REGISTRATION AND CONFERENCE PROGRAM

23rd Annual
TheMHS Conference
20 – 23 August
2013

Melbourne Convention Centre
Melbourne, 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 services across Australasia are changing rapidly. Implementation of major new policy directions, including Partners in Recovery (PIR), activity based funding and DisabilityCare Australia (NDIS), are commencing and will significantly reshape the mix of mental health service providers and influence how service delivery occurs. Significant legislative changes in some states and technological developments such as web resources and Smartphone applications will enable a greater focus on consumer choice and empowerment and have the potential to embed a more holistic approach within a recovery-oriented service context.

The growing emphasis on recovery requires new directions for the mental health workforce, and an evolution from consumer consultation to consumer leadership is emerging, with the peer workforce now making an impact.

As we Forge the Future, developments such as these raise challenges for all: How do we negotiate the changes in power and relationships that come with a significant consumer, and family and carer, peer workforces? How do organisations and mental health practitioners negotiate the significant shifts in service provider structures and partnerships? How do we ensure a holistic response and integrate services within the increasing diversification of the service systems relevant to mental health and well-being? The increasing emphasis on recovery oriented practice challenges us to think more innovatively about what evidence is relevant and how to integrate it: how can the evidence of lived experience and the range of evidence-based research best inform recovery practices and underpin services? And in the background are unmet challenges including the state of neglect of the physical health and continuing social marginalisation of many people with persistent mental health challenges. These demand that we move forward quickly.

Building on our current strengths and embracing more innovative ways, we have a unique opportunity to shape a society that knowingly employs the best available evidence to strengthen and sustain the wellbeing of individuals and families, and contribute to fostering healthy communities and a thriving society that draw on the wealth of cultures in Australia and New Zealand.

Join us in Melbourne with our exciting keynote speakers and a great diversity of conference participants to discuss and debate the issues and services important to Forging the Future in a rapidly changing world.
Keynote Speakers

Steve Harrington
Steve Harrington earned degrees in wildlife biology, public administration and law but says he has learned the most about himself and living well through his adventures and experience with two mental illnesses—depression and schizophrenia. The author of 13 books, Steve has written biographies and books about legal issues, mental health and maritime history. He has worked as a reporter, editor, photographer, teacher, lawyer, rancher, social worker and consultant. Steve says he is still trying to decide what he wants to be when he grows up. Most recently, Steve was a post-doctoral fellow at Boston University’s Center for Psychiatric Rehabilitation where he researched peer support and other recovery issues. He is also founder and executive director of the International Association of Peer Specialists. He acts a consultant on developing peer services for non-profit organizations, states and the U.S. federal government. Currently, Steve is leading a consortium of consumer and government groups to develop national practice standards in the U.S. Steve enjoys gardening, writing, and photography and has a dog named Little Bear.

Keynote address (Wednesday 21st): The Promise of Peer Services—Challenges and Opportunities.

Mike Slade
Mike Slade is Professor of Health Services Research, Institute of Psychiatry, King’s College London, and Consultant Clinical Psychologist, South London. His main research interests are recovery-focused and outcome-focused mental health services, user involvement in and influence on mental health services, staff-patient agreement on need, residential alternatives to in-patient services, and contributing to the development of clinically useable outcome measures, including the Camberwell Assessment of Need and the Threshold Assessment Grid. He has written over 150 academic articles and 7 books. He co-authored Making Recovery a Reality (2008), the most downloaded document ever published by the Sainsbury Centre for Mental Health. His most recent books are Personal Recovery and Mental Illness (2009), 100 Ways to Support Recovery (2009) and REFOCUS: Promoting recovery in community mental health services (2011).

Keynote address (Thursday 22nd): Future challenges for supporting recovery, current scientific knowledge, key knowledge gaps and research addressing those gaps.

Bernadette McSherry
Bernadette McSherry is Professor of Law, Monash University and is the Director of the Centre for the Advancement of Law and Mental Health. She is an Australian Research Council Federation Fellow. She has honours degrees in Arts and Law, Masters of Law from the University of Melbourne, a PhD from York University, Canada and a Graduate Diploma in Psychology from Monash University. She is a Fellow of the Australian Academy of Social Sciences and a Fellow of the Australian Academy of Law. Professor McSherry is a legal member of the Mental Health Review Board of Victoria and has acted as a consultant to government on criminal law, sentencing and mental health law issues.

Keynote address (Friday 23rd): Developments in mental health law, the United Nations Convention on the Rights of Persons with Disabilities and mental health service provision in the future. (In this address, Bernadette will outline recent trends towards supported decision making, the introduction of mental health advance directives and reducing the use of seclusion and restraint.)
The conference program will have wide appeal to all sections of the mental health field. Inspiring stories; research reports; innovative programs and services; updates on treatment; psychosocial interventions; evidence-based services; recovery and personal stories; peer workers and the wider workforce; healthy living – better physical health, housing, work and relationships.

Featured Symposia:

These are specially commissioned symposia which provide in-depth investigation of topics, by raising current issues and matters at the forefront of mental health service interest, exploring controversial topics and examining and disseminating current research in mental health and mental illness.

Creativity in Recovery: A collection of peer-run programs from Australia and New Zealand that promote creativity (Wednesday 21st Aug)

Presenters Linda Mizzi (No Suppression Sydney, NSW), Michael Burge (Breaking Free Concerts Toowoomba, Queensland), Arana Pearson (Creativity Programme, New Zealand) and Lynda Hennessy (Mad Jam Sessions, Sydney, NSW) will share the development of some creative programs they have been involved with, outlining the format, the benefits for the consumers and their own personal recovery experiences from sharing this journey. This Symposium will highlight the value of supporting the expression of creativity and knowledge of how a recovery focused service can implement creative programs and will identify the value of community partnerships in supporting creative programs. Through the expression of creativity which is well supported and received, comes enormous personal enjoyment and happiness.

‘Forging the Future’ through the technology revolution: Innovations and issues for mental health recovery (Wednesday 21st Aug)

The pervasiveness of the internet and smartphones across the population constitutes a social revolution in access and communication. Opportunities for innovations in technology to assist people to self-manage and recover from mental health problems are greater than ever before and computer-based resources for mental health care are burgeoning. Four experts in this field will address how well we are forging the future through this technology, and bring conference participants up to date with the scope of existing applications, some exciting new developments, and key limitations of this future for mental health services. Speakers are: Mary O’Hagan, Director, Peer Zone, New Zealand, Janet Hopkins, Senior consultant, ConNetica Consulting, Former CEO, Lantern community managed mental health service, Helen Christensen, CEO, Black Dog Institute, Debra Rickwood, headspace National Youth Mental Health Foundation. Chaired by John Farhall, La Trobe University.

Individualised funding: Implications for the mental health sector (Thursday 22 Aug)

The NDIS (National Disability Insurance Scheme, now DisabilityCare) launched across Australia in July 2013 will fundamentally change the delivery of support services to people with a psychosocial disability with a focus on enhancing control and choice. This symposium aims to inform conference participants on the issues associated with the introduction of the NDIS. Issues such as how individualised funding approaches have been implemented in other countries and sectors and what implications are there for people with mental health problems. People with a psychosocial disability who are assessed as eligible will have a plan that documents their goals and individualised package of support funded to assist them in meeting these goals. Presenters are: Theresa Williams, Director, Policy WA Mental Health Policy Research Centre, a representative from the NDIS transition agency, Liz Crowther CEO, Mental Illness Fellowship Victoria, Isabel Collins CEO, Victoria Mental Illness Awareness Council. Chaired by Margaret Grigg, Deputy Chief Executive, Mind Australia.

Research Translation: How do we turn what we know into policy and practice? (Wednesday 21st Aug)

This symposium will discuss how the new Centres of Research Excellence will work to achieve real health gains for Australians. The work of the Centres is to support the transfer of research outcomes into improved knowledge, better health systems and improved treatment for people living with mental health problems. This session will address the importance of such research translation as well as the barriers and the challenges. The focus of research in these new Centres is in the areas of suicide prevention, substance abuse and better mental health.
health planning. Funded by the Australian Government, two centres (suicide prevention and substance abuse) are based at the University of NSW and one centre at the Uni of Qld. For the first time these three Centres come together to present their work to the mental health community. Professor Helen Christensen will talk about research on to determine the best way to deliver interventions to those at risk of suicide; Professor Maree Teesson will address prevention and treatment for people with both mental and substance abuse disorders. Professor Harvey Whiteford will look at how the best available scientific evidence can be used to determine the right mix of mental health prevention and treatment policies and services for Australia. Chaired by Alan Rosen.

Consumers of Mental Health Services making Advanced Statements: The challenges and opportunities (Friday 23 Aug)
Should individuals living with mental illness have a right to say, ahead of time, what sort of treatment they would want when they lose capacity or are physically unwell? If so, how would you do that so that you protect the rights of the person and the rights of the mental health professional? What are the legalities? Does this comply with the UN Convention on the rights of people with disabilities? Does a Psychiatric Advance Directive improve quality of care or put patients at risk of not receiving important treatment? What do Australian consumers, carers, psychologists and psychiatrists think of all this? All these questions and others will be answered in this symposium! Dr Penny Weller, Senior Lecturer in Law at RMIT will focus on the links between a personal recovery orientation, the UN Convention on the rights of people with disabilities, supported decision making and Advanced Statements. Both Penny and Cath Roper, consumer academic at the Centre for Psychiatric Nursing, University of Melbourne will speak on some of the complexity around Advanced Statements, how they have been approached in different parts of the world, how and why they work. Assoc. Prof Bill Silvester from Austin Health’s ‘respecting patient choices’ team will present their local research findings identifying some of the challenges in implementation of advanced statements. Chaired by Dr Lisa Brophy, Mind Australia and The University of Melbourne.

Mental Health Commissions – A Report Card (Friday 23 Aug)
This facilitated panel discussion will bring together key, independent analysts from the Australian jurisdictions with Commissions to provide their report card and present their views. Key here will be real evidence of change – are things really different on the ground? Does the experiment with Commissions look worthwhile or look like just another fad? Are there other markers we should consider when assessing the merit of Commissions? Several Australian and international jurisdictions have now moved or are moving to a new form of governance in mental health by establishing Mental Health Commissions. These new mission-focused organisations are not all the same but share a desire to place new focus on the health and welfare of people with a mental illness and to promote mental health in the community. But do they work? Chaired by Sebastian Rosenberg, Brain & Mind Research Institute, NSW.

Workshop: Beyond being on other people’s committees – be the agenda! Doing deep dialogue because it matters (Wednesday 21st Aug)
Challenges abound in the consumer movement as we enter a period of rapid change in the mental health sector. Policy and service change usually results from other peoples’ research, their theories about what is best for us, and their cutting edge, scientific, evidence-based paradigms. Ever feel we’re always chasing someone else’s tail, leaving us exhausted with little time or energy to develop our own thinking? Deep dialogue is about reversing this process. ‘Deep Dialogue’ grew out of the Understanding & Involvement (U&I) and Lemon Tree Learning projects. It provides a way of listening to each other as we search for commonalities and differences. It’s about being hesitant, not knowing the answers — or the questions! It’s about exploring the silences and the shame. Deep dialogue is a way of us creating space for sharing and developing OUR ideas; opening ourselves to respectful discussion, debate and disagreement across the spectrum of consumer opinions and experiences; and allowing diversity, complications and unresolved tensions to safely surface. Merinda Epstein, a consumer leader from Victoria who helped develop the Deep Dialogue process and Ann Tullgren, an experienced consumer leader from Tasmania will facilitate this workshop.
TUESDAY PRE-CONFERENCE WORKSHOPS

WORKSHOP 1: The Science of Suicide Prevention

Suicide is a leading cause of death in Australia. This Workshop addresses the need to examine the science of suicide prevention and its translation. The workshop is organised in two parts. Session 1 examines new research on genetic and environmental risk factors that influence suicidality and completed suicide. Improvements in suicide prevention will come about through better measurement of outcomes and more effective clinical and population based interventions. Session 2 focuses on intervention studies which may improve suicide prevention activities nationally. Under the auspices of the new NHMRC Centre of Research Excellence in Suicide Prevention (CRESP), the Workshop brings together senior and emerging researchers from suicide prevention and other cognate disciplines such as genetics, psychiatry, biostatistics and epidemiology. Confirmed Speakers: Professor Nick Martin, Professor Ian Hickie, Professor Helen Christensen, Professor Jane Pirkis and Associate Professor Annette Beautrais.

WORKSHOP 2: Putting Families and Children at the Centre of Recovery

"Brooke tells the heartbreaking story of going with her teenage brother to visit her Mum in hospital on Christmas Day only to be refused entry as her brother had smuggled in cigarettes for their Mum a few days previously." The challenges faced by families where a parent has a mental illness emphasises the need for family-centred practice and a recognition that families need to recover as well, including children, young people and extended family members. For a number of reasons, many models of care and systems focus only on the person with the mental illness, constraining the ability of services to respond to the needs of parents and their children. This workshop invites both people with lived experience and professionals to explore the ways that both services and families with children have successfully taken a family-driven approach in mental health care in Australia and to identify practical next steps for the future. The workshop will be a combination of dynamic presentations from both professionals and people with lived experience. It will also provide time for discussion to work through the themes raised in the presentations. The outcomes of the workshop will be collated in a peer reviewed report identifying next steps to embed family-driven services within systems. This workshop is organised by COPMI (Children of Parents with a Mental Illness).
WORKSHOP 3: What’s new in the treatment of comorbidity between mental health and substance use?

This workshop will give an update on what’s new in comorbidity. The day is organised around several topics. Session 1 explores present trends in alcohol use in Australian women. It also examines trends in new and emerging drug use including synthetic cannabinoids and their implications for mental health services. Session 2 examines issues related to innovative treatments for substance use disorders. Session 3 describes new treatments for comorbid mental health and substance use disorders and relationships between substance use, trauma and aggression. Session 4 focuses on online treatment modalities and healthy lifestyle interventions to improve physical health in those with psychosis. Under the auspices of the new NHMRC Centre of Research Excellence in Mental Health and Substance Use (CREMS), the workshop brings together consumers, clinical researchers and service providers. Access to the CREMS website and clinical resources will be available at the workshop. Confirmed Speakers: Professor Maree Teesson, Ms Leonie Manns, Dr Glenys Dore, Professor Amanda Baker, Dr Cath Chapman, Dr Katherine Mills, Dr Frances Kay Lambkin, Dr Emma Barrett, Professor Paul Haber, Professor Andrew Baillie.

Carers Forum (full day)
Carers Forging the Future

This Forum will provide something inspiring and informative for everyone. The day will be launched by Professor Alan Fels, Chair, Australian Mental Health Commission. Jack Heath, CEO, SANE Australia, will give the keynote address on Inspiring hope and recovery through leadership. After the keynote address there will be 3 streams of informative and interactive seminars covering policy and research, carer/family and carer workforce developments, and wellbeing. These sessions will focus on the roll out of the National Disability Insurance Scheme (NDIS), the strengthening of the carer/family voice, carers and recovery, and the latest updates on key legislation and service. Workshops on carer/family needs and support, and opportunities to relax and experience wellbeing sessions will be sure to inspire you. This will be a great opportunity to connect with fellow carers/family from Australia and New Zealand, to share experiences and discover what is happening here and beyond our geographic borders as we forge the future together.

Consumers Forum (full day)
Consumer Leadership in forging our future

Consumers have a vital role in influencing and shaping the future direction of a rapidly changing mental health landscape inclusive of mental health services, policies and systems. This Forum includes a wide range of opportunities to connect with others and to debate the diversity of views and ways to positively influence the current and future mental health field. Consumer-led initiatives will be showcased throughout the day. Consumer leaders in the field will talk about ideas that have influenced the design and implementation of innovative programs which contribute to improving the lives of people living with and recovering from mental illness. Steve Harrington, TheMHS keynote speaker (executive director of the US National Association of Peer Specialists and president of the Assertive Community Treatment Association) will focus on peer leadership and peer specialist skills. His presentation will be followed by a Q & A session and then a number of workshops that will further explore the ideas raised early in the morning and in the keynote address. Come, inspire others and be inspired yourself through connecting and discussing ideas and experiences of common interest and concern. Unwind in a lively and supportive environment and have fun.

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.
Melbourne, a truly liveable city, is the quintessential experience in diversity whether it is expressed through the arts, architecture, entertainment, and culture. Whatever! August is a fabulous time to explore the quirkiness of Melburnians’ unique and wondrous, late winter lifestyle. Even if you baulk at the thought of donning Melbourne’s world renowned fashion style, the city will shower you with rewards. Whether you opt to a catch a footie game at the MCG, wander around Federation Square and ACMI, shop in one of our funky, graffiti enlivened laneways, muse in our magnificent libraries or museums, indulge heartily in our extensive multicultural cuisine or simply catch a train to St Kilda to wander along our famous boardwalk - you are assured of enjoying the hospitality and vibrant atmosphere of what Melbournians proudly acclaim is the world’s greatest city.

And there is no need to be timid. To gain a more up close and personal glimpse of Melbourne, you may wish to acquaint yourself with the postcard scene or one or more of our fascinating neighbourhoods. Why not visit the Museum precinct, Chinatown, Chapel Street, Lygon Street, Degraves Street, The Victoria Market? And if you’re into the sassy and innovative, the Docklands, South Wharf, North Bank and North Wharf await.

Melbourne’s “eatability” rating is legendary. Gastronomic choice is unparalleled; seek out Melbourne’s bar scene. In August the National Gallery of Victoria offers three special exhibitions – the Joseph Brown Collection, Asian Art and Monet’s Garden, while at the ACMI in Fed Square you’ll find compelling entertainment alternatives aimed at invigorating the senses and stimulating conversation. Pre or post conference experience the wineries in the Yarra Valley and the Mornington Peninsula, visit the gold fields, the rolling spa country and the majestic coastline of the Great Ocean Road. Melbourne has so much to offer. Celebrate living – have fun. Visit fabulous, funky, fashionable Melbourne. To find out more go to: www.whitehat.com.au or www.visitvictoria.com

Come to Melbourne, Victoria

ACCOMMODATION RESERVATIONS

Best hotel deals through our booking agents: Ozaccom on behalf of THEMHS has organised special reduced rates at hotels directly opposite the Convention Centre. Please make all accommodation reservations and amendments through the online link to Ozaccom on TheMHS website. To obtain the special conference rate accommodation must be booked via the Ozaccom 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.ozaccom.com.au/2013/mhs13/index.aspx OR go to TheMHS website and click on 2013 conference, then hotel bookings.
## PROGRAM OUTLINE

### TUESDAY 20 August 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8.00am</td>
<td>Registration Desk open – please come early to register to avoid the rush</td>
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<tr>
<td>9.00am</td>
<td>Consumer Forum</td>
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<tr>
<td>9.30am</td>
<td>Carer/Family Forum</td>
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<tr>
<td>9.00am</td>
<td>Workshop 1: The Science of Suicide Prevention</td>
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<td>9.00am</td>
<td>Workshop 2: Families, Children at the Centre of Recovery</td>
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<tr>
<td>9.00am</td>
<td>Workshop 3: Comorbidity between mental health and substance use</td>
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<td>5.00pm</td>
<td>Close of day</td>
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### WEDNESDAY 21 August 2013

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<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8.00am</td>
<td>Registration Desk opens</td>
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<tr>
<td>8.45am</td>
<td>Conference opening, presentation of Achievement Awards, Keynote Address followed by 11 concurrent sessions through day</td>
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<tr>
<td>1.30-2.00pm</td>
<td>e-Poster session</td>
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<tr>
<td>5.10pm</td>
<td>Launch of National Mental Health Recovery Framework</td>
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<tr>
<td>5.45pm</td>
<td>Welcome Reception</td>
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### THURSDAY 22 August 2013

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<th>Time</th>
<th>Event</th>
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<tr>
<td>8.30am</td>
<td>Registration desk opens</td>
</tr>
<tr>
<td>9.00am</td>
<td>Keynote Address followed by 11 concurrent sessions through day</td>
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<tr>
<td>1.00 - 1.30pm</td>
<td>e-Poster session</td>
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<tr>
<td>5.15 – 6.30pm</td>
<td>Meetings of associations, groups (contact TheMHS Office to organise one)</td>
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<tr>
<td>6.30pm</td>
<td>TAMHSS presents Q&amp;A: The Shape of Mental Health Services, today and tomorrow</td>
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### FRIDAY 23 August 2013

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<th>Time</th>
<th>Event</th>
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<tr>
<td>8.30am</td>
<td>Registration desk opens</td>
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<tr>
<td>9.00am</td>
<td>Keynote Address followed by 11 concurrent sessions throughout the day</td>
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<tr>
<td>1.00 - 1.30pm</td>
<td>e-Poster session</td>
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<tr>
<td>3.30pm</td>
<td>Closing ceremony and Choir of Hope and Inspiration</td>
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<td>4.30pm</td>
<td>Close of conference</td>
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## Melbourne Transport

### 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)

### TAXIS

Approximately 30 minutes from airport to city centre, the cost of a taxi is approximately $50. Further information available about taxis by phoning 13CABS or 131008.

### AIRPORT TRANSFERS – Buses, Shuttles

For information about ground transport to and from Melbourne Tullamarine airport go to: [http://melbourneairport.com.au](http://melbourneairport.com.au) There is a regular shuttle bus from the airport to Southern Cross station in the CBD, where you can transfer to other buses which will take you to your hotel in the CBD.

### THE WEATHER

August is the end of winter with days becoming warmer (approx. 19-20°C) while nights are cool.

### 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:
- Customs and quarantine: [www.customs.gov.au](http://www.customs.gov.au)
- (all food, plant and animal materials must be declared)
Art Exhibition

This exhibition, Selected Works from the Cunningham Dax Collection, represents a broad range of experiences that the Collection encompasses. The Dax Centre promotes mental health and wellbeing through fostering a greater understanding of the mind, mental illness and trauma through art and creativity. The Dax Centre houses the Cunningham Dax Collection, which comprises over 15,000 artworks made by people who have an experience of mental illness and psychological trauma.

MadCap Café at TheMHS

Ernha’s MadCap Café blends coffee, job training and recovery so trainees can get the jobs they want. Join us in the exhibition area for an outstanding coffee and discover more about MadCap Cafe.

e-Poster sessions

During second half hour of lunch on Wednesday, Thursday, Friday

Take some time to visit the e-Posters and talk with their authors during the second part of lunch Wednesday to Friday. Check out this innovation. E-Posters replace paper posters and offer the presenters a better way to get their message over throughout the conference.

Wednesday 21 August

8.45am: Opening and Mental Health Achievement Awards
Delegates will be welcomed to country by an elder of the Wurundjeri people of the Kulin Nation, the traditional custodians of the land. 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. Minister Mark Butler, Minister for Mental Health (TBC) will open the conference.

5.10pm – 5.30pm Launch of National Mental Health Recovery Framework
This important national policy draws on national and international research on recovery-oriented mental health practice and service delivery; it is informed by the stories, pictures, thoughts and viewpoints of people with a lived experience of mental health illness, both in their own personal experience and in the lives of those close to them. The framework carries a message of optimism and hope – the message that people can recover, and people do recover, from mental illness.

5.45 – 7.15pm: Welcome Reception
Come and catch up with friends and colleagues. Finger food, soft drinks and entertainment are provided, with a cash bar for alcoholic drinks. Watch out for updates and further details about the reception on TheMHS website.

Thursday 22 August

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.

Meeting 1: Consumer and Carer/Family Led Research Network

6.30pm TAMHSS presents Q&A: The Shape of Mental Health Services, today and tomorrow.
This Q&A/panel session focuses on what shape mental health services are in, what is working well and what needs to be changed. We will hear from politicians who set the policy and we will hear from national figures in the mental health field. People at the conference will be able to ask the important questions and get some answers. A range of topics will be addressed including: mental health system redesign and funding; state and federal roles in mental health service provision; specific federal mental health initiatives spanning the last decade (eg Better Access, ATAPS, Headspace, Partners in Recovery); national indicators and how we measure up. Facilitated by Natasha Mitchell, presenter of ABC Radio National program, Life Matters. The session will be recorded for broadcast on the Life Matters Program. Confirmed speakers will be announced on TheMHS website.

Friday 23 August

10.30am: Hon. Helen Morton, Western Australian Minister for Mental Health and Hon. Mary Wooldridge, Victorian Minister for Mental Health speak about policy and practical directions for mental health services.

3.30pm: Final session Closing Ceremony
The conference closing ceremony will include speakers, entertainment and the ceremonial handover of the TheMHS banner to next year’s conference committee (Perth). A major feature of the closing will be the performance of Melbourne’s Choir of Hope and Inspiration.
Conference Sponsors

With thanks to the following sponsors

**PRINCIPAL CONFERENCE SPONSORS**

Australian Government and Mental Health Council of Australia

New Zealand Ministry of Health/ Te Pou

**CONFERENCE SPONSOR**

Community Services & Health Industry Skills Council

**HOST ORGANISATIONS**

MIND Australia and North Western Mental Health Services

**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 15 August 2013. 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 12 July 2013.

**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 Melbourne Convention Centre or their staff.

Further information about TheMHS conferences is available from:

www.themhs.org

Contact details:

Phone +61 (02) 9810 8700
Fax +61 (02) 9810 8733
Email info@themhs.org

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

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, Peter McGeorge, Marilyn McMurichie, Vivienne Miller, Sadie Robertson, Alan Rosen, Tully Rosen, Maree Teesson, Barbara Tooth

TheMHS 2013 LOCAL MELBOURNE COMMITTEE (in alphabetical order)

Robyn Humphries (Conference Co-convenor), Margaret Grigg (Co-convenor), John Farhall (Program Convenor), Bill Brown, Liz Burgat, Lisa Brophy, Brigid Clarke (Social/Events), Alex Cockram (in 2012) Isabella Collins (Consumer Committee Convenor from April 2013), Steve Elsom, Merinda Epstein, Ellie Fossey, Chris Gibbs, Margaret Goding, John Katsourakis, Kim Koop (2012) Julien McDonald (Family/Carer Committee Convenor), Sue McDonough, Peter McKenzie, Graham Meadows, Lei Ning (Consumer Committee Convenor until March 2013), Daryl Oehm, Yvette Pollard (in 2012), Anthony Stratford, Mary Swift, Tom Trauer, Suzanne Vilé (Sponsorship)
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 15 August 2013.** 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. Delegates receive the conference satchel containing the Book of Abstracts and Program upon registration at the conference.

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

### TUESDAY FORUMS & WORKSHOPS
20 August 2013
- **$45** Consumers Forum (full day)
- **$90** Carers/Family Forum (full day) – full fee
- **$45** Carers/Family Forum (full day) – concession fee **
(These forums are subsided by the Australian Department of Health and Ageing)
- **$320** Workshop 1: The Science of Suicide Prevention (CRESP)
- **$90** Workshop 2: Putting Families and Children at the Centre of Recovery (COPMI) (concession $45)
- **$320** Workshop 3: Comorbidity Between Mental Health and Substance Use (CREMS)
**NB:** All workshops run for the full day
(A limited number of concessions are available for Workshops 1 and 3)

### WEDNESDAY TO FRIDAY
21-23 August 2013
- **$860** Full fee 3 days
  (does NOT include Tuesday forums or workshops)
- **$815** Earlybird fee 3 day (if received by 12 July)
- **$440** Concession 3 days **
- **$320** Wednesday only – full fee
- **$320** Thursday only – full fee
- **$320** Friday only – full fee
- **$170** Wednesday only - concession **
- **$170** Thursday only - concession **
- **$170** 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.

**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 2013, 50% of fee will be refunded if notification is received in writing by 26 July 2013. No refund will apply after the 26 July 2013 except at the discretion of TheMHS Management Committee.

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