



TheMHS Learning Network Inc
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GUIDELINES FOR WRITING A PROMOTIONAL PARAGRAPH FOR PRE-CONFERENCE FORUMS

A few guidelines for the paragraph:

- Think about the purpose/objectives of the day – what will people get from attending, e.g. education, networking, understanding of issues, enjoyment, etc.
- Give it an interesting title
- Write it as if it is an invitation to come and take part
- Include some interesting tid-bits from the program (i.e. some of your ideas for the program even if not fully mapped out)
- If possible include names of some of the speakers – especially high profile ones

2015

Consumer Forum (full day)

Innovative Practice by and for Consumers

The Consumer Forum will focus on innovative applications of practice by and for consumers in keeping with the main conference theme. We are pleased to welcome TheMHS keynote speaker Patrick Corrigan who will talk about overcoming stigma. Expert speakers and panelists will discuss the challenges and issues for innovative practice in consumer-led and community programs from across Australia and New Zealand.

Carers/Family Forum (full day)

Holistic approaches to health and wellbeing

This year's Carer Forum looks at the benefits of holistic approaches to health and wellbeing. We will explore some best practice approaches for integrating mental and physical health care. Holistic approaches also recognise that the individual is part of a social network of relationships, and that mental illness may impact on family members and friends. We will look at some best practice examples of family interventions, and collaborations between service providers and families in the development of mental health resources and services. The forum will finish up with a guided Dialectical Behavioural Therapy session for carers, a treatment which includes mindfulness and distress tolerance strategies.



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2014

Consumer Forum

Our Journey, Our Way

This year's Consumer Day forum will be an informative and entertaining opportunity to learn, share and explore a few of the key elements of mental health recovery. We are going to take a trip through history to the present day to look at how the consumer movement has contributed to today's Peer Workforce. We will have the opportunity to explore how we can develop and shape our Lived Experience story with an interactive presentation. We will dance (or tap our feet) to some great music, and hear how music can be a powerful part of one's recovery. We will also work with Melody Riefer as she shares with us how we can support our clinicians to listen to our perspectives when it comes to medication. To close our day, we invite carers, friends and family members to share the wise words of Ajahn Brahm- Abbot of Bodhinyana Monastery, Australia. This year's Consumer Day is a day not to be missed! Hope to see you all there – 2014 Consumer Day Working Party.

2013

The Consumer Day Forum provides people with a lived experience an opportunity to meet together. The Forum's theme is Consumer Leadership in forging our future. Consumers will be encouraged to share their diverse views on how to effectively inform and influence the future directions of Australia's changing mental health landscape. Come, inspire others and be inspired through connecting with and discussing ideas of interest and experiences of common concern.

2012

Consumer Forum

Defining Citizenship from a rights perspective

The Consumer Forum will explore citizenship from a rights perspective and what it means for us personally. It is now twenty years since the Australian Human Rights Commission's report into human rights and mental illness (Burdekin). There are UN conventions and National and State laws that protect our rights, however has this lead to being treated as equal citizens? Join us on a journey to explore these issues and work together to influence and enable positive change into the future. The day will include Forum Theatre (exploring the real life issues faced by consumers), talks by experts in consumer activism, human rights law and citizenship and an interactive Q&A panel which will explore the theme. Panel members include Roberto Mezzina, Noel Muller and Felicity Grey. The afternoon will include a workshop by Rufus May on "Extreme Wellbeing."



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Carers/Family (full day)

Stepping Stones: Towards Recovery

The Carer Forum will explore many stepping stones across the river towards recovery. "I am more than my loved one's illness" is the stepping off point for carers recovering "self". With a special focus on caring and natural disasters, carers will explore the stepping stones towards recovery through 4 interactive and inspiring sessions: **Creativity and Social Inclusion**, a performance by Carers from the Far North who will present short theatrical pieces about their experiences of caring and natural disasters; **Self-Advocacy**, special guest speaker, Jan Kealton, goes beyond advocating for your loved one to explore the need to advocate for yourself; **Sharing the Journey**, "World Café", guided conversations, exchanging your stories and fellowship. **Carer Education**, Q&A panel session about the importance of learning about and understanding trauma, coping and resilience

2011

Consumer Forum (full day)

Consumers, resilience, creativity and connection

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, 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 (full day)

Who cares - We do

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.



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2010

Consumer Forum (full day)

Many Voices One Movement

Consumer Day 2010, an exciting program with something for everyone! The day will include a stigma busting exercise titled "Your The Voice" celebrating the participation of consumers in their recovery journey and within the mental health system. Participants will hear from National leaders from Australia and New Zealand. All will participate in discussions on positive reforms, with consumers presenting on projects being implemented and sharing the process and outcomes. These will come from the 23 Big Issues list (see TheMHS website for more detail). The day will end with a Mad Pride Concert celebrating the creativity of people living with mental health issues. All welcome to a fun day, a strategic day, a celebration day!

Carer/Family Forum (full day)

Imagine...

Imagine a day that is dedicated to a creative and expansive view of carers. This Forum will challenge beliefs, unearth dreams and provide a smorgasbord of ideas. The day recognises and values the expertise of carers/families and their important and necessary role as people whose lives have been affected by mental illness. Just because something can't be imagined yet, does not mean it's impossible. Imagination and action can change the world. Come and join us to not only imagine the impossible, but also to take action to turn the possible into reality. Speakers include: Eva Cox, Vern Hughes