TheMHS 10th
ANNUAL MENTAL HEALTH SERVICES CONFERENCE

THEMHS 2000
Services for the Future

PO Box 192 Balmain NSW Australia 2041
Phone: +61 (02) 9926 6057
Fax: +61 (02) 9926 7078
Email: enquiries@themhs.org
Website: www.themhs.org

THEMHS CONFERENCE
The Mental Health Services Conference Inc. of Australia and New Zealand
Adelaide Convention Centre
North Terrace, Adelaide, South Australia

29 - 31 AUGUST 2000
Pre-conference workshops and forums 28 August 2000
TheMHS CONFERENCE

TheMHS is the largest mental health conference in Australia and New Zealand attracting over 1000 mental health clinicians, managers, consumers, carers, policy makers, researchers and educators 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 (SYDNEY)
Andy Campbell, Lynne Dunbar, Roger Gurr, Douglas Holmes, Kevin Kellehe, Leonie Manns, Vivienne Miller, Sadie Robertson, Alan Rosen, Maree Teesson.

SOUTH AUSTRALIA COMMITTEE

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.
TheMHS 2000 will host over 200 presentations by mental health clinicians, managers, consumers, carers and policymakers, researchers and educators. Presentations will include papers, symposia, workshops, debates, poster showcase and general posters.

Creativity & Development: Services for the Future

TheMHS Conference provides a forum for people from across Australia and New Zealand to gather, discuss and debate about the most current issues in mental health service delivery and research to develop networks to showcase innovations and new directions and to demonstrate projects and interventions which guide mental health service delivery into the future.

TheMHS 2000 will be an occasion of many celebrations. Adelaide was the host city for the first TheMHS Conference in 1991. TheMHS 10th anniversary provides an opportunity for us to reflect on the culture and the achievements in mental health services throughout the past decade.

Adelaide, the Festival City, values creativity and the arts. The conference recognizes that creativity and the arts have a vital role in service development and provision, and have an essential role in people’s lives.

Taking lessons from the past, we focus our thoughts on the future, the ongoing development and the innovations in planning, delivery and evaluation of quality mental health services.

TheMHS invites you to celebrate -
Creativity and Development: Services for the Future.

We encourage you to consider:

★ What have we learnt from the past that has enhanced our current services?
★ Are current plans and strategies sufficient for future mental health service needs?
★ How can services be further improved as we face new challenges?
★ What creative approaches can we adopt to develop these services?

Come along, be involved in the diversity, innovation and challenges in creating the new story of the millennium for mental health services across Australia and New Zealand.

Conference Topics will include:
★ Accommodation and housing
★ Acute services in community and hospital
★ Case management
★ Child and adolescent mental health services
★ Community attitudes and stigma
★ Consumer roles, advocacy
★ Crisis services/crisis intervention
★ Creativity and the arts
★ Dual disorders
★ Early intervention strategies
★ Economics, costing, casemix, resource allocation
★ Evidence-based practice, and outcome research
★ Family/carer issues
★ Gender issues
★ GP shared mental health care
★ Healing and recovery
★ Human rights and ethics
★ Indigenous peoples’ issues
★ Information systems and computers
★ Innovations
★ Loss and grief
★ Management, administration, policy
★ Multidisciplinary teams and working together
★ Older people’s mental health
★ Prevention of mental illness
★ Promotion of mental health
★ Rehabilitation and recovery
★ Research, evaluation, quality improvement
★ Rural and remote mental health issues
★ Setting priorities and standards
★ Specific mental disorders and mental illnesses
★ Spiritual and emotional health
★ Stress/stress management
★ Transcultural mental health
★ Transforming mental health services
★ Treatment, therapy and support
★ Violence, trauma
★ Workforce education, supervision and training
**PROGRAM**

**MONDAY 28 AUGUST 2000**
8:30am - 2:00pm Registration Desk open
9:30am - 5:00pm Workshop 1 Virginia Lafond & Brian Johnston
9:30am - 1:00pm Workshop 3 Outcomes Measurement Consumer Forum
10:00am - 5:00pm Carer Forum
10:00am - 5:00pm Workshop 2 Julian Leff
1:30pm - 5:00pm Workshop 4 Outcomes Measurement Training (HO-NOS)
2:00pm - 5:00pm Indigenous Peoples’ Forum
4:00pm - 6:00pm Registration Desk open

**TUESDAY 29 AUGUST 2000**
8:00am Registration Desk open
8:45am - 10:00am Opening Ceremony
Welcome from Josie Agis of the Kaurna people
Presentation of A.N.Z Achievement Awards
10:00am - 12:00am Keynote Speaker: Julian Leff
1:30pm - 1:00pm Lunch
2:00pm - 3:00pm Keynote Speaker: Paul Nestor & Sandra Miller
3:30pm - 5:30pm Concurrent sessions
6:00pm Welcome Reception

**WEDNESDAY 30 AUGUST 2000**
8:30am Registration Desk open
9:00am - 10:00am Keynote Speaker: Polly Sumner
10:30am - 12:30pm Concurrent sessions
12:30pm - 1:30pm Lunch
1:30pm - 3:00p Concurrent sessions
2:00pm - 3:00pm Concurrent sessions
3:30pm - 5:00pm Concurrent sessions
5:15pm - 6:15pm Meetings
7:00pm Social events

**THURSDAY 31 AUGUST 2000**
8:30am Registration Desk open
9:00am - 10:00am Keynote Speaker: Virginia Lafond
10:30am - 1:00pm Concurrent sessions
12:30pm - 1:30pm Lunch
1:30pm - 3:00pm Concurrent sessions
3:30pm - 4:30pm Closing Address & Ceremony
4:30pm - 6:00pm Drinks at Lion Arts Cafe Bar

**SPEAKERS**

Julian Leff will talk on: *“Can We Manage Without the Psychiatric Hospital?”*. Julian Leff is Professor of Social and Cultural Psychiatry at the Institute of Psychiatry, London. He has worked with the families of patients with schizophrenia for the past 25 years and has evaluated this work extensively. In addition he has recently evaluated the efficacy of couple therapy for depression compared with antidepressants. He is also Honorary Director of the Team for the Assessment of Psychiatric Services, which has completed a 13 year series of studies evaluating the transition of care from psychiatric hospitals to community based services. Last year he was the first recipient of the Burghölzli Award for Clinical and Social Psychiatry.

Paul Nestor and Sandra Miller will talk on *“Who are the Experts?”*. Paul Nestor and Sandra Miller have worked as Consumer Peer Workers in rehabilitation and acute inpatient settings. Both are working as educators within early psychosis projects and mental health community awareness projects. Paul works with individuals as a community support worker. Sandra is employed as an activity supervisor in an acute inpatient unit and is the co-author of the book “Living Well with Schizophrenia”. Both Paul and Sandra have personal experience of mental illness. Each person’s story is unique and amazing. Stories must not be forgotten, they must be heard and used to develop better mental health services into the future. The journey from locked backward to peer worker and community educator is inspiring and must be used to drive further change.

Virginia Lafond will talk on *“The Grief of Mental Illness: Our Common and Fertile Ground”*. Virginia Lafond, Social Worker, CSW Schizophrenia Service, Royal Ottawa Hospital, Ontario, Canada. She is the author of the book “Grieving Mental Illness: A Guide for Patients and their Caregivers”. She believes that grief should be engaged in, not avoided, and can assist the recovery journey. The process of grieving mental illness can be constructively used with cognitive therapy for psychotic illnesses.

Polly Sumner will talk on *“Reflecting on the Past, Establishing the Future”*. Polly Sumner, Chief Executive Officer, Nunkuwarrin Yunti of South Australia and will speak on the development of Aboriginal social and emotional well-being initiatives in South Australia. She is committed to the concept of Aboriginal Community Control and advocates that there is an appropriate cultural alternative emotional, social and economic well-being. **Basil Sumner and Major Sumner:** Basil Sumner is the Chief Executive Officer of the Aboriginal Sobriety Group (ASG) which provides care and support to Aboriginal people who wish to free themselves of alcohol and drug dependency. Major Sumner is the Cultural and Heritage Officer.
Send Conference Registration Form to TheMHS Office

Please fill in a separate form for each person attending, and send conference registration form to TheMHS office before 21 August 2000.

(Please tick appropriate box)

<table>
<thead>
<tr>
<th>TUESDAY 29 - THURSDAY 31 AUGUST</th>
<th>Amount Paid $AUD</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Full fee 3 days</td>
<td>$550.00</td>
</tr>
<tr>
<td>□ Earlybird fee 3 days (if received by 17 July 2000)</td>
<td>$495.00</td>
</tr>
<tr>
<td>□ Concession 3 days *</td>
<td>$198.00</td>
</tr>
<tr>
<td>Full fee Day only</td>
<td></td>
</tr>
<tr>
<td>□ Tuesday</td>
<td>$220.00</td>
</tr>
<tr>
<td>□ Wednesday</td>
<td>$220.00</td>
</tr>
<tr>
<td>□ Thursday</td>
<td>$220.00</td>
</tr>
<tr>
<td>Concession Day only *</td>
<td></td>
</tr>
<tr>
<td>□ Tuesday</td>
<td>$66.00</td>
</tr>
<tr>
<td>□ Wednesday</td>
<td>$66.00</td>
</tr>
<tr>
<td>□ Thursday</td>
<td>$66.00</td>
</tr>
</tbody>
</table>

PRE-CONFERENCE FORUMS - Monday 28 August

| □ Consumers Forum                | $11.00            |
| □ Carers Forum                   |                   |

| □ Carers                         | $66.00            |
| □ Carers-Concession*             | $11.00            |
| □ Other conference delegates     | $220.00           |

□ Indigenous Peoples' Forum (half day) $110.00

□ Concession * $11.00

WORKSHOPS # Monday 28 August

| □ Workshop 1 (whole day)         | $220.00           |
| □ Workshop 2 (half day)          | $110.00           |
| □ Workshop 3 (half day)          | $110.00           |
| □ Workshop 4 (half day)          | $110.00           |

10% Goods and Services Tax (GST) has been included in the above fees

**TOTAL $**

The above fee structure is designed to cover costs, to provide subsidised concession rates, and to cover the new GST tax.

NOTE 1: *Concessions are given to full time students, pension card holders and unemployed people. Evidence must be produced eg. photocopy of pension card or student card.

NOTE 2: # Limited concessions available for workshops apply to TheMHS Office for details.
(Please fill in a form for each person attending)

First Name________________________________________
Surname__________________________________________
Preferred Mailing Address________________________________________

State________Country________Postcode________
Ph (Home)______________________________________
Ph (Work)______________________________________
Fax (Work)______________________________________
Email__________________________________________
Organisation's address (if different from above)______________________________

State________Country________Postcode________
Special Requirements (hearing loop, sign language interpreter, meals,
wheelchair access etc)

__________________________________________

Please return this form to:
The Secretary
TheMHS Conference
PO Box 192, Balmain NSW Australia 2041
ABN: 53 621 979

METHOD OF PAYMENT

DIRECT DEPOSIT: If your organisation intends to pay by Direct Deposit, please
ensure that TheMHS Office is notified of this ASAP.

PAYMENT ENCLOSED (please tick your option)
☐ Australian dollar cheque/bank draft payable to The Mental Health Services
Conference Inc. of Australia and New Zealand
☐ Authority to charge my credit card account

CREDIT CARD DETAILS
☐ Visa ☐ Mastercard ☐ Bankcard
Card Number______________________________
Expiry Date: ______/______ Full name on card __________________
Signature_________________________________
A range of accommodation has been reserved in Adelaide at special Conference rates by our accommodation managers The Hotel Network. Conference hotel accommodation must be booked on this form to obtain the special Conference rates. Delegates are advised to book early as accommodation in and around the Conference venue is limited. Please indicate your 1st and 2nd choice which will be allocated according to availability. Room reservations for the Hotel/Motels must be accompanied by a deposit equivalent to one nights accommodation, or preferably, quote a personal credit card number which we can pass onto the hotel to secure your room. The deposit amount should be one night for your 1st or 2nd choice (whichever is higher) this will be credited to your account at the available hotel. Please make all accommodation reservations and amendments through The Hotel Network.

All rates are per room per night (single/double or twinshare unless otherwise stated). Rates are in AUS dollars inclusive of GST.

**HINDLEY PARKROYAL** 4 star 2 min walk to Venue $154.00
The Hindley Parkroyal is located in the Central Business District, close to shops and cafes and a short stroll to the Convention Centre. All the comfort of a 4 style hotel with a spa, heated pool and gym. Breakfast in Oli’s Brasserie.

**STAMFORD PLAZA** 5 star Opposite Venue $150.00
The Stamford Plaza is located opposite the Convention Centre. Comfortable rooms with good on-site facilities and just minutes from Adelaide CBD. VERY well priced for our conference. Highly recommended.

**SAVILLE PARK SUITES** 4 star 7 min walk to venue Sgl/dbl (1 bedroom) $139
1-4 persons (2 bedroom) $183
Located on the edge of the CBD this property offers one and two bedroom suites with separate dining, lounge, fully equipped kitchen and internal laundry. General facilities include restaurant & bar, room service, pantry service and security parking. Bus outside will take you direct to Convention Centre.

**RADISSION PLAYFORD** 4 star Opposite Venue Standard Rms: Sgl/Db/ $135
Guest Rms:Sgl/Db/Twin $179
Good quality 4 star boutique hotel diagonally opposite Conference venue on North Terrace. Stylish interiors and comfortable rooms. General facilities include swimming pool, spa, sauna and gym, restaurant bar and lounge. Limited availability of Standard rooms.

**ADELAIDE RIVIERA** 4 star 7 min walk to venue $138.00
Very comfortable, light, airy rooms which have been recently renovated. All have mini bar, fridge, colour TV, ensuite, heating/air conditioning, telephone and ironing facilities. General facilities include guest laundry, roomservice. Very pleasant café/brasserie area for all meals if required. Recommended.

**GROSVENOR VISTA** 3 star Opposite Venue Single: $115
Double/Twin: $130
Older Traveller style hotel (long corridors) situated opposite the conference venue on North Terrace. Accommodation rooms and bathrooms are small. General Facilities: Guest Laundry, Coffee Shop, Dining Room.

**ADELAIDE PARINGA** 3 star 4 minute walk to venue Single: $77
Double/Twin: $93.50
Conveniently located in the heart of the business and shopping district. All rooms have ensuite and full motel style facilities including mini bar and roomservice. General facilities include Café Boulevard Coffee shop on street level. Limited availability.

**CUMBERLAND ARMS HOTEL**
For cheaper accommodation please directly contact the Cumberland Arms Hotel, a Nomads Backpacker Hotel. This is approximately 12 minutes walk to the Convention Centre and prices are from $15 per person (4 people sharing).

See their website www.nomads-backpackers.com.au or phone 08 8231 3577.
Please reserve a:
- Single room
- Double room
- Twin room
- Sharing with
- Smoking
- Non-smoking
- Disabled access

Please indicate preference (1st & 2nd choice)

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Room Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>HINDLEY PARKROYAL</td>
<td></td>
<td>$154</td>
</tr>
<tr>
<td>STAMFORD PLAZA</td>
<td></td>
<td>$150</td>
</tr>
<tr>
<td>SAVILLE PARK SUITES</td>
<td>1 bedroom</td>
<td>$139</td>
</tr>
<tr>
<td></td>
<td>2 bedroom</td>
<td>$183</td>
</tr>
<tr>
<td>RADISSON PLAYFORD</td>
<td>Standard room</td>
<td>$135</td>
</tr>
<tr>
<td></td>
<td>Guest room</td>
<td>$179</td>
</tr>
<tr>
<td>ADELAIDE RIVIERA</td>
<td></td>
<td>$138</td>
</tr>
<tr>
<td>GROSVENOR VISTA</td>
<td>Single</td>
<td>$115</td>
</tr>
<tr>
<td></td>
<td>Double/Twin</td>
<td>$130</td>
</tr>
<tr>
<td>ADELAIDE PARINGA</td>
<td>Single</td>
<td>$77</td>
</tr>
<tr>
<td></td>
<td>Double/Twin</td>
<td>$93.50</td>
</tr>
</tbody>
</table>

Check-In Date / /  Check-Out Date / /  No. of Nights

Name: 
Organisation: 
Address: 
Suburb:  State:  Postcode: 
Telephone:  Fax: 
Email: 

Room reservations must be accompanied by a deposit equivalent to one night’s accommodation. In the case of bookings made with your personal credit card, your details will be passed on to the hotel to guarantee the booking. If your organisation is paying by credit card on your behalf, please indicate the amount to debit below.

**METHOD OF PAYMENT**

- I enclose a personal cheque for $________ made payable to The Hotel Network
- I enclose a bank cheque for $________ made payable in Australian Dollars to The Hotel Network
- Please pass on my personal credit card details to the hotel to secure my reservation
- Please debit the following third party credit card by the amount indicated below (Minimum one night's deposit)

<table>
<thead>
<tr>
<th>Card Type</th>
<th>Card Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMEX</td>
<td></td>
</tr>
<tr>
<td>Visa</td>
<td></td>
</tr>
<tr>
<td>Mastercard</td>
<td></td>
</tr>
<tr>
<td>Bankcard</td>
<td></td>
</tr>
<tr>
<td>Diners</td>
<td></td>
</tr>
</tbody>
</table>

Expiry Date: / /  Full name on card  AMOUNT: $______

**CANCELLATIONS AND REFUNDS:**
Cancellations received in writing by 1st August, 2000 will be accepted and fees refunded less a $50 administration fee. Cancellations made after 1st August, 2000 will attract one full nights tariff. However, transfer of accommodation bookings to another person will be accepted. All accommodation cancellations must be notified in writing to The Hotel Network.

**TO BOOK YOUR ACCOMMODATION:**
Please complete and return this accommodation booking form with payment to:
Julia Brooke, Accommodation Manager
THEMHS Conference
C/o The Hotel Network, PO Box 236, Roseville NSW 2069
Phone: 02-9411-4666  Fax: 02-9411-4243  Email: THEMHS@hotelnetwork
WORKSHOP 1 “Enhancing Recovery: Working with the Grief of Mental Illness”
Virginia Lafond & Brian Johnston
Engaging in one’s own grief reaction or the grieving when one’s own life is affected by mental illness offers the person precious and practical means of recovery, rehabilitation and restoration. New, simple insights often become startlingly meaningful for the person setting out on a path to consciously and constructively grieve the mental illness experience which has become an unwelcome fact of life. This workshop will help to deepen awareness about the dynamic function played by the grief of mental illness in a person’s life. It will consider practical ways for the person to move away from a staid, nebulous negativity and to come to terms with their emotional and psychological experiences. Cognitive behaviour therapy techniques used for symptoms of paranoia, voices, and delusions, will be illustrated.

WORKSHOP 2 “Helping families to cope with schizophrenia”
Julian Leff
The evidence for the efficacy of family interventions for schizophrenia will be reviewed and the components of successful interventions explained. One or two brief vignettes of families caring for a person suffering from schizophrenia will be presented by participants. These will be used to illustrate the process of identifying family strengths. The nature of the relationships and power structure in the presented families will be identified. Strategies for positive reframing of criticism will be explored. The ground rules for improving communication will be presented and ways of putting them into practice. The influence of the seating arrangements will be illustrated through role play.

The value of co-therapy will be emphasized and methods of working together investigated. The importance of helping family members come to terms with loss and move on to develop realistic expectations will be explained. The workshop will consist of a mixture of didactic presentations and role play by participants. The techniques of ensuring the safety of role play will be shown.

WORKSHOP 3 “Outcomes Measurement”
Tom Trauer (convener), Tom Callaly, Maree Teesson, Leonie Manns, Alan Rosen
This workshop provides up to date information on the most widely used outcome assessment measures in mental health. The presenters all have extensive experience in the use of the measures. The workshop will provide an update on the latest research on the Health of the National Outcome Scale (Trauer & Callaly), discuss recent advances in the assessment of need (Teesson) and consumer measures (Manns & Teesson), and provide an update on the latest research on the Life Skills Profile (Rosen). The workshop will end with a discussion of the importance of clinically significant change. Participants are invited to share their experience of outcome measurement in a panel discussion. A bibliography of references referred to in the workshop will be available to participants.

WORKSHOP 4 “HoNOS Training”
Tom Trauer (convener), Tom Callaly, Maree Teesson
This workshop will consist of training in the use of HoNOS and will be strictly limited to two groups of 25 attendees. The Health of the Nation Outcome Scale is one of the most widely used measures of outcome. This practical workshop offers individual training in the use of the measure. The Trainers have extensive experience in its use and have published international articles on its use in practice.

CONSUMER FORUM
This is a forum for consumers to meet and discuss relevant mental health issues.

Who is advocating for us? There will be presentations about national advocacy activities for consumers. Who advocates for consumers and how you can be involved.

We know the problems. There are a range of problems that are common and ongoing for consumers Australia wide. We will workshop solutions to some of these problems and present them during the main body of the conference.

What we are doing? There will be presentations about consumer and carer involvement in successful projects from around Australia and New Zealand, to show the positive impact we are having upon services.

Establish a united front. We will be joining with the carer forum during the day to discuss solutions to common problems with the aim of demonstrating a stronger, united voice to help bring about change.

Social Event. The social event will provide a chance for people to relax and meet at a friendly, close by location. Live music and entertainment will be provided by local consumer groups. Food and drinks will be available.

CARER FORUM
Promoting positive outcomes is the theme of the day and this forum will provide an opportunity for carers to meet and discuss issues from an Australia / New Zealand wide perspective. What better way to assist our interaction, than commencing proceedings with some high priority, very special pampering for generally very un pampered people? We will come up with some recommendations about key carer issues and associated action strategies, which we would like to see endorsed and funded. We will workshop in the afternoon with the consumer forum. This will demonstrate a stronger, united voice which has greater potential for achieving significant positive outcomes. We will prepare a joint submission of issues for presentation to the main body of the conference.

INDIGENOUS PEOPLES’ FORUM
Nunkawarrin Yunti Inc. of South Australia invite indigenous people and others to join them in a forum which will focus on “Our Emotional Well-Being from our Community’s Perspective”. This forum will be held at the Nunkawarrin Yunti Centre, not far from the Adelaide Convention Centre.
THE ARTS
Adelaide, the Festival City, values creativity and the arts. The conference recognises that creativity and the arts have a vital role to play in service development and provision and have an essential role in people’s lives. The arts will be featured throughout the conference program eg visual arts exhibition, performances, papers, workshops. TheMHS invites you to be involved in this celebration of creativity.

WELCOME RECEPTION
6.00pm - 8.00pm Tuesday 29th August at the Adelaide Convention Centre The reception will provide the opportunity to officially welcome participants to TheMHS Conference. Share in the 10th anniversary celebrations! Enjoy the opening of the Arts Exhibition. Be entertained by the ACME Jazz Unit, and other guest performers. Finger food and drinks will be served.

SOCIAL
After a hectic day at the conference, have a fun and relaxing evening at the Lion Arts Café Bar, 68 North Terrace (next to the Morphett St Bridge), a few minutes easy walking from the Convention Centre. The Parcel of Rogues Band will be playing. The greatest Irish band this side of the Liffey! Enjoy the music, laughter and get into some Irish jigging. Reasonably priced meals are available. The bar will be open. You can even play some pool!

Watch out for information at the registration desk about “Labels” a play by the Byte Theatre Company. It’s about mental health, young people, labelling and stereotyping. It promises to be challenging and has a positive message.

Farewell Drinks
After the conference on Thursday evening, you are invited to join conference organisers and delegates to unwind at the Lion Arts Café Bar.

ADELAIDE NIGHT LIFE
Adelaide’s night life caters for a range of different budgets and tastes. You may like a night out a pub, to listen to some jazz, or to visit one of the many cosmopolitan cafés in the city. A full selection of our favourite restaurants, pubs and clubs will be available at the registration desk.

A FEW MINUTES TO SPARE OR JUST NEED A BREAK!
Take a stroll along the River Torrens immediately behind the Convention Centre or stroll down North Terrace and visit the Art Gallery, Museums, Parliament House, the Casino and Botanic Gardens. Shopping is a few minutes walk away in Rundle Mall. Explore the Festival complex.

If you have something a little more challenging in mind a visit to the Barossa Valley, Cleland Wildlife Park or stunning Kangaroo Island. Tours can be arranged through the SA Tourist Bureau on 1300 655 276.

WALKING TOURS
Discovering Adelaide an early morning walk
7.00am-8.30am Thursday 31 August
Cost: $28, includes Guide and breakfast
Adelaide is an ideal city for walking not only because it is flat but also well laid out. In the company of a local guide, go on an early morning walk and discover the city’s hidden secrets, hear a little history and gain that all important knowledge which enhances your stay. A light breakfast will be provided at the end of the walk and have you ready for the day’s proceedings. (Minimum numbers apply) Contact: Sandy Pugsley, Tour about Adelaide, see below.

Pubs and Pulpits of North Adelaide
6.00pm-7.30pm Wednesday 30 August
Cost: $35 including Guided Walk, refreshments and one way transfer to North Adelaide
A City of Churches or a City of Pubs? Come and decide for yourself during this fun evening walk in historic North Adelaide. We visit unusual chapels and churches, call in at a pub or two along the way and enjoy a drink with the locals in one of the oldest hotels in South Australia. (Minimum numbers apply) Contact: Sandy Pugsley, Tour about Adelaide, PO Box 1033, Kent Town, SA 5071, phone 08 8333 1111 fax 08 8333 1000 email touradel@senet.com.au
We are pleased to announce QANTAS has been appointed official airline for TheMHS Conference.

As a special conference fare has been negotiated for delegates attending, we suggest you contact Qantas Association Sales (details below) to avail yourself of this offer. A discount of up to 45% off the full economy airfare excluding taxes at the time of booking has been negotiated for this conference, subject to seat availability in group class. Please quote your Association Profile Number which is “1168433” and the name of this conference, destination and date of conference when making your reservation. Please note that the applicable discount is available for domestic travel within Australia only and is subject to payment and ticketing conditions. Qantas is proud to be a part of your conference, and know you will enjoy flying with them. The Qantas Association Sales telephone number for Australian delegates is:

**TOLL FREE: 1800 684 880**

International delegates can contact their local Qantas office for the best available fare of the day.

**AIRPORT CITY**

The approximate cost of a taxi fare from Adelaide airport to the city centre is $20, and takes about 20 minutes. A bus service is also available from the airport to major city hotels.

---

**TheMHS CONFERENCE BURSARIES**

A limited number of bursaries will be available for consumers to attend the conference. These provide airfares and a free registration, but do not include accommodation. 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. Contact TheMHS Office for an application form. Be sure to apply early as the first round of offers will be announced by the end of June 2000.

---

**PROFESSIONAL DEVELOPMENT**

"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 31 July 2000. 50% of fee will be refunded if notification is received by 21 August 2000. No refund will apply after the 21 August 2000 except in exceptional circumstances.

---

**CLOSING DATE FOR REGISTRATIONS**

Registration forms and fees must be received by 21 August 2000.
With thanks to the following sponsors

**PRINCIPAL SPONSORS**
Commonwealth Government of Australia
Department of Health and Aged Services (Mental Health):
sponsor of A.N.Z. Mental Health Achievement Awards, and Consumer Forum

SA Department of Human Services:
sponsor of the Welcome Reception

Janssen Cilag:
sponsor of TheMHS Summer Forum and annual conference

**MAJOR SPONSORS**
New Zealand Health Funding Authority:
sponsor of the A.N.Z. Achievement Awards

Eli Lilly:
sponsor of keynote speaker workshop by Julian Leff

AstraZeneca:
sponsor of keynote speaker workshop by Virginia Lafond

Pfizer

**SPONSORS**
Novartis
Solvay