

Australian Rural & Remote **Mental Health** Symposium

**Wednesday 9
– Friday 11
November 2022**

**HILTON ADELAIDE
SOUTH AUSTRALIA**

anzmh.asn.au/rrmh-2022 | #RRMH22

HOSTED
BY



Australian & New Zealand
Mental Health Association

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SPONSORS

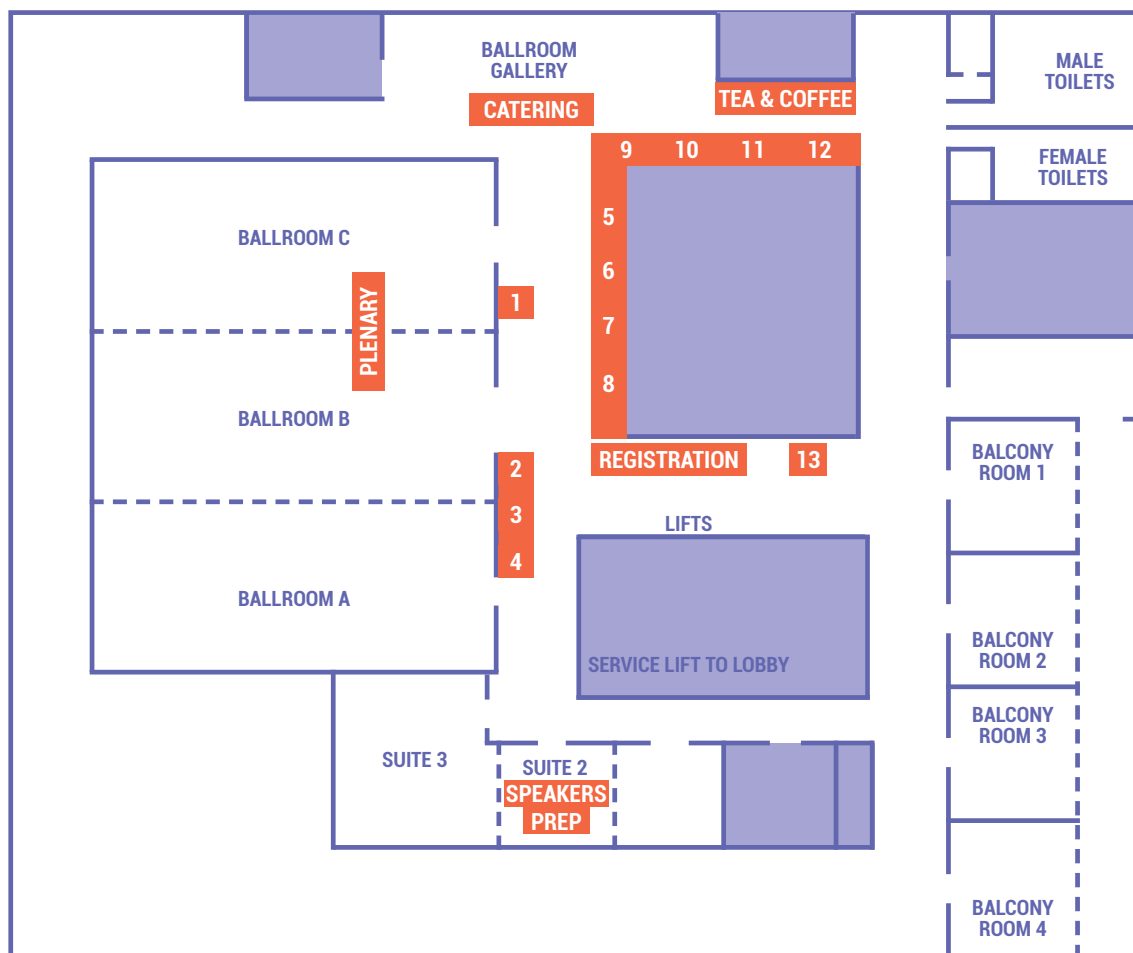


Principal Partner



Floor Plan

Plenary Sessions: Ballroom **Exhibition:** Ballroom Gallery **Catering:** Ballroom Gallery
Breakout Sessions: Ballroom A, Ballroom B, Ballroom C, Balcony 1&2, Balcony 3&4, Suite 3
Speakers Prep: Suite 2 **Poster Presentations:** Ballroom Gallery



EXHIBITOR LISTING

- | | |
|----------------------------------------|-------------------------------------------------------|
| 1 Psych2U | 8 Everymind |
| 2 Royal Flying Doctor Service | 9 Mental Health First Aid |
| 3 PESI AU | 10 Black Dog Institute |
| 4 Darling Downs Health | 11 Aurora Healthcare |
| 5 eMHPrac | 12 CRANaplus Bush Support Line |
| 6 LivingWorks Australia | 13 Australian & New Zealand Mental Health Association |
| 7 Gayaa Dhuwi (Proud Spirit) Australia | |



I would like to extend a warm welcome to the 14th Australian Rural and Remote Mental Health Symposium. I am delighted to see so many delegates converge both in-person and online, to share best practice,

facilitate meaningful connections, and give real solutions to advance mental health in rural and remote areas.

Over the next three days you will hear from a variety of keynote speakers and have the opportunity to join in workshops that Champion Stories of Innovation, Resilience and Endurance. With a particular focus on Resilient and Empowered Families, Embedding Lived Experience Expertise and Engagement, Service Excellence and First Nations Social & Emotional Wellbeing.

The program has been designed by the sector, for the sector, from academia through to lived experience, with unique insight into the challenges and opportunities faced across many sectors of service care, accessibility, treatment, and recovery.

We are all here because we want to learn, share, and inspire so that we can continue to focus on early intervention, prevention and improving service accessibility, our aim is for you to leave

the symposium with the tools to progress mental health and wellbeing initiatives and programs for all rural and remote community members.

Don't forget to make to time to visit our sponsors and exhibitors who are keen to share their range of products and services available to you. I would like to take this opportunity to thank our sponsors, exhibitors, and symposium organising committee - we could not run this event without you!

On a final note, I would like to personally thank you for your time and energy in attending today. Please use this event to connect with each other, make friends and share your thoughts and ideas on how we can continue to make a difference to our community and be a part of the solution for change. Enjoy the symposium, and a big thank you to all involved in making this event happen.

Barb Walters
Symposium Chair

Acknowledgement

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

Program Committee

Sandra Batistich, CEO, Moving A Head
Lyn English AM

Cecilia Gore, Executive Director, Mental Health, Alcohol and Other Drugs Branch NT Health

Dr Rochelle Hine, Lecturer, School of Rural Health, Monash University

Associate Professor Martin Jones, Research, UniSA Allied Health & Human Performance, University of South Australia

Nathan Lee, Mental Health and Wellbeing Manager, Centacare FNQ

Professor David Perkins, Conjoint Professor, University of Newcastle and Adjunct Professor at University of Canberra, Centre for Mental Health Research

Jo Rasmussen, Consultant

Professor Russell Roberts, Professor, Charles Sturt University

Dr Daniel Rock, Principal Advisor and Research Director, WA Primary Health Alliance

Barb Walters, Chief Executive Officer, Rural Alive & Well Inc

General Information

The following information is provided to make your attendance at the 2022 Australian Rural & Remote Mental Health Symposium as pleasant as possible. If you require assistance, please visit the symposium team at the registration desk.

REGISTRATION AND INFORMATION DESK

The registration desk will be located on Level 1 of the Hilton Adelaide. The hours of operation are as follows:

Wednesday 9 November	11:30am – 4:00pm
Thursday 10 November	8:00am – 5:30pm
Friday 11 November	8:30am – 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 social function.

WI-FI

Complimentary Wi-Fi internet is available in all event areas. To login, select Network: RRMH22 and Access Code: Hilton.123.

MOBILE PHONES

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

DRESS CODE

The dress code is smart casual.

ON-SITE COUNSELLOR

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

SYMPOSIUM CATERING

All catering will be served in the Exhibition Area with the exhibitors and poster presentations.

NETWORKING FUNCTION

The networking function will be held on Thursday 10 November from 4:30pm – 5:30pm in the Ballroom Gallery. Canapes, beer, wine, and soft drinks will be served.

ACCOMMODATION

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

RESOURCE CENTRE

As part of your symposium registration, you receive access to the 2022 Australian Rural & Remote Mental Health Symposium 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 symposium.

COVID SAFE

Please stay home if you are feeling unwell or showing symptoms of COVID-19 – fatigue, shortness of breath or fever. Whilst masks are no longer mandatory, you are welcome to bring and wear your own.

Key Contacts



Symposium Manager

Justine White | T: 0427 261 616 | E: rural@anzmh.asn.au

Program & Research Manager

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

Head of Partnerships

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



Want to Make the Most of Your Symposium Experience?

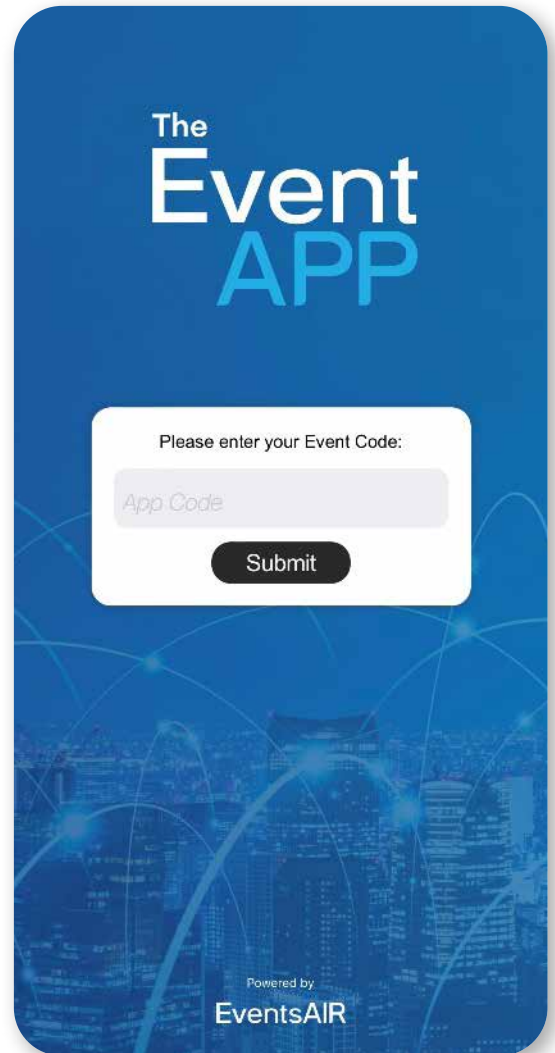
Download the conference app!

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2. Search 'The Event App by EventsAir' and download
3. **Open and enter event code RRMH22**
4. Your name badge has your login and pin!



App Features

Stay up to date and connected during the 2022 Australian Rural & Remote Mental Health Symposium.

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

SPEAKERS 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.

Feeling low, stressed or anxious?

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Use hashtag #RRMH22 or tag @ANZMHA
highlighting your favourite moments of our symposium...



...and go into the draw to WIN one of these prizes:

- 1x FREE virtual registration to RRMH23

- 1x FREE in-person registration to

any of our ANZMHA conferences (you choose!)

Keynote Presenters



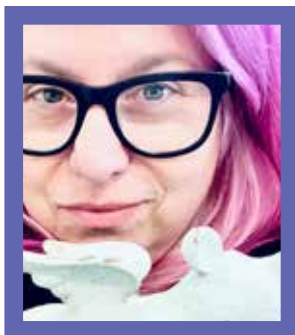
Associate Professor Mathew Coleman

Rural Psychiatrist (WACHS), Chair of Rural Section of Psychiatry (RANZCP), Clinical Academic (RCSWA), Commissioner (NMHC)

Mat is a rural psychiatrist with specialist qualifications in addiction psychiatry and child and adolescent psychiatry. He is the Clinical Director of a rural region, the Great Southern, and remote region, The Midwest, in Western Australia. Mat is the inaugural chair of rural and remote mental health practice with The Rural Clinical School of WA

(UWA) and has served two terms as a Commissioner with the National Mental Health Commission. As a part time sheep farmer, he makes as a better rural psychiatrist.

Keynote Pan-Shop: Current Challenges within Rural Mental Health
Wednesday 9 November | 12:45pm – 2:00pm



Indigo Daya

Survivor/Consumer Perspective Consulting, Training & Supervision

Indigo is a survivor academic, artist and activist. She is a partner in Athena Consumer Workforce Consulting, independent consultant, speaker, and supervisor, and holds multiple sessional teaching roles. She recently launched an interactive community arts project for trauma survivors who use self-injury, called Slice/Silence.

Indigo brings lived experience as a survivor of childhood trauma, madness and psychiatric services, and 17 years' experience in consumer/survivor leadership roles. She has been an advisor to the Royal Commission into Victoria's Mental Health System, senior advisor to Victoria's Chief Psychiatrist, founder of Victoria's hearing voices network and has also worked in peer support, advocacy, policy, and research.

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Allyship, Worldview and Liberation: Embedding Consumer Expertise and Engagement

Tuesday 10 November | 8:40am – 9:10am



Professor Sharon Lawn

Chair and Executive Director, Lived Experience Australia

Sharon is Chair and Executive Director of Lived Experience Australia, a nationally awarded mental health consumer and carer advocacy organisation. Sharon is also a Professor at Flinders University and undertakes a broad range of mental health research. She is particularly passionate about addressing physical health and mental health comorbidity, stigma and coercion in care and exploring the person's and their family's experiences of seeking and receiving support within health care systems. Sharon is internationally recognised for her research on chronic condition self-management, self-care, peer work, and smoking in mental health settings.

systems. Sharon is internationally recognised for her research on chronic condition self-management, self-care, peer work, and smoking in mental health settings.

How are Healthcare Providers in Rural Communities Attending to the Physical Health Care of People with Mental Health Challenges?

Thursday 10 November | 9:10am – 9:40am



Dr Clifford Lewis

Senior Lecturer, Charles Sturt University

Clifford Lewis, PhD (he/him/his) is a Marketing academic at Charles Sturt University. His research focuses on Place Marketing; exploring LGBTQIA+ inclusion both within one's community or a recreational context. Within this field, he has drawn on socio-psychological theories to explore how places and experiences can be made more inclusive for LGBTQIA+ people. Through his work he has called for a more nuanced and sensitive approach to research which considers the diversity encapsulated

under the LGBTQIA+ acronym. He is passionate about using research to make the world more inclusive. Prior to his academic career, he was the Head of State (NSW) for a global market research company.

Towards a LGBTQ+ Belonging: What Does It Mean and Look Like?
Friday 11 November | 1:40pm – 2:10pm



John Mannion

SA Mental Health Commissioner, Government of South Australia

John is the Lead Mental Health Commissioner within South Australia and joins his fellow commissioners Heather Nowak and David Kelly, focusing upon the vision to strengthen the mental health and wellbeing of all South Australians.

John Mannion is also the inaugural Executive Director of Breakthrough Mental Health Research Foundation – Australia's only foundation dedicated solely to investing into mental health research, within the areas

of youth mental health, depression, indigenous mental health and eating disorders.

John's career in mental health has spanned more than 30 years including as a practitioner as well as leading mental health services across the state.

He has a passion for community connectivity, suicide prevention and evidence-based interventions.

Keynote Pan-Shop: Current Challenges within Rural Mental Health
Wednesday 9 November | 12:45pm – 2:00pm



Dr Brian McKenny

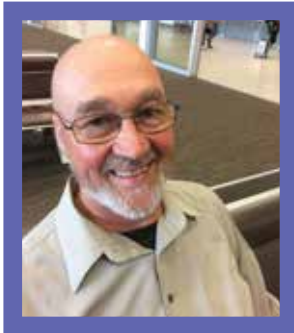
Clinical Director, Rural & Remote Mental Health Services, Government of South Australia

Dr Brian McKenny has been the Clinical Director of the Rural and Remote Mental Health Service of South Australia since 2010. He has held senior leadership positions in public and private psychiatry in South Australia. He currently leads a clinical service which covers a million square kilometres with a population of 500,000. The telepsychiatry service pioneered videoconferencing in 1996 and conducts over 3000 assessments per year.

Keynote Pan-Shop: Current Challenges within Rural Mental Health
Wednesday 9 November | 12:45pm – 2:00pm



Keynote Presenters



Dr Keith Miller

College of Education, Psychology and Social Work, Flinders University

Keith's adult life has been involved in the human services' field in varying capacities. Prior to commencing at Flinders University, he was employed in a range of roles as a social worker. These included child protection and project officer involved in the planning and provision of mental health services in rural areas. Keith commenced as an academic at Flinders University in 2006. His areas of interest included mental health and suicide, Indigenous issues, rural

men, and working with practitioners in agencies to develop their capacity for research. Keith is married and has three adult children and three grandchildren. He enjoys riding his motorbike.

Lessons Learnt Since Conference Inception - What's Next?
Thursday 10 November | 3:00pm – 3:30pm



Heather Nowak

Mental Health Commissioner

Heather holds a passion for using her lived experience to inform future planning, design and delivery of services, to ensure that the journey for current and future consumers and their carers is made as smooth as possible, to enable optimal recovery outcomes and ultimately reduce suicide. Having been a consumer of mental health services during the past 35 years, Heather has experienced many of the difficulties faced by consumers residing in both metropolitan and particularly regional areas, having lived in the Southeast of SA for 17 years.

In 2011, Heather's dedication and relentless hard work was recognised when she was awarded the Dr Margaret Tobin Award, for outstanding contribution to improvements for people with, or at risk of developing, a mental illness.

Keynote Pan-Shop: Current Challenges within Rural Mental Health
Wednesday 9 November | 12:45pm – 2:00pm



Associate Professor Savio Sardinha

Senior Consultant, PSYCH2U

Associate Professor Savio Sardinha is a Senior Consultant with over 25 years' experience in Psychiatry in Europe, New Zealand, and Australia. He worked for the World Health Organisation in training Primary Care Physicians to develop Mental Health curriculum in Family Medicine.

Integrating Primary and Specialist Mental Health In Rural Child & Youth: Can Telehealth And

Technology Help?
Thursday 10 November | 3:30pm – 4:00pm



Professor Nick Titov

Executive Director, MindSpot Clinic, Macquarie University

Nick Titov is a Professor of Psychology at Macquarie University, Sydney, Australia. Nick is Executive Director of two digital mental health services (DMHS), the MindSpot Clinic (www.mindspot.org.au) and PORTS (www.ports.org.au), which deliver mental health care to more than 35,000 adults across Australia each year. Nick is a Clinical Psychologist and serves as an advisor to numerous Australian and international groups on matters pertaining to digital mental health services. He is also actively

involved in research evaluating new models of delivering mental health care.

The Big 5: The Most Important Things We Can Do for Our Mental Health
Friday 11 November | 2:10pm – 2:40pm



Dominic Barry

Retired AFL Player

My name is Dom Barry. I am a Pitjantjatjara Yankunytjatjara man from the remote community of Kaltjiti (Fregon) in the Anangu Pitjantjatjara Yankunytjatjara (APY) Lands. I have spent the past four years studying at UniSA completing a Bachelor of Psychology (Honours) degree with aims to go on and complete a Master of Psychology (Clinical). Previously, I have played at the elite level AFL with Melbourne Football Club (2012-2014) and Port Adelaide (2018). This year I was fortunate to be involved in meaningful research in understanding how Anangu Pitjantjatjara Yankunytjatjara conceptualise

mental health from their own perspective title 'Nintirikunytjaku: understanding Anangu Pitjantjatjara Yankunytjatjara mental health beliefs'.

First Nations Social & Emotional Wellbeing
Thursday 10 November | 9:40am – 10:10am

Program | Day 1

Ballroom BC & Virtual via OnAIR

11:30am - 12:30pm

Registration Open

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

12:30pm

Symposium Opening

12:30pm – 12:40pm

Welcome to Country

12:40pm – 12:45pm

Welcome & Housekeeping

Barb Walters, Chief Executive Officer, Rural Alive & Well Inc (Symposium Chair)

12:45pm – 2:00pm

Keynote Pan-Shop: Current Challenges within Rural Mental Health

Moderator - **Dr Brian McKenny**, Clinical Director Rural & Remote Mental Health Services, Government of South Australia

Panelist - **Associate Professor Mathew Coleman**, Rural Psychiatrist (WACHS),

Chair of Rural Section of Psychiatry (RANZCP), Clinical Academic (RCSWA), Commissioner (NMHC)

Panelist - **John Mannion**, SA Mental Health Commissioner

Panelist - **Heather Nowak**, Mental Health Commissioner

2:00pm - 2:30pm

Afternoon Tea

Ballroom C In Person Only	Suite 3 In Person Only	Ballroom B In Person Only	Balcony 1 & 2 In Person Only	Balcony 3 & 4 In Person Only
Workshop 1	Workshop 2	Workshop 3	Workshop 4	Workshop 5
Planning, Partnering, Engaging, Implementing, Reporting, and Publishing Rural and Remote Mental Health Research Dr Marg Rogers, University of New England and Russell Roberts, Charles Sturt University (virtual)	Mental Health Fire Plan...Everyone Should Have One! Julie Rowse and Sarah Jane Hall, Healthy Mind And Soul	Utilising Digital Options for Mental Health Prevention and Early Intervention in Rural and Remote Settings Heidi Sturk and Carol Purtell, eMHPrac (e-Mental Health in Practice) - Queensland University of Technology	Wellbeing First Innovation Hub Jennifer Black, Queensland Alliance for Mental Health and Helen Glover, Enlightened Consultants	Employing the Arts: Excellence and Engagement in Rural Mental Health Dr Carla van Laar, PACFA, Erin Mccrorey, Transpersonal Arts Therapist, Sharyn Latham, Peace In Art, and Maya Fraser, Imagerie Creations

2:30pm - 4:00pm



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.

Ballroom BC & Virtual via OnAIR

8:00am - 8:30am	Registration Open
8:30am	Symposium Opening
8:30am - 8:40am	Welcome & Housekeeping Barb Walters, Chief Executive Officer, Rural Alive & Well Inc (Symposium Chair)
8:40am - 9:10am	Allyship, Worldview and Liberation: Embedding Consumer Expertise and Engagement Indigo Daya, Survivor/Consumer Perspective Consulting, Training & Supervision
9:10am - 9:40am	How are Healthcare Providers in Rural Communities Attending to the Physical Health Care of People with Mental Health Challenges? Professor Sharon Lawn, Chair and Executive Director, Lived Experience Australia
9:40am - 10:10am	First Nations Social & Emotional Wellbeing Dominic Barry

10:10am - 10:40am

Morning Tea with Exhibitors

	Ballroom C & Virtual via OnAIR	Ballroom B In Person Only	Ballroom A In Person Only	Balcony 1+2 In Person Only
	Service Excellence #1 IN PERSON AND ONLINE Chair: Sheree Lewis	Embedding Lived Experience Expertise and Engagement #1 IN PERSON ONLY Chair: Lyn English	Resilient & Empowered Families #1 IN PERSON ONLY Chair: Sandra Batistich	Children Focused Support IN PERSON ONLY Chair: Dr Daniel Rock
10:40am - 11:10am	Understanding and Responding to the Unique Risks of Vicarious Trauma in Rural and Remote Areas Tara Hunter, Full Stop Australia	StigmaBeat: Collaborating with Rural Young People to Co-Create Short Films Aimed at Reducing Stigma Rochelle Hine, Monash University and Lotti O'Dea, Satellite Foundation	Birdie's Tree: Empowering Babies, Young Children and Families for Resilience Andrea Baldwin, Queensland Centre For Perinatal & Infant Mental Health	It Takes a Village: Integrating Support for Infant, Child and Family Mental Health Brad Morgan, Emerging Minds
11:15am - 11:45am	The Significance of Community Connections for Virtual Wellbeing Services Carla Sargeant, yourtown	Beyond the Sidelines - Football is at the Heart of Rural Communities Barb Walters and Shayne Stevenson, Rural Alive And Well	Community Built, Community Led, Community Owned - Successful and Sustainable Suicide Prevention Melissa Joy, Macleay Valley Workplace Learning Centre	Internet Parent-Child Interaction Therapy: Using Live Parent Coaching via Video-Conferencing to Help Families Living Remotely Dr Jane Kohlhoff, University of New South Wales and Linda Lennie, Karitane
11:50am - 12:20pm	Making Place Based Mental Health Services Accessible, Whilst Negotiating Bio-Security Restrictions During a Pandemic Jos Middleton, Royal Flying Doctor Service Queensland	Peer Work - Are We Ready? Lessons Learnt from a Pilot Program Jane Pascho and Donnie Martin, WA Country Health Service Goldfields	Employing Triage to Navigate Subconscious Bias and Stigma in Rural and Remote Mental Health Services Darren Burns, Centrecare	School Based Filial Therapy: a Play Therapy Program in Remote and Outer Regional NSW Jane Cooper, Monash University
12:20pm - 1:20pm	Children Focused Support #2 IN PERSON AND ONLINE Chair: Dr Daniel Rock	First Nations Social & Emotional Wellbeing IN PERSON ONLY Chair: Barb Walters	Farming Focus IN PERSON ONLY Chair: Sandra Batistich	Lived Experience & Co-Design IN PERSON ONLY Chair: Dr Rochelle Hine
1:20pm - 1:40pm	Online Mental Health Services and Peer Workforce: Assisting Navigation of Care for Consumer and Carers William Campos, Independent Community Living Australia	Healing Trauma Through the Voices of First Nations Peoples Ara Harathunian, Kultchafi	Social Connection and Community Support for Farmers' Mental Health and Wellbeing Micaela Riethmuller, Curtin University	Rural Resilience Levels and Health-Related Quality Of Life During The COVID-19 Pandemic Dr Sue Thomas, Wollongong University

Program | Day 2

	Ballroom C & Virtual via OnAIR	Ballroom B In Person Only	Ballroom A In Person Only	Balcony 1+2 In Person Only
1:45pm - 2:05pm	Growing the Peer Workforce in Regional Communities Rachel Green, Sane	Uses of Social Prescribing to Address the Social Determinants to Wellbeing while Building Community Capacity Dr JR Baker, Primary & Community Care Services Limited	The Rural Agribusiness Wellbeing Project: Understanding the Experience of Small Rural Agribusiness Owners to Develop Tailored Mental Health Resources Alyse Berrigan, Everymind	SHaWS – An Innovative, Multi-Disciplinary Model for AOD, Mental Health and Primary Health Concerns Bronwyn Hendry and Tim Ireson, Directions Health Services
2:10pm - 2:30pm	Letters To My Peers: An Autoethnographical Approach To A Mental Health Peer Worker Experience Elizabeth Guaresi, Peer Support Worker	Innovation in Co-Designing Resources, Engaging First Nations and Rural and Remote Communities for Improved Wellbeing Dr Michelle Sweet and Schania Czygan, Menzies School of Health Research	How Does ifarmwell.com.au Work? Evaluation and Key Mechanisms of a Self-Help Online Intervention for Farmers Gemma Skaczkowski, University Of South Australia	How Persistence, Determination, Resilience, Storytelling and Lived Experience Ignited Shared Passions for Empowering Communities Louise Scott, National Emergency Management Agency and Warren Davies, The Unbreakable Farmer
2:30pm - 3:00pm	Afternoon Tea with Exhibitors			
3:00pm	Join us for these exciting Keynote Presentations			
3:00pm - 3:30pm	Lessons Learnt Since Conference Inception - What's Next? Dr Keith Miller, College of Education, Psychology and Social Work, Flinders University			
3:30pm - 4:00pm	Integrating Primary and Specialist Mental Health In Rural Child & Youth: Can Telehealth And Technology Help? Associate Professor Savio Sardinha, Senior Consultant, PSYCH2U			
4:00pm - 4:10pm	Q&A with Keynote Presenters			
4:10pm - 4:20pm	Symposium Day 2 Wrap-up Barb Walters, Chief Executive Officer, Rural Alive & Well Inc (Symposium Chair)			
4:20pm - 4:30pm	Poster Presentations			
	Transdisciplinary Research to Address the Mental Health Impacts of a Changing Climate Associate Professor Fiona Charlson, Queensland Centre for Mental Health Research			
	Collaborating In Queensland to Improve Peer Workforce Training Opportunities Sarah Childs, Queensland Alliance for Mental Health			
	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			
	The Role of Telehealth Psychology in Rural Australia: Pre-Covid, Present and Future Kim Douglas, Remote Psych			
	SHaWS – An Innovative, Multi-Disciplinary Model for AOD, Mental Health and Primary Health Concerns Bronwyn Hendry and Tim Ireson, Directions Health Services			
	Healing Complex Trauma Impacts in Community Through Online Self-Directed Learning Program Deborah Jackson, Deborah Jackson Psychology			
	Dusting Off the Stigma-Champions for Mental Health Vanessa Latham, Royal Flying Doctor Service of Australia (South Eastern Section)			
	Lived Experience Journey of Mental Illness in Rural Men (Podcast) Michael Marsh, SA Health			
	Hearing Distressing Voices Simulation Workshop Lee Martinez, University of SA Department of Rural Health			
	Ramping Up Outcomes: A Framework for Evaluating Impact of The Rural Adversity Mental Health Program Dr Dayle Raftery and Dr Caitlin Miller, The Peregrine Centre			
	Mapping Community Mental Health Access, Substance Use, And Satisfaction with Life by Rurality in Australia Lisa Redwood, University of Wollongong			
	NSW Rural Mental Health Partnership - How Are We Innovating Better Rural Mental Health Practice? Dr Rebecca Sng, The Peregrine Centre			
4:30pm - 5:30pm	Welcome Networking Reception			

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

Day 3 | Program

8:30am - 9:00am

Registration Open

Ballroom C & Virtual via OnAIR	Ballroom B In Person Only	Ballroom A In Person Only	Balcony 1+2 In Person Only
Resilient & Empowered Families #2 IN PERSON AND ONLINE Chair: Dr Rochelle Hine	R&R Services IN PERSON ONLY Chair: Nathan Lee	Embedding Lived Experience Expertise and Engagement #2 IN PERSON ONLY Chair: Lyn English	Open #1 IN PERSON ONLY Chair: Hazel Dalton

9:00am - 9:20am

A Systems Model for Understanding How Environmental Changes Impact Mental Health Outcomes Among Rural Queenslanders Associate Professor Fiona Charlson, Queensland Centre for Mental Health Research	An Integrated and Regional Approach to Suicide Prevention and Aftercare Alison Thorne, Murrumbidgee Primary Health Network and Zoe Evans, Wellways	Establishing a Remote Clinical Psychology Practice: A Sole-Practitioner's Journey Dr Amanda Rogers, Sheoak Clinical Psychology	Is FIFO a Dirty Word? Linda Hansen, Outback Futures
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9:25am - 9:45am

The Impact of Aeromedical Services on Seriously Ill Children and their Families in Rural NSW. Katie McIntyre, University of the Sunshine Coast	Filling the Decades Old Gap for Co-Occurring Mental Health and AOD Clients Michele Florenza, GrowWA	How Do Live4Life and MHFA Create Resilient, Mentally Healthier Rural Communities? Dr Bronwyn Robson, Mental Health First Aid and Bernard Galbally, Youth Live4Life Ltd	Children's Experiences of Parents Working Away and Military Families: Co-Creating Resilience Through Research-Based, Free Resources Dr Marg Rogers, University of New England
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9:50am - 10:10am

Improving the Mental Health of Rural and Remote Family and Friend Carers Through Disaster Preparedness Dr Jade Alexander, Carers NSW	SQRH South-West Paediatric Assessment Clinic: A Service-Learning Pilot Program Michelle Anifetos, Southern Queensland Rural Health	Is My Rural Your Rural? The importance of Lived Experience Voices in Rural Suicide Research Charlotte Finlayson, University of Sydney	Co-designing Early Intervention and Prevention Based Mental Health Activities with Rural, Remote and Aboriginal Communities Nathan Mercurio, Rural and Remote Mental Health
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10:15am - 10:35am

Making Digital Mental Health Resources Work in Your Practice Dr Genevieve Yates, Black Dog Institute and eMHPac	Why the Workplace is a Critical Setting to Keeping People Mentally Well Sheree Lewis, SafeWork NSW	The Labour Crisis in Animal Agriculture: Links Between Occupational Unwellness and Poor Retention Rates? Patricia Eats, University of Queensland	Preventing Burnout: Practical Strategies to Build Mental Fitness to Prevent Leaders From 'Hitting the Wall' Julie Rowse, Healthy Mind And Soul
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10:35am - 11:00am

Morning Tea with Exhibitors

Resilient & Empowered Families #3 IN PERONS AND ONLINE Chair: Barb Walters	Service Excellence #2 IN PERSON ONLY Chair: Jennifer Black	Community Solutions IN PERSON ONLY Chair: Nathan Lee	Open #2 IN PERSON ONLY Chair: Dr Bronwyn Robson
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11:02am - 11:32am

Suicide First Aid Training for Parents, Teachers and Youth Touchpoints: Implementing a World First for Rural and Remote School Communities Anthea Jirgens, LivingWorks Australia	Community Connections: Evidence and Approaches for Supporting Mental Health Through Social Participation Ingrid Hatfield, Mental Health Australia and Dr JR Baker, Primary & Community Care Services Limited	Inequitable Access to Psychiatric Care Associate Professor Mathew Coleman, RANZCP	Guiding Rural & Outback Wellbeing through Aquaponics Matthew Marsh, Gavin Drake, Ursula Ryan, Royal Flying Doctor Service South Eastern Section
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11:37am - 12:07pm

A Primary Care Approach for Hard to Reach Rural and Remote Men Owen Catto, The Regional Men's Health Initiative	Complex Trauma: Improving Access in Rural and Remote Areas Tara Hunter, Full Stop Australia	Mental Wellbeing Impacts of the COVID-19 Pandemic on Rural and Remote Individuals and Communities Hazel Dalton, University of Newcastle	A Commonwealth of Perpetual Pilots: the Case for Digital Transformation at Scale Dr Daniel Rock, WA Primary Health Alliance
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Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.

Program | Day 3

12:12pm - 12:42pm

Opportunity and Risk: Understanding Technology-Facilitated Abuse in a Rural and Remote Context
Leonie Burnham, Esafety Commissioner

Equally Well: Showcasing Rural Innovation to Enhance the Physical Health of People with Mental Illness
Lyn English AM

How Should Mental Health Services Engage with Carers and Family?
Darryl Maybery, Monash University

COVID 19 Mental Health Support Program for the RACF Workforce - SWAP Program
Renee Hayden, Sharyn Amos and Monique Ataryniw, APMHA Healthcare

12:42pm - 1:40pm

Lunch with Exhibitors

1:40pm

Join us for our final Keynote session

1:40pm – 2:10pm

Towards a LGBTQ+ Belonging: What Does It Mean and Look Like?
Dr Clifford Lewis, Senior Lecturer, Charles Sturt University

2:10pm-2:40pm

The Big 5: The Most Important Things We Can Do for Our Mental Health
Professor Nick Titov, MindSpot Clinic, Macquarie University

2:40pm - 2:50pm

Q&A with Keynote Presenters

2:50pm - 3:00pm

Symposium Closing & Prize Draws

Barb Walters, Chief Executive Officer, Rural Alive & Well Inc



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



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

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Founded in 2011 PSYCH2U/GP2U Telehealth is Australia's leading provider of dedicated online healthcare, delivering video-based GP, Psychology and Psychiatry telehealth consultations. Whilst we maintain offices in Hobart, PSYCH2U/GP2U is a truly virtual practice with our medical practitioners delivering care from anywhere in Australia.

PSYCH2U/GP2U is part of the Doctor Care Anywhere Group (DCA) the leading UK-based telehealth company with operations in the UK, Republic of Ireland and Australia and we provide pan-European services. Doctor Care Anywhere is listed on the ASX.

Our goal is to deliver healthcare to our patients on their terms, by allowing consultations to occur where and when it suits them. The PSYCH2U/GP2U proprietary software facilitates secure video-based consultations and is deeply integrated into the Australian healthcare system, allowing us to deliver prescriptions, pathology requests, specialist referrals and secure provider to provider messaging.

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Everymind is a leading institute dedicated to the prevention of mental ill-health and suicide, delivered through best practice programs, communication, policy responses and translational research.

A key program at Everymind is Life in Mind: a knowledge exchange portal providing translated evidence, policy, data and resources in suicide prevention, and host of the National Communications Charter.

The National Communications Charter (The Charter) is an evidence-informed resource to guide the way the mental health and suicide prevention sectors, government, businesses, and community talk about mental ill-health and suicide. Signing The Charter serves as a formal commitment to use safe and consistent language to reduce stigma and promote help-seeking.

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



Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

SILVER

Gayaa Dhuwi (Proud Spirit) Australia

Gayaa Dhuwi (Proud Spirit) Australia was established in early 2020 as the national leadership body for Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health, and suicide prevention. It is governed and controlled by Aboriginal and Torres Strait Islander experts and peak bodies working in these areas promoting collective excellence in mental health and suicide prevention.

Our work contributes to achieving our vision of Aboriginal and Torres Strait Islander leadership, excellence, and presence across all parts of the Australian mental health system and the achievement of the highest attainable standard of social and emotional wellbeing, mental health, and suicide prevention outcomes for Aboriginal and Torres Strait Islander people.

Phone: 02 6189 0621
Email: info@gayaadhuwi.org.au
Website: www.gayaadhuwi.org.au

Sign and support The Charter

The National Communications Charter is an evidence-informed resource to guide the way the mental health and suicide prevention sectors, government, businesses and community talk about mental ill-health and suicide.



1. Understand the eight principles and become a signatory



2. Action the principles and promote The Charter



3. Evaluate implementation of The Charter in your workplace



Life in Mind

An



EVERYMIND program

lifeinmind.org.au/the-charter



Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

Established in late March 2020, Gayaa Dhuwi (Proud Spirit) Australia (GDPSA) is the peak leadership body for Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health and suicide prevention. It is governed and controlled by Aboriginal and Torres Strait Islander experts and peak bodies working in these areas, promoting collective excellence in mental health care.

Gayaa Dhuwi (Proud Spirit) Australia's vision is Aboriginal and Torres Strait Islander leadership, excellence and presence across all parts of the Australian mental health system and the achievement of the highest attainable standard of social and emotional wellbeing, mental health and suicide prevention outcomes for Aboriginal and Torres Strait Islander peoples.

'Gayaa' means happy, pleased and proud, and **'Dhuwi'** means spirit in the Yuwaalaraay and Gamilaraay languages of northwest New South Wales.

GDPSA takes its name from the Gayaa Dhuwi (Proud Spirit) Declaration (Declaration).



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LivingWorks is the world's leading suicide intervention training provider. They believe that suicide is preventable, & everyone can learn to play a life-saving role. With an array of integrated training programs to meet every need, they've been providing communities and organisations with suicide prevention solutions for over 35 years.

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Mental Health First Aid® Australia is an Australian based multinational provider of Mental Health First Aid education. The organisation is a registered health promotion charity, operating within a professional, evidence-based model, guided by best practice and the voices of lived experience.

Mental Health First Aid has over 20 years of experience and proven effectiveness in facilitating training that improves mental health literacy and builds capacity to provide support to people experiencing mental health problems.

Phone: 03 9079 0200
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Symposium Exhibitors



Aurora Healthcare

Aurora Healthcare is Australia's leading private specialty mental health provider with 1,000 beds and 14 facilities. Our specialised inpatient, day patient and outpatient services are delivered by an experienced team of 650 credentialed psychiatrists, physicians, geriatricians and allied health staff. We provide specialised treatment across the age spectrum, including adolescents, adults and older persons.

Phone: 02 9513 0300

Email: susie.bayne-jardine@aurorahealth.com.au

Website: www.aurorahealth.com.au/specialties/mental-health-1



Black Dog Institute

Black Dog Institute is a 'translational' research institute which integrates our research studies, education programs, digital tools and apps, clinical services, and public resources to discover new solutions, foster connections and create real-world change. We deliver a range of training for health professionals aiming to improve the management of their patients.

Phone: 02 9065 9010

Email: education@blackdog.org.au

Website: www.blackdoginstitute.org.au/education-services/health-professionals/health-professional-workshops



CRANAplus Bush Support Line

CRANAplus is a not-for-profit, membership-based organisation that provides services, support and opportunities to nurses, midwives, and other health professionals working in remote and isolated areas of Australia.

The CRANAplus Bush Support Line provides free, confidential, 24-hour telephone support to members of the remote health workforce and their families. Our mental health and wellbeing support services also include our weekly 'Mindful Monday' newsletter; free, tailored wellbeing workshops for remote health workplaces; and written guides, webinars, and podcasts.

Our organisation also provides scholarships and grants, facilitates remote health employment, provides career support and advice, and delivers contextualised educational courses.

Phone: 07 4047 6400

Contact Us: crana.org.au/about-us/contact-us

Website: www.crana.org.au/mental-health-wellbeing/overview

Darling Downs Health

Darling Downs Health

Darling Downs Health provides exceptional patient centred care to 300,000 people in public hospitals across 29 facilities. We have a large geographical footprint of a 90,000 square kilometre radius with one large regional referral hospital, extended inpatient mental health services, medium sized regional hub hospitals, rural hospitals, multipurpose health services, community outpatient clinics and residential aged care facilities.

Phone: 07 4616 6000

Email: DDHHS@health.qld.gov.au

Website: www.darlingdowns.health.qld.gov.au



eMHPrac

The e-Mental Health in Practice (eMHPrac) project is funded by the Australian Department of Health and aims to raise awareness and knowledge of evidence-based digital mental health resources. eMHPrac delivers free presentations, workshops and webinars to health practitioners throughout Australia and also provides a range of online resources. eMHPrac is led by Queensland University of Technology in partnership with Black Dog Institute, Menzies School of Health Research, and University Centre for Rural Health of the University of Sydney.

Phone: 07 3069 7541

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The GPMHSC strives to ensure optimal mental healthcare for Australians.

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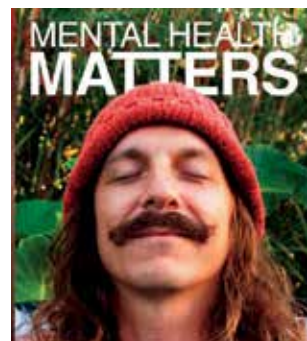
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SCAN FOR MEDIA KIT



The Mental Health Matters Magazine successfully makes the complex topic of mental health simple, bringing together the community and the sector evoking education and awareness. The magazine offers a wide lens on mental health with a balance between the more critical topics, sector innovation, research and inspirational stories. This is a publication anyone invested in mental health, at any level, should be reading. I look forward to the next issue.

Jamie-Lee Harper
Accoras



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anzmh.asn.au/fmhc-2023

CPD hours: 10+



Child & Adolescent Mental Health Conference

20-22 March 2023

RACV Royal Pines Resort, QLD

anzmh.asn.au/camhc-2023

CPD hours: 12+



Australian & New Zealand Addiction Conference

26-28 April 2023

RACV Royal Pines Resort, QLD

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CPD hours: 12+





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