



# ALL TOGETHER BETTER

**Collaborative Mental Health Care in a Changing World**

**28 - 30 MARCH 2023**

**MHPN ONLINE CONFERENCE**

ALL TOGETHER BETTER 2023 | [mhpnconference.org.au](https://mhpnconference.org.au)

**REGISTER NOW**

## WHAT TO EXPECT



### 3 THINK TANKS

Hear from esteemed experts and be challenged to think reflectively and deeply.

- Hypothetical of a complex case scenario
- Climate change and mental health panel discussion
- The Great Debate



### 6 NETWORKING HUBS

Connect with others in your field.

Structured formal opportunities will be available to network with presenters, engage with key organisations, and connect with each other.

Plus, there'll be plenty of informal opportunities to network with other delegates when it suits you.



### 5 COLLAB LABS

A hands on opportunity to collaboratively discuss a case scenario and develop a mental health recovery plan with content experts.

Fields of focus include perinatal mental health, family violence, eating disorders, social isolation & loneliness, and LGBTIQ+ mental health.



### 5 MINDFUL ROOMS

Stop, centre, and join with other delegates for live guided 30 minute mindfulness sessions, throughout the conference.

**+ SO MUCH MORE!**

## PROGRAM SCHEDULE

*Please note, all times are Australian Eastern Daylight Time (AEDT)*

### DAY 1 | TUESDAY 28TH MARCH

TIME		SESSION
10.00am - 10.15am		Acknowledgement of Country
10.15am - 10.30am		Conference Welcome
10.30am - 11.00am		Opening Address Dr Ruth Vine
PROGRAM BREAK		
3.00pm - 5.00pm		COLLAB LAB Eating Disorders
5.00pm - 5.30pm		Guided Mindfulness Session
PROGRAM BREAK		
7.00pm - 8.00pm		THINK TANK Hypothetical - What Would You Do?

## PROGRAM SCHEDULE

*Please note, all times are Australian Eastern Daylight Time (AEDT)*

### DAY 2 | WEDNESDAY 29TH MARCH

TIME		SESSION
10.30am - 11.00am		Guided Mindfulness Session
11.00am - 1.00pm		COLLAB LAB Family Violence
PROGRAM BREAK		
3.00pm - 5.00pm		COLLAB LAB Social Isolation and Loneliness
5.15pm - 5.45pm		Guided Mindfulness Session
PROGRAM BREAK		
6.00pm - 7.30pm		THINK TANK The Nexus Between Climate Change and Mental Health

## PROGRAM SCHEDULE

*Please note, all times are Australian Eastern Daylight Time (AEDT)*

### DAY 3 | THURSDAY 30TH MARCH

TIME		SESSION
10.30am - 11.00am		Guided Mindfulness Session
11.00am - 1.00pm		COLLAB LAB LGBTIQA+ Mental Health
PROGRAM BREAK		
3.00pm - 5.00pm		COLLAB LAB Perinatal Mental Health
5.15pm - 5.45pm		Guided Mindfulness Session
PROGRAM BREAK		
6.30pm - 8.00pm		THINK TANK The Great Debate
8.00pm - 8:15pm		Conference Closing Address

# DAY 1 | TUESDAY 28TH MARCH 2023

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## ACKNOWLEDGEMENT OF COUNTRY

10.00am - 10.15am AEDT

The Conference begins with an acknowledgement of the traditional owners and custodians of the lands on which the delegates, presenters and MHPN are located

## CONFERENCE WELCOME

10.15am - 10.30am AEDT

The Hon. Emma McBride, Assistant Minister for Mental Health and Suicide Prevention, and the Assistant Minister for Rural and Regional Health, will officially welcome delegates to the Conference.



# DAY 1 | TUESDAY 28TH MARCH 2023

## OPENING ADDRESS

10.30am - 11.00am AEDT | TUESDAY 28TH MARCH

Deputy Chief Medical Officer for Mental Health, Dr Ruth Vine will set the scene for the Conference with her thoughts and reflections on the conference theme:

*Collaborative Mental Health Care in a Changing World*



## COLLAB LAB: EATING DISORDERS

3.00pm - 5.00pm AEDT | TUESDAY 28TH MARCH

Dr. Sarah Trobe will host this activity.

Attend this session to immerse yourself consultatively and collaboratively in the field of eating disorders; with conference delegates and expert clinicians to discuss a case presentation and collaboratively develop a mental health recovery plan.

In part one, eating disorder expert Sarah Trobe will provide an overview of the field and present a vignette of someone who may be experiencing early signs of an eating disorder.

In part two, delegates will break off into moderated groups, each of which will be led by an eating disorders expert clinician. The task of each group will be to continue the discussion about the vignette with the view to generating a case formulation and an associated mental health recovery plan for it.

For part three, all delegates return to the main room; Sarah will respond and provide feedback to each of the groups' input and wrap up the session.

Host:

Dr. Sarah Trobe

Breakout Room Moderators:

Rachel Knight

Dr. Emma Spiel



## DAY 1 | TUESDAY 28TH MARCH 2023



### GUIDED MINDFULNESS SESSION

5.00pm - 5.30pm AEDT | TUESDAY 28TH MARCH

Stop and check in with yourself by visiting the Mindfulness Room. Join other delegates, as Kim Seow takes everyone through a 30 minute evidence-based mindfulness session linked to the conference's content of the day.

This is the first of five mindfulness sessions scheduled throughout the program.



### THINK TANK: HYPOTHETICAL - WHAT WOULD YOU DO?

7.00pm - 8.00pm AEDT | TUESDAY 28TH MARCH

Prof. Mark Creamer will guide the expert panel through the hypothetical journey of a complex case scenario.

See how the panel respond to the various complications, twists and turns, and ethical conundrums of a complex case scenario and consider how might you have responded.

What would you have done?

## DAY 2 | WEDNESDAY 29TH MARCH 2023



### GUIDED MINDFULNESS SESSION

10.30am - 11.00am AEDT | WEDNESDAY 29TH MARCH

Start day 2 by stopping and centering in the Mindfulness Room with a guided session led by Kim Seow.



### COLLAB LAB: FAMILY VIOLENCE

11.00am - 1.00pm AEDT | WEDNESDAY 29TH MARCH

Dr Sabin Fernbacher, independent consultant, facilitator, trainer and lecturer will lead this three-part activity.

Attend this session to immerse yourself consultatively and collaboratively in the field of family violence; with conference delegates and expert clinicians to discuss a case presentation and collaboratively develop a mental health recovery plan.

In part one, content expert Sabin, will provide an overview of the field and present a vignette of someone who has been exposed to family violence.

In part two, delegates will break off into moderated groups, each of which will be led by expert clinicians. The task of each group will be to continue the discussion about the vignette with the view to generating a case formulation and an associated mental health recovery plan for it.

And then, for part three, all delegates return to the main room; Sabin will respond and provide feedback to each of the groups' input and wrap up the session.

Hosted by Dr Sabin Fernbacher.

## DAY 2 | WEDNESDAY 29TH MARCH 2023



### **COLLAB LAB: SOCIAL ISOLATION AND LONELINESS**

**3.00pm - 5.00pm AEDT | WEDNESDAY 29TH MARCH**

Dr James Ibrahim, inaugural chair of the RACGP social prescribing specific interest group will lead this three-part activity.

Attend this session to immerse yourself consultatively and collaboratively in the field of social isolation and loneliness; with conference delegates, content experts and/or clinical experts to discuss a case presentation and collaboratively develop a mental health recovery plan.

In part one, James will provide an overview on the challenges, merits and opportunities of social prescribing to help mitigate the negative impact of social isolation and loneliness. He will also present a vignette of a case presentation of someone experiencing social isolation and loneliness.

In part two delegates will break off into moderated groups, each of which will be led by content experts and/or clinical experts. The task of each group will be to continue the discussion about the vignette with the view to generating a case formulation and an associated mental health recovery plan for it.

And then, for part three, it's back to the main room, where James will summarises the groups' learnings and wrap up the session.

Host:

Dr James Ibrahim

Adjunct Assoc Prof. J R Baker

Breakout Room Moderators:

Kaylene Ryan

Sian Slade



### **GUIDED MINDFULNESS SESSION**

**5.15pm - 5.45pm AEDT | WEDNESDAY 29TH MARCH**

Join Kim Seow in the Mindfulness Room for a guided mindfulness session.

## DAY 2 | WEDNESDAY 29TH MARCH 2023



### THINK TANK: THE NEXUS BETWEEN CLIMATE CHANGE AND MENTAL HEALTH

6.00pm - 7.30pm AEDT | WEDNESDAY 29TH MARCH

The impacts of climate change and the resulting extreme weather events threaten both our physical and mental wellbeing. The panel will explore the nexus between the science of climate change and mental health, and what this means for all delegates - not only as global citizens but also as health care providers.

The first hour will be a panel discussion. Following this, delegates will be invited to continue the conversation with representatives from Psychology for a Safe Climate for a reflective discussion on the topic.

Host:

Merle Conyer

Panel:

Assoc Prof. Grant Blashki

Assoc Prof. Fiona Charleson

Professor Ann Sanson

Psychology for a Safe Climate will moderate the reflective discussion component.

## DAY 3 | THURSDAY 30TH MARCH 2023



### GUIDED MINDFULNESS SESSION

**10.30am - 11.00am AEDT | THURSDAY 30TH MARCH**

Start the final day with a visit to the Mindfulness Room for a session guided by Kim Seow.



### COLLAB LAB: LGBTIQA+ MENTAL HEALTH

**11.00am - 1.00pm AEDT | THURSDAY 30TH MARCH**

Attend this session to immerse yourself consultatively and collaboratively in a discussion with conference delegates and content and/or clinical experts covering a case presentation and developing a mental health recovery plan.

In part one, a content expert will provide an overview of the field and present a vignette of a member of the LGBTIQA+ community who is struggling with their mental health.

In part two, delegates will break off into moderated groups, each of which will be led by a content matter expert. The task of each group will be to continue the discussion about the vignette, with the view to generating a case formulation and an associated mental health recovery plan.

And then, for part three, all delegates return to the main room; the host will respond and provide feedback to each groups' input and wrap up the session.

Host:

To be advised

## DAY 3 | THURSDAY 30TH MARCH 2023



### **COLLAB LAB: PERINATAL MENTAL HEALTH**

**3.00pm - 5.00pm AEDT | THURSDAY 30TH MARCH**

Dr Nicole Highet will host this activity.

Attend this session to immerse yourself consultatively and collaboratively in the field of perinatal mental health; with conference delegates and expert clinicians to discuss a case presentation and collaboratively develop a mental health recovery plan.

In part one, content expert Dr Nicole Highet will provide an overview of the field and present a vignette of someone who is at risk of experiencing perinatal mental health issues.

In part two, delegates will break off into moderated groups, each of which will be led by an expert clinician. The task of each small group will be to continue the discussion about the vignette, with the view to generating a case formulation and an associated mental health recovery plan.

And then, for part three, its back to the main room, where Nicole will respond and provide feedback to each of the groups' input and wrap up the session.

Host:  
Dr Nicole Highet

Breakout Room Moderators:  
Frances Bilbao  
Tamara Cavenett  
Natasha Lindros  
Elly Taylor



### **GUIDED MINDFULNESS SESSION**

**5.15pm - 5.45pm AEDT | THURSDAY 30TH MARCH**

Visit the Mindfulness Room for the final time this Conference, to be led by Kim Seow for a 30 minute mindfulness session.

## DAY 3 | THURSDAY 30TH MARCH 2023



### THINK TANK: THE GREAT DEBATE

6.30pm - 8.00pm AEDT | THURSDAY 30TH MARCH

Dr Grant Blashki will moderate what is sure to be a spirited debate between two teams arguing opposing views. The debate will explore the impact of COVID and climate change events on how we live, learn, work, and play together. What is the changing face of this new world we find ourselves in and its impact on how we engage with each other?

After listening to each team's position, you, the audience will decide who will triumph.

#### Moderator:

Assoc Prof. Grant Blashki

#### Debaters:

Professor Nicholas Procter

Dr Ruth Vine

Jocelyn Brewer

Dr Louise Stone

Heather Nowak

### CLOSING ADDRESS

8.00pm - 8.15pm AEDT | THURSDAY 30TH MARCH

Deputy Chief Medical Officer for Mental Health, Dr Ruth Vine who provided the Conference's Opening Address, will wrap up the three days, providing her reflections of the major themes and outcomes.

**REGISTER NOW**