Primary MH Care Conference 2018

ARE WE READY FOR THE FUTURE?
ARE WE READY FOR THE FUTURE?

Dear Colleagues,

In the eleventh year of the Primary Mental Health Conference, it is timely to consider what mental health work might look like in the future and ask - are we ready for it? Clearly, the mental health sector will see innovations and changes that will influence the very nature of mental health work: how it is done and by whom – this is already evident. We can anticipate discomfort and even pushback in response to many of the changes. What is certain, however, is that people will continue to be central to mental health work - as consumers, carers, practitioners and concerned citizens.

It is possible to discern some broad trends - one of the most important of these is the recognition that primary care is fundamental to the development of a well-coordinated, comprehensive mental health system. Mental Health Nurses have always been central players in the provision of mental health care, and while this is unlikely to change, the nature of our work, how it is organised and funded, and who we collaborate with to provide mental health nursing services will almost certainly change. In some instances, these changes are likely to be radical.

In various ways the presentations at this year’s conference will challenge us to ask: Are we ready for the future?

I encourage you to take up opportunities to network at the conference; connect with old friends and make new ones! Share your experiences and wisdom with others; contribute to discussions arising from the program sessions. Above all get involved!

Wishing you a most enjoyable conference.

Professor Mike Hazelton
Primary Mental Health Care
Conference 2018 Scientific Chair

OPENING ADDRESS

The Hon. Martin Foley MP

Martin Foley MP has responsibility for the social justice portfolios of Housing, Disability and Ageing, Mental Health, Equality as well as Creative Industries in the Andrews Labor Government.

He has been a Member of Parliament since 2007 and is proud to be Victoria’s first Equality Minister, advancing the rights of LGBTI people.

Having previously worked in the public housing sector, community development and in protecting the rights of working people, Mr Foley is excited by the challenge of transformational reform for people with disability through the National Disability Insurance Scheme (NDIS).

Together, these portfolios are linked by a generational opportunity to look beyond narrow responses to addressing disadvantage.

Mr Foley will also spearhead Creative Victoria, the Victorian Government’s vision to link the arts and creative industries into a more effective cultural organisation and expand its role as an economic driver at the heart of Victoria’s future.

He holds a BA (Hons) in History and Politics from Monash University and a Master of Commerce (Hons) from the University of Melbourne.

Mr Foley is a member of the St Kilda Football Club and hopes to see a premiership in his lifetime. He is a cricket tragic, destined to be stranded on a single century after too many innings.
FUTURE CRUNCH

DR ANGUS HERVEY
Angus is a political economist and a journalist specialising in the impact of disruptive technologies on society.

Co-founder of Future Crunch, a platform for intelligent thinking about the future of science and technology, and former manager of Random Hacks of Kindness, a global initiative from Google, IBM, Microsoft, NASA and the World Bank to create open-source technology solutions to social challenges.

Former manager of Global Policy, one of the world’s leading international political journals. He holds a PhD in Government and a Masters in International Political Economy from the London School of Economics, where he was also the Ralph Miliband Scholar from 2009 to 2012.

TANÉ HUNTER
Tané is a cancer researcher, bioinformatician, and science communicator. He works with big data in the biological realm. In 2004 Tané won a US national mountain biking title and was heading for a career as a professional cyclist. Unfortunately, an injury in 2006 brought Tané’s cycling career to an end and he refocused on science, statistics, and viticulture.

Tané is the co-founder of Future Crunch and Lighthouse Data Science. His interest in medical genomics, big data, and evolutionary biology eventually led him to the University of Melbourne where he completed a Masters in Bioinformatics in 2013. He has worked for the Royal Children’s Hospital diagnosing rare genetic diseases in children and is currently completing his PhD at the Peter MacCallum Cancer Centre in Melbourne, using molecular biomarkers and artificial intelligence to better understand, diagnose and improve treatment for people suffering from cancer. He is also an avid sailor, and participates in races around the world.
RICHARD LAKEMAN
Richard is presently working as an Adolescent Mental Health Nurse Navigator. He has experience working as a clinician, researcher, educator and manager in three countries. He holds an Adjunct Associate Professor position in mental health nursing at Southern Cross University. He has published over 65 journal papers, 10 book chapters and contributed to many critical discussions around mental health and mental health nursing.

EIMEAR MUIR-COCHRANE
Professor Eimear Muir-Cochrane is Chair of Nursing (Mental Health) at Flinders University and has been involved in mental health research and education for over thirty years. Eimear’s research focusses on nursing practices in acute in-patient psychiatric units and the consumer experience. She is passionate about trying to make a difference in researching seclusion, absconding and restraint. Eimear has received over $2.5 million in national and international research funding and published books, a MOOC a MOD (mobile optimised device) and over seventy five refereed journal articles.

MODERATOR
RICHARD GRAY
Richard Gray is Professor of Clinical Nursing at La Trobe University, Melbourne, Australia. He trained in Nursing at King's College in London and in Public Health at the London School of Hygiene and Tropical Medicine. Richard's major academic interests are behaviour change, multimorbidity and health services research. He also edits the Journal of Psychiatric and Mental Health Nursing which is the most cited mental health nursing journal internationally. He has published over 200 papers in peer-reviewed journals, most of which are quite dull and some starkly contradictory.
Gerry Naughtin is the recently appointed Mental Health Adviser to the National Disability Insurance Agency. He has considerable experience in community mental health through his role as chief executive of Mind Australia. In this role he was responsible for appointing a number of mental health nurses into senior management positions. He has a strong interest in evidence based approaches to community mental health service provision.

Margaret Doherty combines her living experience as a family and carer in her daily interactions with individuals and families as Convenor at Mental Health Matters 2. Her professional background in education and human services allows her to learn from and advocate for people and families who experience long-term mental distress, alcohol and other drug use and who may also have criminal justice involvement. Margaret is particularly focussed on ensuring that the lived experience and expertise of individuals and their families/supporters meaningfully inform, influence or lead how services are designed, delivered and evaluated in the mental health and allied sectors.

Cath held one of four pioneering consumer consultant positions in mental health services in Victoria between 1995 and 1999, later becoming the first consumer academic in Australia, at the Centre for Psychiatric Nursing. Cath’s research and teaching interests are informed by experiences of involuntary service use. Cath believes madness and distress are meaningful experiences and she is studying Open Dialogue.

Inspired by a generation of nurses determined to transform mental health care, Robert graduated as a New Zealand comprehensive nurse in 1986. He worked in psycho-dynamically oriented inpatient and community clinical settings as well as NGO services and completed a Master of Science degree in psychotherapy in 2001. He then commenced with Spectrum, Victoria’s statewide personality disorder service, where he worked in a variety of leadership roles until 2017. Robert currently works at the Centre for Psychiatric Nursing, University of Melbourne. He is now inspired by the ideas that consumers, carers and colleagues raise in relation to consumers’ personal recovery journeys.

Professor Graham Meadows has a medical background spanning general practice, public health and internal medicine and has spent 30 years in psychiatry as a clinician, in service leadership and academic roles. He has national and international profiles in areas including shared care, recovery oriented practice, population needs assessment, resource distribution and applications of mindfulness in clinical mental health practice. He has headed large scale studies investigating mindfulness and recovery oriented practice as clinical and service level interventions and leads the editorial team on a major textbook of multidisciplinary mental health care practice.
SUSAN KIDD

Susan has been working as a Credentialed Mental Health Nurse amongst other roles, for the past 11 years. Currently she is in the process of submitting a Nurse Practitioner endorsement application to AHPRA. Working, learning, researching and being creative have sustained her position in this field for over 28 years – and working in community Mental Health Nursing has always felt like the right place to be. Susan hopes to continue to contribute to the debate about what Mental Health Nurses do, know and are capable of into the future.

FRAN TIMMINS & EMMY-LOU HAMLEY

Fran Timmins is the Director of Nursing, Mental Health Executive Services at St. Vincent’s Hospital Melbourne. In a 35 year career remarkable for its diversity, Fran has worked in almost all areas of inpatient and community care. Fran is the Project Lead for the Safe Haven Café project, an innovative model of care inspired by a successful model operating in the UK. Fran’s vision for mental health care is one that promotes connection and hope through embracing consumer lived-experience.

Emmy-Lou Hamley is a Mental Health Clinician with over 12 years’ experience across clinical, management and education roles in mental health and more recently leading innovative projects in mental health services with a focus on patient and clinician experience. She uses human-centred design principles to engage clinicians and consumers and is the Project Manager for the Safe Haven Café.

FREYJA MILLAR & RICK WHELAN

Freyja is a Mental Health Nurse that is passionate about creating opportunities to provide the community with expert mental health care and information. She is currently a Primary Care Mental Health Nurse Practitioner candidate (with co-occurring endorsement paperwork procrastination issues) and has a special interest in Mental Health and Cardio-Metabolic risk, nurse academia and capacity building. Freyja genuinely believes that Mental Health Nurses working Primary Care are highly skilled, resilient and essential to the health workforce and wellbeing of our communities.

Rick is an endorsed Primary Care and Mental Health Nurse Practitioner with a special interest in Depth Psychology. He sees that Nurse Practitioners are underutilized in the community at present and that there are multifarious deficits that could be rectified by their presence. He believes that Nurse Practitioners should be granted more autonomy and funding (for example: MBS item numbers for lengthier periods of time and for telehealth consultations independent of medical practitioners). He believes that if logic and reason prevail then this will change in the years to come. Rick continues his addiction to education and is currently studying depth psychology.

DANNY ROCK & LISA RYAN

Dr Daniel Rock is the Principal Advisor and Research Director at WA Primary Health Alliance. Danny is an epidemiologist, holds a PhD from the University of Western Australia, a Fellow of the Royal Society for Public Health and an adjunct Professor in the School of Psychiatry and Clinical Neurosciences, the University of Western Australia. Prior to joining WAPHA he was the Deputy Executive Director, North Metropolitan Health Service Mental Health, and a Clinical Professor in the School of Psychiatry and Clinical Neurosciences and the School of Population Health, UWA

Lisa Ryan is Program Manager for Care Management for the Western Australia Primary Health Alliance. Lisa is a social worker with a postgraduate degree in health service management who has worked in both government and non-government health sectors, and in the regulation of health and social services in Ireland and Australia.

TOM RYAN

Tom is a Credentialed Mental Health Nurse, psychotherapist and clinical supervisor. His work in Townsville, North Queensland encompasses the role of Primary Care Liaison Officer and coordinating and practicing within a small but active Psychotherapy Clinic within the Townsville Hospital and Health Service, as well as teaching and clinical supervision. He has governance roles in the ACMHN, the NFP sector and the Australian Clinical Supervision Association and a strong belief in the centrality of psychotherapy to the role of a Mental Health Nurse.

SHARYN AMOS

Sharyn has been working as a mental health / drug and alcohol nurse for over 20+ years in metropolitan, rural and remote areas around Australia. It has been through nursing that Sharyn has had the privilege to work with amazing Aboriginal Women who have shown Sharyn more about holistic care than a book.
INGE REMMITS

Inge Remmits is the Central Trainer at Voices Vic. She has a Bachelor Degree in Social Work. Inge has over 10 years of work experience in mental health and dual disability both in Australia and the Netherlands. She was trained in using the Hearing Voices Approach by its founders and other international experts. Inge has been professionally using the approach for over 6 years in group and one-on-one settings and has a great passion to make the Hearing Voices Approach more accessible for people from a CALD background.

LIBBY CROSBY

Libby is a Mental Health Nurse with over 20 years’ experience in the field. The majority of her practice has been in the area of Perinatal Mental Health. She is passionate about caring for families in a time of their life where there can be such joy but also significant challenges. Libby believes that as a society we could be doing more to support families during the perinatal period.

ROS ROLLESTON

Ros Rolleston is a Clinical Nurse Consultant in general practice leading a nurse clinic in person-centred care for people at risk of or having mental and physical illnesses. Ros also works as a tutor in undergraduate nursing at the University of Wollongong and as a Primary Health Care educator. Ros completed her Master of Nursing in 2016 and is a director on the Board of the Australian Primary Health Care Nurses Association and the Primary Care Diabetes Society of Australia.

AH-NYA ON

Ah-Nya On is a Credentialed Mental Health Nurse. She is a self-employed Nurse Practitioner in Mental Health at Milleara Road Specialist Clinic, situated in Keilor East. In addition to her experience in mental health, Ah-Nya is also experienced in medical, surgical and aged care nursing. She has previously held various positions in the public mental health system as a manager and clinician across settings in Melbourne.

MARK GODDARD

Mark Goddard is a Registered Nurse and Credentialed Mental Health Nurse who has worked in the primary care setting for the last 12 years. During this time Mark has been involved in many rural remote programs including ATAPs, headspace, Partners in Recovery and is now well embedded in the commissioning process to introduce the Stepped Care Approach to Mental Health Service delivery.

NICOLE HIGHET

Dr Nicole Highet is the Founder and Executive Director of COPE: Centre of Perinatal Excellence. Nicole has a background in clinical psychology, marketing, campaign development, and advocacy. Following over thirteen years at Beyondblue, Nicole founded COPE (the Centre of Perinatal Excellence) in 2013 to provide a dedicated focus on effective and sustainable approaches to best practice in perinatal mental health.

VANESSA BROWNE & IAN JAMES

Vanessa is a proud Larrakian woman, mother and Mental Health Nurse. She has 17 years’ experience working in Acute and Intensive Mental Health Units in Adelaide. Currently, she works in Community Mental Health working towards engaging Aboriginal people and making mental health accessible.

Ian is family man and a proud Aboriginal man whose family extends from the desert of Central Australia to the fresh water of the River Murray. He studied at Adelaide University and has worked with Aboriginal communities across South Australia.

MARK POWELL

Mark has been a Mental Health Nurse since 1990 and involved with dual diagnosis (substance use and mental illness) since 1998. He has been involved in research projects around schizophrenia, single-session family work health and shared decision-making. Mark was part of the statewide roll out of the Victorian Dual Diagnosis Initiative. He is passionate about motivational interviewing and delivery of services to those with co-occurring disorders. Mark is a keen advocate for the recognition of the broad skills possessed by Mental Health Nurses and joined the Board of ACMHN. He also runs SMART recovery groups in his local area.
PATRICIA MITCHELL
Patricia (Roe) Hoddle Mitchell is a Mental Health Nurse. At age 60, Roe felt compelled to make a difference in the latter part of her nursing career. When a Psychogeriatrician, Dr Penny King’s vision combined with Roe’s passion for Mental Health Nursing – the Healthy Minds group was founded - a small group of amazing clients diagnosed with dementia were the impetus for a program that has evolved and now ’making a difference’.

In 2017, Angela Connor, a psychology research student from Griffith University teamed up with Roe at Robina Private Hospital and embarked on a Program Evaluation of Healthy Minds. This program now demonstrates that, you can still learn, dream, grow and live a life of worth, doing things people never dreamt they could do, cognitive health and mental health can improve. The clients didn’t give up. Nor did we.

JOANNE SUGGETT
Jo is a community mental health nurse with 28 years nursing experience working in both general and mental health settings. More recently she has been able to combine the two nursing backgrounds in the role as a Physical Health Nurse at North West Area Mental Health Service, in the northern suburbs of Melbourne. The physical health nurse role works towards addressing the physical health needs of people who are engaged in all areas of our service.

PAT BRADLEY AND LEA TORRENS
Pat has many years’ experience in clinical, management, policy, and education in both SA and the NT and is a past Board member of ACMHN. She recently worked with the NT Health Department implementing Remote Area Nursing Safety Review recommendations.

Currently reviewing clinical risk management processes for TEMHS, her major interests are Indigenous mental health, clinical supervision, and specialist MHN education. Pat is a PhD candidate at Charles Darwin University.

Lea is currently the Director of Nursing for Top End Mental Health and Alcohol and Other Drugs Services in Darwin. Having worked for many years in the acute setting as Clinical Nurse and Unit Manager, working in the Territory has given Lea an exposure to both acute and primary care settings and the challenges for nurses. In her current role, Lea is involved with governance oversight across both services and is interested in working towards continued reduction in restrictive care.

NIROSHA KODIKARA
Nirosha Kodikara is a Credentialed Mental Health Nurse who is currently working as a Clozapine Coordinator at North West Mental Health. She completed an undergraduate degree at the Australian Catholic University and Masters in Advanced Nursing Practice (Mental Health) at University of Melbourne. Nirosha received the Mark Hodge Award for Post Graduate of the Year from the ACMHN in 2016. She has over five years’ experience as a Registered Psychiatric Nurse in a variety of areas including adult inpatient units, aged persons mental health, Royal Children’s Hospital and adult community mental health.
Vahid Saberi PhD has an in-depth understanding of acute and primary health care having work in senior State and Commonwealth positions for quarter of a century. Vahid is the principle and managing director of VSA Australia. His immediate past position was the Chief Executive of North Coast Primary Health Network (NCPHN) for six years. Prior to this role, Vahid was the General Manager of Richmond Clarence Health Service Group, with responsibility for the management of 10 hospitals and a range of Mental Health, Community and Allied Health Services. Previously, he led the clinical operations on the North Coast, overseeing the management of 22 Hospitals, Mental Health, Community and Allied Health Services and a range ancillary and satellite services.

Vahid’s experience in Mental Health is extensive having managed both acute mental health services and primary mental health care. North Coast PHN has redesigned commissioned its Mental Health Services portfolio. Vahid is currently a member of the Ministerial Mental Health Expert Advisory Panel.

Additionally, Vahid is extensively involved in education and research. He currently is an Adjunct Professor at the School of Health and Human Science, Southern Cross University and a Senior Research Fellow, Sydney University. Vahid’s post graduate qualifications are Doctorate in Business Administration, Masters in Business Administration and Masters in Public Health.

Sian Pritchard is a Victorian Mental Health Nurse Practitioner working in her own practice, Pritchard Health. She heads up Geelong’s first nurse-led clinic. Sian was the recipient of the Australian Mental Health Nurse Achievement Award in 2017 and has been nominated for Business Excellence Award through the Geelong Chamber of Commerce and Deakin University.

Sian has advocated strongly for Mental Health Nursing within Australia and was awarded with Fellowship of the ACMHN in 2017. She held a position on the Westvic PHN Clinical Council 2016/2017 and has again been successful in gaining a seat on the Regional Integrated Council for 2018/2019. Presenting at National and International Conferences over the last four years, this is Sian’s first occasion to be invited to be a keynote speaker.
Ontime Health Care

Ontime Healthcare is a well-recognized boutique nursing agency who provide superior customer service to its staff and clients. We have a specialist mental health division, Mental Health Specialists (MHS), and we have been working with mental health and registered psychiatric nurses for over 15 years. We provide nurses to many correctional facilities and mental health hospitals across Victoria. If being valued, flexibility and choice are important to you please contact us.

For further information visit www.ontimehealthcare.com.au

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At the Janssen Pharmaceutical Companies [of Johnson & Johnson], we are working to create a world without disease. Transforming lives by finding new and better ways to prevent, intercept, treat and cure disease inspires us. We bring together the best minds and pursue the most promising science. We are Janssen. We collaborate with the world for the health of everyone in it.

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Edith Cowan University

ECU’s School of Nursing and Midwifery through our unique range of educational and research programs, seeks to make a real difference to people and their families, their careers, our communities and the broader health and education sectors. We offer world-class facilities and strong academic leadership in the fields of nursing and midwifery postgraduate studies.

Our research programs are built upon a collaboration of world-class researchers, industry leaders and clinical experts with strengths in the areas of workforce, health services, and translational research. In our School of Nursing and Midwifery we firmly believe that with the right support everyone can fulfil their ambitions.

For further information visit www.ecu.edu.au
See you in Cairns!

www.acmhn2018.com

ACMHN 2018
MENTAL HEALTH IS A HUMAN RIGHT

44th International Mental Health Nursing Conference
MENTAL HEALTH IS A HUMAN RIGHT
24-26 OCTOBER 2018 | CAIRNS | QLD

Upolo Cay, courtesy of Tourism
Tropical North Queensland

16th Consultation Liaison SIG in conjunction with
7th Perinatal Infant MH SIG Conference

The Art of Applying the Science:
Consultation Liaison /Perinatal and Infant Mental Health Nurses in Action.

6-8 June 2018, Brisbane, QLD
Mental Health Specialists

Why MHS?
To put it simply we have the experience. And the contacts! We have been working with mental health nurses and registered psychiatric nurses for over 15 years and provide services to many hospitals and correctional facilities throughout Victoria.

Our benefits include
Boutique Company feel so that you are valued as an employee
Variety and choice of facility
Great pay rates
Continuing professional development provided
Variety and choice of work
Flexibility - you choose when you work
Staff Uniform

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Call the team on 03 9948 0898 to find out more or head to our website www.ontimehealthcare.com.au and apply online.
## PROGRAM
### FRIDAY 13 APRIL

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<tr>
<td>8:30AM – 9:00AM</td>
<td>REGISTRATION</td>
<td>HOTEL FOYER FIRST FLOOR</td>
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### OPENING PLENARY

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<tr>
<th>TIME</th>
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<th>SPEAKER/PORTION</th>
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<tr>
<td>9:00AM – 9:10AM</td>
<td>OFFICIAL OPENING</td>
<td>The Hon. Martin Foley MP&lt;br&gt;Minister for Mental Health - Victoria</td>
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<tr>
<td>9:10AM – 9:20AM</td>
<td>WELCOME FROM THE SCIENTIFIC CHAIR</td>
<td>Mike Hazelton&lt;br&gt;Professor of Mental Health Nursing, University of Newcastle; Life Member, ACMHN</td>
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<tr>
<td>9:20AM – 10:30AM</td>
<td>FUTURE CRUNCH – THE FUTURE OF WORK</td>
<td>Angus Hervey &amp; Tane Hunter&lt;br&gt;Feature Keynote Speaker: Future Crunch</td>
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<td>The needs of people in the workplace are being redefined, and as a result, we see a move towards the gig economy, freelancing, flexibility and a greater desire for meaning and purpose in the next economy. While these changes present challenges, they also offer an opportunity for the workforce of the future to find a sense of renewed freedom. How does nursing fit into this future? What is unique about what we have to offer? How can we adapt our practice to meet the needs of consumers, the community and ourselves in the wild frontier?</td>
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<tr>
<td>10:30AM – 11:00AM</td>
<td>MORNING TEA AND TRADE EXHIBITION</td>
<td>FOYER GROUND LEVEL</td>
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<td>11:00AM – 12:30PM</td>
<td>PLENARY SESSION 2</td>
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<td>11:00AM – 11:45AM</td>
<td>DISCUSSION ON VIABLE SOLUTIONS FOR THE MENTAL HEALTH WORKFORCE</td>
<td>Richard Lakeman&lt;br&gt;Speaker: Richard Lakeman&lt;br&gt;Adolescent Mental Health Nurse Navigator, Queensland Health; Centre Manager, Headspace Cairns&lt;br&gt;Richard recently published a dystopian picture of mental health nursing (Lakeman &amp; Molloy, 2017) and argued that mental health nursing has become a zombie category. Richard acknowledges but will not reiterate the historical antecedents that have led to this state of affairs or belabour the resilience and tenacity of a few mental health nurses to carve and sustain a niche in primary care. Nursing may well have longevity in state run institutions where few other occupational groups want to work. However the survival or resurrection of mental health nursing as a specialty depends on assuming a respected and valued (equitably remunerated) presence in primary care settings.</td>
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<tr>
<td>11:00AM</td>
<td>PLENARY SESSION 2 (CONT.)</td>
<td>BALLROOM GROUND LEVEL</td>
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| 11:00AM - 11:45AM | **Speaker:** Eimear Muir-Cochrane  
President of ACMHN; Professor of Mental Health Nursing, Flinders University  
‘Are We Ready for The Future?’ aims to re-orientate delegates to the fundamental role that the nurse has within the primary care setting in relation to mental health. Mental health nurses should be everywhere in the terrain of health and have occupied spaces in primary care with alacrity. However, changes to the organisation and funding of services for people with a mental health problem in the primary health sector has presented new challenges for mental health nurses, where and how they work. Eimear will probe and provoke in this presentation regarding some of the contemporary challenges facing mental health nursing in the primary care space.  
**Moderator:** Richard Gray  
Professor of Clinical Nursing Practice, La Trobe University |                         |
| 11:45PM - 12:30PM | **'BRAVE NEW WORLD: PERSPECTIVES ON THE FUTURE OF MENTAL HEALTH WORK’**  
A SERIES OF TEN MINUTE PRESENTATIONS FROM EXPRESSION OF INTEREST SPEAKERS |                         |
|            | **Speaker:** Susan Kidd, Credentialed Mental Health Nurse, Lecturer in Mental Health Nursing, Tristar Medical Group and Victoria University  
ADVANCE PRACTICE ROLES FOR MENTAL HEALTH NURSES IN PRIMARY CARE  
This presentation will identify why advance practice roles in primary care are important. Key learnings from today’s primary health care setting indicate an exciting future. Primary prevention, relational approaches to nursing, and social justice are knowledge concepts that require nursing advocates. Mental health nurses are well placed to facilitate access to primary health care. |                         |
|            | **Speaker:** Fran Timmins, Director of Nursing Mental Health Executive Services, St Vincent’s Hospital Melbourne  
**Speaker:** Emmy-Lou Hamley, Mental Health Clinician  
EMBRACING A LIVED EXPERIENCE WORKFORCE IN MENTAL HEALTH  
Presenting our preliminary findings from our first month of operation of a new and innovative model of care being trialled at St. Vincent’s Hospital Melbourne. Based on a concept trialled successfully in the United Kingdom, the St. Vincent’s Melbourne Safe Haven Café represents an alternative to attending the Emergency Department for mental health consumers who may be experiencing difficulties, feeling isolated and/or who are lonely. |                         |
|            | **Speaker:** Freyja Millar, Practitioner Candidate, Outcome Health  
**Speaker:** Rick Whelan, Primary Care and Mental Health Nurse Practitioner  
HOTLINE TO MENTAL HEALTH NURSE PRACTITIONERS FOR PRIMARY CARE SERVICES  
Who wouldn’t want a readily accessible and responsive hotline to expert primary mental health care expertise? Why does this not exist already? What started as a dedicated support service for GPs has rapidly expanded to support all primary care mental health service providers in the EMPHN catchment. Mental Health Nurse Practitioners leading the way in promoting comprehensive, meaningful and contemporary primary mental health care. |                         |
|            | **Speaker:** Danny Rock, Principal Advisor and Research Director, WA Primary Health Alliance  
**Speaker:** Lisa Ryan, Program Manager, WA Primary Health Alliance  
MENTAL HEALTH NURSING AND MH CONNEXT: CARE MANAGEMENT FOR PEOPLE PRESENTING WITH SEVERE AND COMPLEX MENTAL ILLNESS IN METROPOLITAN PERTH  
The uptake of the Mental Health Nurse Incentive Program (MHNIP) in Western Australia was very limited but had a key role in providing clinical care management for a small number of people with severe and complex mental illness. Access was predominately confined to a localised area within metropolitan Perth and a small number of treating doctors. Providing treatments that maximise health gain to people with multiple chronic conditions, needs to incorporate the effect of treatment burden into clinical processes in a meaningful way while providing clinically robust, responsive and equitable service provision. Building on the foundational elements of the MHNIP, WAPHA commenced the MH Connext program in July 2017 to support all GPs in metropolitan Perth to provide integrated and co-ordinated care for people with severe and complex mental illness whose needs are predominately met in primary care. MH Connext is provided by two commissioned providers and mental health nurses provide telephone based and face to face clinical care management. The expertise of, and input from, mental health nurses is key to the future shaping of this service to expand capacity and capability in primary care. |                         |
### TIME FORMAT ROOM

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<tr>
<td>12:30PM - 1:30PM</td>
<td>LUNCH</td>
<td>RESTAURANT GROUND LEVEL</td>
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<td>1:30PM - 3:00PM</td>
<td>CONCURRENT SESSION</td>
<td>HAMPTON ROOM – GROUND FLOOR</td>
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#### 'BRAVE NEW WORLD: PERSPECTIVES ON THE FUTURE OF MENTAL HEALTH WORK' 
A SERIES OF TEN MINUTE PRESENTATIONS FROM EXPRESSION OF INTEREST SPEAKERS

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<th>CONCURRENT SESSION 1</th>
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<tr>
<td><strong>Speaker: Tom Ryan, Primary Care Liaison Officer, Townsville Hospital and Health Service</strong></td>
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<td><strong>WE NEED TO TALK: PSYCHOTHERAPY AS A KEY FACTOR IN THE FUTURE OF MENTAL HEALTH NURSING</strong></td>
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<td>Psychotherapy is a core skill in Mental Health Nursing Practice. It remains embedded in that practice but is infrequently articulated and poorly recognised, including by funders of mental health services. The formations of a Psychotherapy Special Interest Group within the ACMHN is a significant step towards enhancing our skills and reflections and facilitating conversations about Mental Health Nursing psychotherapy among ourselves and with users of services, colleagues and funders.</td>
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<tr>
<td><strong>Speaker: Sharyn Amos, Mental Health Nurse, Dreaming Place</strong></td>
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<tr>
<td><strong>WALKING AS ONE TOWARDS RECOVERY AND HEALING</strong></td>
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<td>Cultural awareness to cultural awakening what is it and why do we need to challenge how we as non-aboriginal nurses provide mental health care to Aboriginal communities. In 10 minutes you will be introduced to DREAMING PLACE a developing social enterprise business by 2 Aboriginal women and a non-aboriginal mental health nurse.</td>
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| Speaker: Inge Remmits, Central Trainer/Social Worker, Voices Vic, Uniting Prahran |
| **THE HEARING VOICES APPROACH** |
| ‘Hearing Voices’ is a term used to represent the experience of what is also called ‘auditory hallucinations’. Hearing Voices is more common than people think. Since only 1/3 of voice hearers seek mental health support. The traditional model is that hearing voices is a symptom of a mental illness. Medication is usually the only form of treatment provided. Figures show prescriptions for antipsychotic drugs have increased by 35%! Yet this model is successful for only 38% of voice hearers. This means what we are doing isn’t working. The Hearing Voices Approach is based on the research of Professor Marius Romme & Sandra Escher which found that voice hearers who ‘cope’ have different skills, beliefs and support compared to those who live with distress. These findings form the basis of Hearing Voices Groups. Hearing Voices groups can be spaces where voice hearers can share their experiences, learn new ways to understand, cope and live with voices and create a sense of hope and possibility. A Study done in NSW found that hospital admissions decreased by 61% once people starting to attend a Hearing Voices Group, also feelings of distress reduced, and people had developed more coping skills, higher self-esteem and felt less isolated. |

| Speaker: Libby Crosby, Associate Nurse Unit Manager of Perinatal Mental Health Unit, Mitcham Private Hospital (part of Ramsay Healthcare) |
| **THE FUTURE OF PERINATAL MENTAL HEALTH CARE** |
| Studies in Australia and around the world have shown that a significant number of women experience depression during pregnancy and/or in the first year of their baby's life. Anxiety Disorders are also prevalent in the perinatal period. Perinatal Depression and Anxiety commonly go undetected and untreated and the impact this can have on not only the mother, but significant others and her baby are significant. Currently perinatal mental health care is limited and tends to be reactive rather than proactive. We need to have better screening, assessment, care planning and services within our primary health care settings in order for this group of individuals to receive vital care. |

| Speaker: Ros Rolleston, Clinical Nurse Consultant, Worrigee Medical Centre |
| **WHY I AM NOT A MENTAL HEALTH NURSE** |
| This presentation will discuss the distinguishing qualities of a mental health nurse from a general practice nurse working with people with mental illness. A large regional NSW general practice has been involved in the APNA enhanced nurse clinic project with a goal to improve the wellbeing and health literacy of people with mental illness through holistic person centred care. The clinic is led by a clinical nurse consultant in general practice and has a clear focus on people at high risk of developing or already having a diagnosed mental illness. The CNC has undertaken numerous mental health education but is this enough to qualify as a MHN? |

| Speaker: Ah-Nya On, Mental Health Nurse Practitioner, Milleara Road Specialist Clinic |
| **CLINICAL SCENARIO BASED STORY TELLING AS A PSYCHOEDUCATIONAL APPROACH IN THE MANAGEMENT OF CHRONIC SUB-THERAPEUTIC TREATMENT** |
| Psychoeducation involves educating participants about a significant challenge in living, helping participants develop social and resource supports to manage the challenge, and to develop coping skills, and ultimately, to deal with the challenge (Walsh, J. 2010). Psychoeducation can be a powerful tool for mental health nursing if used appropriately, based on evidence. The author believes there are many different approaches to psychoeducation but would like to present one effective approach, clinical scenario based story-telling, in the management of patients who are chronically sub-therapeutic in their medication treatment. “Sub-therapeutic treatment” refers to treatment which are not powerful enough to have a therapeutic effect and are usually due to medication being administered at dosages which are below the level necessary to treat condition. |
Speaker: Mark Goddard, Mental Health Program Coordinator, Western Queensland Primary Health Network

**IMPROVING WELLBEING FOR PEOPLE LIVING WITH SEVERE MENTAL ILLNESS IN THE GP SETTING**

The presentation will focus on the results achieved through the WQPHN Proof of Concept project which is working with 7 General Practices where CMHN, Registered Nurses or Cert IV MH workers have been engaged through the Priority Area 4 funding packages under the National Mental Health Reform process: Primary Mental Health Care Services for People Living With Severe Mental Illness.

Speaker: Mark Powell

**DUAL DIAGNOSIS A SPECIALTY FOR MENTAL HEALTH NURSES**

We all know the prevalence of co-occurring mental illness and substance use issues but for many years mental health have tried to push away those with concurrent or even primary drug & alcohol issues. I presented a paper on this topic several years ago to much chagrin over suggesting mental health nurses are in the best position to lead change in service delivery for the dually diagnosed. Mental health nurses have always embraced some of those most disadvantaged and unfairly judged people in our community yet we are poorly rewarded for these efforts. The mental health nursing profession should lead the call for dual diagnosis speciality and embrace the opportunity to be seen as leaders in this area. No other allied health profession has the inherent skills and knowledge around the physical and mental health needs to provide a comprehensive treatment package to someone with dual diagnosis.

Speaker: Joanne Suggett, Physical Health Nurse, North West Area Mental Health Service

**THE FUTURE OF MEDICAL SELF CARE FOR PEOPLE WHO EXPERIENCE SEVERE MENTAL ILLNESS**

Medical self-care is a term used to describe the making of medically informed personal decisions about diagnosis and treatment of health problems. This also includes changing lifestyle factors to prevent illness in the longer term. In order for medical self-care to be implemented, there needs to be appropriate health care supports in the community, with the aim to support the unique challenges faced in access and co-ordination of health care for those with SMI. The aim of the presentation is to look into the future of physical health care in Australia, how it could be better coordinated to improve health outcomes and support medical self-care of those who experience severe mental illness.

Speaker: Nirosha Kodikara, Clozapine Coordinator, NorthWest Mental Health

**EMERGING TECHNOLOGIES THAT WILL CHANGE THE PRACTICE OF MENTAL HEALTH NURSING**

An important first step in engaging technological advancement in mental health care is devising a database that is accessible by all stakeholders involved in consumers’ care. Currently, however, these kinds of evidence-based treatment models design to improve the quality in this population are being implemented because of the barriers imposed by the fragmented system. In addition, a new organizational facilitated referral model and monitoring system are also important to address the physical health concerns in mental health consumers.

Technologies can provide better tools for diagnosing, treating, and communicating with consumers and other healthcare providers, and our profession needs to fully explore all of available possibilities.

Speaker: Vanessa Browne, Nurse Practitioner Candidate, Central Adelaide Local Health Network- Mental Health Directorate

**WHAT ABOUT MENTAL HEALTH FOR ABORIGINAL PEOPLE?**

Historically the Aboriginal Peoples of Australia have experienced many policies and legislations enforced on them, with multitudes of evaluations and measurements as to their effectiveness. Many meetings and focus groups with the Aboriginal communities wanting to know what they think the problems are. But ultimately the question that needs to be asked is why isn't it working? Why does Aboriginal health, physical and mental, continue to be on the bottom rail of our health statistics? What if we tried something different? What if we embarked on a new journey forward towards a State Aboriginal run Mental Health concept? Let's explore how it could be done.

Speaker: Pat Bradley, Clinical Project Nurse, Top End Mental Health | Speaker: Lea Torrens, Director Of Nursing, TEMHS_AODS

**BUILDING SUSTAINABILITY IN PERINATAL MENTAL HEALTH THROUGH INNOVATION**

With the discontinuation of Australia's world-leading national Perinatal Depression Initiative COPE was established to develop innovative and sustainable solutions underpinned by best practice, to reduce the debilitating impacts of perinatal mental health for mothers, infants and their families. This presentation will detail the new Guideline recommendations, free, fully accredited training, tools and resources to support screening, early detection and referral in line with best practice, together with an innovative e-guide to support women throughout pregnancy and motherhood.

Speaker: Nicole Hight, Founder and Executive Director, COPE: Centre of Perinatal Excellence

**EQUITY AND ACCESS IN THE NORTHERN TERRITORY: PLANNING FOR FUTURE MENTAL HEALTH WORK**

The future of mental health nursing work in primary health is a topic of immediate interest in the Northern Territory. Specifically, delivering client-focused integration of mental health services within a primary health setting is essential to close or minimise gaps in service accessibility and equity. In March 2018, Top End Health Service (TEHS) hosted a workshop day for all Top End stakeholders, facilitated by Flinders University. The workshop provided an opportunity for policy makers and clinicians to hear directly from service users and to join with them in planning future pathways. This brief presentation reports on the immediate outcomes of the workshop, with observations on implications for mental health nursing workforce planning in the Top End and potentially for other areas which service a diverse and remote clientele in primary health.
You’re not alone. We’re in this together.

For the more than 230,000 Australians who live with schizophrenia, the health care system often involves transition between acute, community and primary care settings. Co-ordination of care, appointments and medication management within this complex environment is a barrier to improving health. To aid continuity of care, Janssen has collaborated with clinicians, community mental health services, general practitioners, consumers and carers to create the ATLAS Program.

The ATLAS program supports those living with schizophrenia who have been prescribed a Janssen Long-Acting Injectable medication with a range of services including injection appointment reminders, pharmacy dispense and delivery service, and the ability for consumers to nominate a support person to receive injection appointment reminders and/or notification if a consumer does not receive their injection.

Visit our trade stand, or call the ATLAS team on 1800 030 099, to find out more about how the ATLAS program can support your consumers.
### PROGRAM SATURDAY 14 APRIL

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#### PLenary SESSION 4

**CO-DESIGN OF SERVICES FOR THE FUTURE**

**Keynote Speaker:** Margaret Doherty  
Mental Health Matters 2

Co-design requires a shifting of power from the professional to the individual and family. It challenges the traditional notions of professional boundaries, expertise (what it is and who holds it) and relationships. A co-design approach holds a transformative possibility for services and systems to best meet service users’ needs. It requires courage, boldness, reflectiveness, empathy and patience (much patience!).

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**BEYOND DYSTOPIA AND UTOPIA - CREATING COMMUNITIES IN WHICH WE ALL HAVE A SENSE OF BELONGING**

**Keynote Speaker:** Cath Roper  
Consumer Academic, Centre for Psychiatric Nursing, University of Melbourne

This presentation imaginatively explores responding to madness and distress in the context of two possible pathways. It will highlight the role that communities and helping professions have in creating a sense of belonging to mitigate the biggest risk factors to human happiness and wellbeing – disconnection/isolation/alienation.

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#### 11:00AM – 12:30PM – WORKSHOP SESSIONS

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<th>SESSION TIME</th>
<th>WORKSHOP SESSION 1A: COMMISSIONING: WHAT DOES IT ALL MEAN AND HOW IS IT BEING DONE?</th>
<th>WORKSHOP SESSION 1B: NAVIGATING THE NDIS MIGHT BE LIKE GEOFACING</th>
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| FACILITATOR  | Vahid Saberi  
Managing Director, VSA Australia                                                  | Sian Pritchard  
Director of Pritchard Health, Mental Health Nurse Practitioner; ACMHN Mental Health Nurse Achievement Award Recipient 2017 |

Commissioning has become the go-to-term for new service delivery and funding. We hear terms such as codesign, procurement, competitive dialogue frequently. What does all this mean and how is it being implemented by PHNs and other agencies in Australia? This is a hands-on workshop to demystify the concepts, techniques and tools related to all things commissioning.

NDIS, PRODA, Community Nursing, Therapeutic Supports, and Behaviour Support. What do these terms and others mean? Is there room for nurses in NDIS and why are nurses discriminated against in Australia? Bring along your laptop, iPad or electronic device to navigate the NDIS in real time. Let’s try to break the Australian record of the number of MHNs requesting to be providers through NDIS at one time. (to be used in the Conference program)
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<td>LUNCH AND TRADE EXHIBITION</td>
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<td>1:30PM – 3:30PM - CLOSING PLENARY</td>
<td>SUPPORTING CAPABILITY, PSYCHOTHERAPY IN THE HANDS OF MENTAL HEALTH NURSES</td>
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<td><strong>1:30PM – 2:00PM</strong></td>
<td><strong>SUPPORTING CAPABILITY, PSYCHOTHERAPY IN THE HANDS OF MENTAL HEALTH NURSES</strong></td>
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| **Keynote Speaker:** Robert Trett  
Lecturer, Centre for Psychiatric Nursing, University of Melbourne | More than 30 years of consumer activism has asked us to consider people's personal recovery journeys as the primary focus for mental health support. For those of us who prioritise human flourishing, turning our minds to this isn’t too difficult. Psychotherapy capabilities help many nurses build something of value. Unfortunately, evidenced based psychotherapies have in the last few decades paid very little attention to personal recovery. This presentation asks what psychotherapy might become in the hands of recovery oriented mental health nurses. Philosopher, Martha Nussbaum’s framework of human capabilities is offered as a way for us to imagine a recovery focused psychotherapy. |        |
| **2:00PM – 2:30PM** | **GIVEN ALL WE’RE SPENDING NOW, AUSTRALIAN MENTAL HEALTH SHOULD BE GETTING BETTER. BUT IT ISN’T. WHAT’S GOING WRONG AND WHAT MIGHT BE DONE ABOUT IT?** | BALLROOM |
| **Keynote Speaker:** Graham Meadows  
Professor of Adult Psychiatry, Monash University | In the last decade expenditure per person on mental-health care in Australia has increased by over 30% and is now more than $370 per head or $9 billion nationally. A multitude of new initiatives have developed or expanded greatly through that time and we might hope for some signs of population-health impact. But published comparisons of national survey estimates show no sustained drop in symptomatic prevalence of common mental disorders, typically stable at around 12%. Why then are we seeing no change? This presentation will consider the possible impacts of inequity in delivery of key programs, possible adverse impacts of medicalisation of mental health problems and the perennial problem of people falling through the cracks in the Australian mental healthcare system. The Commonwealth funded Mental Health Nurse Incentive Program (MHNIP) offered one way of averting some of these falls but regrettably is no longer clearly and consistently supported. Along with other models the principles of the MHNIP offer a way that nurses could meaningfully help people move towards personal recovery and self-sufficiency. Possible future roles for nursing in helping the Australian population get better value from their healthcare dollar, and achieve better mental health, will be illustrated and discussed. |        |
| **2:30PM – 3:00PM** | **CONFERENCE WRAP UP** |        |
| **3:00PM** | **END OF CONFERENCE** |        |
The College wishes to thank the Scientific Committee for its dedication and contribution to the ongoing success of the Primary Mental Health Care Conference:

Professor Michael Hazelton (Chair)
Professor Jeffrey Fuller
Adjunct Associate Professor Kim Ryan
Ms Peta Marks