



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

## **PROGRAM**

# **Confronting Self-Harm: from understanding to responding**

**TheMHS Summer Forum**

**23 - 24 February 2012**

**UTS Aerial Function Centre**

**Sydney**

**Address for Communication:** TheMHS Conference, PO Box 192 Balmain NSW 2041;  
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Twitter: <http://twitter.com/themhsorg>

During Forum use hashtag #SF2012

### **FOR YOUR DIARY:**

**TheMHS 22<sup>nd</sup> Annual Conference 21 – 24 August 2012**

Cairns Convention Centre, Queensland.

Please submit your abstract online via TheMHS website prior to 8 March.

# TheMHS Summer Forum

23 - 24 February 2012

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## **PROGRAM: Thursday 23 February**

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**8.00am** Registration desk opens

**9.00am** CHAIR: Maree Teesson  
Opening and Acknowledgement of country

Topic: *Self-harm: UK policy and the challenges of implementation*  
Speaker: **Kate Saunders**

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**10.15am – 10.45am** **Morning tea**

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**10.45am** CHAIR: Maree Teesson  
Topic: *Understanding self-harm, an Australian perspective*  
Speaker: **Pat McGorry**

Topic: *Shame, trauma and self-harm: When self-harm is a sane response to an insane world*  
Speaker: **Merinda Epstein**

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**12.45pm – 1.45pm** **Lunch**

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**1.45pm** CHAIR: Michelle Everett  
Topic: *Two large scale national studies on self-injury*  
Speaker: **Graham Martin**

Topic: *Older people and Self-Harm - old age suicide*  
Speaker: **Brian Draper**

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**3.45pm – 4.15pm** **Afternoon tea**

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**4.15pm** CHAIR: Kevin Kellehear  
Topic: *Topic: Working with the person who has self-harmed - in Accident & Emergency Departments*  
Speaker: **Geraldine White**

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**5.00pm** **Reception** join us for drinks and canapés. Soft drinks and finger food supplied, cash bar for alcoholic drinks.

**5.15pm** **Food for thought** – facilitated, informal discussion with the speakers. Please bring your drinks into the session, food will be served in session.  
FACILITATOR: Alan Rosen

**6.30pm** **Close**

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## **PROGRAM: Friday 24 February**

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**8.30am** Registration desk opens

**9.00am** CHAIR: Cath Chapman  
Topic: *On therapies for self-injury*  
Speakers: **Graham Martin and Nellie Worringham**

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**10.00 – 10.30** **Morning tea**

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**10.30am** CHAIR: Cath Chapman  
Topic: *Hidden Scars: perspectives on living with and beyond self harm and suicide*  
Speaker: **Maggie Mackellar**

Topic: *Self harm in adolescents: Prospects for new approaches to treatment and prevention*  
Speaker: **Nick Allen**

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**12.30 – 1.30** **Lunch**

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**1.30pm** CHAIR: Maria Cassiniti  
Topic: *The effects of trauma and suicidal thoughts among Refugees*  
Speaker: **Najeeba Wazefados**

Topic: *Self-harm and refugees and asylum seekers*  
Speaker: **Michael Dudley**

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**3.15 – 3.45** **Afternoon tea**

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**3.30pm** FACILITATORS: Maree Teesson, Kevin Kellehear, Alan Rosen

**Kate Saunders and Graham Martin – and other speakers**

What lessons to be learned for the individual, the organisation, the state, the country? What works now and into the future?

**4.30pm** Close

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**Visit the booths of:**

- Salvation Army Suicide Prevention Bereavement
- Transcultural Mental Health Centre
- NSW Institute of Psychiatry
- Hunter New England Local Health District Institute
- NEHTA (Event Planet)
- Headspace
- Crisis Support Services

**Read the brochures in your folder:**

- Orygen Youth Health
- Transcultural Mental Health Centre
- Vicserv

**Graham Martin** is Director Child and Adolescent Psychiatry, The University of Queensland and Clinical Director RCH CYMHS. He is currently a National Advisor on Suicide Prevention to the Australian Government. He has been dedicated to suicide prevention since 1987, is a member of IASP (since 1997), and the International Association for Suicide Research. He is a board member for Mates in Construction Queensland (an industry leader in suicide prevention for building trades), and is Editor for the online journal *Advances in Mental Health*.

**Katharine Saunders** is a Junior Fellow, University Department of Psychiatry, Oxford, UK. She is a member of the Self-harm Risk Report implementation group of the Royal College of Psychiatrists. She lectures in psychiatry to postgraduate and undergraduates, with particular reference to suicide and self-harm. She has written numerous papers, book chapters and is involved in research on bipolar disorder and borderline personality disorder, on risk factors for suicide and online training in the assessment of self-harm. She also performs as a soloist with choirs in Oxford, London, France, Spain and Slovenia, and plays acoustic fiddle with a Brussels-based ceilidh band.

**Patrick McGorry**, Australian of the Year 2010, is Executive Director of Orygen Youth Health (OYH), Professor of Youth Mental Health at the University of Melbourne and founding member of the National Youth Mental Health Foundation (headspace) board. OYH, Australia's largest youth mental health research centre and clinical service targeting the needs of young people with emerging serious mental illness, including first-episode psychosis. He is involved in service development, clinical trials and studies of the onset phase of psychotic, mood, and substance use disorders. He has been an advisor to state, national and international governments. His other areas of expertise include refugee and asylum seeker mental health, torture and trauma, suicide and substance use disorders.

**Merinda Epstein** has a long standing interest in self-harm. She has conducted research on the views of over two hundred people about self-harm and the place it plays in their lives. She has a strong interest in harm-minimisation, the civil and human rights of people who self-harm, the institutional response to overt self-harm, the traumatising and re-traumatising role of accident & emergency departments and the expulsion of so many people who self-harm from service delivery systems. She also has a keen interest in invisible self-harm and the challenge childhood trauma has on the health and mental health system. Many people do: "are you OK?" extremely well and yet they self-harm regularly to maintain their sanity. Merinda started self-harming at 14. She still uses self-harm to deal with dissociation and traumatising memories.

**Brian Draper** is Conjoint Professor in the School of Psychiatry, UNSW, Assistant Director, Academic Department for Old Age Psychiatry, Prince of Wales Hospital Sydney, Senior Old Age Psychiatrist, South East Sydney Local Health District and an honorary Senior Research Fellow at Neurosciences Research Australia. He has been involved in suicide and related research for nearly 20 years, focusing on attempted suicide in old age, suicidal behaviour in dementia and self-harm behaviour in nursing homes and hospitals. Throughout, he has been particularly interested in the development of effective suicide prevention strategies for older people.

**Geraldine White** is a mental health nurse practitioner in Consultation Liaison mental health, at Canterbury Hospital, Sydney. She runs a small private practice for women at the Brain and Mind Research Institute, Sydney University.

**Nellie Worringham** has an extensive lived experience of self-injury, and has been struggling with mental health issues since the age of 12. Her experiences of treatment, both in A&E, and within the mental health sector itself, have often proven to be more traumatizing than helpful. Nellie is passionate about educating professionals in the area of self-injury. She hopes that by sharing her experiences in a shockingly honest way, others who are experiencing similar issues will not have to endure the same traumatizing events that she has.

**Maggie MacKellar** is a writer and speaker. Her latest book, *When it Rains*, is a memoir chronicling her journey through grief after her husband died tragically while suffering from a mental illness leaving her a single parent of their daughter and pregnant with their son. Shortly afterwards her mother was diagnosed with aggressive cancer and died quickly. *When it Rains* describes the redemptive process that began with Maggie's decision to resign from her academic position at the University of Sydney and move to the country. She has also published extensively on the histories of the frontiers' of Australia & Canada. She is currently living with her two children on the family farm and writing full time.

**Nicholas Allen** is Professor in the Department of Psychological Sciences at the University of Melbourne, and the ORYGEN Youth Health Research Centre. He is a leading researcher in the area of clinical depression, especially for his work on the relationship between adolescence and risk for depression. He has published numerous papers and books on depression, especially during adolescence, and is currently writing a book for the general public on how the science of adolescence can help parents, teachers and other community members to encourage positive adolescent development and prevent mental health and other problems.

**Najeeba Wazefadost** arrived in Australia by boat as a refugee from Afghanistan in 2000. She has since completed a Bachelor of Medical Science and is now studying Nursing at UTS. She has been involved in ChilOut (Children out of Detention), Amnesty International, Bamiyan Association and President of Hazara Women of Australia advocating for the rights of refugees, asylum seekers, new arrivals and the release of children from Detention Centres. She has published her own story in a book *There is no place like home*. Currently she is working as a Case Manager with SSI (Settlement Services International)

**Michael Dudley**, recently awarded Member of Order of Australia (AM), Chairperson of the Suicide Prevention Australia Board since 2001, Conjoint Lecturer in Psychiatry at the University of New South Wales and Psychiatrist at Prince of Wales and Sydney Children's Hospitals. He conducts research into risk and protective factors in youth and has extensive experience in working with youth, indigenous people, and refugees who are at risk of suicide and self-harm. Currently a member of both the Australian Suicide Prevention Advisory Committee (ASPAC) and the Advisory Board of Inspire Foundation's 'Reach Out!' program.