

2019 PRE-CONFERENCE

Consumer and Carer Forum

Tuesday August 27, 2019

Room M3

Carer Forum Breakout Rooms M5&6

Story, Resilience and Community

This year's Consumer and Carer Forum will be combined using story to build resilience and community. The day aims to open a dialogue to respectfully discuss the challenges both consumers and carers face. It will be a transformative day of story, peer leadership and building your own resilience toolkit.

There will be options to workshop and discuss issues within the consumer and carer experiences, and there will be positive takeaway messages including self-care and resilience. The day will include activities, relaxation and mindfulness with a positive experience.

8:00am - 8:45am	Pre-Conference Breakfast - sponsored by beyondblue
9:00am - 9:15am	Welcome to Country
9:15am - 10:30am	<p>Keynote: Katherine Flynn</p> <p>Katherine Flynn's passion for mental health started in childhood after both of her grandparents passed away and her mother struggled to cope with their deaths. She did a Double Major in Psychology Arts Degree and commenced Honours before deciding to take the path less travelled and embark on work for the UK's Mental Health Foundation, a National Inquiry into Self-harm, the UK National School's Partnership, and Disney.</p> <p>Today she is a Carer for her son with autism and a husband with borderline personality disorder. She was also diagnosed with PTSD in 2007 after a life changing experience in 2003 left her life in pieces. In 2008 she returned to Australia from a 7 year stint in the UK and underwent EMDR. The process of going from trauma and diagnosis, to treatment and then remission, has meant she developed tenacity, fortitude, and perseverance, as well as huge personal insight into mental health.</p> <p>With a complex family life, a spiritual perspective, and an ability to laugh, Katherine navigates the waves of anxiety (and the rare panic attack) on a regular basis. Katherine says that Pirates of the Caribbean looks like an episode of Care Bears compared to her everyday reality – maybe you can relate?</p> <p>She finds joy in trials and triumphs and you are as likely to find her geeking out over a book or journal as dancing up a storm. Whether in pyjamas, dance, or corporate wear, she has an item of attire that remains invisible and allows her to feel she can face difficult challenges – even if it is imaginary. Join her as she takes you through the powerful highs and lows that give insight into how we can all have victory in our lives, even in the most challenging of circumstances.</p>
10:15am - 10:35am	<p>'Stories for Change'</p> <p>Marianne Wyder, (Research Fellow Metro South Addiction and Mental Health Service) Risa Rosello, (Peer A Place to Belong)</p>
10:35am - 11:00am	<p>Panel Session</p> <ul style="list-style-type: none"> • Paula Arro (Lived Experience Engagement Coordinator, Mental Health and Other Drugs, PHN Brisbane North) • Simon Clough (Assistant Manager Brook RED) • Risa Rosello (Peer, A Place To Belong) • Michelle Edwards (Consumer Consultant, Gold Coast Hospital and Health Service)

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11:00am - 11:30am	Morning Tea	
11:30am - 12:15pm	<p>Panel Session</p> <ul style="list-style-type: none"> • Paula Arro (Lived Experience Engagement Coordinator, Mental Health and Other Drugs, PHN Brisbane North) • Simon Clough (Assistant Manager Brook RED) • Risa Rosello (Peer, A Place to Belong) • Michelle Edwards (Consumer Consultant, Gold Coast Hospital and Health Service) <p>Flexi Flow Five Part Process</p> <p>Getting into the Flow Learning States with Embodied Mindfulness, Breathing & Movement. Experience guided breathing & active mindfulness, Brain Buzzers & Infinity Cross Play. Learn movement skills that don't require tools or much effort to implement. Participants will experience benefits of the process & also skills to take to their networks and communities. The session will close with Growth Mindset Intention Setting.</p>	
12:15pm - 1:15pm	Lunch	
1:15pm - 1:30pm	Trivia	
1:30pm - 3:00pm	<p>Consumer Workshop</p> <p>Story Telling Brooke RED</p> <p>The workshop aims to teach people how to share their story in a purposeful and meaningful way that is safe for them and the person hearing it. It aims to deconstruct your story to enable you to share what is beneficial for recovery.</p>	<p>Carer Workshop</p> <p>Wheel of Wellbeing Carer's Queensland</p> <p>The 'Wheel of Wellbeing' is a holistic DIY Happiness/Wellbeing program developed by Maudsley International. The program is based on Positive Psychology's focus on Mental Health. The 'Wheel of Wellbeing' was designed as a framework to explore the component parts of happy lives from the perspective of body, mind, spirit, people, place and planet. The program has been endorsed and funded by the Queensland Mental Health Commission.</p> <p>This will be delivered by Andrew who has 10 yrs. experience as the Carers Counsellor, Brisbane North Office – Carers Queensland.</p>
3:00pm - 3:30pm	Afternoon Tea	
3:30pm - 4:30pm	<p>Mind Blank's Interactive Theatre Program</p> <p>Mind Blank workshops include audience members through an interactive theatre process to empower them to be proactive about reducing the risk of mental ill health. Today's workshop will follow Danny's lived-experience story with Depression. We use professional actors to actively retell her story on-stage. The audience will be asked how we can help Danny through various difficult periods of her life. Topics covered include: self-care, communication and help-seeking techniques that are all important intervention points to help support resilience prior to a downward health spiral.</p>	