PROGRAM

Mental Disorders and Physical Health: Linking body and mind

TheMHS Summer Forum
21 – 22 February 2013

UTS Aerial Function Centre
Sydney

Address for Communication: TheMHS Conference, PO Box 192 Balmain NSW 2041;
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FOR YOUR DIARY:
TheMHS 23rd Annual Conference 20 – 23 August 2013
Melbourne Convention Centre, Victoria.

Please submit your abstract online via TheMHS website prior to 7 March.
## TheMHS Summer Forum
### 21 - 22 February 2013

**PROGRAM:** Thursday 21 February

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<tr>
<td>8.00am</td>
<td>Registration desk opens</td>
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<td><strong>Session 1</strong></td>
<td><strong>CHAIR:</strong> Maree Teesson</td>
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| 9.00am  | *Opening and Acknowledgement of country,* Tom Brideson, Chair, TheMHS Management Committee
|         | *Minister Mark Butler,* Federal Minister for Mental Health           |
|         | Launch: Revised Rights & Responsibilities Statement by Mark Butler, Minister for Mental Health, Lei Ning, Margaret Springgay |
| 9.45am  | Topic: *Protecting the cardio-metabolic health of people with psychosis* Speaker: David Shiers |
| 10.40am | Morning tea                                                           |
| **Session 2** | **CHAIR:** Michelle Everett                                        |
| 11.10am | Topic: *Physical health and other outcomes in people with psychosis.* Data from the National Survey of High Impact Psychosis (SHIP) Speaker: Vera Morgan |
| 12.00pm | Topic: *Awakening the sleeping giant – impact of early trauma on healthy lifestyle changes* Speaker: Paula Hanlon |
| 12.45pm | Lunch                                                                 |
| **Session 3** | **CHAIR:** Kevin Kellehear                                           |
| 1.45pm  | Topic: *Depression: Cardiovascular and Mental Health* Speaker: David Hare |
| 2.45pm  | Topic: *The mind body and nexus: not just a theoretical construct* Speaker: Patricia Davidson |
| 3.30pm  | Afternoon tea                                                         |
| **Session 4** | **CHAIR:** Tom Brideson                                             |
| 4.00pm  | Topic: *Linking physical health with social and emotional health and wellbeing* Speakers: Pat Dudgeon and Clinton Schultz |
| 4.45pm  | CHAIR/Facilitator: Alan Rosen                                        |
|         | Speakers Corner: David Shiers, Vera Morgan, David Hare, Paula Hanlon, Patricia Davidson, Pat Dudgeon |
| 5.15pm  | Reception join us for drinks and canapés. Soft drinks and finger food supplied, cash bar for alcoholic drinks. |
| 6.30pm  | Close                                                                 |
**PROGRAM: Friday 22 February**

**Session 5**  
**CHAIR:** Cath Chapman  
**9.00am**  Topic: *Woodshedding from personal perspective as a family member*  
Speaker: David Shiers

**9.45am**  Topic: *Mental Health Peers supporting improved physical health: how far have we come and where to from here?*  
Speaker: Sharon Lawn

**10.30 – 11.00**  Morning tea

**Session 6**  
**CHAIR:** Lynne Dunbar  
**11.00am**  Topic: *Healthy lifestyles interventions: coronary disease reduction for people with mental illness*  
Speaker: Frances Kay-Lambkin

**11.45am**  Topic: *Putting practice in place for healthy living for people with mental illness*  
Speaker: John Allan

**12.30 – 1.30**  Lunch

**Session 7**  
**CHAIR:** Paula Hanlon  
**1.30pm**  Topic: *EXERCISE - the missing link in the journey to recovery*  
Speaker: Janelle Abbott

**2.15pm**  Topic: *Multiple perspectives on programs to improve physical health and wellbeing for people with mental illness*  
Speakers: Jackie Curtis, Katherine Samaras, Andrew Watkins, Stephanie Webster

**3.15 – 3.30**  Afternoon tea

**Session 8**  
**CHAIR:** Maree Teesson  
**3.30pm**  Topic: *In SHAPE: Creating Whole Health through Principles of Recovery and Social Inclusion*  
Speaker: Ken Jue

**4.30pm**  Close

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<td>Australian Childhood Foundation</td>
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Watch the e-Posters: See separate insert
SPEAKERS

The Hon. Mark Butler MP
Minister for Mental Health and Ageing;
Member for Port Adelaide, SA
Minister Assisting the Prime Minister on Mental 
Health Reform
Minister for Housing and Homelessness;
Minister for Social Inclusion

Janelle Abbott
A consumer, a personal trainer and ambassador 
and spokesperson for Fit for Good. Involved in 
fitness and health programs for Schizophrenia 
Fellowship NSW and Reclink NSW.

Associate Professor John Allan
Chief Psychiatrist for NSW

Dr Jackie Curtis
Senior Staff Specialist in Psychiatry, South East 
Sydney LHD
Conjoint Lecturer, School of Psychiatry, UNSW.

Professor Patricia Davidson
Director of the Centre for Cardiovascular and 
Chronic Care at the University of Technology 
Sydney and Professor of Cardiovascular 
Research at St Vincent’s Hospital, Sydney

Professor Pat Dudgeon
Professor and Research Fellow, School of 
Indigenous Studies, University of Western 
Australia; National Mental Health Commissioner

Professor David Hare
Coordinator, Cardiovascular Research Domain 
for the University of Melbourne
Senior Cardiologist and Director of Heart Failure 
Services, Austin Health.

Paula Hanlon
Consumer Participation Coordinator at Ryde 
Community Mental Health Service.

Associate Professor Sharon Lawn
Associate Professor, Department of Psychiatry, 
Flinders University.

Ken Jue
Developer InSHAPE Program addressing the 
national crisis of a shorter lifespan for persons 
with a serious mental illness

Dr Frances Kay-Lambkin
Postdoctoral Research Fellow, National Drug 
and Alcohol Research Centre, University of 
NSW.

Professor Vera Morgan
Head of the Neuropsychiatric Epidemiology 
Research Unit, School of Psychiatry and Clinical 
Neurosciences, University of Western Australia 
Operational Epidemiologist, Centre for Clinical 
Research in Neuropsychiatry, University of 
Western Australia

Professor Katherine Samaras
Professor and Head of the Diabetes & Obesity 
Clinical Group, Garvan Institute of Medical 
Research Founder and Director, The Australian 
Centre for Metabolic Health, St Vincent's Clinic

Clinton Schultz
Intern Psychologist (NSW) and Accredited 
Instructor of Indigenous Mental Health First Aid 
training. Member of the Australian Indigenous 
Psychologists Association (AIPA)

Dr David Shiers
General Practitioner from the UK whose special 
interest in mental health, arising from personal 
involvement as a carer, drove his commitment 
to improve the physical health care of those 
with serious and persisting mental disorders by 
leading a program of engagement between 
primary care and local Early Intervention 
Services.

Andrew Watkins
Clinical Nurse Specialist

Stephanie Webster
Consumer Educator

EVALUATION OF SUMMER FORUM 2013

Please be sure to do the online evaluation of this Summer Forum. A link to the online 
evaluation will be emailed to you next week. We look forward to your feedback on this Forum 
to help us continually improve what we do.