Mental Disorders and Physical Health: linking body and mind

21-22 February 2013
Sydney NSW Australia

Aerial UTS Function Centre
Level 7, 235 Jones Street, Ultimo
Sydney, NSW

15th ANNUAL TheMHS SUMMER FORUM 2013
Mental Disorders and Physical Health: linking body and mind

The 2013 Summer Forum will bring together leading experts - clinicians, researchers, those with lived experience and their families to address the crisis of poor physical health among people living with psychosis and other enduring mental illness.

It will call for an evidence-based wholistic approach to prevention and treatment that links body and mind and will address crucial questions including: How do physical health issues affect quality of life for consumers and their families? What role does a healthy lifestyle play in recovery from mental illness? What is the latest evidence on how medications and their side-effects contribute to poor physical health and what can be done to minimise this impact? What does the recent Australian Survey of High Impact Psychosis tell us about the physical health of those living with psychotic disorders, and what are the implications for service delivery and policy development? How can we address smoking and mental health? How can we improve co-ordination of care across the physical and mental health care sectors? And what new and innovative interventions are available to prevent and manage chronic physical conditions and promote good physical health?

Experience of poor physical health and inadequate access to care is a significant problem for people living with mental illness. We would like to raise the profile of this issue, deepen our collective understandings, and highlight some innovative service responses that aim to link body and mind and promote a wholistic approach to recovery.

If you want to discuss, debate, and learn about this important issue then the 2013 TheMHS Summer Forum is for you!

Invitation to Sydney
Come to TheMHS 15th annual Summer Forum which this year is to be held at the Aerial UTS Function Centre, close to Central Railway Station, Broadway Shopping Centre, Darling Harbour, Sydney Central Business District and Sydney University. At Darling Harbour you will find the Chinese Gardens; a myriad of cafés and restaurants; Australian National Maritime Museum; Powerhouse Museum; WAX theatre; Sydney Aquarium; Sydney Wildlife World. Nearby are Paddy’s market; cinemas and ferry, bus, tram, train and monorail services.

TheMHS Summer Forum each year focuses on some of the big issues and challenges in mental health in Australia and New Zealand. It is a two day educational program that highlights recent research, sets out the challenges, and focuses on policies, programs and directions for the future. Sessions are designed to maximise information-giving by speakers as well as to encourage plenty of time for discussion with the audience. The Forum moves from delineating the challenges, obstacles and problems through to the evidence, research and updates about a particular mental health issue; then moves onto focus on examples of good programs, good policy, good ideas and good services.

Who should attend this Forum?
This forum will be of interest to mental health program managers and directors, clinical leaders, researchers, educators, policy makers, consumers and carers.

The latest program is available from our website: www.themhs.org

Speakers

David Shiers
David Shiers is a general practitioner in the UK who developed his interest in mental health through his personal involvement as a family member to a daughter with schizophrenia. Subsequently he became involved in a radical redesign of mental health services derived from what he felt was lacking in his daughter’s early experiences of care. He led the UK’s National Early Intervention in Psychosis Programme (2004-10). His work now centres on tackling the early physical antecedents of cardiovascular disease and type 2 diabetes which too often blight the future lives of young people developing psychosis.

David Hare
David Hare is a graduate of the University of Melbourne and Guy’s Hospital, London. He is Professor and Co-ordinator, Cardiovascular Research Domain, University of Melbourne and recipient of the 2011 Distinguished Scientist Medal of the Austin Research Foundation. He directs a basic Molecular and Vascular Laboratory, runs Heart Failure, Exercise and Psychosocial Clinical Research Groups, and undertakes collaborative research in Cardiac Surgery, Diabetes, Renal and Respiratory Medicine. He has a major research interest in depression and cardiac patients having, after physician training, also trained in psychiatry. He works clinically as Senior Cardiologist, Austin Health and Director, Heart Failure Services.

Janelle Abbott
Janelle Abbott had a drug-induced psychosis before spending 3 years trying to be “normal” to her friends, family and colleagues. She attempted suicide several times, was hospitalized, then found herself homeless. However she weighed 97 kilos so joined a gym, lost 37 kilos, quit smoking, replaced anti-psychotic medication with endorphins and found her passion in exercise and mental health. Since then, she has volunteered at the women’s shelter, running fitness programs, sourcing gym memberships, shoes, personal trainers and a fitness scholarship. She has been a personal trainer, an ambassador for Fit for Good, and is involved in fitness programs for Schizophrenia Fellowship NSW and Reclink NSW.
John Allan
John Allan is NSW Health Chief Psychiatrist and Associate Professor, University of New South Wales. The Chief Psychiatrist provides high level policy advice on mental health matters and clinical leadership to the State's Mental Health Services. John's clinical interests include the mental health of Aboriginal and Torres Strait Islander People and care for those with serious mental illness. His clinical work is at Manly Hospital. His current research and policy interests are in stress disorder and smoking reduction
details of speakers and topics, please go to www.themhs.org and see the Summer Forum program and listing of speakers.

Patricia Davidson
Patricia Davidson RN, BA, MEd, PhD is Professor and Head of the Neuropsychiatric Research Centre, University of Western Australia. She has a special interest in the epidemiology and aetiology of schizophrenia and other psychotic disorders. She is Convenor, Technical Advisory Group for the Australian National Survey of High Impact Psychosis and National Project Director. Her professional roles have included President: Australasian Society for Psychiatric Research, Vice-President: Australasian Epidemiological Association, Chair, Research Committee Mental Health Council of Australia and Member: The University of Western Australia Senate.

Ken Jue
Ken Jue worked in a community mental health center in Colorado USA, before joining Monash Family Services, in New Hampshire, becoming its CEO in 1999 until retirement. He now operates a consulting service working with industry, government, health and human service sectors in the U.S. and internationally. In 2003 Ken developed an award winning program, InSHAPE to address the national crisis of a shorter lifespan for persons with serious mental illness. It integrates health, nutrition, physical fitness and mental health services guided by principles of community engagement, social inclusion and personal recovery. Ken Jue is brought to TheMHS Summer Forum courtesy of the International Initiative for Mental Health Leadership (IIMHL).

Sharon Lawn
Sharon Lawn is Associate Professor, Department of Psychiatry, Flinders University. She has worked as a clinician in Community Aged Care and Mental Health Services and her research focuses on Caregivers’ Perspectives, Health System Change, Chronic Condition Management and Self-Management. In 2006, Sharon and a dedicated group of mental health service users set up a highly innovative Peer Supported Hospital Avoidance Service in Adelaide which influenced the development of broader peer roles across South Australia. She is an active advocate for service users and carers and for peer perspectives.

Frances Kay-Lambkin
Frances Kay-Lambkin is an NHMRC Research Fellow at the National Drug and Alcohol Research Centre, University of New South Wales. Her research focuses on developing and evaluating innovative treatments for alcohol/other drug use and comorbid mental health problems. She has adapted the SHADE computerised treatment program for depression and alcohol/other drug use problems into an online format, and developed online modules in smoking cessation, diet, and exercise. She is currently developing additional online treatments for post-traumatic stress disorder and comorbid alcohol/other drug use, and problem gambling.

Jackie Curtis
Jackie Curtis is senior staff specialist psychiatrist in youth mental health and early psychosis. Since 2002, she has worked with the Early Psychosis Program in Bondi setting up a Metabolic Clinic in 2006. She has presented on metabolic issues in youth with First Episode Psychosis nationally and internationally, published widely in this area, and has facilitated a programme to ensure integration of physical and mental health needs among this group. She is active in the education of mental health clinicians, GPs and NCOs and recently co-chaired an international working group promoting physical health issues in youth with psychosis.

Katherine Samaris
Katherine Samaris, an endocrinologist at St Vincent's Hospital Sydney, focuses on treatment and prevention of diabetes and obesity. She is Professor and Head of the Diabetes and Obesity Clinical Group, Garvan Institute of Medical Research, founder and director, The Australian Centre for Metabolic Health, St Vincent’s Clinic and has published extensively on diabetes and obesity. Her interest in treating and preventing obesity in those with severe mental illness has been instrumental in the process of return to whole health, and to prevent the doubly disabling illness of diabetes and its complications.

Andrew Watkins
Andrew Watkins is a clinical nurse specialist with over 12 years experience in the public health service, specializing in early psychosis intervention where he fulfills his passion for working with young people with challenging circumstances. Andrew is dedicated to improving physical health care outcomes for people with serious mental illness who currently experience up to a 20-year reduced life expectancy. He has spoken, researched and published enthusiastically on this issue for the past 5 years. Andrew currently works in direct clinical care at the Bondi Centre and is a casual member of academic staff at UTS.

For more details of speakers and topics, please go to www.themhs.org and see the Summer Forum program and listing of speakers.
Ozaccom is offering specially reduced room rates for delegates to TheMHS Summer Forum. To obtain the best conference rates book via the link on TheMHS website or via www.ozaccom.com.au.

PLEASE NOTE: Standard policy is that hotels require a credit card or cash bond to be presented on arrival to cover any additional charges that may occur during your stay, even if your accommodation has been fully prepaid.

Cancellations – Please see the hotel policy for cancellations.

The number of places at this Forum is strictly limited, so please book early to guarantee your place. On-site registration may be available, depending upon numbers – please check availability with TheMHS office before the commencement of the Summer Forum.

TheMHS - a learning network for improving mental health services in Australasia
TheMHS is an independent education, service development and networking organisation. TheMHS mission is to:
1. Recognise 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

This Summer Forum is organised by TheMHS Management Committee:
Cathy Chapman, Kevin Kellehear, Vivenne Miller, Maree Teesson (Co-convenors),
Tom Brideson, Andy Campbell, Maria Cassiniti, Lynne Dunbar, Michelle Everett, Roger Gurr,
Paula Hanlon, Adam Lane, Leonie Manns, Peter McGeorge, Marilyn McMurchie,
Sadie Robertson, Alan Rosen, Tully Rosen, Barbara Tooth

Please check website for updates about the Summer Forum

ONLINE CONFERENCE REGISTRATION is available at www.themhs.org
If you are not able to register online please contact TheMHS.
2 day registration fee includes morning/afternoon teas, lunches and drinks/nibbles at the end of Thursday 21st February.

$640 Full 2 day Fee
$595 Earlybird 2 day Fee
(on or before 18th Jan 2013)
Above prices include GST

Concessional registration fees are available (full-time students, unemployed people, pension-card holders, government beneficiaries) on request to TheMHS office at info@themhs.org
Centrelink’s Health Care Card will be accepted as proof of concession for the purpose of receiving a concession at the conference.

PLEASE NOTE: Registration will not be confirmed until payment in full has been received.

TheMHS CANCELLATION POLICY:
Fees will be refunded in full if TheMHS is notified in writing by the 18 January 2013, 50% of fee will be refunded if notification is received by 1 February 2013. NO REFUND will apply after 1 February, except at the discretion of TheMHS Management Committee.

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