The “Rethinking Mental Health 3.0” Forum will explore new innovations and best practice in Mental Health, Suicide Prevention and Drug and Alcohol. Rethinking presents an exciting opportunity for practitioners across the health and community sectors to: Build a shared understanding of best practice, gain insights into current national mental health reforms and connect with mental health providers from across the Central and Eastern Sydney PHN region.

FRIDAY 21 OCTOBER 2016 | RYDGES SYDNEY CENTRAL, 28 Albion Street, Surry Hills
8.30AM – 5.00PM | TICKETS: BUY NOW (refer over for details)

KEYNOTE ADDRESS: National Mental Health Reform
Presented by: Maureen Lewis (Executive Director, National Mental Health Commission)

PLENARY 1: Implementation of a Stepped Care Service for Adults in General Practice
Presented by: Professor Josephine Anderson (Clinical Director, Black Dog Institute) and Dr Charlotte Hespe (Chair, CESPHN)

PLENARY 2: Strengthening a Stepped Care Approach in the Primary Mental Health Sector and the role of PHNs
Presented by: Mariam Faraj (General Manager Clinical Services, CESPHN)

CONCURRENT SESSION 1:
1. Here for LGBTI inclusivity: lesbian, gay, bisexual, transgender and intersex (LGBTI) communities needs and experience.
   Presented by: Sarah Lambert (Manager Community Care Unit, ACON)
2. NewAccess - low-intensity for mild to moderate depression and anxiety. The evidence base and why people like it.
   Presented by: Bronwyn Hall (beyondblue)
3. Project Synergy – using new and emerging technologies to improve the health and wellbeing of young people in a coordinated, integrated and empowering way.
   Presented by: Professor Jane Burns (Professor of Innovation and Industry, University of Sydney)

CONCURRENT SESSION 2:
   Presented by: Bronwyn Hall (beyondblue)
2. Riding the Wave: A 7 week pilot DBT - informed distress tolerance skills group for young people.
   Presented by: Dr Cate Arciuli and Belinda Ivanovski (headspace Hurstville)

FOR ANY ENQUIRIES PLEASE CONTACT: Tracey Claridge on (02) 9330 9959 or t.claridge@cesphn.com.au
rethinkingmentalhealth.com.au

Category 1: 40 Points + additional 10 Quality Improvement Points.
3. The Right to Work! Breaking down barriers to employment for mental health consumers.
   Presented by: Kate Feder (Neami National)

CONCURRENT SESSION 3:
1. Arabic Mindfulness Intervention.
   Presented by: Lisa Woodland (Manager - Multicultural Health Service, South Eastern Sydney Local Health District) and Fatima Hamdan (Assistant Lecturer, University of Western Sydney)

2. Experiencing Co-Design: Lessons learned from participation in co-designed and produced projects.
   Presented by: Douglas Holmes (Inner City Health Program)

   Presented by: Jo Lunn (Improving Organisational Capacity Project Officer, We Help Ourselves - WHOS) and Dr Jamie Berry (Director, Advanced Neuropsychological Treatment Services)

CONCURRENT SESSION 4:
1. Integrated solutions to dual diagnosis - responding to co-existing issues of AOD use and mental health experiences using trauma informed, strengths based and person centred care.
   Presented by: Shane Brown (CEO and Founder, WEAVE Youth and Community Services)

2. Trauma-informed Practice: Mediating the public health issue trauma.
   Presented by: Dr Cathy Kezelman (President, Blueknot Foundation)

3. Consumer inclusion in research, why all the fuss?
   Presented by: Bé Aadam (Educator and Advocate, BEING)

PRESENTATION: mindDog Australia: The development and effects of psychiatric assistance dogs in Australia
Presented by: Cath Phillips (Chair and Founder of mindDog Australia) and Gayl O’Grady (Training Coordinator, Australia Support Dogs).

REFLECTION: Panel Discussion

STALLHOLDERS: This year we will again have partner organisations across Mental Health with information stalls. Including - Blackdog; ACON; beyondblue; headspace; Neami National; WHOS; Weave to name a few.

OUR MC FOR THE DAY IS THE WONDERFUL JULIE McCROSSIN

REGISTER NOW To register online visit www.rethinkingmentalhealth.com.au or complete the form below:

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SURNAME:     MOBILE NO.
ADDRESS:

PROFESSION: ☐ GP ☐ Nurse ☐ Allied Health ☐ Mental Health ☐ Community Health

PURCHASE TICKETS

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