18th annual TheMHS Conference
Auckland Convention Centre at THE EDGE®
Auckland, New Zealand

2-5 September 2008

REGISTRATION & CONFERENCE PROGRAM
Gandhi once said that people could start (or continue) a process of change by “Being the change they want to see.”

People are our biggest resource in mental health services. In 2008 we invite people to share and demonstrate how they are “being” the change they want to see (or enabling such change) in the mental health workforce.

You will see and hear workforce innovations from many points of view; consumers, indigenous peoples, refugee/new immigrant groups; families/whanau, clinicians, service managers, human resource managers, community support workers, researchers, health promoters, primary healthcare workers, academics. There will be something to interest and we hope, inspire you, whether you work in a community agency, or a public or private mental health service.

How can we model the change we want? How can we be effective change agents? What tools, techniques and methods support workforce change and innovation? What would a service and its workforce look like if we modelled our philosophy?

Whether innovative changes are societal, community, service, group or individual – we have selected presentations and keynote speakers that will show us how they worked towards an inspired and inspiring mental health workforce!

A PRELIMINARY PROGRAM IS AVAILABLE ON THEMHS WEBSITE
Go to www.themhs.org and follow the links to the annual conference

TheMHS 18TH ANNUAL CONFERENCE IN AUCKLAND, NEW ZEALAND 2008

TheMHS conference is the largest mental health and addiction services conference in Australia, New Zealand, and the Pacific where you will find out about the latest ideas, treatments, service systems and research. This year there will be another excellent, diverse program which will include clinical updates, consumer and family/whanau experiences, cultural “best practice” and service development. Inspiring keynote speakers and over 300 presenters will expand your current knowledge, skills and experience.

TheMHS conference also gives you the opportunity to establish and renew connections with people who have an interest and passion to improve outcomes for those who experience illness and make the services delivered more responsive.

The theme for 2008 is “Be the change you want – workforce ingenuity.” This theme recognises and acknowledges those people who strive to improve the way they live their own lives when illness affects them and also the people in paid or voluntary capacities who walk the life journey with them.
Highlights of the conference program

This year’s program is packed with over 250 in-depth papers, symposia, workshops and posters. The conference program includes a wide spectrum of topics about mental health and about innovative services and programs.

Topics of the presentations will include: workforce development, training and supervision; cultural and indigenous approaches – Maori, Pacific Islander, Aboriginal, Torres Strait Islander; clinical redesign of public services; consumer roles and advocacy; consumer leadership, mothers and babies; youth mental health, care of older people, rural and remote service issues; outcome measurement, personal stories and lived experience of mental illness; treatment updates, recovery and hope, service planning, NGOs and rehabilitation; dual diagnosis (intellectual disability); primary care/general practice, employment, physical health, forensic services, networking and partnerships; Cannabis & mental health; alcohol and other drugs & mental health; quit smoking; women’s issues; acute inpatient care; outcome measurement; primary care; recovery practices; issues about seclusion & restraint; deaf people’s mental health; employment; care plans; pharmacology; trauma and informed care.

Some highlighted presentations will include: Maori and Pacific Islander mental health and wellbeing, Recovery – operational and workforce issues for a recovery-oriented services model; some Maori and Pacific Islander mental health and wellbeing recovery practices; issues about seclusion & restraint; deaf people’s mental health; employment; care plans; pharmacology; trauma and informed care.

AUSTRALIAN AND NEW ZEALAND ACHIEVEMENT AWARDS

These awards are given in recognition of contributions 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.

Keynote Speakers

Antony Sheehan
- Chief Executive, Leicestershire Partnership NHS Trust and Professor of Health and Social Care Strategy at the University of Central Lancashire, and a Visiting Professor at the University of Central England. He has been a prominent figure in developing Mental Health services in England for the last decade. He has been a prime mover in developing the International Initiative for Mental Health Leadership (IIMHL). He has a keen interest in implementation of better services rather than simply creating policy and has a strong track record of doing so through organisations such as NMHE (The National Institute for Mental Health in England). Antony is a nurse by background and has worked in practice, education and management at regional level within mental health and other specialist services. He was awarded an honorary doctorate from Wolverhampton (2003) and Staffordshire (2004) Universities for his achievements in reforming mental health services in England.

Title of keynote address: TBC

Hinemoa Elder
- Dr. Hinemoa Elder is a mother of two from Ngati Kuri, Te Rarawa, Te Aupouri and Nga Puhi nui tenu. She works as a Child and Adolescent Psychiatrist in South Auckland, in an aspiring Kaupapa Maori Child and Adolescent team within Counties Manukau District Health Board – CMDSH. She also works for an Iwi (tribal) owned NGO, Hauora Waikato. In addition, Dr. Elder provides neuro-psychiatric assessment and treatment for children and adolescents and their families who have experienced traumatic brain injury via the Accident Compensation Corporation. Dr. Elder’s focus is whanau (Maori families supported to achieve their maximum health and wellbeing). In particular she is interested in the areas of pepi (infant) social and emotional wellbeing and the needs of Matua Rangatihih (adolescent parents).

Title of keynote address: “Reflections on a theme: communicating being from a culture which has no need for the verb to be”

Special Guest Speaker: Margaret Barry, Professor of Health Promotion and Public Health, National University of Ireland, Galway. Her research expertise includes mental health promotion, evidence-based practice, program evaluation, and public perceptions of mental health and health inequalities. She is involved in large-scale national, cross-border, international and EU funded projects. She is an elected member of the Global Board of Trustees of the International Union for Health Promotion and Education (IUHPE), and a board member of the Clifford Beers Foundation.

Wednesday keynote address: Antony Sheehan
Thursday keynote address: Hinemoa Elder
Friday keynote address: Steven Onken

Steve J. Onken
- focuses on innovative research to support an emerging evidence base for service user, indigenous and cultural approaches to mental health wellbeing and recovery. Dr. Onken holds an associate faculty appointment with the School of Social Work and an affiliated appointment with the Social Science Research Institute of University of Hawai’i at Mānoa. Dr. Onken serves on several national American committees in the areas of mental health performance indicators, outcomes, data collection, self-determination, community integration, staff competencies, recovery, person-directed planning, consumer operated program services, and alternatives to seclusion and restraint. He also works internationally. Dr. Onken is a co-principal investigator of Mental Health Recovery: What Helps and What Hinders? A National Research Project for the Development of Recovery-Flourishing System Performance Indicators, resulting in the Recovery Oriented System Indicators (ROSI) measure. Currently Dr. Onken is the lead evaluator for Hawaii’s Mental Health Transformation Grant. “The heart of our system needs to be re-awakened. When decision-makers act contrary to our informed lived experience and natural ways of wellbeing, we must act contrary to decision-makers.”

Title of keynote address: TBC
Different ways. This workshop will explore some of the aspects.

Peer Specialist roles take many forms and fit within services in growing in the past couple of years, though it is still behind influencing philosophical developments and service delivery advisory capacities for some time and have been effective in Australia, adult consumers have been employed in services in gained strength over the last 10 years. In New Zealand and in some parts of the world these roles have developed and systematically distinct from the support we receive informally. mental health and addictions workforce. These roles are journey of strength

Consumer Forum: Destination known – The discussion and exchange of experiences.

Alcohol disorders. The day includes opportunities for in-depth ideas to improve your service for this target group, places are interest to policy makers, clinicians, researchers and perspectives on comorbidity. The program will be of particular policies and strategies can make a difference, personal new treatments, perspectives on how national and local drug use trends, updates on best practice in service provision, discuss the latest challenges and responses to these issues.

Family / Whanau Forum: Celebrating the diversity of the Family/Whanau Perspective

How do we make sure that the outcome for the person we love includes the family/whanau? What positive influence have family/whanau had on the way services respond? What is it like to support someone you love through a time of mental illness? What is the impact on family and friends? How do you build resilience? We will explore these questions and more through presentations, workshop and panel discussions and creative arts.

Workforce Development for Mental Health and Addictions for Older Adults hosted by the four regional New Zealand Workforce Coordinators. This will be an opportunity for anyone working or interested in mental health and addictions work for Older Adults to learn about evidence based best practice and to develop networks. It will provide an opportunity to gain knowledge from leaders in this field regarding some of the current initiatives as well as participate in workshops to explore some of the current issues and challenges for the ongoing development of the sector. Please register your interest with vickiburnett@xtra.co.nz and details of the workshop, venue and minimal costs will be emailed to you. Please put Older Adults in the subject line.

Indigenous Forum: Cultural Celebration, working with people in context

One of the many factors that make THEMHS a successful conference is the coming together on the day before the formal conference sessions to gain strength as a group of people who have a common purpose and desire to improve outcomes for people of all cultures and backgrounds. This forum allows people to explore the beauty of working in a culturally nurturing setting and the influence indigenous people have on mainstream services. It is an opportunity to learn from each other, value and build knowledge of indigenous workforce, community and service developments. There will be exciting presentations of current and past developments and opportunities to share and explore future ones. Come experience the colour, diversity, vibrancy and excitement of this unique forum. This year we emphasize that every person is indigenous of some place or country. All people are invited to join in this celebration.

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TheMHS is a learning network for improving mental health services in Australasia. TheMHS mission is to:

1. Recognize and promote quality collaborative research, practice, policy-making and education.
2. Promote active involvement and inclusion of all mental health stakeholders.
3. Advocate and promote leadership in the mental health field.

TheMHS provides a forum for the exchange of ideas, professional development, networking and debate for professionals, consumers, carers (families), and managers. TheMHS aims to promote positive attitudes about mental health and mental illness, and to stimulate debate that will challenge the boundaries of present knowledge and ideas about mental health care. 

www.themhs.org

Auckland, New Zealand

TheWEATHER

Auckland’s weather is temperate, with a low rainfall which is spread fairly evenly throughout the year. The average maximum temperature in September is 17 degrees Celsius, and the average minimum temperature is 12 degrees Celsius.

PASSPORTS, ENTRY VISAS, CUSTOMS

All international visitors require a valid passport and visa for entry into New Zealand. (Australian visitors require a valid passport only).

Some useful websites are:
- Auckland http://www.aucklandnz.com/
- Tourist visas are not required if you are an Australian citizen or resident. For a complete list of visa free countries see this website. http://www.immigration.govt.nz
- Customs and quarantine http://www.customs.govt.nz/travellers/default.htm
- Please note that all food, plant and animal materials must be declared.
- Foreign embassies in New Zealand http://www.mfat.govt.nz/embassies/2-foreign-embassies/index.php

AUCKLAND TRANSPORT

AIRLINES TRAVEL
To book your airline travel, please go to your local travel agent or go to these websites:
- www.airnewzealand.co.nz
- www.qantas.com.au
- www.virginblue.com.au

TAXIS
Auckland has an abundant taxi service, to and from the airport and the Aotea Convention Centre at the Edge. Fares are approximately NZ$27. If you are arriving at peak times fares will increase rapidly due to traffic congestion.

AIRPORT TRANSFERS
http://www.airbus.co.nz/home/
- Airbus Express (blue bus) operates 7 days a week, 365 days a year for your convenience and calls in at most major hotels and backpackers in Auckland City every 20 minutes traffic dependent, after 6pm every 30 minutes. Fares are approximately NZ$17 one way or NZ$22 return.

Airbus Express Times
- Auckland City - to Auckland International and Domestic Airports
- First bus arrives in town at 4:35am (from Langham Hotel stop)
- Last bus departs from town at 8:50pm (from City Road YHA stop)
- Auckland International Airport - to City Centre
- First bus departs at 5:00am
- Last bus departs at 10:00pm (from Auckland International Airport, outside Door 10)

TheMHS SYDNEY MANAGEMENT COMMITTEE
- [In alphabetical order]
- Tom Brideson, Andy Campbell, Lynne Dunbar, Roger Gunn, Paula Hanlen, Douglas Holmes, Eathy Issakidis, Kevin Kelleheer, Leonie Manns, Peter McGeorge, Marilyn McMurtrie, Wisterine Miller, Sadie Robertson, Alan Rosen, Maree Teesson

TheMHS 2008 AUCKLAND COMMITTEE
- [In alphabetical order]
- Vicki Burnett, Jill Caleveley, Deb Christensen, Shona Clarke, Judi Clements, David Codrey, Tina Earle, David Lux, Karl Metzler, Leigh Murray, Leona Murray, Janet Peters, Robyn Shearer, Wolfgang Theuerkauf, Sue Treanor, Samsein Tse, Emma Wood

TheMHS CONFERENCE BURSARIES – apply now!
TheMHS is pleased to be able to offer a limited number of bursaries for consumers to attend the conference. These bursaries provide airfares and are free registration, but do not include accommodation. Priority is given to those people who are presenting a paper, workshop, symposium or poster at the conference or forums, and who would otherwise have difficulty attending the conference due to financial reasons. Application forms are available as a download on TheMHS website. Be sure to apply early, as the first round of offers will be announced in June 2008. If there are still bursaries available after the first round are allocated in June, subsequent offers will be made.

Powhiri – the official welcome and conference opening
Tuesday 2nd, at 9.00am
The Powhiri will take place on Tuesday 2 September at Aotea Centre. The Powhiri is a ceremony of welcome extended to visitors by Maori. The traditions and protocol of the Powhiri provide an insight into the unique and spiritual world of the Maori which is important today as it was in the past. The various elements of the Powhiri serve to unite both visitor and host in an environment of friendship and peace.

The word Powhiri encapsulates two important concepts to Maori. According to Waitangi Kaumatau (elder), Wiiremu Williams, of the Nga Puhi iwi, the word Po can be translated as a venture into the “unknown” or a new experience, while Whiri is derived from the term whiringi meaning the act or experience of exchanging information and knowledge. This indeed then will help us set the scene for a successful conference.

Mental Health Achievement Awards
Wednesday 3rd, at 8.45am
Delegates will be welcomed to the formal part of the conference programme. This will be followed by the presentation of the bi-national Australian and New Zealand Achievement Awards for mental health services, for special contribution to mental health services and for media representation of mental health issues. The Mental Health Service achievement awards will be presented by Dr Janice Wilson, Deputy Director General, Population Health Directorate, New Zealand Ministry of Health.

Final session and Poroporoaki (Closing Ceremony)
Friday 6th, at 3.30pm
The conference closing ceremony will include entertainment, speakers and the ceremonial handover of the TheMHS banner to next year’s conference committee.

Meetings on Thursday 4 September
Groups, associations, societies are invited to hold their meeting during TheMHS Conference – the person booking this service must be registered as a conference delegate. Apply to TheMHS Office before 4th August, for details.

Welcome Reception
6.00 – 8.00pm Wednesday 3rd September
Come and catch up with friends and colleagues. Finger food, refreshments (including cash bar for alcoholic drinks) and entertainment are provided. Watch out for updates and further details of the reception on the website.
evidence of your participation. As the CPD Program is hours-based you will need to record the length of time you participate as evidence (eg photocopy of pension card or student card) of concession/beneficiary status to the registration form.

NOTE 2: # limited concessions available for workshops – apply to TheMHS Office for details.

**PRIVACY STATEMENT**
Your name and contact details will be used only to notify you of adequate medical, travel and personal insurance prior to conference. We strongly advise conference delegates to arrange their own personal insurance. The conference will not be liable for any participant failing to take out their own insurance.

**INSURANCE**
It is strongly recommended that delegates take out adequate medical, travel and personal insurance prior to the commencement of travel to cover any loss of fees, accommodation or airfares, should you be unable to participate in the conference for any reason.

**DISCLAIMER**
The information given by presenters at the conference does not represent the views of TheMHS, and does not constitute therapeutic advice. We strongly advise conference presenters to take out their own professional indemnity insurance. In the event of industrial action, force majeure or other unforeseen disruption, the conference organisers do not take responsibility for any loss of monies incurred by conference delegates. We strongly advise conference delegates to arrange their own personal insurance.

**CONFERENCE REGISTRATION**
Registration online and using this registration form is in AUSTRALIAN DOLLARS ONLY

**FORUMS**

**TUESDAY 2ND SEPTEMBER 2008**

- Consumers Forum (full day) $AUD45
- Family/whanau Forum (full day)
  - Full fee $AUD75
  - Concession $AUD45
- Indigenous Forum (full day)
  - Full fee $AUD75
  - Concession $AUD45

(The consumers and family/whanau forums are subsided by the Australian Department of Health and Ageing)

**WORKSHOPS**

**TUESDAY 2ND SEPTEMBER 2008**

- Workshop 1: Double Trouble – co-morbidity $AUD275
- Workshop 2: MH Services for older adults -

**WEDNESDAY 3RD TO FRIDAY 5TH SEPTEMBER 2008**

- Full fee 3 days $AUD710
- Full fee 3 day (if received by 18 July) $AUD670
- Concession 3 days
  - Full fee – Day only $AUD325
  - Thursday 4/9/08 $AUD275
  - Friday 5/9/08 $AUD275
- Concession – Day only
  - Wednesday 3/9/08 $AUD115
  - Thursday 4/9/08 $AUD115
  - Friday 5/9/08 $AUD115

**CPE Certificate**
Please supply a Continuing Professional Education Attendance Certificate

(This must be collected at the Conference)

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

**GENERAL**

- **Concessions are given to full time students/ pension card holders/ government beneficiaries/ unemployed people. Please attach evidence (eg photo copy of pension card or student card) of concession/beneficiary status to the registration form.**
- **Limited concessions available for workshops – apply to TheMHS Office for details.**
- Conference fees are designed to cover all costs, to provide subsidised concessions, and Australian GST. TheMHS is a not-for-profit organisation.
Surname ____________________________________________
First Name __________________________________________
Organisation __________________________________________
Postal Address __________________________________________
Suburb/City ____________________________________________ State/Territory _________________________________________
Country ____________________________________________ Postcode __________________________
Ph (Work) ____________________________________________ Fax _____________________________________________
Mobile Phone _________________________________________ Ph (Home) _____________________________
Email _______________________________________________ (Please write clearly)

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

How did you find out about this year’s TheMHS Conference?
☐ Colleague or friend ☐ Received brochure in mail from TheMHS
☐ Advertisement in journal/newsletter (please specify) _____________________________
☐ TheMHS website ☐ Other _____________________________

Method of Payment

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

PAYMENT ENCLOSED (please tick your option)
☐ Australian dollar cheque/bank draft payable to The Mental Health Services Conference Inc
☐ Authority to charge my credit card account (Australian Dollar amount)

CREDIT CARD DETAILS
Please note that all credit card transactions are in Australian dollars, and that only the credit cards listed below are accepted.
☐ VISA ☐ Mastercard

Card Number: _____ _____ _____ | _____ _____ _____ | _____ _____ _____ | _____ _____ 
Expiry Date _____ | _____

Amount $ ____________ Name on Card _____________________________

Signature _____________________________

PRIVACY STATEMENT
Your name and contact details will be used only to notify you of future mental health related events organised by TheMHS. If you do not wish to have your details used for this purpose please contact TheMHS office.

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 25 July 2008, 50% of fee will be refunded if notification is received by 8 August 2008. No refund will apply after the 8 August 2008 except at the discretion of TheMHS Management Committee.

PLEASE COMPLETE AND RETURN THIS REGISTRATION BOOKING FORM WITH PAYMENT TO:

TheMHS Conference,
PO Box 192, Balmain NSW Australia 2041

OR Preferably apply online at www.themhs.org