The Mental Health Services Conference Inc.
of Australia and New Zealand

Weaving The Threads Together

CLOSING DATE
FOR EARLY BIRD
REGISTRATION
12 JULY 1997

Sydney Town Hall
Cnr George St and Druitt St, Sydney
19 - 22 August 1997
**THEMHS CONFERENCE**

THEMHS is the largest mental health conference in Australia and New Zealand attracting over 1000 mental health clinicians, managers, consumers, carers and policy makers annually.

**AIMS**

1. Provide a forum for the presentation and exchange of ideas about best ways of ensuring high quality mental health services for people seriously affected by mental illness and disability.
2. Promote positive attitudes about mental health and mental illness.
3. Provide a forum for professional development of people associated with mental health services, i.e. an opportunity to present current innovations, strategies, research, policies and future directions.
4. Provide a forum for professionals, consumers, carers and managers to meet and debate mental health services.
5. Stimulate debate which will challenge the boundaries of present knowledge and ideas about services for people with mental health disabilities.

**THEMHS SECRETARIAT**

Andy Campbell, Lynne Dunbar, Roger Gurr, Kevin Kelleheer, Leonie Manns, Viv Miller, Sadie Robertson, Alan Rosen, Maree Toesson.

**EXTENDED SYDNEY COMMITTEE**

Karen Barfoot, Tracey Brown, Desley Casey, Maria Casaraini, Simon Champ, Gillian Church, Jill Gallagher, Jo Greybill, Haidi Green, Caryn Hamilton, Paula Hamlyn, Doug Holmes, Cathy Issakidis, Adil Malak, Sally Maspero, Anne Newham, Kristy Sanderson, Nicola Watt, Flora Vaskinsky.

**ANZ ACHIEVEMENT AWARDS**

These awards are given in recognition of innovations and achievements by mental health services, consumer organisations and individuals. THEMHS administers, and the governments of Australia and New Zealand fund these awards. A formal presentation of awards is made at the conference.

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**SPEAKERS**

**DAVID GOLDBERG** will talk on The Future Pattern of Care for People with Mental Illness.

Prof. Goldberg is Professor of Psychiatry at the Institute of Psychiatry, London, UK and Director of Medical Education at the Maudsley Hospital. He has written extensively in Psychiatry, particularly about the interplay between psychiatry and primary care.

**COURTNEY HARDING** will talk on Debunking Seven Myths About Schizophrenia: Evidence and Treatment Implications.

Dr Harding is Director of the mental health program at Western Interstate Commission for Higher Education, in Boulder, Colorado, USA. She is also Associate Professor in the Department of Psychiatry at the University of Colorado School of Medicine and Associate Director of the Program for Public Psychiatry. Previously she was an Assistant Professor in the Yale Department of Psychiatry, and Associate Director of the Centre for Prolonged Psychiatric Disorder at Connecticut Mental Health Centre. She has completed two 3 decade studies of schizophrenia and other serious mental illnesses. She has authored over 50 contributions to scientific journals and books.

**HARRIET LEFLEY** will talk on Helping Families Cope with Mental Illness: Changing Theories, Models and Services.

Dr Lefley is Professor of Psychiatry and Behavioural Sciences at the University of Miami School of Medicine, Miami, Florida, USA. She has been principal investigator of National Institute of Mental Health (NIMH) projects such as: the Interdisciplinary Collaborative Family Training project. She was also director of two national forums on training mental health professionals to work with the seriously ill and their families. Her publications include seven books, over one hundred articles and book chapters on cultural issues in mental health service delivery, community mental health models and adaptation to severe mental illness, including advocacy and family support systems. Her most recent book is "Family Care Giving in Mental Illness (1996)."

**BEVERLEY RAPHAEL** will talk on Policy as Intervention: Public Health and Personal Health Care in Mental Health.

Prof. Raphael is Director of the Centre for Mental Health at NSW Health Dept. She has an extensive background in research, on prevention in the mental health field, and in the fields of bereavement and trauma, including major disasters.
THEMHS 1997 will host over 200 presentations by mental health clinicians, managers, consumers, carers and policymakers. Presentations will include papers, symposia, dynamic posters, debates, workshops, performances.

Mental Health Services are a rich tapestry containing many threads. Services are increasingly community-based, inpatient services are more locally integrated, consumers and carers have a greater say in what services they need, research and evaluation are integral parts of service planning and practice.

The conference provides the opportunity to weave the threads together. Themes will include:

- Accommodation
- Rural mental health issues
- Transition from institution to community
- Personal experiences of mental illness
- Promotion, Prevention, Early Intervention
- Multidisciplinary case management
- From crisis to rehabilitation and recovery
- GP shared mental health care
- Dual disorders
- Nursing beyond the institution
- Child, adolescent, adult, elderly
- Changing roles for consumers, families
- Human rights and ethics
- Community attitudes and stigma
- Transcultural mental health
- Indigenous peoples' issues
- Evidence-based practice, and outcome research
- Setting priorities and standards
- Management, casemix and resource allocation
- Workforce education, supervision and training

The OPENING CEREMONY will feature the presentation of the Australian and New Zealand Achievement Awards by the Australian Federal Minister for Health, the Honorable Dr Michael Wooldridge.

The DYNAMIC POSTER PRESENTATIONS are a new and important addition to the THEMHS conference program. They include a combination of visual and verbal presentations. Presenters will speak about their poster during a specially designed session, with time allotted for discussion between presenters and the audience.

A RECEPTION will be held on Wednesday evening at the Holme Building of the University of Sydney, for all conference registrants.

FORUM “Who Should be Treated? Burden vs Health Gains”

This Forum is an exciting addition to the program. There will be two, 30 minute presentations by Prof. Harding and Prof. Andrews on the issue of how best to organise our mental health services. This will be followed by a lively and challenging response by leading health professionals and consumers.

The CLOSING CEREMONY - don’t forget to stay for the end of the conference! The Town Hall organ, which has the largest bank of organ pipes in the southern hemisphere, will be played by the Town Hall organist, Mr Robert Ampt. A local aboriginal dance group will be featured during the informal formalities.

AND A PLETHORA OF PRESENTATIONS, SYMPOSIA, AND WORKSHOPS

There will be a number of Symposia. These consist of a group of presentations about a special issue and they will include:

- Indigenous people’s issues - innovative projects; government strategies
- Early intervention and prevention of psychosis
- General practitioner shared mental health care
- National and state mental health policies and strategies
- Families

TUESDAY 19TH AUGUST 1997

9.00am  Registration Desk open
10.00am - 4.30pm  Consumer Day
7.00pm - 11.00pm  Consumer Dance at Sydney University
9.00am - 5.00pm  Career Forum
6.30pm - 10.30pm  Transcultural Mental Health Dinner
6.30pm - 10.30pm  Transcultural Mental Health Dinner
9.30am - 1.00pm  Workshop with Prof. David Goldberg
                       "The Psychiatrist, the GP and the Onus of Mental Health Care"
2.00pm - 5.30pm  Workshop with Prof. Courtney Harding
6.00pm  Registration Desk closes

WEDNESDAY 20TH AUGUST 1997

8.00am  Registration Desk open
8.45am - 10.00am  Opening
                       Presentation of A.N.Z. Achievement Awards by
                       Hon. Dr. Michael Wooldridge; Federal Minister for Health
10.00am - 11.00am  Keynote Speaker: Prof. Sir David Goldberg
                       "The Future Pattern of Care for People With Mental Illness"
11.30am - 5.00pm  Concurrent Papers, Workshops, Symposia, Dynamic Posters
6.30pm - 9.00pm  Reception at Sydney University

THURSDAY 21ST AUGUST 1997

8.15am  Registration Desk open
9.00am - 10.00am  Keynote Speaker: Ms Merinda Epstein “Releasing the Staff’s Energy and Enthusiasm - What Can Consumers Do?”
10.30am - 12.30pm  Concurrent Papers, Workshops, Symposia
2.00pm - 3.00pm  INVITED SPEAKERS: Prof. Beverley Raphael,
                       Ms Isokupela Enoka, Prof. Harriet Leify
                       FORUM
3.30pm - 5.00pm  Concurrent Papers, Workshops, Symposia, Dynamic Posters, Forum
6.00pm  Social Events
6.30pm  Seminar for General Practitioners at Sydney University

FRIDAY 22 AUGUST 1997

8.15am  Registration Desk open
9.00am - 10.00am  Keynote Speaker: Prof. Courtney Harding “Debunking Seven Myths About Schizophrenia: The Evidence and The Treatment Implications”
10.30am - 3.00pm  Concurrent Papers, Workshops, Symposia, Dynamic Posters
3.30pm - 5.00pm  Closing Ceremony, including the Town Hall Organ

SATURDAY 23 AUGUST 1997

9.00am - 5.00pm  Workshop with Prof. Ian Falloon
**Tuesday 19th August**

**Consumer Day**

10am - 4.30pm at the Sydney Town Hall

Costs: free for consumers

Includes: lunch, morning and afternoon teas

As the consumer movement around Australia and New Zealand gains momentum, this day will provide an opportunity for consumers to reflect on the movement’s origins and future directions. It is a chance to workshop the issues and hopes that consumers want to take forward into the new millennium. This day celebrates our diversity and strengths, providing exceptional opportunities to network with other consumers from around the two nations. The program for the day is available from THEMHS upon request.

**Consumer Dance**

7.00pm - 11.00pm

at the Holme Building University of Sydney,
(next to the Footbridge Theatre)

Costs: free for consumers

Finger food will be provided, there will be a cash bar for drinks. Music will be provided by a disco.

The National Mental Health Consumers Network. Members of the National Network will be available throughout the Consumer Day at an information desk to answer queries and membership applications. The Network’s inaugural AGM will be held at 7.00pm Thursday and all consumers are encouraged to attend.

The consumer day and the consumers’ dance is sponsored by a mental health grant from the Australian Government.

**Carers Forum**

9.00am - 5.00pm at the Sydney Town Hall

Costs: $45 for carers; $100 for service providers

Includes: lunch, morning and afternoon teas

The theme for this forum is “Strengthening the Threads - Carers, Clients and Clinicians Working Together”. The forum will focus on: Help where help is needed in the community; support services to assist carers in their caring role; the development of an alliance of care. The keynote speaker will be Professor Harriet Lefley, who will speak about the “Alliance of Care”.

**Transcultural Mental Health Forum**

6.30pm - 10.30pm

Dinner at Sydney Tower Skylounge

Costs: $40 for people registering for at least one day of the main conference

$50 for people not attending main conference

$20 for a limited number of free places

Includes: dinner, drinks and the seminar

Enjoy a spectacular view of Sydney, fine food, and presentations by two experts. Prof. Harriet Lefley and Prof. Beverley Raphael will speak on Mental Health Services in a Multicultural Society. The Forum will be chaired by Ms Zita Antonios, Race Discrimination Officer. Further details available from THEMHS upon request. Numbers are strictly limited.

**Workshop with Prof. Sir David Goldberg**

9.30am - 1.00pm at Sydney Town Hall

Costs: $50 for people registering for at least one day of the main conference

$85 for people not attending the main conference

Includes: morning tea

The workshop title: “The Psychiatrist, the General Practitioner and the Burden of Mental Health Care”. Prof. Sir David Goldberg’s workshop is sponsored by Janssen Cilag.

**Workshop with Prof. Courtney Harding**

2.00pm - 5.30pm at Sydney Town Hall

Costs: $50 for people registering for at least one day of the main conference

$85 for people not attending the main conference

Includes: afternoon tea

The workshop title: “Structured protocols to assist client and clinician to learn new strategies and plan together.”

**Saturday 23rd August**

**Workshop with Prof. Ian Falloon**

9.00am - 5.00pm

Costs: $100 for people registering for at least one day of main conference

$140 for people not attending main conference

Includes: morning and afternoon teas, lunch

The workshop title: “Integrating Patients, Families and Community Resources into Effective Mental Health Services.”

Prof. Falloon will also be conducting a Sydney workshop on Standardised Biomedical and Psychosocial Assessment in Community Mental Health Service in the week following the conference. Contact THEMHS for details.

**Social Events**

**Conference Reception**

6.30pm at Holme Building, University of Sydney

Costs: free to conference delegates

Includes: finger food, drinks and entertainment

A chance for conference delegates to relax together and enjoy light refreshments. Music and entertainment will be provided by Mic Conway’s Whooppee Band, which features music as well as spectacular fire-eating, magic, juggling, tap-dancing, laughter and fun. Mic founded the “Captain Matchbox Whoopee Band” and was also a founding member of Circus Oz.

**Consumer Dance**

See information in the section about the pre conference workshops.

**Social Thursday**

There will be a number of social events organised for Thursday evening.

1. A Ghost Tour of the Rocks & Dinner

   Approximate cost: $15 per person (+meals & drinks)

2. A Rocks Pub Tour & Dinner

   Approximate cost: $25 (+ alcohol)

3. A Sydney Harbour Cruise

   Approximate cost: $20 (refreshments available)

4. An Evening at Darling Harbour

   Approximate cost: $20

The numbers of people attending these events will be finalised on the first day of the conference, and payment is to be made at the conference. We need an indication of your interest in attending one of these events on Thursday evening so please tick the appropriate box on the Registration Form.
ACCOMMODATION BOOKING FORM

THEMHS CONFERENCE

Guest name ____________________________

Share with ____________________________

Organisation __________________________

Phone  
(Work) ____________________________
(Home) ____________________________

Fax ____________________________

Please reserve accommodation for _______ people.

First hotel preference ____________________________

Second hotel preference ____________________________

Special requirements e.g. cot; wheelchair access ____________________________

TYPE OF ACCOMMODATION

Single / Double / Twin ____________________________

Arrival date ________ / ________ / ________

Departure date ________ / ________ / ________

Expected time of arrival ____________________________

Flight details ____________________________

DEPOSIT REQUIREMENTS

Deposit enclosed $ ________

(To secure and confirm your accommodation either credit card details or a deposit of one night by cheque is required. A notice of confirmation will be despatched upon receipt of this deposit).

TOTAL $ ________

THEMHS Conference uses the services of Ozaccom for delegates accommodation requirements. You should fill out the accommodation booking form and forward payment with your registration fee to THEMHS. If you would like to make further enquiries about particular hotels or hostels, please telephone Ozaccom on:

AUSTRALIAN NATIONAL TOLL FREE 1800 814 611
BRISBANE METROPOLITAN AREA +61(07)3854 1611
FAX +61(07)3854 1507
Email: Ozaccom@sunray.inc.com.au
**ACCOMMODATION**

**SYDNEY CITY HILTON**
Single/Twin/Double Room: $190 per room per night.
The Sydney Hilton is located in the heart of the City, surrounded by all major shopping and entertainment centres and is the closest venue to Town Hall. Features include a licensed restaurant, licensed bistro, room service, laundry, sauna, heated swimming pool, gymnasium and car parking.

**PARKROYAL AT DARLING HARBOUR**
Single/Twin/Double Room: $180 per room.
PARKROYAL at Darling Harbour is located 3 blocks from Town Hall. Features include restaurants, bars, 24 hour room service and car parking.

**METRO INN APARTMENTS KINSLIEGH TOWERS**
One bedroom apartment: $160 per apartment.
Two bedroom apartment: $210 per apartment.
Metro Inn Apartments is located only 4-5 blocks from the Town Hall. Features include a barbecue, laundry and swimming pool.

**THE WALDORF APARTMENT HOTEL**
Single/Twin/Double Room: $180 per room.
The Waldorf Apartment Hotel is located 2 blocks from Town Hall. These are fully self-contained one and two bedroom apartments. Features include room service, communal washing machine and dryer, swimming pool, sauna, spa and car parking.

**WYNYARD VISTA HOTEL**
Single/Twin/Double Room: $125 per room.
The Wynyard Vista Hotel is located 3-4 blocks from the Town Hall. On site facilities include a restaurant and laundry.

**ROYAL GARDEN INTERNATIONAL**
Single/Twin/Double Room: $125 per room.
Royal Garden International is located within 5 minutes walk from Commonwealth Station offering a 1 step train journey to Town Hall. Hotel facilities include 24 hour reception, licensed restaurant, room service, swimming pool, communal spar and coffee shop.

**THE GAZEBO HOTEL SYDNEY**
Single/Twin/Double Room: $105 per room.
The Gazebo Hotel Sydney is located in Elizabeth Bay. The Gazebo is located 10 mins from Kings Cross train station, which is 2 stops to Town Hall station. Features include rooftop swimming pool, 24 hour reception, laundry/valet service, restaurants and bars.

**THE CASTLELEAGH INN**
Single room: $99 per room per night
Double room: $115 per room per night
Twin room: $125 per room per night
Rates include light breakfast.
The Castleleagh Inn is located 2-3 blocks from Town Hall. On site services include a licensed restaurant, room service and laundry. Parking can be arranged on request and a fee applies.

**SYDNEY TRAVELLERS REST**
Single Room: $90 per room per night
Twin/Double Room: $100 per room per night
Rates include light breakfast.
Sydney Travellers Rest is located within 5 minutes walk from Central Station which is 1 stop to Town Hall. Hotel facilities include 24 hour reception and limited parking.

To book hotels, please use the Accommodation Booking Form, attached.

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**TRAVEL**

**Airline Travel**
We are pleased to announce Qantas has been appointed as the official airline for THEHIS Conference 1997, with all bookings being processed through J.T.C. Conference Travel.

As a special 14% discount fare has been negotiated for delegates and travel companions, we suggest you contact J.T.C. Conference Travel (details below) to avail yourself this or any other promotional fare which may be applicable. Please quote the conference code AUQ16879 when making your reservation.

In addition J.T.C. Conference Travel are able to offer car hire, coach and rail travel.

Pre- and post-conference holiday packages (e.g. Great Barrier Reef, Ayers Rock, outback cattle station, golf packages) can also be arranged at time of booking.

Please phone J.T.C. Conference Travel on:

**AUSTRALIAN NATIONAL TOLL FREE** 1800 813 699
**BRISBANE METROPOLITAN AREA** 07 3370 1088

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**Travel within Sydney**

**AIRPORT - SYDNEY CITY**

**BUSES**
Airporter Express - From domestic and international airports. Has several stops along the way and travels along George Street, Sydney city centre to Circular Quay.

- **Cost:** $5.50 single fare, $9.00 return fare
- **Frequency:** approximately every 15 minutes

Airporter - From domestic and international airports. Takes passengers directly to hotels in city centre, Kings Cross and Darling Harbour. All recommended conference accommodation is within 3 areas.

**TAXIS**
Depending on traffic and the time of day the taxi fare will be $25 - $35 from the airport to the city centre.

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**Around the City**

Buses and trains are easily accessible to and from the Sydney Town Hall. Each fare within the city centre is $1.20 - $2.80. Detailed bus, train and ferry information will be available at the Conference Registration desk during the conference.

**PARKING IN THE CITY**
If you can avoid bringing your car to the city you will save yourself a lot of hassles and a lot of money. There are parking stations nearby, and underneath the Town Hall. Discount car parking will be available.
THEMHS BURSARIES

GENERAL CATEGORY

A limited number of bursaries will be available for consumers to attend the Conference. These provide airfares, taxis and free registration for consumers. Priority is given to consumers who are presenting at the conference or workshops, and who would otherwise have difficulty attending the conference for financial reasons.

BURSARIES FOR ABORIGINAL & TORRES STRAIT ISLANDER CONSUMERS

Additionally this year, there is special funding from the Australian Government to assist Aboriginal and Torres Strait Islander consumers to attend this year’s conference. Conditions and criteria which apply to the general category THEMHS Bursaries, also apply to this special category.

PHONE OR FAX THE CONFERENCE SECRETARY FOR DETAILS ON HOW TO APPLY.

"Accredited Category A educational meeting with the RANZCP MOPS Program".

CANCELLATION POLICY

For refund of fees in the event of cancellation the following applies:

Fees will be refunded in full if THEMHS is notified by the 4th August 1997. 50% of fee will be refunded if notification is received by 14th August 1997. No refund will apply after 14th August 1997 except in exceptional circumstances.

SPONSORS

With thanks to the following sponsors

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NSW Department of Health - Centre for Mental Health

MAJOR SPONSORS
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