



## **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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Facebook: [www.facebook.com/TheMHSConference](http://www.facebook.com/TheMHSConference)

During Forum use hashtag #TheMHS

### **FOR YOUR DIARY:**

**TheMHS 23<sup>rd</sup> 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

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## PROGRAM: Thursday 21 February

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**8.00am** Registration desk opens

**Session 1** CHAIR: **Maree Teesson**

**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**

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**10.40am – 11.10am** **Morning tea**

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**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**

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**12.45pm – 1.45pm** **Lunch**

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**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**

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**3.30pm – 4.00pm** **Afternoon tea**

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**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

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**5.15pm** **Reception** join us for drinks and canapés. Soft drinks and finger food supplied, cash bar for alcoholic drinks.

**6.30pm** **Close**

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**PROGRAM: Friday 22 February**

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**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**

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**10.30– 11.00** **Morning tea**

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**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**

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**12.30 – 1.30** **Lunch**

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**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**

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**3.15 – 3.30** **Afternoon tea**

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**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

<b>Visit the booths of:</b>	<b>Read the brochures in your folder:</b>
<ul style="list-style-type: none"><li>• ARAFMI NSW Inc</li><li>• NSW Institute of Psychiatry</li><li>• On the Line Australia</li><li>• SANE Australia</li><li>• Transcultural Mental Health Centre</li><li>• TheMHS/TAMHSS</li></ul>	<ul style="list-style-type: none"><li>• AMHOIC 2013</li><li>• Australian Childhood Foundation</li><li>• Australian Institute of Health and Welfare</li><li>• HITnet Innovations Pty Ltd</li><li>• NSW Institute of Psychiatry</li><li>• Orygen Youth Health Research Centre</li></ul>
<b>Watch the e-Posters: See separate insert</b>	

## **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.