TheMHS Conference is an international mental health and psychiatric, educational forum, attracting over 1000 mental health consumers, carers/families, clinicians, managers, researchers, cultural and indigenous workers, educators and policy makers annually.
Mental health service reform
Resilience and adaptability
Social justice and social inclusion
Clinical issues, policies, funding, research
Citizenship and lived experience
Change, innovation and quality
Tolerance, endurance and growth

TheMHS Conference 2011 theme:
Resilience in Change

This coming of age 21st TheMHS conference moves forward from contributing to the rebirth and revitalising of mental health services, to capacity development in resilience and adaptability, recognising that reform and change is an ongoing process. Learning from the evidence of the past, from other cultures and communities, and building on the strengths of effective policies and practices is the evolutionary driver of reform. This coming of age conference is focussing on Resilience in Change working hand in hand, providing a platform for consumers, carers, service providers, policy makers and other stakeholders to consider ideas, programming and collaborations which inspire determination, tolerance, endurance and growth in individuals and within mental health systems. Enriching the lives of consumers to ensure citizenship within evolving communities is the challenge we all face and this conference is seeking to bring people together to share, listen, robustly debate and advocate for this very purpose.
Andrew Fuller is a Clinical Psychologist; a Family Therapist Consultant Psychologist; Fellow of the Department of Psychiatry, and the Department of Learning and Educational Development, at the University of Melbourne, Victoria. He is a principal consultant to the Australian national drug prevention strategy REDI. Andrew also consults to the ABC regarding children’s television shows, and he is currently an Ambassador for Mind Matters. He has years of experience in working with Australian and international schools and communities, specialising in the wellbeing of young people and their families. He is the author of best sellers: Tricky People- how to deal with horrible people before they ruin your life, Work Smarter not Harder, From Surviving to Thriving, Help Your Child Succeed at School, Raising Real People and Beating Bullies. Andrew has also co-authored a series of programs for the promotion of resilience and emotional intelligence used in over 3500 schools in Britain and Australia called The Heart Masters. He works directly with young people and their families. He has also established programs to promote mental health in schools, prevent substance abuse, reduce violence and bullying, prevent suicide, and assist homeless youth.

Helen Glover is an independent consultant with her company Enlightened Consultants which provides a range of training solutions and consultancy to government, non-government service providers, people with a lived experience and their families. She uses her professional background in social work and education as well as her lived experience of her own recovery from mental illness to expand and challenge the concepts of recovery-oriented practice within the mental sector. She lectures and provides training nationally and internationally on the opportunities, challenges and tensions of creating recovery-oriented practice and support environments. Helen has been a co researcher in the qualitative Australian study: “Recovery from Schizophrenia from a Consumer Perspective.” Helen is passionate about the reality of recovery from mental illness/distress, and works with organisations in assisting them to further create environments where the focus is on supporting people in their personal efforts of recovery. In combining her lived experience with her professional background, and drawing on her interest in education and learning, she has developed a number of large action-learning projects around recovery-oriented leadership and systemic change.

Alain Topor is a psychologist and assistant professor at the Department of Social Work, Stockholm University. He also works as head of the Department of Research and Development at Psychiatry South, Stockholm. His career has included work as a family therapist, supervisor and psychologist in both social work and psychiatry, as well as experience working as a journalist. He was involved in the closure of Stockholm's two mental hospitals and also contributed to the development of social alternatives to these institutions. Most recently he has been conducting research into the recovery process of people with severe mental problems, the coping strategies of people hearing voices and the role of social conditions and relationships in mental health and recovery.

KEYNOTE SPEAKERS

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The program includes 3 keynote speakers over the 3-days to provide a stimulating start to each day. There are 6 Featured Symposia to complement the 250 presenters in 10 concurrent sessions per day over 3 days. The presentations include many themes and perspectives including: change and system reform; women and children and early intervention; physical health; reducing smoking; positive living for older people; indigenous and cultural perspectives; peer training and workforce; families support and reliance; social inclusion and homelessness; community managed sector (NGO); collaboration and partnership; evaluation, quality, innovation; trauma and resilience; early intervention; outcome measurement; mindfulness; recovery-based practice; electronic and art media; competencies for peer workforce; comorbidity; clinical issues; trauma and resilience; arts; aboriginal men's support; specialist clinical services; problem gambling; workforce development and leadership; perinatal programs; reducing stigma; education and employment; and comparisons of mental health commissions across Australia and New Zealand.

Launches – see program for times and website for further details

Book Launch: **Now I can smell the orange blossom!** 21 inspirational individuals share their experiences of their journey to quit tobacco, by Maxie Ashton, Fiona Johnston and the Tobacco Free Team (Wed evening at Welcome Reception)

National Consultation: progress of the review of the Australian National Mental Health Statement of Rights and Responsibilities (Thurs 5.15-6.30pm)
1. Early Intervention supporting resilience
Building resilience in young people, families and communities is the focus of this symposium which brings together several important early intervention strands. There is solid evidence to indicate that better outcomes are achieved for young people when signs of illness are picked up early, with engagement with the young person’s family and network. Early intervention has been prominent in the international discourse in mental health for many years, and the Australian Fourth National Mental Health Plan gives it further prominence through targeted programmes for children and families, and input for young people who have suffered trauma. Anne Sved Williams, psychiatrist, will discuss the welfare of infants of parents with mental health difficulties. Andrew Fuller, clinical psychologist, will speak on the wellbeing of young people and their families and how to promote mental health in schools, touching on preventing substance abuse, reducing violence and bullying, preventing suicide, and assisting homeless youth. South Australian Early Psychosis Intervention Service will present some approaches to early intervention for adolescents and young people, particularly in the area of early psychosis.

2. Resilience in the face of trauma
Recent Australasian and world events have caused us to think about the role of trauma on mental health. In the face of large scale disasters how do individuals and communities respond and cope? How do they build resilience in times of ongoing stress and difficulties? This symposium will explore the issue of trauma and resilience in different settings following trauma, including natural disaster, as well as focusing on those who have been dislocated from their countries. Sandy McFarlane, Professor of Psychiatry, will give an introduction and overview as well as focusing on the impact of disasters and posttraumatic stress disorder. Nicholas Proctor, Chair Mental Health Nursing, Uni of SA, will present on mental health, risk and vulnerability. Tindaro Fallo, clinical psychologist, will speak about cultural factors impacting on recovery from trauma and identity formation in young adult refugees. The symposium speakers will finish with a short discussion about resilience in the face of trauma at different life stages.

3. Supporting consumer self-management
This symposium will provide an understanding of self-management from a theoretical perspective, and then speakers will discuss their experience of self-management. Has the concept of self-management been useful for them and would it be useful for others? People with mental health issues are increasingly seeking ways of managing their own lives and illness, and mental health services are seeking ways to support them to do this. Approaches such as recovery, self-management, acceptance & commitment therapy, and dialectical behavioural therapy all offer ways of assisting individuals to learn skills to manage various areas of their lives. As skills are learned, consumers are able to increase their life choices, and to live as independently as they wish. Self-managing is about accepting responsibility and perhaps gaining some sense of control over health and life events. Malcolm Battersby, Professor of Psychiatry, will join two of TheMHS keynote speakers, Alain Topor and Helen Glover to tussle over these issues and to lead audience discussion.

4. Exploring the current focus on biological treatments for mental illness and the lack of psycho-social interventions
The acute psychiatric wards in our hospitals are often full to bursting with people being admitted and treated, frequently against their will. The observed scene in the ward is often one of patients sitting individually and not interacting with staff or each other. Patients report having nothing to do and complain about the lack of activity. The care appears mainly custodial relying heavily on medication to effect positive changes. Is this the right way to treat people in terms of their ultimate recovery? Why do we no longer use occupation or psycho-social interventions in conjunction with the medication to provide better quality of care and treatment? Is it a staffing issue or is it due to a culture that has developed, and is it the way we think it should continue? In this symposium, we will challenge these questions, examine the evidence and propose alternative approaches.

5. Stories of resilience: a transcultural perspective on working with children, adolescents and young people
This symposium will highlight three innovative strategies that have been successfully implemented to engage and build resilience in children, adolescents, young people and their families from culturally and linguistically diverse communities. Rita Prasad-IIdes (Queensland Transcultural Mental Health Centre) will present on the BRITA Futures Program: Building Resilience in Transcultural Australians: Children, Adolescents and Adults and Parents which works to strengthen protective factors and build resilience through a group program able to be delivered in a variety of settings; Nadia Garan (Transcultural Mental Health Centre, NSW) will present on the outcomes of the TranSCRIBE Young Writing Competition which works with secondary schools, TAFE and university's to encourage young people to share their stories of recovery from a young persons perspective. And, Ahmed Tohow (Action on Disability within Ethnic Communities, Victoria) will present on recent work with young people from Somali in enhancing mental health literacy and access to mental health services.

6. Mental Health Roadmap: adaption, reformation, diversions along the 10 Year Roadmap
For some decades now Australia has been walking, running and often tumbling down the road of mental health reform. With the 10 year roadmap for mental health beginning its development, this symposium will present several perspectives – consumer, service manager, and government – on the current state of the roads, and what is needed for the future. How have national reforms led to changes, what has been the effect of these changes, what else can be done and where to from here? Sometimes adapting to new policies is difficult, and the best GPS Sat-nav in the world won’t help us if there is a roadblock up ahead. Speakers and audience will together examine the journey we are on and help spot the destination.
Workshop 1:  
Comorbidity: mental health and substance misuse  
This workshop brings together respected researchers, clinicians and other health professionals in both the fields of Mental Health and Alcohol & other Drugs treatment to examine current trends of substance use, treatment delivery and outcomes. The focus will be on providing Drug and Alcohol information to mental health workers and other interested people working in the mental health sector. This workshop is for clinicians, researchers, policy makers, carers and consumers and includes opportunities for in-depth discussion and exchange of experiences. Presentations will include: Pharmaceutical Misuse Strategy - including inappropriate use of Benzos and Opialetes; Pain and Pain Management issues; issues in prescribing of pain management and detox. The combination of Alcohol and/ or other drug addiction and mental health continues to pose significant challenges to the resources of our health system and impacts not only on the economy of our nation, but most significantly on the outcomes of those who experience this dual diagnosis.

At the end of the day events
Tuesday 6th September from 6pm
Night of music and fun at NEXUS Multicultural Arts Centre
Lion Arts Centre, Cnr North Tce & Morphett St, Adelaide
Please come to the Nexus Multi Cultural Arts Centre to forge new and renew old conference friendships. Nexus operates as a dynamic art and social networking arena uniting creativity and cultural diversity, a place where artists, communities and audiences share experiences, create artworks and tell their stories, fostering social inclusion and harmony through the arts. The night features the JMG Band, whose performers are part of The Jam, The Mix, The Gig music & mental health project, an independent community project based in Adelaide.

Indigenous Forum
Building Resilient Community
We invite you to come and participate in this forum which will focus on personal and communal resilience for indigenous people, with speakers from around the Australian states and New Zealand. A more detailed program will be available from TheMHS website.
Tuesday Breakfast
The day commences with a hearty breakfast for all consumers and carers attending the Tuesday forums.

Consumer Forum
Consumers, resilience, creativity and connection (full day) – including breakfast
Those of us who experience mental illness know that resilience is our internal capacity to recover, to find ways of dealing, working with, and accepting the changes that living with mental illness inevitably brings to our lives. The Consumer pre-conference forum is all about celebrating that resilience, highlighting effective ways of change and bringing consumers together to share stories of recovery, resilience and remarkable lives! The day will include opportunities to hear about consumer influence in mental health services from across Australia and New Zealand, personal stories, performances and arts activities. By working together and sharing our experiences of living well with mental illness we will demonstrate that resilience is not only possible, but powerful and plentiful in the consumer movement!

Carer/Family Forum
Who cares – We do (full day) – including breakfast
The scene for an action-packed day will be set by Neil Cole, followed by Dr Alain Topor. A panel of speakers will present an information session on “Medication”, comprising a Psychiatrist, General Practitioner, Pharmacist and Mental Health Nurse. They will discuss leading edge research and current treatment regimes, followed by audience participation. Vignettes from a South Australian produced DVD, “The Bond we Share”, will be shown, followed by a facilitated Q & A panel. Psychologists Kerry Burke and Sarah Sutton will provide a focus on siblings and young carers, with other presenters focussing on Indigenous carers, Culturally and Linguistically Diverse (CALD) carers and Rural and Remote carers. A highlight of the day will be the production of the banner “Carers – Hands On” where carers/family members hand prints are printed onto a large wall-hanging of calico.
If you want to immerse yourself in South Australia's rich arts and culture, stroll along North Terrace - Adelaide's “cultural boulevard.” It's home to the Aboriginal Cultures Gallery in the South Australian Museum, Adelaide Botanic Garden and the National Wine Centre. Just around the corner, wander through the fascinating National Aboriginal Cultural Institute - Tandanya. And if you're after a meal or a drink, there are more than 700 restaurants, cafes and pubs to choose from. So, sample the al fresco styles of East Rundle Street, try the seafood and Asian cuisine at Gouger Street, and treat yourself to some fine dining at the restaurants and cafes of North Adelaide. The National Wine Centre is a showcase for Australia's wine industry and includes a wine-tasting gallery, an interactive exhibit that covers all aspects of winemaking and a working vineyard. If fresh produce markets are an indication of a city's quality of life, then Adelaide holds the nation's trump card. The celebrated Adelaide Central Market has been trading ever since 1869 when a band of industrious market gardeners first carted their home-grown fruit and vegetables to the market site between Grote and Gouger Streets. Near the Convention Centre is the JamFactory Contemporary Craft and Design, at the Lions Arts Centre, a leading centre for the design, production, exhibition and sale of work by both established and emerging Australian practitioners.

Please note that the Royal Adelaide Show is concurrent (2-10 September) with TheMHS Conference.

For more information on Adelaide visit:
www.adelaideconvention.com.au or www.southaustralia.com

ACCOMMODATION RESERVATIONS
Ozacom 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 Ozacom on TheMHS website. To obtain the special conference rate accommodation must be booked via the Ozacom 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.ozacom.com.au/2011/mhs11 OR go to TheMHS website and click on 2011 conference, then hotel bookings.
Tuesday 6 September
TheMHS Forums and workshops
Each of TheMHS 3 Tuesday Forums is organised by a locally-based committee to highlight local, national and international issues. The Tuesday workshop focuses on a topic of specific interest to people working in mental health services. Forums and workshops are full days – when booking please ensure that you do not register for concurrent forums or workshops.

TUESDAY 6 September 2011
8.00am Registration Desk opens
8.30am Breakfast for Consumer and Carer/Family Forums – offsite at Higher Ground, 9 Light Square, Adelaide
9.00am Indigenous Forum
9.00am Workshop 1: Comorbidity
10.00am Consumer and Carer Forums commence at Adelaide Convention Centre

WEDNESDAY 7 September 2011
8.00am Registration Desk opens
8.45am Conference opening, awards presentation and keynote address
There will be 10 concurrent sessions throughout the day
5.00pm - Art exhibition opening
6.00pm
5.30pm - Welcome Reception – for all Wednesday registrants
7.00pm

THURSDAY 8 September 2011
8.30am Registration desk opens
9.00am Keynote Address followed by 10 concurrent sessions throughout the day
1.00pm Poster session – in exhibition hall during second half of lunch period.
5.15pm Meetings of associations, groups (contact TheMHS Office for details)

FRIDAY 9 September 2011
8.00am TAMHSS meeting (Transforming Mental Health Services Network)
8.30am Registration desk opens
9.00am Keynote Address followed by 10 concurrent sessions throughout the day
4.30pm Close of conference
TheMHS Visual Arts Exhibition: “Conversation Pieces” – look out for this in the catering and exhibition hall

A big highlight of this year’s conference is a collaborative visual arts exhibition called “Conversation Pieces” comprising the “Resilience Exhibition”, Marra Dreaming’ and ‘The Patchwork Quilt’ presented by consumers, carers and workers affiliated with South Australian mental health psychosocial rehabilitation services (government and non-government). The works are imbued with personal meaning reflecting the artists’ recovery journeys, their experiences, as well as their hopes, dreams and aspirations reflecting various interpretations of the conference theme Resilience. A range of creative approaches have been used. The Resilience Exhibition showcases the creativity and inspiration of emerging and established artists who have lived experience of mental illness. The 18 metre long Marra Dreaming mural was a project designed to increase the awareness of Aboriginal culture and develop stronger cultural connections within mental health services. The Patchwork Quilt exhibition and accompanying digital display tells the stories of resilience depicted in images on fabric patches.

Tuesday 8.30 – 9.30am 6th September – Breakfast!!

Carers and Consumers Pre-conference Breakfast at Higher Ground, 9 Light Square, Adelaide

(Note: please go directly to Higher Ground. After breakfast walk to Convention Centre on North Terrace to register for the Forums)

As a healthy kick start to the Consumer and Carer workshops at the conference we will be providing a buffet style breakfast for carers and consumers at Higher Ground, Adelaide’s very own independent, not-for-profit, multi-arts centre. The catering will be provided by Diamond House commercial kitchen and training café, a service of Clubhouse SA Inc that provides a range of psychosocial rehabilitation activities and programs to assist people with mental illness on their recovery journey to maintain their mental health, be valuable members of their community, reduce the effects of mental illness, reach their full potential and have an improved quality of life. This event will give consumers and carers an opportunity to mingle, meet and greet new faces and has been kindly supported by Non-Government Organisations and partners, MIND, Life without Barriers, Neami and United Care Wesley. Walk to the Convention Centre at 9.30 to register for the Forums. A shuttle bus will be available for those who need it.

Tuesday 6 September 6.00 – 10.00pm
Night of music and fun at NEXUS Multicultural Arts Centre

The night features the JMG Band, whose performers are part of The Jam, The Mix, The Gig music & mental health project, an independent community project based in Adelaide.

Wednesday 7 September
8.45am: Opening and Mental Health Achievement Awards

Delegates will be welcomed to country by an elder of the Kaurna 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. Australian Minister for Mental Health Mark Butler, will open the conference.

5.00 – 6.00 pm: Opening of the Visual Arts Exhibition: “Conversation Pieces”

Come along and meet the artists and others who were involved in these creative and inspiring projects. A special guest speaker will open the exhibition.

5.30 – 7.00pm: 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. The book, “Now I can smell the orange blossom” will be launched at the Reception. This contains stories of 21 inspirational individuals who share their experiences of their journey to quit tobacco. The book is compiled and edited by Maxie Ashton, Fiona Johnston and the Tobacco Free Team. Watch out for updates and further details about the reception on TheMHS website.

Thursday 8 September
1.00 – 1.30pm: Poster session

All poster presenters will be available to talk with conference delegates in the poster hall which is in the same Exhibition Hall as the food. So please get your food and then take some time to visit the posters and talk with the delegates.

5.15pm: Meetings session

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 12 August for details.

Meeting 1: Consultation on the review of the Australian National Mental Health Statement of Rights and Responsibilities

Friday 9 September
8.00am: TAMHSS breakfast meeting

Open to TAMHSS members and everyone interested in becoming part of a network of people who want to improve and reform mental health services in Australia.

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.
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, Leonie Manns, Peter McGeorge, Marilyn McMurchie, Vivienne Miller, Sadie Robertson, Alan Rosen, Tully Rosen, Maree Teesson, Barbara Tooth

TheMHS 2011 ADELAIDE LOCAL COMMITTEE
(in alphabetical order)
Mary Allstrom, Todd Bamford, Dorothy Belperio, Elsie Cairns, Paula Decean, Tania Geyer, Jenny Hall, Michelle Hilton (co-convenor), Phil Jones, Marleen Nicholas, Liz Prowse (co-convenor), Eli Rafalowicz (program convenor), John Strachan, Cindy Turner, Barbara Wieland (convenor)

Further information about TheMHS Conferences is available from:
www.themhs.org
Phone +61 (02) 9810 8700
Fax +61 (02) 9810 8733
Email info@themhs.org

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.

NSW mental health NGOs: some concessional places are available – apply to MHCC for details.
Resilience in Change

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 1 September 2011. 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 FEES - All registration fees are quoted in AUSTRALIAN DOLLARS ONLY

Please register ONLINE. This list is for your information only.

**TUESDAY FORUMS & WORKSHOPS**
6 September 2011

- $45 Consumers Forum (full day)
- $90 Carers/Family Forum (full day) – full fee
- $45 Carers/Family Forum (full day) – concession fee **
- $75 Indigenous Forum (half day) – full fee
- $35 Indigenous Forum (half day) – concession fee **
(These forums are subsided by the Australian Department of Health and Ageing)
- $295 Workshop 1: Comorbidity [9.00-3.15pm]

**WEDNESDAY TO FRIDAY**
WEDNESDAY TO FRIDAY – 7-9 September 2011

- $795 Full fee 3 days
  [does NOT include Tuesday forums or workshops]
- $755 Earlybird fee 3 day (if received by 21 July)
- $385 Concession 3 days **
- $310 Wednesday only – full fee
- $310 Thursday only – full fee
- $310 Friday only – full fee
- $130 Wednesday only – concession **
- $130 Thursday only – concession **
- $130 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.

Conference fees are designed to cover all costs and to provide subsidised concessions. TheMHS is a not-for-profit organisation.

**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 15 July 2011, 50% of fee will be refunded if notification is received in writing by 12 August 2011. No refund will apply after the 12 August 2011 except at the discretion of TheMHS Management Committee.

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