800 011 066
Email: admin@guardianexercise.com.au
Website: guardianexercise.com.au



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

Phone: 07 3069 7545
Email: emhprac@qut.edu.au
Website: emhprac.org.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: thcfa.org.au

Conference Exhibitors



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 4444
Website: awh.org.au



Animal Therapies Ltd (ATL) is a National Health Promotion Charity connecting and funding those in need with animal-assisted mental health services that aim to help prevent or manage mental illness and other health conditions. Research has shown the benefits of human-animal interactions when incorporated into mental health support. Since its inception, ATL has led the way for the animal-services sector collaborating with health practitioners, clinicians, researchers and academia to set the best standards of practice for the animal-services sector. ATL works collaboratively to create linkages, partnerships and joint initiatives between individuals, the private, public, education & community sectors.

Phone: 0459 676 909
Email: info@animaltherapies.org.au
Website: animaltherapies.org.au



Arafmi provides free support for unpaid mental health carers in Queensland, including a 24-hour Carer Support Line, individual and group support, workshops and respite accommodation. As the peak body for unpaid mental health carers in Queensland, Arafmi advocates for systemic reforms to government and service providers. Arafmi also operates a community mental health and wellbeing service for people experiencing mental ill-health.

Phone: 07 3254 1881
Email: marketing@arafmi.com.au
Website: arafmi.com.au



Converge is a Next Generation wellbeing company focussed on supporting organisations and their employees with wellbeing, mental health and people safety programs. We strive to enhance lives and foster a healthier, happier world through meaningful change and holistic care. Our commitment to innovation, clinical excellence, and accessible care positions us as a strategic partner for large government departments, corporates and any organisation focussed on achieving strong wellbeing outcomes.

At Converge, we believe in the potential of organisations and are committed to helping make them great places to work – the sort of workplaces that enhance people's mental health, psychological capacity and wellbeing. We are passionate about creating positive workplaces characterised by optimal organisational health, wellbeing and employee productivity.

Phone: 1300 687 327
Email: customerservice@convergeintl.com.au
Website: convergeinternational.com.au

Conference Exhibitors



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

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

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

Email: training.dvalert@lifeline.org.au
Website: dvalert.org.au



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: mackillopseasons.org.au



EDQ is a statewide, community-based not-for-profit organisation. We support both individuals who are living with an eating disorder; their carers, loved ones, and key support people.

Our Vision: A world free from eating disorders.

Our Mission: To facilitate hope and recovery for all people affected from eating disorders.

Phone: 07 3844 6055
Email: admin@edq.org.au
Website: eatingdisordersqueensland.org.au



Guardian Exercise Rehabilitation is a premier Australian provider of exercise-based rehabilitation services, specialising in mobile exercise physiology and physiotherapy. Following the acquisition of Verde Nutrition Co., we now offer comprehensive telehealth nutrition services led by Accredited Practising Dietitians. Verde Nutrition Co. focuses on gut health, IBS, disordered eating, skin health, and sports nutrition, providing evidence-based, personalised nutrition plans. Our integrated approach combines therapeutic exercise and nutrition to optimise recovery and well-being for compensable injury cases, including workers' compensation and motor vehicle accidents. "Connecting People to a Healthier Life," we are your partners in comprehensive healthcare.

Phone: 1800 011 066
Email: admin@guardianexercise.com.au
Website: guardianexercise.com.au

Conference Exhibitors



Young people with mental health difficulties are more likely to be disengaged from work or study. **Headspace Work & Study Online** connects young people with dedicated Work and Study Specialists who provide personalised support online or over the phone. The service assists young people with everything from finding work to exploring study and education options and career pathways. Young people can also access resources, connect with peers in dedicated group chats, and receive support from mental health clinicians. Confidential and free of charge, headspace Work & Study Online is accessible to all young people aged 15-25, regardless of location.

Phone: 1800 810 794
Email: workandstudy@headspace.org.au
Website: headspace.org.au/services/work-and-study-support/online



A provider of culturally competent community based and outreach health care services since 1993; **NWRH** is a vibrant not-for-profit organisation servicing over 50 communities throughout rural, regional and remote Queensland.

With a large team of multidisciplinary health professionals, NWRH boasts strong community connections and a passion for supporting 'healthier people'.

The NWRH Mental Health and Wellbeing Team has grown significantly over the last few years and now deliver a broad range of mental health services including headspace in Mackay, Whitsundays, and Sarina, Psychological Therapies, Clinical Care Coordination, AOD, and Family Mental Health Support Services across our footprint.

Phone: 07 4781 9300 or 1800 799 244
Email: info@nwrh.com.au
Website: nwrh.com.au



QLeave is the part of the Queensland Government that looks after portable long service leave for the community services industry. We ensure workers can change jobs within the industry without losing access to long service leave benefits. After 7 years with QLeave, workers can claim their paid long service leave from us.

Employers must register with QLeave and report their worker's wages each quarter. Employers are also required to pay a quarterly levy, which we invest to ensure we can pay claims now and in the future.

QLeave administers similar schemes for Queensland's building and construction and contract cleaning industries.

Phone: 1300 753 283
Email: communityservices@qleave.qld.gov.au
Website: qleave.qld.gov.au



Queensland Corrective Services (QCS) employs psychologists, counsellors, occupational therapists, social workers and other clinicians to provide high-quality psychological and disability services supporting the mental health, wellbeing and safety of prisoners in correctional centres.

These services play a crucial role in keeping our community safe, promoting prisoners' safety, wellbeing and positive progression through all stages of their time in custody, supporting them to lead more productive, crime-free lives going forward.

We are hiring people with degrees in Psychology, Social Work, Occupational Therapy and other behavioural science disciplines, who want to make a difference.

Phone: 07 3565 7319
Email: psurecruitment@corrections.qld.gov.au
Website: corrections.qld.gov.au

Conference Exhibitors

REACHOUT

ReachOut helps young people to feel better about today and the future. Anonymous, free and 100 percent online, ReachOut has been designed specifically for – and with young people. Since we launched our online service 25 years ago, we have been providing a safe place where young people can openly express themselves, explore what's happening in their lives, connect with people who understand their situation, and find the resources to help them be well and stay well. Everything we create is based on the latest evidence and is designed with experts, young people and/or their families and communities. This is why our service is trusted, relevant and so easy to use. Accessed by more than 2 million people in Australia each year, ReachOut continues to champion wider access to mental health support.

Phone: 02 8029 777
Website: au.reachout.com



Roses in the Ocean

stemming the tide of suicide

Roses in the Ocean is the national lived experience of suicide organisation – striving for every person to have access to a suicide prevention system that is designed and led by people with lived experience of suicide.

They do this by innovating and transforming suicide prevention and driving system reform through the expertise of people with lived experience of suicide. They support organisations and government to integrate and partner with lived experience expertise effectively and meaningfully.

At the heart and soul of Roses in Ocean are people with a lived experience of suicide, and the organisation is dedicated to empowering those with a lived experience to find their voice and build their capacity to bring their insights and wisdom to suicide prevention.

Phone: 1300 411 461
Email: enquiries@rosesintheocean.com.au
Website: rosesintheocean.com.au/contact-us



Social Science Translated

Social Science Translated is the home of the Secret Agent Society (SAS). The SAS Small Group Program is the ultimate toolkit for children's services to prepare neurodivergent children for life's social-emotional challenges while connecting families and educators to wrap around the child.

Espionage-themed resources provide structured social and emotional learning for children aged 8-12. Designed and evidence-based for use with autistic and other neurodivergent profiles, SAS empowers and prepares children for life's social-emotional challenges by focusing on four key concepts: Emotion Recognition; Emotion Regulation; Social Skills; and Problem Solving. The software streamlines group sessions, between-session activities, and adult information sharing for both face-to-face and telehealth services.

SST is a wholly-owned subsidiary of the Australian not-for-profit AutismCRC.

Phone: 07 3720 8740
Email: sas@sst-institute.net
Website: secretagentsociety.com

phn WESTERN QUEENSLAND

An Australian Government Initiative

Western Queensland PHN is one of 31 Primary Health Networks (PHNs) established and funded by the Commonwealth Government to improve the efficiency and effectiveness of primary care services for patients, particularly those at risk of poor health outcomes.

A key role of Western Queensland PHN is to assess the health care needs of communities and commission health services to meet those needs, minimising gaps or duplication. This is achieved by supporting health services to connect with each other to improve people's care and strengthen the primary health care system.

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Wellness Program

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.

WELLNESS WALL

A smile is infectious, and so are positive thoughts! We'd love you to join us to write a note about a moment of the conference you have enjoyed, something you are grateful for, or something you are working towards.

 **Level 1, Foyer Lounge, Pullman Cairns International Hotel**



WELLNESS ZONE

Join us in the Wellness Zone - a quiet place to catch your breath and a chance to prioritise your own mental wellbeing. 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.

 **Level 1, Rosser Room, Pullman Cairns International Hotel**

 **Thursday 7 November and Friday 8 November**

 **During conference times**

 **Free!**

Massages

10-minute head and shoulder massages provided by qualified therapists from the Pullman Cairns International Vie Spa will be available during the following hours:

- Thursday 7 November: 10:00am – 4:00pm
- Friday 8 November: 9:00am – 1:00pm

Conference Puzzle

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.

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.



Photo credit: Tourism Tropical North Queensland

Optional Delegate Activities

SOUND HEALING BY KATE GODFREY, CRYSTAL BOWL SOUND HEALING

Sound Healing is a deep, powerful modality. The ethereal sounds produced by the Crystal Bowls are carried on waves of frequency and vibration. These waves will move through your body and harmonize energy that is out of balance. As you listen, your brain slows down and syncs up with the bowl sounds, taking you from an active thinking state to a more meditative state. You can even drop into Theta Brainwaves where your subconscious is activated.

Kate Godfrey has been leading Sound Healing sessions in the Cairns/Port Douglas area for the last 3 years. Her business growing from a desire to create a safe and nourishing space, allowing people to relax into their Parasympathetic Nervous Systems and destress from the pressures of daily life. Her goal is to make Sound Healing a modality that is accessible and open to all, whether your aim is physically unwinding, deep relaxation, meditation or energy healing.

Everyone attending the conference is welcome to attend.

 **Pool Deck, Pullman Cairns International Hotel**

 **Thursday 7 November and Friday 8 November**

 **6:30am – 7:30am**

 **Free!**

Bookings essential, limited places available.



CAIRNS LAGOON

The Cairns Lagoon is a popular swimming facility located along the Cairns Esplanade, a short 10 minute walk from the conference venue. This 4800 square metre saltwater swimming lagoon offers an all-year-round, safe, swimming location without stingers and crocodiles and offers the perfect spot lay down and relax. Lifeguards are on duty while the Lagoon is open. Wheelchair access to the Lagoon is available.

 **Approximately 650 metres
54 Esplanade, Cairns City**

 **Free!**

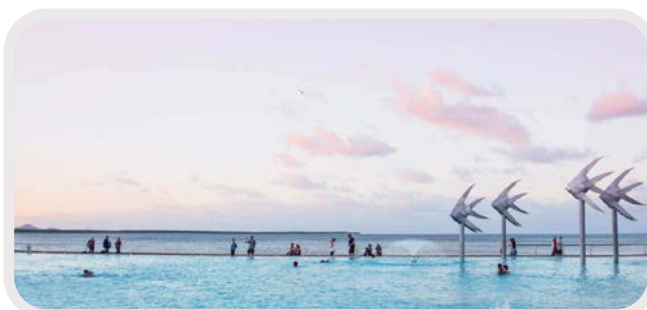


Photo credit: Tourism Tropical North Queensland

CAIRNS ESPLANADE WALK

Need some fresh air and sunshine? Take an easy 20-minute walk from conference venue to and along the Cairns Esplanade. The Esplanade includes 2.5km of pedestrian and shared paths, with markers each 500m, for a picturesque stroll, jog or run. There are many public artworks along the length of the Esplanade, including the iconic Woven Fish in the Lagoon and nearby Citizens Gateway to the Great Barrier Reef.

 **Approximately 1.6km / 3km return
Cairns Esplanade**

 **Free!**

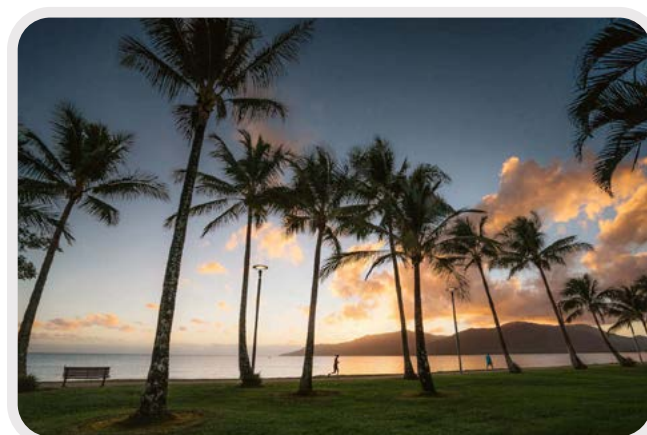


Photo credit: Tourism Tropical North Queensland

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