

# REGISTRATION AND CONFERENCE PROGRAM



**22nd Annual TheMHS Conference 21 – 24 August 2012**

**Cairns Convention Centre, Cairns, Queensland, Australia**



TheMHS Conference is an international mental health and psychiatric, educational forum, attracting over 1000 mental health clinicians, managers, consumers, carers/families, researchers, cultural and indigenous workers, educators and policy makers annually.





**Mental health service reform Social justice and social inclusion**  
**Clinical issues, policies, funding, research Citizenship, lived experience, recovery**  
**Change, innovation and quality Culture, society, community**



It's been 20 years since The Burdekin Report which recognised that the citizenship of those inside institutions needed to be recovered. For the 22nd TheMHS Conference we explore the changes that have occurred and whether this had led to citizenship being recovered. On asking this question we consider what does the future need in its design? What does the community need to feel and look like to support citizenship and not to exclude people from economic, social, political and cultural life? Can we reach a consensus on what Citizenship means to us across cultural lines and boundaries? What role does a civil society have in relation to citizenship? To re-cover is to cover something, to go over something again. But are we simply covering over the past or are we recovering citizenship? Mental illness has a long history in the evolution of collective notions of citizenship. Citizenship conveys status, and certain rights and responsibilities yet this can look different to each person. A diagnosis of mental illness can disrupt and challenge the notions of citizenship and results in change in people's status and rights and responsibilities. Does Citizenship feel and look the same to all groups within our society? There is a need to better understand what citizenship means in mental health care as currently outlined in mental health policies and recovery-oriented service delivery.



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## Message from the Conference Convenor

When I think on mental and emotional wellbeing my inquiry becomes broader than just making those changes that improve our quality of life. The Dalai Lama has argued that humankind needs a new basis for a modern ethics, one that appeals to the billions of people who adhere to different religions or to no religion, one that supports basic values such as personal responsibility, altruism and compassion. When we speak of recovering our citizenship we touch on the lack of such ethics prevalent in our daily interactions. The diverse range of views to be presented by conference revellers including health professionals, carers, consumers and most importantly our Aboriginal brothers and sisters will in some cases challenge our world view and touch on the question of ethics or the lack of ultimately shaping our very existence. Western psychology cannot teach us how to cultivate compassion which leads to acceptance, understanding and a sense of belonging framed by how others see and treat us. This can only be achieved through a new modern ethic. The terrible stigma associated with mental illness leads to a sense of separation, a feeling of not belonging or not having an equal and valued say. In order to recover our citizenship we need to recover our basic ethics and gain freedom from suffering for the many of us that struggle daily with our identity and emotional wellbeing.

Jo Abbatangelo

**EARLYBIRD REGISTRATION CLOSING 13 JULY**  
**BOOK EARLY TO GUARANTEE YOUR PLACE**

# Keynote Speakers



## **Mick Gooda** Aboriginal and Torres Strait Islander Social Justice Commissioner

Mick Gooda is a descendent of the Gangulu people of central Queensland. He is a senior executive with 25 years experience, a record of attaining high-level goals in service programs and leading organisational reform. He was the CEO of the Cooperative Research Centre for Aboriginal Health (CRAH) where his work empowered Aboriginal and Torres Strait Islander people to lead the research agenda in areas including chronic disease management, skin infections, and promoting cultural change in hospitals to make them more appropriate to the needs of Aboriginal and Torres Strait Islander people. Mick has been actively involved in advocacy in Indigenous affairs throughout Australia and has delivered strategic and sustainable results in remote, rural and urban environments. He has played a leadership role in a range of areas including Acting Chief Executive Officer of the Aboriginal and Torres Strait Islander Commission and Senior Consultant to the Aboriginal Legal Service (WA). Mick is the Australian representative on the International Indigenous Council which focuses on healing and addictions. He also has an interest in the Lateral Violence Program in Canada, working closely with the First Nation people of Canada on the relevance of this program to Australia.



## **Rufus May**

Rufus May works as a clinical psychologist in adult mental health services in Bradford, England. Rufus is known for promoting recovery based approaches to psychosis and other mental health difficulties which he sees as understandable responses to difficult life circumstances. His interest in this is rooted in his own experience of psychosis and recovery in his late teens. His media work has included the channel 4 documentary 'The Doctor who Hears Voices' which achieved some acclaim and provoked discussion about the best way to assist people experiencing paranoia and challenging voices. He has an interest in mindfulness approaches, drama work and community development approaches. He is also known for helping develop 'Talking with voices' techniques that help people change the relationship with their voices to a more helpful one.



## **Roberto Mezzina**

Roberto Mezzina, psychiatrist, Director of a comprehensive, 24-hour Community Mental Health Centre, Department of Mental Health in Trieste, Italy. He has taken a key role in the mental health reforms in Trieste, begun by Franco Basaglia. He is currently Head of the WHO Collaborating Centre for Research and Training, Department of Mental Health, Trieste, focussing on deinstitutionalisation and community-based service development. He has been invited as consultant and keynote speaker in most European countries as well as in the Middle East, North America, SE Asia and Australasia. He is currently Vice-President of the International Mental Health Collaborating Network, an international NGO. His professional and scientific work includes deinstitutionalisation, organisation of community services, crisis intervention, integrated approach to the therapy of psychosis, community care, rehabilitation/recovery, consumer involvement, research and epidemiology, epistemology, quality assurance and critical forensic psychiatry. He has published 5 books in Italy and approximately 150 articles in numerous Italian and international scientific journals. His research activities have focused on community mental health on a national and international level, crisis care, social support and recovery in schizophrenia, job placement, quality of residential care, whole system approach.



**A PRELIMINARY PROGRAM IS AVAILABLE ON [TheMHS WEBSITE](#)**

# Program Highlights



## Featured Symposia:

### **Recovery from Natural Disasters: the case of Far North Queensland**

This symposium reviews the current state of research on and response to mental health impacts of natural disaster, with a specific focus on work underway in Far North Queensland since 2011. Results of a significant sample of people impacted by Cyclone Yasi will be discussed, with multiple mental health impact domains including analysis of Medicare data for prescription psychoactive medications dispensing (3 months post-event compared to same period previous year). The panel will also present a qualitative review of the experience on hospital staff of evacuation and relocation of patients. This empirical data sets the scene for innovative clinical and non-clinical coordinated responses to populations impacted by these events. The overview of response includes the work of Queensland Health mental health clinicians (the Recovery and Resilience Teams) and Queensland Alliance for Mental Health (the peak body for the community-managed mental health sector). The Recovery and Resiliency team works closely with families and communities in FN Queensland to develop connections between various segments of family and their place in the community, and to apply a multi-layered supportive intervention derived from cognitive-behavioural therapy. The focus of the clinical support provided by the Recovery and Resiliency workers in Far North Queensland is Trauma-focussed CBT (TFCBT). Speakers include Michael Wilson (moderator), Tony Sansom-Gower, Kim Usher, Nick Raynor, Suellen Donnelly, and Pauline Coffey.

### **Employment**

Few activities in life better exemplify citizenship, self-determination and recovery than the person's entry into the employment market, a fact increasingly realised by mental health advocates, researchers, services and government. For individuals, employment affords access to social contacts, meaningful activity, and to funds to pursue interests, improve quality of life, living standards and a sense of being able to contribute to the community. For the wider community, successful employment outcomes for mental health service users decreases the economic burden of illness through reducing demand for pensions, increasing the tax base, decreasing the longer term demand for clinical services. It also helps to de-stigmatise mental illness and raise awareness within the community. Several models purport to support individuals into the competitive and open job market or to social enterprises or to fully supported employment in mental health exclusive industries. The evidence for Individual Placement and Support (IPS) in Australia, New Zealand, UK, USA and elsewhere is very strong. Social Enterprise and mental health industries models have a long history, with evidence to show they can be of assistance. With this multitude of models and philosophies, sometimes targeting the same cohort of mental health service users, how do government and policy makers weigh up the evidence and decide how best to invest to gain the maximum return for service users and taxpayers? Speakers include: Geoff Waghorn, Kristy Sanderson, Phil Nadin.



### **The Personal Recovery Journey – the road to citizenship**

Recovery “...involves the re-definition of a sense of self, the emergence of hope...and the establishment of meaningful relationships with others” (Provencer, Gregg, Mead & Mueser, 2002). The presenters, Michael Appleton, Paula Hanlon and Paul O’Hara, Linda Mizzi, Douglas Holmes and Lynda Hennessy will reflect on specific aspects of their personal journeys describing how their sense of self and hopefulness for wellbeing aids the development of meaningful relationships and a sense of citizenship and vice versa. The presentations will explore the importance of performing “significant social roles” and the relationship with wellness and life satisfaction. The symposium will provide an opportunity for participants to discuss the mechanics of ‘recovery focused’ services and how the individual approach is not only essential but is possible and can be successful in supporting the recovery experience for consumers. The “Recovery Bus” will be introduced as a concept promoting the personal responsibility and ownership of the recovery journey.

### **Mental Health Commissions – symbols or levers of reform**

There has been increasing interest in Mental Health Commissions around Australia and in New Zealand. Despite their differences in scope, each proposal has been a signal of reform in mental health. A panel of featured speakers from State and National Mental Health Commissions will provide insights into the value of the symbolism that comes with the establishment of commissions as well as an outline of the different levers for reform that they have access to. How do we prevent a gap appearing between expectations and the reality, between the symbolism and the potency and outcomes of working the levers? The speakers will include Robyn Kruk, CEO of the national Mental Health Commission, Eddie Bartnik, WA Mental Health Commissioner and others.

### **Three faces of change for indigenous people in rural and remote Australia**

This symposium features three speakers who will reflect on social change in rural and remote Australia with a focus on Aboriginal and Torres Strait Islander people. Chaired by Tom Brideson they will consider three aspects of the dramatic transformations of the last four decades: the processes of social change, the consequences of those changes and the political and systems issues informing responses. Pat Dudgeon, national Mental Health Commissioner, will speak about the Commission and about system change. Gracelyn Smallwood, academic and elder, will speak about the political, social and cultural context of change. Ernest Hunter, psychiatrist in Cape York, will speak about the cascade of mental disorders that have emerged in Indigenous populations across time.



## **AUSTRALIAN AND NEW ZEALAND 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 Workshops and Forums

**Each of TheMHS 3 Tuesday Forums is organised by a locally-based committee to highlight local, national and international issues. The Tuesday workshops focus on a topic of specific interest to people working in the mental health field. Forums are full days, one workshop is a full day and one is a half day – when booking please ensure that you do not register for concurrent forums or workshops.**



### TUESDAY PRE-CONFERENCE WORKSHOPS

#### **Workshop 1: Mindfulness and Mental Health – from therapy to flourishing (full day)**

This workshop will introduce the theory and practice of Mindfulness. Participants will learn how mindfulness can work in developing self-reflective skills and in the treatment of a wide range of mental health disorders. The program will involve experiential practice, teaching and discussion. The teaching content will include: setting up a personal practice; formal versus informal practice; the foundation of self-reflective practice; clinical definitions, modes of action; individual versus group approaches; counter indications; mindfulness as a stand-alone intervention, and as part of DBT, MBCT and ACT. This workshop is for managers, team leaders, clinicians, advocates and anyone who cares about the development of high quality mental health services and organisations. Workshop leader: Ivan Milton (Ven Thupten Lekshe) is a clinical psychologist with wide ranging experience in psychiatry, tertiary education and private practice. With a longstanding interest in Buddhist meditation, Ivan has developed special expertise in the use of mindfulness practice in mental health treatment. Ivan has been a Tibetan Buddhist for many years and was ordained a monk in 2000. Ivan continues to run a private practice as a clinical psychologist from his home base in Melbourne.

#### **Workshop 2: Recovery and Engaging Leadership – same principles, different language (morning only)**

Adopting a recovery orientation in our public mental health services involves major challenges - including the challenges of effective policy implementation ("The emperor's edicts stop at the village gate" O'Connor et al, Aust Psych Feb 2012). Come to this workshop and you will find inspiration to engage in new ways with your staff, similar to the ways we are asking clinicians to engage with consumers, ways that can lead to achieving more commitment and vocational fulfilment. We will look at the proposed Victorian Mental Health Act which promotes a recovery orientation, explore the principles of Engaging Leadership (Alimo-Metcalf et al) and ask if this fundamental change to the way we lead is the best direction forward if we are to effectively embrace recovery from the organisational level. The evidence base and principles associated with Engaging Leadership will be introduced and the similarities between Engaging Leadership and Recovery will be explored. This workshop will be of interest to managers at all levels of mental health organisations, public and NGO's, novice or experienced. The workshop team is: Tom Callaly: Executive Medical Director, Barwon Health, Geelong; Nick O'Connor: Clinical Director Royal North Shore Ryde Mental Health Service, Northern Sydney Local Health District; Ruth Vine: Chief Psychiatrist, Department of Health, Melbourne, Victoria; Jennifer Black: Program Manager Inpatient Services, Barwon health, Geelong; Leanne Craze: Director, Craze Lateral Solutions, Sydney.



## **CARER/FAMILY FORUM (FULL DAY)**

### **Stepping Stones: Towards Recovery**

The Carer Forum will explore many stepping stones across the river towards recovery. “I am more than my loved one’s illness” is the stepping off point for carers recovering “self”. With a special focus on caring and natural disasters, carers will explore the stepping stones towards recovery through 4 interactive and inspiring sessions: Creativity and Social Inclusion, a performance by Carers from the Far North who will present short theatrical pieces about their experiences of caring and natural disasters; Self-Advocacy, special guest speaker, Jan Kealton, goes beyond advocating for your loved one to explore the need to advocate for yourself; Sharing the Journey, “World Café”, guided conversations, exchanging your stories and fellowship. Carer Education, Q&A panel session about the importance of learning about and understanding trauma, coping and resilience.

## **INDIGENOUS FORUM (FULL DAY)**

### **What does recovering citizenship mean to indigenous Australians?**

The Gimuy Walubara Yidinji people invite you onto Country to hear the voices of the unheard, to see through our eyes and to feel the strength of spirit within our people as they recover their citizenship through the recovery of Spirit, Soul and Self. Within culturally safe spaces of yarning circles, and enjoying vibrant art and dance you will have the opportunity to be immersed in our culture. Diverse speakers and activities will showcase our world of multiple meaning and layers that form our connections to the struggles and triumphs of recovering our citizenship as the original custodians. Discover and explore with us the notion of “Recovering Citizenship” from our perspective. Reflect on the big picture issues impeding our national capacity to develop and spear head our human right based approach to effectively address mental health inequalities for Aboriginal and Torres Strait Islander people, their families and communities. All indigenous peoples, as well as all interested people are invited to come. Rejoice with our mob on their recovery, be inspired by their resiliency, support their empowerment – come sit down let’s yarn!!

## **CONSUMERS FORUM (FULL DAY)**

### **Defining Citizenship from a rights perspective**

The Consumer Forum will explore citizenship from a rights perspective and what it means for us personally. It is now twenty years since the Australian Human Rights Commission’s report into human rights and mental illness (Burdekin). There are UN conventions and National and State laws that protect our rights, however has this lead to being treated as equal citizens? Join us on a journey to explore these issues and work together to influence and enable positive change into the future. The day will include Forum Theatre (exploring the real life issues faced by consumers), talks by experts in consumer activism, human rights law and citizenship and an interactive Q&A panel which will explore the theme. Panel members include Roberto Mezzina, Noel Muller and Felicity Grey. The afternoon will include a workshop by Rufus May on “Extreme Wellbeing”.

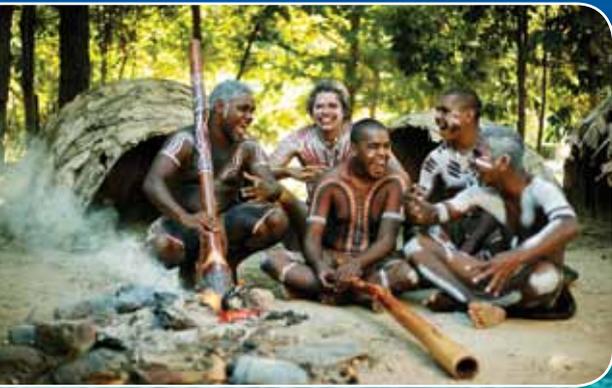
## **TheMHS CONFERENCE BURSARIES – apply now!**

**Consumers:** TheMHS is pleased to be able to offer a limited number of bursaries for consumers to attend TheMHS conference. These bursaries provide airfares and a 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. If there are still bursaries available after the first round are allocated in June, subsequent offers will be made.



# Come to Cairns

## in Far North Queensland



Cairns is Australia's northern gateway with the most stunning scenery and a year round tropical climate perfect for pre and post conference activities. August is the best month to experience the tropical north with sunshine, fresh breezes and not too much humidity – beautiful one day, perfect the next. With numerous international and domestic air connections, it is easy to get to Cairns. Visit the regional areas of Palm Cove, Port Douglas, Kuranda, Mission Beach, Atherton Tablelands, Cape Tribulation, Daintree and the many tropical islands. Cairns is unique, with two World Heritage-listed areas existing side by side: the Great Barrier Reef and Australia's Wet Tropics rainforest. These two natural features are now acclaimed as amongst the world's most wonderful assets. Extend your visit to Cairns and experience a taste of Indigenous culture, tropical adventure, nature, wildlife, or simply for sheer relaxation and indulgence. Click onto [www.cairnsgreatbarrierreef.org.au](http://www.cairnsgreatbarrierreef.org.au) for further information.

### ACCOMMODATION RESERVATIONS

Best hotel deals through our booking agents: Ozacom on behalf of THEMHS has organised special reduced rates at hotels close by the Convention Centre. Please make all

accommodation reservations and amendments through the online link to Ozacom on TheMHS website. To obtain the special conference rate accommodation must be booked via the Ozacom website. They have arranged a number of hotels at varying prices. If price is an issue for you, please book your hotel room AS SOON AS POSSIBLE as hotel rooms fill up quickly and reduced rates cannot be guaranteed close to the conference.

**Go to: <http://conferences.ozacom.com.au> OR go to TheMHS website and click on 2012 conference, then hotel bookings.**



## Cairns, Queensland, Australia

For more information on Cairns and its environs go to:

[www.cairns.localtourismnetwork.com](http://www.cairns.localtourismnetwork.com)

[www.cairnsweb.com.au](http://www.cairnsweb.com.au)

### AIRLINE TRAVEL

To book your airline travel, please go to your local travel agent or go to these websites:

[www.airnewzealand.co.nz](http://www.airnewzealand.co.nz)

[www.qantas.com.au](http://www.qantas.com.au)

[www.virginblue.com.au](http://www.virginblue.com.au)

[www.jetstar.com.au](http://www.jetstar.com.au)

### TAXIS

Only 15 minutes from airport to city centre, the cost of a taxi is approximately \$25. Further information available about taxis from [www.blackandwhitetaxis.com.au](http://www.blackandwhitetaxis.com.au)

### AIRPORT TRANSFERS – Buses, Shuttles

For information about ground transport to and from Cairns airport go to Cairns airport website: [www.cairnsairport.com](http://www.cairnsairport.com)

### THE WEATHER

Cairns mean average temperature range in August is from a low of 16 degrees to a high of 26 degrees. August is one of driest months for Cairns.

### PASSPORTS, ENTRY VISAS, CUSTOMS

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

#### Some useful websites are:

Tourist visas [www.immi.gov.au](http://www.immi.gov.au)

Customs and quarantine [www.customs.gov.au](http://www.customs.gov.au)

Quarantine [www.affa.gov.au](http://www.affa.gov.au)

(all food, plant and animal materials must be declared)

Foreign embassies [www.dfat.gov.au](http://www.dfat.gov.au)

# Program Outline

## MONDAY 20 August. 6.00pm Meet and Greet

Are you attending the Consumer Forum tomorrow and are you wondering what to do tonight?

Everyone attending the Consumer Forum is invited to this get-together at the Novotel Cairns Oasis Resort, not far from the Convention Centre.

## TUESDAY 21 August

**8.00am** Registration Desk open – please come early to register to avoid the rush

**9.00am** Indigenous Forum

**9.00am** Consumer Forum

**9.00am** Carer/Family Forum

**9.00am** Workshop 1: Mindfulness

**9.00am** Workshop 2: Leadership

**5.00pm** Special film showing: Insatiable Moon

## WEDNESDAY 22 August 2012

**8.00am** Registration Desk open – please come early to register to avoid the rush

**8.45am** Conference opening

Welcome country by Prof Henrietta Marrie Gimuy Walaburra Yidinji

Contemporary Aboriginal dance and didgeridoo

Achievement Awards presentation by Prof Allan Fels

**10.00am** Keynote address: Roberto Mezzina

There will be 9 concurrent sessions throughout the day

**5.10pm – 7.30pm** Welcome Reception – for all Wednesday registrants – finger food and soft drinks supplied, cash bar for alcoholic drinks. Contemporary Aboriginal dance and didgeridoo Performance; Art exhibition opening

## THURSDAY 23 August 2012

**8.30am** Registration desk opens

**9.00am** Keynote Address: Mick Gooda followed by 9 concurrent sessions throughout the day

**1.00pm – 1.30pm** Poster session – in Hall 2 during second half of lunch period.

**5.15pm – 6.30pm** Meetings of associations, groups (contact TheMHS Office to organise one)

**5.30pm – 6.30pm** A Special Presentation: community and environmental healing

## FRIDAY 24 August 2012

**7.45am** TAMHSS meeting (Transforming Mental Health Services Network)

**8.30am** Registration desk opens

**9.00am** Special presentation

Keynote Address: Rufus May

followed by 9 concurrent sessions throughout the day

**3.45pm** Closing: Song Connection Choir; handover of banner to next year's committee

**4.45pm** Close of conference

# Special Highlights

## Monday 20 August

### 6.00pm: Meet and Greet

Are you attending the Consumer Forum tomorrow and are you wondering what to do tonight?

Everyone attending the Consumer Forum is invited to this get-together at the Novotel Cairns Oasis Resort, not far from the Convention Centre.

## Tuesday 21 August

### 5.00pm – 7.00pm

#### Special Film Show: *The Insatiable Moon*

*The Insatiable Moon* is a delightful journey through the urban environment of Arthur, self-proclaimed second son of God. Classified as mad, Arthur is undaunted and keen to get on with his mission in the world - accompanied by a wonderful group of misfits and outcasts. A remarkable film going to the heart of what constitutes madness. Winner of Best Actor (Rawiri Paratene) and Best Supporting Actor in the NZ Film Awards 2011.

## Wednesday 22 August

### 8.45am: Opening and Mental Health Achievement Awards

Delegates will be welcomed to country by Prof Henrietta Marrie Gimuy Walaburra Yidinji who is an Australian indigenous rights activist, directly descended from Ye-i-nie, an Aboriginal leader in the Cairns region. Opening addresses 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. Professor Alan Fels, Chair of Australian Mental Health Commission, will present the awards and open the conference.

### 5.10 – 7.30pm: Traditional and Contemporary Aboriginal Dance Performance; Welcome Reception; and Belonging Art Exhibition opening

This spectacular dance performance is not to be missed, a beautiful combined performance of traditional and contemporary dance reflecting our Indigenous cultural roots through to the contemporary lifestyle we live today and the challenges we face in healing together; story-telling, backed by digital and powerful sound. Drinks and finger food served downstairs in the art exhibition space. Come and catch up with friends and colleagues. Finger food and soft drinks are provided, with a cash bar for alcoholic drinks. Don't be late as the evening's festivities will begin promptly in the

main plenary Hall. **Belonging Art Exhibition** - Telling stories of connection to land, culture and identity: BELONGING highlights the positive effects of the creative arts for people experiencing mental health problems, particularly people living in remote Indigenous communities. It is a celebration of the art making process, showcasing the work of our region's talented emerging artists. Highlights include weavers, painters, photographers and poets from remote Far North Queensland communities and from Cairns.

## Thursday 23 August

### 1.00 – 1.30pm: Poster session

All poster presenters will be available to talk with conference delegates in the poster hall which is in the same Exhibition Hall as the food. So please get your food and then take some time to visit the posters and talk with the presenters.

### 5.15pm: Meet on Thursday

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 31 July for details.

**5.30pm: A Special Presentation:** community and environmental healing, hosted by local indigenous film maker Victor Steffensen

## Friday 24 August

### 7.45am: TAMHSS breakfast meeting

Open to TAMHSS members and everyone interested in becoming part of a network of people who want to improve and reform mental health services in Australia.

### 3.45pm: Final session Closing Ceremony

And finally this stunning performance by Cairns-based choir, Song Connection, will send you away full of inspiration and joy. The conference closing ceremony will also include the ceremonial handover of the TheMHS banner to next year's conference committee.



# Conference Sponsors

## With thanks to the following sponsors

### PRINCIPAL SPONSOR

**Australian Government**

Sponsor of Pre-conference Forums, consumer bursaries and Achievement Awards



Australian Government  
Department of Health and Ageing



Mental Health  
Council of Australia

### MAJOR SPONSOR

**New Zealand Ministry of Health**  
Sponsor of Achievement Awards



### SPONSOR

**Cairns Regional Council**  
Sponsor of Monday night Meet and Greet

And with the support of  
Cairns and Hinterland Mental Health  
and ATOD Service

Worklink



### PROFESSIONAL DEVELOPMENT

If you require a certificate of attendance at this conference to fulfil your Continuing Professional Education (CPE) requirements, please fill in appropriate box on the Registration Form. Please collect your CPE certificate at the registration desk on the last day of your attendance at the conference. CPE credits are being applied for all mental health workers for this conference.

### CLOSING DATE FOR REGISTRATIONS

Your registration form and fees – by post or online – must be received by 20 August 2012. After this date, please contact TheMHS office. On-site registrations will be accepted, depending upon space availability, but must be accompanied by the total fee that is due. Earlybird registration fees must be received by 13 July 2012.

**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.

**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.

The conference will not be liable for any participant failing to take out their own insurance.

Delegates and other invitees must observe the requests and, or directions of TheMHS and, or Cairns Convention Centre or their staff.

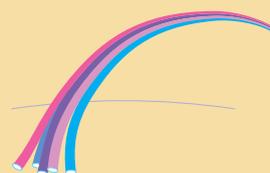
**Further information about TheMHS conferences is available from: [www.themhs.org](http://www.themhs.org)**

**Contact details:**

**Phone +61 (02) 9810 8700**

**Fax +61 (02) 9810 8733**

**Email [info@themhs.org](mailto:info@themhs.org)**



**T H E M H S**  
**C O N F E R E N C E**

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

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

- Recognise and promote quality collaborative research, practice, policy-making and education.
- Promote active involvement and inclusion of all mental health stakeholders
- 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](http://www.themhs.org)

### **TheMHS SYDNEY MANAGEMENT COMMITTEE** (in alphabetical order)

Tom Brideson, Andy Campbell, Maria Cassaniti, Lynne Dunbar, Michelle Everett, Roger Gurr, Paula Hanlon, Cathy Chapman, Kevin Kellehear, Adam Lane, Leonie Manns, Peter McGeorge, Marilyn McMurchie, Vivienne Miller, Sadie Robertson, Alan Rosen, Tully Rosen, Maree Teesson, Barbara Tooth

### **TheMHS 2012 CAIRNS LOCAL COMMITTEE** (in alphabetical order)

Jo Abbatangelo (Conference Co-convenor), Sasha Black (Conference Co-convenor until April 2012), Niki Biro, Andrea Davidson, Pete Dillon, Dorothy Dunne (Conference Co-convenor), Avril Duck, Kevin Freele, Kerry Gordon, Marc Harris, Adrienne Hicks, Toni Hines, Ernest Hunter, Maggie Howison, Thomas Jia, Michelle Leenders, Michael Oates, Ross O'Donovan, Matt Parry, Joe Petrucci, Ailsa Rayner, Esther Ritchie, Sandy Taylor, Vicki Saunders, Travis Shorey, Gill Townsend, Wendy Zerner



# CONFERENCE REGISTRATION

## Registration now available online at: [www.themhs.org](http://www.themhs.org)

Online registration is the easiest, simplest method of registering for the conference. However if you have difficulty with online registration contact TheMHS office who can organise a form for you. Registration must be received and fully paid before 20 August 2012. On-site registrations may be available but please check with TheMHS office before attending the conference.

Morning/afternoon tea and lunch are included in the registration fee. The Welcome Reception is included in the 3-day registration fee and in the day-only registration fee for Wednesday.

**CONFERENCE REGISTRATION FEES - All registration fees are quoted in AUSTRALIAN DOLLARS ONLY**



### Please register **ONLINE.**

This list is for your information only.

#### TUESDAY FORUMS & WORKSHOP

21 August 2012

- \$45** Consumers Forum (full day)
  - \$90** Carers/Family Forum (full day) – full fee
  - \$45** Carers/Family Forum (full day) – concession fee \*\*
  - \$90** Indigenous Forum (full day) – full fee
  - \$45** Indigenous Forum (full day) – concession fee
- These forums are subsidised by the Australian Department of Health and Ageing
- \$310** Workshop 1: Mindfulness (full day)
  - \$165** Workshop 2: Leadership (morning only)

#### WEDNESDAY TO FRIDAY

22-24 August 2012

- \$820** Full fee 3 days  
[does NOT include Tuesday forums or workshops]
- \$780** Earlybird fee 3 day (if received by 13 July)
- \$410** Concession 3 days \*\*
- \$310** Wednesday only – full fee
- \$310** Thursday only – full fee
- \$310** Friday only – full fee
- \$140** Wednesday only – concession \*\*
- \$140** Thursday only – concession \*\*
- \$140** Friday only – concession \*\*

\$Free CPE Certificate – you will need to indicate if this is required [Continuing Professional Education Attendance Certificate] This must be collected at the Conference.

NOTE: \*\* Concessions are given to full time students/ pension card holders/ government beneficiaries/ unemployed people. Please forward evidence (eg photocopy of pension card or student card) of concession/beneficiary status to TheMHS by either fax or email. Conference fees are designed to cover all costs and to provide subsidised concessions. TheMHS is a not-for-profit organisation.

#### 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 5 July 2012, 50% of fee will be refunded if notification is received in writing by 26 July 2012. No refund will apply after the 26 July 2012 except at the discretion of TheMHS Management Committee.

**TheMHS Conference,**  
**PO Box 192, Balmain NSW Australia 2041**  
**Phone: +61 (02) 9810 8700**  
**Fax: +61 (02) 9810 8733**  
**Web: [www.themhs.org](http://www.themhs.org)**



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