National policies tell us that mental health promotion and mental illness prevention are major strategies into the next decade. Is there real evidence for prevention and promotion, or are they political fads?

In the year 2020, mental health problems will account for 17% of the burden of disease in developed countries and depression will be the leading cause of burden. How do we respond? Strategies must include efforts at both treating those who currently have mental health problems and preventing mental health problems in those who don’t. Efforts to improve the understanding of the causes and effective treatments of mental health problems remain vitally important, however, much greater effort needs to be directed towards prevention and promotion.

Is prevention possible? Is prevention a myth?

What can mental health services learn from public health models of prevention and promotion? Is it legitimate for mental health clinicians to put their energies into prevention and promotion? Do they have the skills necessary?

If we decide prevention and promotion are worthwhile, should we redistribute our resources away from current treatment services? Even if we put all of our resources into prevention of mental illness and the promotion of mental health over the next 20 years, would we end up with a community free of mental health.

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Cost: AUD380
AUD340 if received by 17th Dec. 99

Included in the fees are morning and afternoon teas, lunches, and the gala dinner.

The venue is a new convention centre situated in Sydney’s premier harbourside area. Within a few minutes walk, are attractions such as the Imax Theatre, Sega World, Sydney Aquarium, Maritime Museum, Chinatown, the monorail, Sydney ferries, the Casino, hotels, the city, shopping and play facilities.

The number of places available for this Forum are strictly limited, so book your place as soon as you can. Get your application form from the conference secretary.

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JANSSEN CILAG
**Monday 24th January**

9.00am  
**Welcome**  
TheMHS President: Kevin Kellehear

Chair: Leonie Manns  
**A Model of what works**  
*A model of prevention – what works?*  
Keynote Speaker: Patricia Mrazek

10.30am  
Morning tea

11.00am  
**Raising the Issues**  
*What works? What are the benefits? Who for? What costs?*  
Facilitators: Vivienne Miller, Roger Gurr, Maree Teesson

12.30pm  
Lunch

1.30pm  
Chair: Andy Campbell  
**Aust and NZ strategies**  
The evaluation and the evidence behind national strategies.  
Dermot Casey (Australia); Kath Fox and Elizabeth Cunningham (New Zealand)  
Discussion

3.15pm  
afternoon tea

3.45pm  
Chair: Maree Teesson  
**Setting the Scene**  
The Big Picture  
Promotion, Prevention or Intervention – What is needed next? : Helen Herrman  
Preventing Depression: Beverley Raphael  
Preventing Anxiety in Children: Ron Rapee

5.30pm  
Short break

5.45pm  
**Food for Thought:** informal session with keynote speaker and invited speakers over drinks and nibbles

6.45pm  
Close of day’s proceedings

7.30pm  
Gala Dinner at Dockside

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**Tuesday 25th January**

9.30am  
Chair: Alan Rosen  
**Critiques of Prevention/Promotion**  
*What works? Who for? What cost? Differentiating between prevention and promotion*  
Patricia Mzarek, Assen Jablensky, Alison Taylor

10.45am  
Morning tea

11.15am  
Chair: Janet Peters  
**What’s Happening?**  
Adolescents Coping with Emotion (ACE) Program : Nick Kowelenko  
Linking epidemiology and prevention – Panic disorder: Andrew Baillie  
NZ Pilot Site  
Suicide Prevention: What is the evidence that these programs work?  
Dumping Depression: Deb Howe

12.45pm  
Lunch

1.45pm  
Chair:  
**Money and Training: Whose responsibility?**  
If we put all our money into prevention/promotion, would we have a community with out mental illness? Where do resources come from? Are mental health workers trained to do prevention/promotion?  
Roger Gurr, Patricia Mzarek, Janet Meagher

3.00pm  
afternoon tea

3.30pm  
Chair by Barbara Disley  
**Implications for Mental Health Services**  
Patricia Mrazek and Panel, including: Roger Gurr, Maree Teesson, Janet Meagher, Leonie Manns, Dermot Casey, John Hoult, NZ Ministry

4.45pm  
Close