

PROGRAM

# 45TH INTERNATIONAL MENTAL HEALTH NURSING CONFERENCE

INTEGRATED CARE:  
PEOPLE, PRACTICE, POLICY



8-10 OCTOBER 2019  
SYDNEY | #ACMHN2019  
[WWW.ACMHN2019.COM](http://WWW.ACMHN2019.COM)

ACMHN 2019 PURPLE  
PRINCIPAL SPONSOR:



# WELCOME



## FROM THE NSW MINISTER OF MENTAL HEALTH

As the NSW Minister for Mental Health it is my great pleasure to welcome you to the 45th International Mental Health Nursing Conference in Sydney.

At a time of great change in mental health care across NSW and nationally, Integrated Care: People, Practice, Policy is a timely theme for this conference. In Australia, almost half of the population will experience a mental illness at some point in their lifetime. A strong and supported mental health workforce is critical to meeting this challenge.

That is why I am so pleased NSW Health is creating a professional development program to support the mental health nursing practice. The program, known as Mental Health Pathways in Practice, will enhance the capabilities, skills and knowledge of our mental health nurses at all stages of their careers. The program also recognises that nurses are often in a unique position to support patient's mental health across all health care settings. This is why the program will also be available to

nurses working in generalist areas as well as midwives, allied health staff, and junior medical officers.

As a proud nurse for over 25 years, I am acutely aware of the fundamental role nurses play within our health system. Many work in incredibly diverse and sometimes challenging settings, regularly performing roles across the whole continuum of care. To the nurses – I would like to thank each of you for your dedication which has a resounding impact on the everyday lives of some of the people in our community at their most vulnerable time.

I hope you also take the opportunity to enjoy our beautiful city, Sydney whilst you are here. I have no doubt each and every one of you will benefit from this fantastic conference.

**Yours sincerely,**

**The Hon. Bronnie Taylor MLC**  
**Minister for Mental Health, Regional Youth and Women**



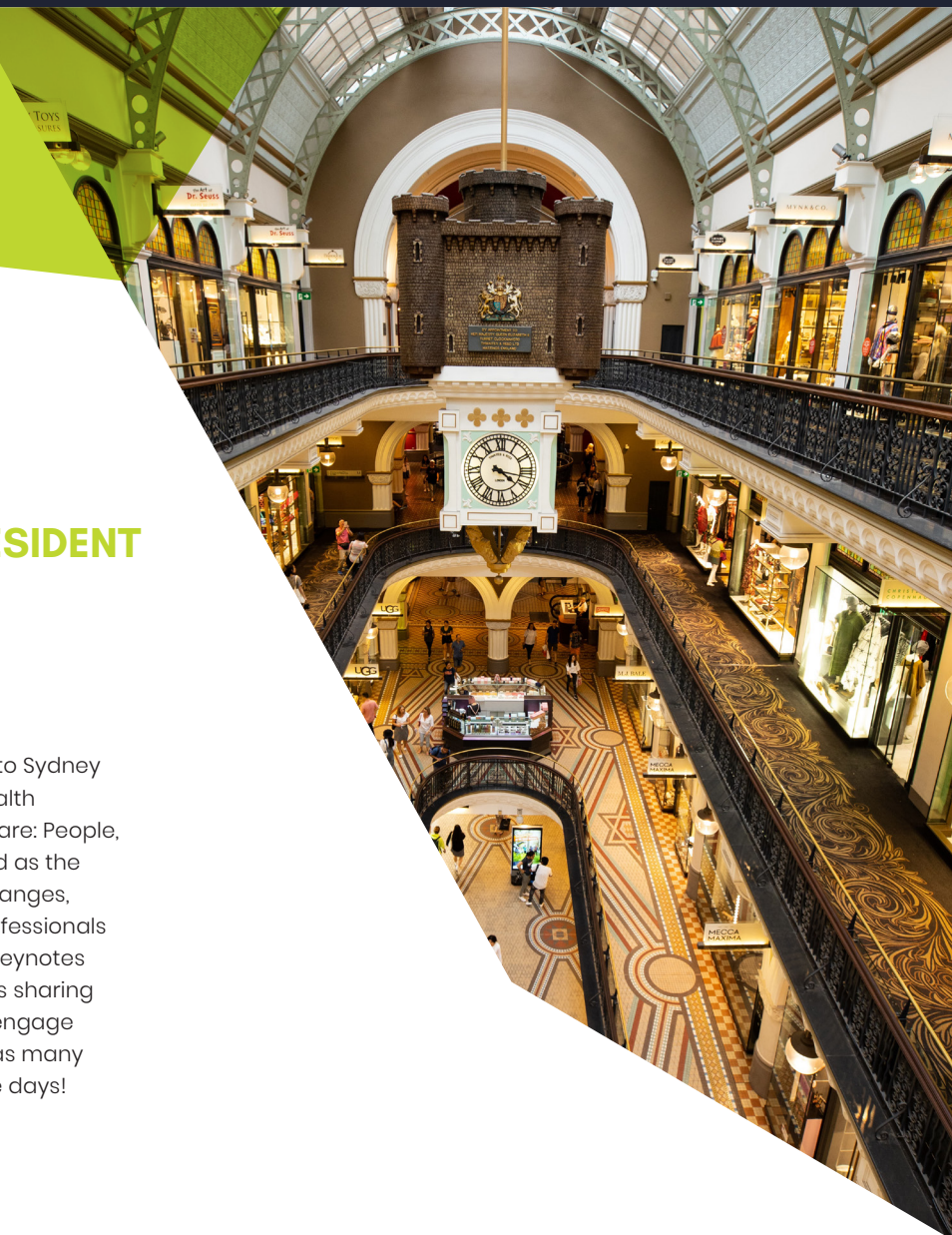
## FROM THE PRESIDENT

Greetings everyone!

As President, it is a pleasure to welcome you to Sydney this year for the 45th International Mental Health Nursing Conference. The theme Integrated Care: People, Practice, Policy has been carefully considered as the landscape of mental health care services changes, funding mechanisms change and health professionals explore existing and new pathways to care. Keynotes include some smashing mental health nurses sharing their expertise, so come, refresh, reflect and engage with the program! I look forward to meeting as many conference delegates as I can over the three days!

**Professor Eimear Muir-Cochrane**

**President, Australian College  
of Mental Health Nurses**



# ABOUT THE CONFERENCE

## INTEGRATED CARE: PEOPLE, PRACTICE, POLICY

There is a lot of talk about integration and mental health... but what does this mean to mental health nurses in clinical practice, in research, in education, policy and in management? What does it mean to you? We can consider integration from a range of perspectives – from the idea of 'integrated care', for example, the integration of physical and mental health care, of integrated services (e.g. integrating mental health and AOD services), or of broader integration, including health, housing and education – which implies policy integration and shared responsibility for improving the wellbeing of the population.

When it's done well, we know integration improves accessibility and affordability, reduces fragmentation, improves efficiency and prevents duplication of services; it requires creativity and innovation – qualities that we know mental health nurses possess. This conference will explore the concept of integration – what is it, where we are up to, what the barriers and enablers are, and what the vision should be.

Keynotes are invited to challenge us with their ideas around how we move towards a more integrated system across all areas of practice; and concurrent speakers will be provided with the opportunity to share with us their experience of mental health and mental health nursing – considering the topic of integration, but also a range of interesting relevant sub-themes.

### ACMHN ORGANISING COMMITTEE

Adjunct Associate Professor Kim Ryan – CEO

Peta Marks – Professional Development Manager

Ellen Fraser – Event Manager

Sharina Smith – Marketing and Communications Manager

Kylie Pryde – Executive Assistant

Lauren Tait – Administration Support Officer

#### Conference Program Committee Chair

Associate Professor Timothy Wand





# LOGISTICS & HOUSEKEEPING

The following information is offered to make your attendance at the ACMHN 2019 as pleasant as possible. If you require help, please see ACMHN staff at the registration desk and we will do everything we can to assist you with your enquiry. We would like to welcome all our new members and first-time conference attendees.

## REGISTRATION

Upon arrival please ensure you collect your Conference satchel and name badge at the registration desk. The registration desk will be located on Level 2 of the Sheraton Grand Sydney Hyde Park and will be open as follows:

Tuesday 8 October	7:30 am – 5:00 pm
Wednesday 9 October	10:30am – 5:00pm
Thursday 10 October	8:30 am – 2:00 pm

## ENTRY

Each conference delegate will be issued with a name badge upon registering. The name badge must be worn at all times as it is your official pass to all sessions and the catering and exhibition area.

## ABSTRACT BOOKLET

You will find the abstract booklet which is published as a supplement of the International Journal of Mental Health Nursing in your satchel. This supplement is also available online on [www.acmhn.org](http://www.acmhn.org) or please visit the ACMHN Registration Desk for assistance to access the digital version.



## ATTENDEE CONFERENCE APP

The conference app is now available to install onto your smart phone or tablet. The app contains a variety of useful information, including networking, conference program, exhibitor searches, messaging and notifications. For most attendees, you are able to download and install the app from Google Play or the Apple App stores.

1. Search for Eventsair from Google Play or Apple App store.
2. Install the app.
3. The first time you open the app, you will need to enter this event code: **ACMHN2019**
4. Launch the app and enter your email address and your unique four-digit app pin which you would have received in your delegate information email.

Once this is done, you are all set! You can search for attendees, send messages, review the program, and create a personalised agenda, research speakers, sponsors and exhibitors.

## SOCIAL MEDIA

Join the conversation using the hashtag #ACMHN2019 on Twitter.

## PHONES

Please ensure all mobile phones, tablets and devices are switched to silent during all conference sessions.

## EXHIBITION HOURS

The exhibition will be located on Level 2 of the Sheraton Grand Sydney Hyde Park:

Tuesday 8 October  
8:30am – 6:00pm

Wednesday 9 October  
8:00am – 5:00pm

Thursday 10 October  
8:30am – 3:30pm

## TELEPHONE DIRECTORY

Sheraton Grand  
Sydney Hyde Park:

(02) 9286 6000

## CONFERENCE WI-FI

Complimentary Wi-Fi is available at the Sheraton Grand Sydney Hyde Park. Simply log on to your Wi-Fi, search available networks and select 'Sheraton'. Wi-Fi is complimentary to all delegates and should you require assistance accessing the complimentary hotel Wi-Fi please see the staff at the ACMHN Registration Desk.

# SOCIAL HIGHLIGHTS

## ORATION AND INVESTITURE CEREMONY

The President and Board of Directors are joined by invited dignitaries, Fellows, members and delegates for an official Oration and Investiture Ceremony.

The President on behalf of the Board of Directors and the College will invest new Fellows and members into Australia's peak professional mental health nursing organisation.

## WELCOME RECEPTION

The Welcome Reception is where members and non-members, delegates, and presenters all come together to celebrate the opening of the premier annual event for mental health nursing in Australia.

## AGM BREAKFAST AND MEMBERS' FORUM

The Annual General Meeting and Members' Forum gives you the opportunity to listen to the College news and discuss the issues that matter to you.

A light shared style breakfast will be available to all delegates with a ticket to this event.

## CONFERENCE DINNER

Join with fellow delegates in a night to remember. The Conference Dinner will offer the opportunity to meet like-minded people and enjoy a beautiful sit down meal at the Sheraton Grand Sydney Hyde Park, Grand Ballroom within the conference venue.

**Venue:** Grand Ballroom, Level 2, Sheraton Grand Sydney Hyde Park

**Start Time:** 7:15pm for a 7:30pm start

**Dress Code:** Cocktail

Pre-purchased tickets are required to attend the conference dinner. Tickets cannot be purchased at conference for attendance to this event.

# WORLD MENTAL HEALTH DAY AFTERNOON TEA



This year's International Mental Health Nursing Conference 2019 falls on World Mental Health Week and we would like to invite all our delegates to the ACMHN 2019 World Mental Health Day Afternoon Tea on the 10th of October 2019 from 3.30 to 4.00pm. The World Mental Health Day Afternoon Tea will be a great opportunity for all ACMHN 2019 delegates to get together for the very last time before the conference wraps-up to "celebrate mental health awareness for the global community in an empathetic way, with a unifying voice, helping those feel hopeful by empowering them to take action and to create lasting change" (World Federation for Mental Health).







# AWARDS

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## STAN ALCHIN AWARD

Continuing a tradition of 25 years, the Stan Alchin Award will be presented during the closing ceremony of the Conference.

The Award honours Stan Alchin's commitment to mental health and mental health nursing. It was inaugurated and funded by Rozelle Hospital, where Stan Alchin undertook his influential work in Australian mental health nursing education. The Stan Alchin Award is presented to honour and recognise the primary place of clinical practice in mental health nursing. The Award goes to the outstanding clinical paper presented at the Conference by current practicing clinician(s).

## THE ACMHN RESEARCH AWARD

This important Award was established to acknowledge excellence in mental health nursing research. Research papers are evaluated against a set of criteria, including relevance to mental health nursing, methodology and methods, internal consistency, contribution to knowledge, ethical considerations, and presentation performance.

**This Award is proudly supported by: Murdoch University**

## OTHER AWARDS

At the Conference closing ceremony, a number of other Awards will be presented, including Best First Time Presenter Award, Best Presentation in a General Category Award and the Poster Award.

Special thanks to Awards Coordinator: Professor Lorna Moxham

# SPEAKERS



## OPENING ADDRESS

### LUCINDA BROGDEN AM B.COMM., M.PSYCH.

Lucy has a strong commitment to helping others. Her primary areas of focus are issues facing Women and Girls and Mental Health and Wellbeing, particularly in the workplace. She takes an evidenced-based approach to problem-solving and social investment.

Lucy has more than 25 years' commercial experience with companies including Macquarie Group and Ernst & Young working in accounting, finance and organisational psychology. Specifically, Lucy has worked in trusted advisory roles with some of Australia's leading CEO's, Managing Partners, Ministers and Chairs. In 2015, Lucy was named as one of the 100 Women of Influence in Australia.

- Chair & Commissioner, National Mental Health Commission
- Chair, Mentally Healthy Workplace Alliance
- Chair, Australian Advisory Group for Suicide Prevention
- Patron, Partners in Depression
- Patron, Lifeline Northern Beaches
- Friend, Carers NSW
- Silver Medallion, Surf Lifesaving – Patrol at Bilgola Beach
- Founder & Patron, Sydney Women's Fund



## ACMHN 2019 ORATOR

### PROFESSOR MIKE HAZELTON RN MA PHD

Mike Hazelton RN MA PhD is Professor of Mental Health Nursing at the University of Newcastle. He is a credentialed Mental Health Nurse, a Fellow and Life Member of the Australian College of Mental Health Nurses, and an Honorary Fellow of the Mental Health and Wellbeing Foundation of Ghana. Mike has published over 100 journal articles, books, book chapters, abstracts and keynote addresses. He is a past Editor of the International Journal of Mental Health Nursing, a current member of the Editorial Advisory Board of the Australian and New Zealand Journal of Psychiatry, and was a member of the expert committee that guided the development of the NHMRC Clinical Practice Guideline for the Management

of Borderline Personality Disorder. Professor Hazelton's clinical work has included the delivery of psychosocial interventions such as dialectical behaviour therapy and group-based cognitive behaviour therapy. He is an accredited Mental Health First Aid Principal Master Instructor and has provided mental health first aid training to university students and staff, defence force personnel and community members since 2009. Mike has supervised over 20 PhD students to completion and received various awards for research. A particular area of interest in his work is mental health and human rights. Mike is the Australian BPD Foundation appointed BPD Awareness Week Ambassador for 2019.

# SPEAKERS



## INTERNATIONAL KEYNOTE SPEAKER

### ELEANOR LONGDEN

Dr Eleanor Longden is a National Institute of Health Research postdoctoral fellow, based at the Psychosis Research Unit in the UK, who has drawn from her own experiences of trauma and psychosis to promote person-centred and recovery-focused approaches to complex mental health problems. Her TED talk on voice hearing was named by the Guardian newspaper as one of the '20 Online Talks That Could Change Your Life' and has since been viewed over 4m times and translated into 37 languages. She is the author of Learning from the Voices in my Head (TED Books, New York: 2013).

Eleanor Longden's 2013 TED talk on voice hearing was named by the Guardian newspaper as one of the '20 Online Talks That Could Change Your Life'.

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In its first year online, it was viewed 2.5 million times and translated into 33 languages.

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Author of acclaimed book, part memoir and part medical argument 'Learning from the Voices in My Head'.

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The International Keynote Speaker is proudly sponsored by:







## FELICE JACKA

Professor Felice Jacka is an NHMRC Career Development Fellow at Deakin University where she is director of the new Food & Mood Centre. She is founder and president of the International Society for Nutritional Psychiatry Research (ISNPR) and immediate past president of the Australian Alliance for the Prevention of Mental Disorders (APMD). Professor Jacka has pioneered and led a highly innovative program of research that examines how individuals' diets interact with the risk for mental health problems. Her current work focuses closely on the links between diet, gut health and mental and brain health. This research is being carried out with the ultimate goal of developing new, evidence-based prevention and treatment strategies for mental disorders. She has recently published a book for the general public called 'Brain Changer' through Pan Macmillan Press.



## MAREE TEESSON

Maree Teesson is Professor and Director of The Matilda Centre for Research in Mental Health and Substance Use, Director of the NHMRC Centre of Research Excellence in Prevention and Early Intervention in Mental Illness and Substance Use (PREMISE) and NHMRC Principal Research Fellow at The University of Sydney. Maree was announced as a Companion of the Order of Australia in the Australia Day 2018 Honours List. She is also a Fellow of the Australian Academy of Health and Medical Sciences and the Australian Academy of Social Sciences, a National Mental Health Commissioner and Member, National Health and Medical Research Council. She is also a founding member of TheMHS Management Committee since 1991.

Maree's vision is to build the world's leading dedicated translational research program for the prevention and treatment of co-occurring mental health and substance use problems. She seeks to increase our understanding of substance use and mental health problems, prevent these where possible and improve treatment responses.

# SPEAKERS



## PAUL MCNAMARA

Paul McNamara has been a nurse since 1988, a mental health nurse since 1993, a credentialed mental health nurse since 2006, and a fellow of ACMHN since 2008. He works as a consultation liaison CNC at Cairns Hospital. Paul also tinkers online quite a bit; he has a social media portfolio built around the homophone “meta4RN”, which can be read as either “metaphor RN” or “meta for RN”.



## CATHY DANIEL

Dr Cathy Daniel is a Mental Health lecturer and the Coordinator of Post Graduate Mental Health Nursing at The University of Melbourne. She has completed a Masters Research Degree in minimising mechanical restraint in acute health in 2010.

In 2015 she completed a PhD at The University of Melbourne that explored how the risk of violence can be accurately identified at ED triage. Cathy is the Chair of the CL SIG and has a clinical role in CL Psychiatry at The Royal Melbourne Hospital and contributes to initiatives to reduce the reliance on coercive interventions in acute health.



## ANNETTE WOODHOUSE

Dr Annette Woodhouse is a Credentialed Mental Health Nurse with over 40 years' experience in a range of mental health clinical, therapeutic and academic contexts across New Zealand and Australia.

She is passionate about clinical supervision since her training in New Zealand in the mid-1990s, is a Clinical Member and Accredited Supervisor, with the Australian Association for Family Therapy, Adjunct Faculty member of the Gilead Downs Family Therapy Centre since 2005, and in 2019 in the newly created role of Course Director, Advanced Clinical Training Program in Family Therapy, Sunshine Coast, Queensland.

In her spare time, she stand-up paddles and enjoys time with family and friends.



## CARO SWANSON

Caro Swanson has worked in mental health for more than 20 years in consumer and peer roles. For the last 13 years she has worked in a national role co-leading seclusion and restraint elimination projects, leading national peer workforce development, supporting the Equally Well collaborative work. She has developed multiple workshops, resources and frameworks that support changes in the way services and the workforce respond to people experiencing mental health and addiction needs. She is driven by the passionate belief that our responses to people must include compassion and more holistic and joined up options. In 2018 she faced the most serious of physical health challenges partially due to unintegrated services.

# ACMHN 2019 PROGRAM

## CONFERENCE DAY 1: TUESDAY 8 OCTOBER 2019

Time	Format	Venue Location
7:30am – 5:00pm	Conference Registration	Foyer, Level 2
8:30am – 6:00pm	Exhibition Open	Foyer, Level 2
9:00am – 10:30am: Opening Plenary		Grand Ballroom, Level 2
9:00am – 9:30am	Conference Open and Welcome to Country	
9:30am – 9:45am	<b>Opening Address: Lucinda Brogden AM</b> Chair of the Advisory Board to the National Mental Health Commission	
9:45am – 10:30am	<b>Keynote Speaker: Felice Jacka</b> Professor, Food & Mood Centre, Deakin University <b>Presentation:</b> <i>'Diet as a preventive and treatment strategy in psychiatry'</i>	
10:30am – 11:00am	Morning Tea and Exhibition	Foyer, Level 2

## NOTES



Time	Format			Venue Location
11:00am – 12:30pm: Concurrent Session 1				
Speaker Times	1A Integrating Physical Health Ballroom 1, Level 2	1B Emergency Mental Health Care Ballroom 2, Level 2	1C Psychotherapeutic Approaches Hyde Park Room, Level 2	1D Clinical Supervision Phillip Room, Level 2
11:05am – 11:25am	<b>Speaker: Anna Love</b> Equally Well in Victoria – Physical health framework for specialist mental health services	<b>Speaker: Karen Leigh Edward</b> Understanding the attitudes of emergency department staff towards people who self-harm	<b>Speaker: Niels Buus</b> Implementing Open Dialogue in a young adult mental health unit: An ethnographic field study	<b>Speaker: Chris Dawber</b> Evaluating reflective practices for nursing staff in an acute care hospital setting.
11:25am – 11:45pm	<b>Speaker: Joanne Suggett</b> Cardiovascular diseases, cancers, and respiratory conditions: A description of premature consumer mortality	<b>Speaker: Timothy Wand</b> Integrating mental health nursing care in the emergency setting: A tale of three EDs	<b>Speaker: Claire Hudson-McCauley</b> Integrating the body into the work of healing	<b>Speaker: Rue Ayodele</b> Dynamic Clinical Supervision: Journey of integrating practice into complex settings – transformation to independent practitioner
11:45am – 12:05pm	<b>Speaker: Geoff Dickens</b> Mental health nurses' attitudes, experience, and knowledge regarding routine physical healthcare: Systematic, integrative review	<b>Speaker: Timothy Brown</b> Exploring clinician and consumer experiences of integrated, values-based care within the Hospital Admission Risk Program	<b>Speaker: Dianne Wynaden</b> The provision of mental health nursing care to Indigenous Australians: How do we rate?	<b>Speaker: Julie Sharrock</b> Integrating theory and practice to avoid ineffective or harmful clinical supervision
12:05pm – 12:25pm	<b>Speaker: Rebekah Howard</b> Integrating physical and mental health care: Cardiometabolic monitoring practices in three mental health inpatient units	<b>Speaker: Cathy Daniel</b> Can Safewards do for ED what it has done for mental health inpatient wards?	<b>Speaker: Shirley McGough</b> Integrating cultural safety into practice	<b>Speaker: Kate Thwaites</b> The journey so far – implementation of a Framework for Clinical Supervision in Victoria
12:30pm – 1:30pm	Lunch and Exhibition			Foyer, Level 2

Time	Format			Venue Location
1:30pm – 3:00pm: Concurrent Session 2				
Speaker Times	2A Integrating Physical Health Ballroom 1, Level 2	2B Acute Mental Health Ballroom 2, Level 2	2C Primary and Community Care Hyde Park Room, Level 2	2D An Integrated Workforce Phillip Room, Level 2
1:35pm – 1:55pm	<b>Speaker: Trentham Furness</b>  Integrating physical and mental health care through specialist nurse practitioner candidate roles	<b>Speaker: Michelle Harris</b>  Are current mental health assessment formats outdated and overrated?	<b>Speaker: Petrina Rimmer</b>  GP and Mental health shared care in the community: formalising relationships to improve consumer outcomes	<b>Speaker: Fiona Little</b>  Integrating workplace thriving into the discourse supporting strength-based mental health nursing recruitment and retention strategies
1:55pm – 2:15pm	<b>Speaker: Angela Meaney</b>  Integrated Care: Mental Health and Diabetes	<b>Speaker: Donna Hristodoulidis</b>  The lived experience of mental health nurses' providing of recovery-orientated care on an acute unit.	<b>Speaker: Helen Boardman</b>  Eurella: Establishing an innovative Step-Up, Step Down Community Based Hospital Alternative Service	<b>Speaker: Bridget Hamilton</b>  Interdisciplinary networking among emerging leaders to achieve change: mixed methods evaluation of a Victorian initiative
2:15pm – 2:35pm	<b>Speaker: Julie Ewing</b>  A physical health audit's impact on care design	<b>Speaker: Antony Mullen</b>  Nursing handover involving consumers in mental health inpatient units: nursing manager perceptions	<b>Speaker: Anne Storey</b>  Exploring the feasibility of a health clinic for consumers of a community mental health service.	<b>Speaker: Cynthia Delgado</b>  Integrating practice and self-care in the face of emotional adversity: Mental health nurses' workplace resilience
2:35pm – 2:55pm	<b>Speaker: Gearoid Brennan</b>  What 'capital' do mental health nurses utilise to address people's physical health?	<b>Speaker: Ellen Davies</b>  Integrating research and practice: Development and testing of the Needs in Recovery Assessment (NiRA)	<b>Speaker: Christine Palmer</b>  Community integration through women's wellbeing camps	<b>Speaker: Glenn Taylor</b>  Nursing & Midwifery Health Program Victoria 'Champion Program': Integrating Voice to Challenge Stigma
3:00pm – 3:30pm	Afternoon Tea and Exhibition			Foyer, Level 2

Time	Format	Venue Location
3:30pm – 5:00pm: 27 <sup>th</sup> Oration and Investiture Ceremony		Grand Ballroom, Level 2
3:30pm – 5:00pm	<b>27<sup>th</sup> Oration and Investiture Ceremony</b> <b>Orator: Professor Mike Hazelton</b> Professor of Mental Health Nursing, The University of Newcastle <b>Oration Topic:</b> <i>‘Evidence, Compassion and Human Rights: The Right Treatment/The Right to Treatment’</i>	
5:00pm – 6:00pm	Welcome Reception and Exhibition	Foyer, Level 2
End of Conference Day 1		

## NOTES


CONFERENCE DAY 2: WEDNESDAY 9 OCTOBER 2019

Time	Format			Venue Location
8:00am – 8:30am	AGM Breakfast and Members Forum Registration			Foyer, Level 2
8:30am – 10:30am	AGM Breakfast and Members Forum			Grand Ballroom, Level 2
10:30am – 11:00am	Morning Tea and Exhibition			Foyer, Level 2
11:00am – 12:30pm: Plenary Session 2				Grand Ballroom, Level 2
11:00am – 11:45am	<b>Keynote Speaker: Cathy Daniel</b> Coordinator Post Graduate MHN & CL Psychiatry Nurse, The University of Melbourne; Royal Melbourne Hospital <b>Presentation:</b> ‘Exploring Coercive Practices in Acute Health: Policy and Practice’			
11:45am – 12:30pm	<b>Keynote Speaker: Maree Teesson</b> Director, The Matilda Centre, University of Sydney <b>Presentation:</b> ‘Mental health and substance use: What has 20 years of research taught us about integration of care?’			
12:30pm – 1:30pm	Lunch and Exhibition			Foyer, Level 2
1:30pm – 3:00pm: Concurrent Session 3				
Speaker Times	3A Integrating Services: Across the Lifespan Ballroom 1, Level 2	3B Safe in care, safe at work Ballroom 2, Level 2	3C Supporting Workforce Hyde Park Room, Level 2	3D Contemporary Education Phillip Room, Level 2
1:35pm – 1:55pm	<b>Speaker: Andrew Watkins</b> y-QUIT? A tobacco cessation program for young people experiencing psychosis	<b>Speaker: Eimear Muir Cochrane</b> The effectiveness of chemical restraint in managing behaviours of concern: A systematic review	<b>Speaker: Kim Foster</b> Mental health nurses’ resilience, wellbeing, practice and workplace stress: integrating policy and practice	<b>Speaker: Caroline Picton</b> “I tell them like it is!” Teaching from lived experience.



Time	Format			Venue Location
1:55pm – 2:15pm	<b>Speaker: Rachel Tindall</b> Multi-perspective accounts of engaging with early intervention services for psychosis: a longitudinal qualitative study	<b>Speaker: Kim Reid</b> Developing a model for applying trauma informed care theory in practice	<b>Speaker: Helen Strong</b> Workplace Bullying Persists because People Practice outside Policy	<b>Speaker: Brenda Happell</b> The tyranny of difference: exploring attitudes to a consumer academic in mental health nursing education
2:15pm – 2:35pm	<b>Speaker: John Hurley</b> Building mentally healthier family systems for young people at Headspace	<b>Speaker: Lisa Sealey</b> Restrictive practices in child and adolescent mental health care: A cause for concern	<b>Speaker: Alice Quinn</b> A comparison of burnout in the community and inpatient settings	<b>Speaker: Rosemary Charleston</b> Establishing a new Centre for Mental Health Learning: lessons in integration and collaboration
2:35pm – 2:55pm	<b>Speaker: Michelle Hookham</b> Be & Co. – Connecting community, integrating services, enabling access, improving outcomes	<b>Speaker: Tracy Tabvuma</b> Balancing evidence and experience in the implementation of evidence-based practice: NSW's Safewards Experience	<b>Speaker: Julie Bradshaw</b> Integrating care: What asylum history can tell us	<b>Speaker: Suzie Bartlett</b> "Supporting Distressed Learners"
3:00pm – 3:30pm	Afternoon Tea			Foyer, Level 2
3:30pm – 5:00pm: Plenary Session 3				
3:30pm – 4:15pm	<b>Keynote Speaker: Paul McNamara</b> Clinical Nurse Consultant, Cairns & Hinterland Mental Health Service <b>Presentation:</b> <i>'How can we be integrated if nobody knows about us?'</i>			
4:15pm – 5:00pm	<b>Keynote Speaker: Caro Swanson</b> Principal Advisor Mental Health and Service User Lead, Te Pou o te Whakaaro Nui <b>Presentation:</b> <i>'Hello from the other side'</i>			
End of Conference Program Day 2				
7:30pm – Conference Dinner – Grand Ballroom, Level 2, Sheraton Grand Sydney Hyde Park				

CONFERENCE DAY 3: THURSDAY 10 OCTOBER 2019

Time	Format	Venue Location		
8:30am – 3:30pm	Conference Registration	Foyer, Level 2		
8:30am – 3:30pm	Exhibition Open	Foyer, Level 2		
9:00am – 10:30am: Plenary Session 4		Grand Ballroom, Level 2		
9:00am – 10:00am	<p><b>International Keynote Speaker: Eleanor Longden</b></p> <p>Postdoctoral Service User Research Manager, Greater Manchester Mental Health NHS Foundation Trust</p> <p><b>Presentation:</b> <i>‘Hearing Voices: Recovery and Discovery’</i></p> <p>Dr Eleanor Longden is a National Institute of Health Research postdoctoral fellow, based at the Psychosis Research Unit in the UK, who has drawn from her own experiences of trauma and psychosis to promote person-centred and recovery-focused approaches to complex mental health problems. Her TED talk on voice hearing was named by the Guardian newspaper as one of the ‘20 Online Talks That Could Change Your Life’ and has since been viewed over 4m times and translated into 37 languages. She is the author of Learning from the Voices in My Head (TED Books, New York: 2013).</p>	<p><b>Sponsored by:</b></p>  <b>Health Professionals Bank</b>		
10:00am – 10:30am	<p><b>Discussion Forum with Eleanor Longden</b></p> <p><b>Facilitated By:</b> Timothy Wand</p> <p>Scientific Chair, Conference Program Committee, 45th International Mental Health Nursing Conference</p>			
10:30am – 11:00am	Morning Tea and Exhibition	Foyer, Level 2		
11:00am – 12:30pm: Concurrent Session 4				
Speaker Times	4A Integrated Services: Across the Lifespan Ballroom 1, Level 2	4B Justice Mental Health Ballroom 2, Level 2	4C Contemporary Education Hyde Park Room, Level 2	4D Models of Integrated Care Phillip Room, Level 2
11:05am – 11:25am	<p><b>Speaker: Stephen Spencer</b></p> <p>An innovative approach to integrating research into practice: Supporting adolescents who experience episodes of distress.</p>	<p><b>Speaker: Christine Webster</b></p> <p>WE’RE ENGAGED - marriage between forensic and community health - Forensic Mental Health in Community Health Program</p>	<p><b>Speaker: Anna Treloar</b></p> <p>Storytelling in Mental Health Nursing: Clinical and Educational Purpose</p>	<p><b>Speaker: Sophie Isobel</b></p> <p>Integrating Trauma Informed Care into Community Mental Health practice</p>

Time	Format			Venue Location
11:25am – 11:45am	<b>Speaker: Rhonda Wilson</b>  Integrated care for double bereavement associated with parental cancer and death in divorced families	<b>Speaker: Christine Muller</b>  Developing an outreach mental health tele-health service within NSW Correctional Centres	<b>Speaker: Julie Ferguson</b>  Integrating Indigenous Mental Health Clinicians into our Mental Health Workforce	<b>Speaker: Sione Vaka</b>  Ūloa, an ethnic model of integrating mental health care
11:45pm – 12:05pm	<b>Speaker: Margaret McAllister</b>  'Story-care': A narrative skills workshop to support mental health and wellbeing of residents of aged-care	<b>Speaker: Nigel Toomey</b>  Providing a Clinical Aggression training program across a major metropolitan health service- Challenges and Benefits	<b>Speaker: Michael Olasoji</b>  Preparing Intensive Care Nurses to provide care to consumers experiencing mental illness	<b>Speaker: Judith Foord</b>  Mental Health Nurse Practitioners in crisis services – central to integrated care!
12:05pm – 12:25pm	<b>Speaker: Jillian Goulet</b>  Education and support needs of residential aged care staff caring for residents with mental-palliative co-morbidity	<b>Speaker: Edward Acquin</b>  Oops, did we forget consumers in the conversation about risk?	<b>Speaker: Julia Hunt</b>  Changing Perceptions of Anorexia Nervosa. Prevalence of Atypical Anorexia Nervosa in Community Eating Disorder Services	<b>Speaker: Theresa Smith</b>  Hand in hand: aged care and mental health working together for recovery orientated aged care
12:30pm – 1:30pm	Lunch and Exhibition			Foyer, Level 2
1:30pm – 3:30pm: Closing Plenary Session				Grand Ballroom, Level 2
1:30pm – 2:00pm	<b>Keynote Speaker: Annette Woodhouse</b> Nursing Director, Sunshine Coast Hospital and Health Service, Mental Health and Addiction Services <b>Presentation:</b> <i>'People, Passion and Process. A sharing of perspectives on integration in mental health nursing from current practice examples to future possibilities.'</i>			
2:00pm – 3:00pm	<b>Panel Q &amp; A Session</b> <b>Subject: Mental Health Nursing in an Integrated World</b> The panel mental health nursing in an integrated world, will explore policy and practice perspective from a clinician, academics and lived experience perspective. It will be an opportunity for questions from the audience and discussion around what integrated care looks like from a range of perspectives. <b>Facilitated By:</b> Eimear Muir-Cochrane President, Australian College of Mental Health Nurses; Professor of Mental Health Nursing, Flinders University			
3:00pm – 3:30pm	Award Ceremony and Conference Close			
3:30pm – 4:00pm	World Mental Health Day Afternoon Tea			Hyde Park Room, Level 2
End of Conference				

# POSTERS

Time	Session
Conference Day One – Tuesday 8 October 2019	
12:30pm – 1:30pm	<b>P1.001 – Presenter: Geoff Dickens</b> Systematic review of interventions for changing culture- or milieu-related outcomes in acute mental health settings
	<b>P1.002 – Presenter: Margaret McAllister</b> Virtual peer support: A vital step towards integrated regional planning and service delivery.
	<b>P1.003 – Presenter: Shirley McGough</b> Integrating Cultural safety into practice
	<b>P1.005 – Presenter: Desiree Meredith</b> The Unique Nursing Role within The Adolescent Mental Health Day Program (CYMHS).
	<b>P1.006 – Presenter: Yuri Nakagawa</b> Effect of the aroma massage to a cancer patient receiving palliative care
	<b>P1.007 – Presenter: Laurinne Campbell</b> Integrated Physical and Mental Health in Primary Care: Supporting those with Severe and Persistent Needs
	<b>P1.008 – Presenter: Julie Porter</b> Enhancing Mental Health Nursing as a specialty through Practice Development
	<b>P1.009 – Presenter: Deva Reynold</b> Helping families with MH and AOD issues to create a safe home for kids.
	<b>P1.010 – Presenter: Joanne Stubbs</b> Theoretical principles to guide cross-sector collaboration between mental health and AOD. A scoping review.

Time	Session
<b>Conference Day Two – Wednesday 9 October 2019</b>	
12:30pm – 1:30pm	<b>P2.001 – Presenter: Geoff Dickens</b> Complexity, clarity, and confidence: qualitative study of mental health nurses' experiences of acute physiological deterioration
	<b>P2.002 – Presenter: Geoff Dickens</b> Structured risk assessments for imminent aggression: Systematic review and meta-analysis
	<b>P2.003 – Presenter: Alison Hansen</b> What is the experience of seclusion for consumers in forensic mental health settings?
	<b>P2.004 – Presenter: Shona Macleod</b> Stress and Burnout in Forensic Mental Health Nurses
	<b>P2.005 – Presenter: Vivian Masukwedza</b> Advance Care Directives For Individuals With Dementia Living in Residential Accommodation: A Descriptive Survey
	<b>P2.006 – Presenter: Claire Newman</b> Vicarious trauma in correctional and forensic mental health nurses: Incidence and psychological wellbeing
	<b>P2.007 – Presenter: Claire Newman</b> Improving the integration of Autism Spectrum Disorder service provision into existing prison-based services
	<b>P2.008 – Presenter: Troy Singh</b> Metabolic Screening of Severely Mentally Ill inpatient consumers: A Quality Improvement Project
	<b>P2.009 – Presenter: Richard Baldacchino</b> Working together on a RCT: MHNs as site coordinators for a Suicide Prevention Study
	<b>P2.010 – Presenter: Renee Hall</b> The role of the mental health facilitator in student learning
	<b>P2.011 – Presenter: Kate Wapling</b> Routine physical health screening in an early intervention service for borderline personality disorder

Time	Session
Conference Day Three – Thursday 10 October 2019 – Session P3	
12:30pm – 1:30pm	<b>P3.001 – Presenter: Geoff Dickens</b> Physiological health care-related safety attitudes and organisational culture
	<b>P3.002 – Presenter: Vivian Masukwedza</b> Advance Care Directives For Individuals with Dementia: A Descriptive Survey
	<b>P3.003 – Presenter: Shirley McGough</b> Integrating care: ASSIST-Linked brief interventions to reduce hazardous substance use in the primary care settings
	<b>P3.004 – Presenter: Bruce Collyer</b> Onboarding, To recovery
	<b>P3.005 – Presenter: Gary Ennis</b> “You don’t know what you don’t know” The lost art of critical thinking for nurses
	<b>P3.007 – Presenter: Lubna Ghazal</b> Pathway to suicide: perceptions among young adults from Gilgit Baltistan, Pakistan: A Qualitative study
	<b>P3.008 – Presenter: Scott Haworth</b> To debrief or to not debrief: Adding a collaborative approach to decreasing repeated restrictive practices.
	<b>P3.009 – Presenter: Teresa Kelly</b> Heartscapes: Researching the complex interplay of mental illness on cardiovascular health in everyday life
	<b>P3.010 – Presenter: Hiromi Kuwata</b> The insulin pump troubles and life by the pubertal children with type I diabetes mellitus
	<b>P3.011 – Presenter: Gearoid Brennan</b> Field of play: How do organisational structures impact on mental health nurse’s physical health practice?



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It seeks to represent the profession at all levels of government and across all health service sectors.

Website:

**[www.acmhn.org](http://www.acmhn.org)**



## EQUALLY WELL

The National Mental Health Commission's Equally Well Consensus Statement: Improving the physical health and wellbeing of people living with mental illness in Australia is targeted towards raising awareness and providing opportunities for services and individuals to do better. Visit the Equally Well booth at the ACMHN 2019 conference to receive more information on physical health checks for people with mental illness.

Website:

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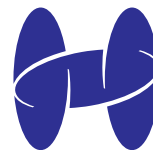
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