We welcome you to join us in exploring the links between community, culture and mental health; the connections we all need to live, work and thrive together. For the first time TheMHS will join with the WA Transcultural Mental Health Conference and the Australasian Refugee Health Conference.

TheMHS Conference is an international mental health educational forum, attracting over 1000 mental health clinicians, managers, consumers, carers, researchers, educators and policy makers, annually.
In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.

Marianne Williamson

This unique joint event in 2009 will link concepts of the interrelatedness of individuals, families and communities, providing connections which can strengthen and support mental health and emotional wellbeing.

Conference themes include:
- Networks, relationships and partnerships to improve health and emotional wellbeing in our communities.
- Inclusion, sense of place, connection and drawing together.
- Speaking out, renewal, recovery and hope.
- Moving forward in policy directions, clinical practice and service provision.

Voices of respected international, national and local leaders from carers, consumers, policy makers, practitioners, and researchers will be heard.

TheMHIS 2009 will be thought provoking, creating stimulating and challenging debate and discussion on the issues facing our communities now and into the future. It will be valuable for consumers, carers and families, academic representatives, government staff, mental health service staff, members of the community sector, students and the media.

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Come to Perth, Western Australia
Explore Western Australia when you come to the 2009 conference. Experience Perth, situated on the meandering Swan River and overlooked by Kings Park, a huge natural bushland just minutes from the city centre. Enjoy the beautiful beaches, with their vast expanses of clean white sand. Dine in some of the restaurants and street cafes of Northbridge, Subiaco and Fremantle. Take the ferry across the Swan River to South Perth or from Fremantle to Rottnest Island where there are no cars but there are many quokkas (marsupials only found on this one island). Visit the Darling Ranges, only a short drive from Perth, or take a wildflower tour in the South West. While you are there, visit the town of Margaret River famous for its wines and gourmet local produce and surf.

For more information about activities and events in Perth, go to: www.westernaustralia.com/au
TheMHS is a learning network for improving mental health services in Australasia. 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.

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 current knowledge and ideas about mental health. www.themhs.org

WATMH & ARH COMMITTEES
Aiselen Thambiratnam (ARH Co-Convenor),
David Burgner (ARH Co-Convenor),
Andres Crespo (WATMH Co-Convenor),
Bernadette Wright (WATMH Co-Convenor),
Renay Grech, Carly Dolinski, Lynne Bernas.

TheMHS SYDNEY MANAGEMENT COMMITTEE (in alphabetical order)
Tom Bridger, Andy Campbell, Lynne Dunbar, Roger Gurr, Paula Hanlon, Douglas Holmes, Cathy Issakidis, Kevin Kelleher, Leonie Manns, Peter McGeorge, Mariyln McMurchie, Vivienne Miller, Sadie Robertson, Alan Rosen, Maree Tossen.

TheMHS 2009 PERTH COMMITTEE
Warwick Smith (GMHCS Co-Convenor),
Ann White (WAAMH Co-Convenor),
Elizabeth Moore, Mark Pestell, Ann Hodge, Steve Patchett, Pun Sam Whitaker, Richard Menasse, Caroline Ngen, Joe Callie,
Phillipa Farrell, Anthea Love,
Lyn O'Brien, Vivienneanoi, Australian Aboriginal Peoples, South Cross University, NSW, and previously was Program Leader and Aboriginal Research Fellow, Rainforest Cooperative Research Centre, James Cook University.

Some program highlights for TheMHS & WATMH will include presentations on:
- primary care; mental health consumer issues; families and carers; physical health & mental health; national & regional mental health policy and strategies.
- cultural competency; indigenous people’s mental health; social inclusion; child, youth, adolescent mental health; working together in partnership; leadership skills; gender issues, early intervention; evaluation and program monitoring.
- recovery and personal stories; conceptualising and multicultural communities; workforce.

Some program highlights for ARH will include presentations on:
- refugee health assessment; barriers to primary care; specific physical illnesses.

Tuesday keynote addresses: Kim Mulholland; Jill Benson; Carmen Lawrence.
Wednesday keynote address: Wen-Shing Tseng.
Thursday keynote address: Rufus May.
Friday keynote address: Gregor Henderson.

Keynote Speakers

Australasian Refugee Health Conference – Tuesday to Wednesday

Kim Mulholland
Kim Mulholland is Professor of Child Health and Vaccinology, London School of Hygiene and Tropical Medicine, with extensive experience in clinical care, public health and field research in developing countries. In the Gambia he established a research program in the use of Hib vaccine, a large trial of the efficacy of a Hib vaccine and introduction of the vaccine across the country. He worked for the WHO in Geneva, in charge of Hib and pneumococcal vaccines. He established standard procedures for evaluation of pneumococcal and Hib vaccines in developing countries. He established the Centre for International Child Health in Melbourne, now a WHO Collaborating Centre in Child Health Research.

Jill Benson
Jill Benson is Director, Health in Human Diversity Unit, Discipline of General Practice, University of Adelaide. She has been a GP for 30 years and currently works in travel medicine, with refugees at the Migrant Health Service in Adelaide, in the remote Aboriginal community at Yalata and has worked in a teaching hospital in Dharam in rural eastern Nepal. She has taught and written on many topics and has presented papers on cross-cultural issues, mental health, access to health, infectious diseases and doctors health at national conferences in Australia and international conferences in Italy, Lebanon, Florida, Pakistan, Abu Dhabi, Singapore and Spain. She has recently published "Mental Health Across Cultures. A practical guide for health professionals".

Carmen Lawrence
Carmen Lawrence is Wittington Professor at the University of Western Australia where she is working to establish a Centre to undertake research and discussion on factors contributing to the development of stigmatization and inditocination, including extreme ideas and violent behaviour. She is a research psychologist who lectured in a number of Australian universities, before entering politics in 1986. She was WA Minister for Education and Aboriginal Affairs, was the first woman Premier and Treasurer of an Australian state government and in 1984 was appointed Minister for Health and Human Services and Minister assisting the Prime Minister on the Status of Women. She retired from politics in 2007.

Title of keynote address: The Power of Indifference.

WA Transcultural Mental Health Conference – Wednesday to Friday

Wen-Shing Tseng (sponsored by MMHA) Wen-Shing Tseng, M.D. is professor of psychiatry, University of Hawaii School of Medicine. He has been guest professor of the Transcultural Psychiatry Section of the World Psychiatric Association, was the founding President of the World Association of Cultural Psychiatry. Throughout his career, he has conducted numerous research projects, mainly relating to the cultural aspects of mental health, psychiatry, and psychotherapy. He has published about 20 English books and 20 Chinese books. His book, "Handbook of Cultural Psychiatry" (2001) is a landmark book in the field of cultural psychiatry. He received the Life Achievement Award from the Society for Study of Psychiatry and Culture. He is also the recipient of the Kun-Soo Award for significant contribution to Asian Psychiatry and Distinguished Life Fellow of American Psychiatric Association.

Title of keynote address: Transcultural Practical, Clinical, Theoretical, and Philosophical considerations for Mental Health Services.

TheMHS Conference – Wednesday to Friday

Judy Atkinson
Judy Atkinson’s heritage derives from the Jiman people of the Upper Dawson in Central West QLD, and the Bundjung of Northern NSW. Most of her community and academic life has been in the field of violence, trauma and healing. She is a member of the NSW Child Death Review Team and the NSW Department of Community Services Research Committee; she was the State Director, Committee for the Aboriginal and Torres Strait Islander Commission in Queensland. She is director of the Global College of Wellbeing for the Australian Aboriginal Peoples, South Cross University, NSW, and previously was Program Leader and Aboriginal Research Fellow, Rainforest Cooperative Research Centre, James Cook University.

Gregor Henderson
Gregor Henderson is an advisor/consultant to Governments, public sector, not for profit and private agencies on mental health and wellbeing. He was the first Director of Scotland’s innovative National Programme for Improving Mental Health and Wellbeing, and was Programme Director and adviser to the Scottish Government. He is a visiting fellow with the Institute of Psychiatry, King’s College London, an advisor to Mental Health Europe and the Chair of Young Scotland in Mind. Gregor’s main interests are in mental health, psychiatry, and psychotherapy and he is an experienced writer on these topics. He frequently contributes to the development of policy, research, evidence-based practice and the way people, communities and societies think and act about mental health.

Title of keynote address: Mental Health and Wellbeing: New Thinking and Acting for Turbulent and Challenging Times.

Rufus May
Rufus May works as a clinical psychologist in adult mental health in Bradford, England. He has an interest in psychological approaches to hearing voices, unusual beliefs and disassociative states of mind and the recovery process. He is also interested in developing public understanding of mental health issues. He organises public meetings called Evolving Minds that look at different ways to emotional wellbeing and recovery.

His work was featured in the Channel 4 documentary ‘The Doctor Who Hears Voices’. He has written and spoken widely on these and also he has contributed to the way he experience of psychosis and recovery influences his work helping others.

Title of keynote address: The Spirit of Recovery.

The Preliminary Program is available on themhs.org

Title of keynote address: Working across cultures – challenges and joys for professionals in delivering refugee health services.

Some program highlights for TheMHS & WATMH will include presentations on:
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- recovery and personal stories; conceptualising and multicultural communities; workforce.

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- refugee health assessment; barriers to primary care; specific physical illnesses.

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Wednesday keynote address: Wen-Shing Tseng.
Thursday keynote address: Rufus May.
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Title of keynote address: Mental Health and Wellbeing: New Thinking and Acting for Turbulent and Challenging Times.

Title of keynote address: The Power of Indifference.

Title of keynote address: Transcultural Practical, Clinical, Theoretical, and Philosophical considerations for Mental Health Services.

Title of keynote address: Mental Health and Wellbeing: New Thinking and Acting for Turbulent and Challenging Times.

Title of keynote address: The Spirit of Recovery.

Australasian Refugee Health Conference

Some program highlights for ARH will include presentations on:
- refugee health assessment; barriers to primary care; specific physical illnesses.

Tuesday keynote addresses: Kim Mulholland; Jill Benson; Carmen Lawrence.
Wednesday keynote address: Wen-Shing Tseng.
Thursday keynote address: Rufus May.
Friday keynote address: Gregor Henderson.
TheMHS Workshops and Forums

Tuesday 1 September

Each of the 3 Forums is organised by a local committee to highlight local, national and international issues. Each of the 2 workshops focus on a topic of specific interest to people working in mental health services. Forums and workshops may be a full day or half day – when booking please ensure that you do not register for concurrent forums or workshops.

Workshop 1: Double Trouble – comorbidity (full day)
(presented by the NDARC Educational Trust)

Comorbidity between drug and alcohol and mental illness continues to challenge treatment services. This one-day interactive forum brings together experts to discuss the latest challenges and responses to comorbidity issues. The speakers will focus on the latest research, updates on drug use trends; updates on best practice in service provision; new treatments; perspectives on how national and local policies and strategies can make a difference; and personal perspectives on comorbidity. The program will be of particular interest to policy makers, clinicians, researchers, educators, and consumer and carer advocates. During the day there will be opportunities for in-depth discussion and exchange of experiences. Book early as places are limited!

Workshop 2: Leadership & Mental Health (afternoon only)

There is no simple right answer to the question of how best to fund, deliver and evaluate the provision of Mental Health Services. The situation is complex and emergent – plans made today may be irrelevant in a week or a month as unforeseen circumstances impact on individuals and organizations alike, especially in the context of the global economic crisis. While every effort must still be made to develop and deliver “leadership” in the form of long term Visions and Strategies, the situation also calls for micro-leadership processes at all levels, that produce faster responses to changing circumstances, while still addressing the needs and concerns of the maximum number of stakeholders.

Leadership research indicates that the most effective outcomes will be achieved by decision makers who are able to get “up close and personal” with all the parties involved, while simultaneously maintaining an overview perspective that enables them to avoid getting bogged down in interesting details. This workshop will provide participants with the opportunity to experiment with tools and techniques that can assist in handling such paradoxical demands, and that can be used by any member of a decision making group.

Consumer Forum: It’s time... for coming back to No 1 (full day)

Taking care of, prioritizing, and accepting responsibility for ourselves, is an important step towards life balance and wellbeing – that is “self empowerment”.

All too regularly, due to our busy lives, our unhealthy habits and our old unhelpful patterns, we can easily forget that we are responsible for change both personal and community change – it is up to us to take up the gauntlet to empower ourselves in the direction of our own desires and dreams. For the most part we really do know what helps and what hinders us along the way but we too easily fall into the default position of waiting for others to fix things or to open doors for us. It’s time to shift from blame, anger and fear etc and start asking ourselves “what do I want to do about it?” and “what stops me being the driver in my own active citizenship?” As active citizens we make choices which can have an impact on our relationships with others. It is important to be aware of how our footsteps affect ourselves and others. This forum aims to encourage conversations, debate, exchange of techniques and understanding on the challenges and opportunities we face on the path to wellbeing, and encourage others to be active citizens. Speakers include – Rufus May (TheMHS 2009 Keynote) and Jake Dean (Rockingham WA).

Indigenous Forum (full day)

Indigenous peoples view health in a holistic way, emotional, physical, spiritual, cultural and social aspects are interwoven to create overall health and wellbeing. The Indigenous Forum sessions will include topics on traditional healing, drugs and alcohol, workforce, service provision and also will include a “men’s business” and “a women’s business” session reflecting cultural protocols within the Australian Indigenous community. A whole of life approach to mental health, rather than a compartmentalised approach, is vital to tackling the standards of health within indigenous communities.

Carer/Family Forum: Recovery for Carers – What About Me? (full day)

There is an increasing focus on ‘recovery’ as a key concept in the delivery of services to those affected by mental ill health. Throughout the day we will be acknowledging the need for those in caring roles to build their own resilience and to recover their own full potential. Opportunities will be offered for carers to talk about their personal stories and to offer to others their coping strategies. Carers will also be given techniques for developing self-care and stress management plans and options for maintaining health and wellbeing.

TheMHS Workshops and Forums

Wednesday 2nd – Friday 4th September

On these 3 days the conference program commences with a keynote speaker in a plenary session which is followed by concurrent papers, snapshot papers, symposia, workshops, debates and a poster session.

Program Outline

TUESDAY 1 September 2009

8.00am  Registration Desk opens
9.00am  Consumer Forum, Carer/Family Forum, Indigenous Forum commence
9.00am  Workshop 1: Double Trouble commences
9.00am  ARH conference commences
1.15pm  Workshop 2: Leadership commences
5.00pm  ARH conference first day concludes
6.00pm  ARHC/WATMHC Conference dinner

WEDNESDAY 2 September 2009

8.00am  Registration Desk opens
8.45am  TheMHS & WATMH - Conference opening, awards presentation and keynote address
9.00am  ARH conference second day commences
There will be 12 concurrent sessions throughout the day
1.00pm – 2.00pm  Poster session - ARH
5.00pm – 6.00pm  Poster session - TheMHS and WATMH
6.00pm – 8.00pm  Welcome Reception

THURSDAY 3 September 2009

8.00am  Registration Desk opens
8.45am  Keynote Address followed by 12 concurrent sessions throughout the day
5.15pm  Meetings of associations, groups (contact TheMHS Office for details)

FRIDAY 4 September 2009

8.30am  Registration Desk opens
8.45am  Keynote Address followed by 12 concurrent sessions throughout the day
4.30pm  Close of conference

ARH Conference

Tuesday 1st September – Wednesday 2nd September

This is a two day conference with the second day concurrent with TheMHS and WATMH conferences.
Don’t Miss

Site Visits – Monday 31st August
You are invited to take part in Site Visits to services, agencies or organisations on the day prior to the conferences. All bookings will be through WAAMH and details about participating sites will be available at www.waamh.org.au from June 15th 2009.

Dinner Event – Tuesday 1st September
Annalakshmi on the Swan Restaurant, Jetty No.4, Barrack Street, Perth
The ARH Conference and WATMH Conference Dinner is open to delegates from all three conferences and will commence at 6:00 pm. Annalakshmi is an icon on Perth’s city foreshore. What really touches the hearts and minds of guests is the wholesome buffet-style banquet of Asian, Indian and Sri Lankan dishes cooked not by chefs, but lovingly prepared by volunteering mothers, grandparents, sisters and brothers who have learned from their ancestors the art of creating food for the soul. It is a strictly ‘no alcohol’ venue, so liquid refreshment comes in the form of fresh fruit juices and treats such as the mango lassi. Cost is $30.00 per head and bookings are essential as numbers are limited. Payment is required upon booking. Bookings must be made directly to: andrea@ishar.org.au.

Opening and Mental Health Achievement Awards – Wednesday 2nd September, at 8.45am
Delegates will be welcomed to country by an elder of the Wadukju people, 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.

Welcome Reception Wednesday – Wednesday 2nd September, between 6.00 – 8.00pm
Come and catch up with friends and colleagues. Finger food, refreshments (including cash bar) and entertainment are provided. Watch out for updates and further details of the reception on the website.

Meetings on Thursday – Thursday 3rd September, at 5.15pm
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 3rd August, for details.

Final session Closing Ceremony – Friday 4th September, at 3.30pm
The conference closing ceremony will include entertainment, speakers and the ceremonial handover of the TheMHS banner to next year’s conference committee.

TheMHS CONFERENCE BURSARIES – apply now!
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 late June 2009. If there are still bursaries available after the first round are allocated in June, subsequent offers will be made.

Perth, Western Australia

THE WEATHER
The average daytime temperature in September is 20 degrees Celsius and the average night-time temperature is 9-12 degrees Celsius, with Perth having more sunny days per year than any other Australian capital city. The warm sun and temperate climate has helped build Western Australia’s reputation for world-renowned food and wine regions, and its outdoor lifestyle.

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:
Tourist visas: www.immi.gov.au
Customs and quarantine: www.customs.gov.au; www.affa.gov.au
(all food, plant and animal materials must be declared)
Foreign embassies: www.dfat.gov.au

Perth Transport

AIRLINE TRAVEL

TAXIS
The cost of a taxi from Perth airport to the city is approximately $35. Further information available about taxis from Perth airport website: www.perthairport.com

AIRPORT TRANSFERS - Buses & Shuttles
For information about ground transport to and from Perth airport go to Perth airport website: www.perthairport.com

LOCAL BUSES AND TRAINS
TransPerth Buses: Free buses (CAT) operate in the central area of Perth. Check these out as many of the conference hotels are on the free bus routes which will take you to the Perth Convention Exhibition Centre (PCEC).
TransPerth Trains: There is a train station located adjacent to the PCEC.
SPONSORS
Principal Sponsors of TheMHS, WATMH and ARH conferences
Government of Western Australia
Australian Government

Conférences
Registration form

Online conference registration is available via TheMHS website: www.themhs.org

Online registration is the easiest, simplest method of registering for the conference. However if you wish to use this registration form, please fill in a separate form for each person attending, and fax (+61 2 9810 8733) it to TheMHS office, to be received and fully paid before Wednesday 26 August 2009. 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.

Conference registration
Registration online and using this registration form is in AUSTRALIAN DOLLARS ONLY

TheMHS Conference

TUESDAY FORUMS & WORKSHOPS – 1st September 2009

- Consumers Forum (full day) $45
- Carers/Family Forum (full day) Full fee $80
- Concession ** $45
- Indigenous Forum (full day) Full fee $80
- Concession ** $45

(The forums are subsidised by the Australian Department of Health and Ageing)

Workshop 1: Double Trouble – comorbidity (full day) $290
Workshop 2: Leadership & Mental Health (afternoon only) $150

(The consumer and Carers/Family forums are subsidised by the Australian Department of Health and Ageing)

TheMHS & WATMH Conferences

WEDNESDAY TO FRIDAY – 2nd – 4th September 2009

- Full fee 3 days $730
- Earlybird fee 3 day (if received by 17 July) $690
- Concession 3 days ** $345
- Full fee – Day only
  - Wednesday 2/9/09 $275
  - Thursday 3/9/09 $275
  - Friday 4/9/09 $275
- Concession – Day only **
  - Wednesday 2/9/09 $120
  - Thursday 3/9/09 $120
  - Friday 4/9/09 $120

ARH Conference

TUESDAY TO WEDNESDAY 1st – 2nd September 2009

- Tuesday only full day $275
- Tuesday & Wednesday full days $550
- Wednesday only full day $275

ARH Registration Options:
- If you wish to attend the ARH conference (Tues & Wed) and Thursday & Friday of TheMHS/WATMH conference/s, then you should choose a 1-day registration to ARH (Tuesday) + 3-day registration to TheMHS - as this will work out to be a cheaper option. If you wish to attend the ARH conference (Tues & Wed) and only one day of TheMHS/WATMH conference, choose the ARH 2 day fee and then add the day of your choice from TheMHS/WATMH day only registrations.

CPE Certificate

- Please supply a Continuing Professional Education Attendance Certificate (This must be collected at the Conference)

Total $
Surname__________________________________________First Name__________________________________________
Organisation __________________________________________________________
Postal Address _____________________________________________________________
Suburb/City________________________________ State/Territory _____________________________
Country __________________________________ Postcode ____________________________
Ph (Work) ______________________________ Fax ________________________________
Mobile Phone ______________________________ Ph (Home) ____________________________
Email ___________________________________________ (Please write clearly)

Special Requirements: hearing loop, sign language (AUSLAN) interpreter, dietary requirements, wheelchair access, language interpreter (please state which language). NOTE: to guarantee your special requirement we must receive your registration form with payment at least one month prior to the commencement of the conference.

____________________________________________________________________________

How did you find out about this year’s TheMHS Conference?
☐ Colleague or friend ☐ Received brochure in mail from TheMHS
☐ Advertisement in journal/newsletter (please specify) ______________________________________
☐ TheMHS website ☐ Other __________________________

METHOD OF PAYMENT

DIRECT DEPOSIT: If your organisation intends to pay by Direct Deposit, please ensure that TheMHS Office is notified of this ASAP, and quote Invoice Number.

PAYMENT ENCLOSED (please tick your option)
☐ Australian dollar cheque/bank draft payable to The Mental Health Services Conference Inc
☐ Authority to charge my credit card account (Australian Dollar amount)

CREDIT CARD DETAILS
Please note that all credit card transactions are in Australian dollars, and that only the credit cards listed below are accepted.
☐ VISA ☐ Mastercard
Card Number: ____________ ____________ ____________ ____________ Expiry Date ________ / ________
Amount $________________________ Name on Card ______________________________

Signature ________________________________

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.

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 24 July 2009, 50% of fee will be refunded if notification is received by 7 August 2009. No refund will apply after the 7 August 2009 except at the discretion of TheMHS Management Committee.

PLEASE COMPLETE AND RETURN THIS REGISTRATION BOOKING FORM WITH PAYMENT TO:
TheMHS Conference,
PO Box 192, Balmain NSW Australia 2041
OR Preferably register online at www.themhs.org