

# 18<sup>th</sup>

# VICTORIAN COLLABORATIVE MENTAL HEALTH NURSING CONFERENCE

**3 & 4 AUGUST 2017**

**MOONEE VALLEY RACECOURSE  
MELBOURNE**

## **PROGRAM**



## OPENING ADDRESS

### Associate Professor Bridget Hamilton

Director – Centre for Psychiatric Nursing,  
The University of Melbourne



**Assoc. Professor Bridget Hamilton** is a registered mental health nurse with over 30 years experience working as a clinician, manager, educator and researcher across inpatient, child & adolescent, community and CATT roles. She commenced her role as Director of the Centre for Psychiatric Nursing in December 2016, and is currently leading the evaluation of Safewards in Victoria.

## KEYNOTE SPEAKERS

### Professor Joy Duxbury

Professor In Mental Health Nursing,  
University of Central Lancashire



**Professor Joy Duxbury** leads the University of Central Lancashire's Centre for Mental Health and Wellbeing, and has worked on numerous funded projects pertaining to mental health in the United Kingdom. Her publication history reflects her interest in applied social justice, consumer and staff perspectives on safety, and the implementation of organisational models to facilitate change. In 2014, Joy was awarded the Eileen Skellern Award in recognition of her service to mental health nursing.

Most recently, Joy's national and international focus has been on the minimisation of restrictive practices such as physical restraint and coercion. She is current Chair Elect of the European Violence in Psychiatry Research Group, and of the UK-based Restraint Reduction Network. She was a member of the Development Group for the UK's National Institute for Health and Care Excellence (NICE) guidelines for the short-term management of violence and aggression.

Joy will speak on the implementation of Six Key Restraint Reduction Strategies across a network of organisations in north east England and beyond.

### Mr Trevor Hunt

Manager - Mental Health & Drugs Workforce  
(Workforce Planning and Initiatives) Victorian  
Department of Health & Human Services



**Trevor Hunt** has made a substantial contribution to the development and outworking of government reforms related to Victoria's 10-year Mental Health Plan, and – as Manager of the Mental Health and Drugs Workforce - has a leading role in the planning and execution of the current *Mental health workforce strategy*. In collaboration with the Mental Health Workforce Reference Group of the Expert Taskforce on Mental Health, Trevor's Workforce team oversees a suite of projects to develop and support the Victorian mental health workforce. This program of work is focused on improvements and innovations in the areas of:

- Workforce availability and skill, integration and innovation
- Worker safety and satisfaction
- Co-design and co-delivery with consumers and carers

Trevor will speak to these policy directions and innovations, and report on the progress being made in relation to the government mental health workforce – of which the largest group is mental health nurses.

### Professor Kim Foster

Professor of Mental Health Nursing,  
Northwestern Mental Health /  
Australian Catholic University



**Professor Kim Foster** leads the Mental Health Nursing Research unit at Royal Melbourne Hospital. She is a Member of the Board of the Australian College of Mental Health Nurses, and a current Chief Investigator for an NHMRC Partnership Grant into the psycho-social wellbeing of families exposed to paediatric injury.

Kim's research expertise and interests include the interface of physical and mental health, and the families and carers of people with a mental illness. She also has a longstanding interest in the area of resilience research: that is, research into the factors that help to strengthen individuals' responses and outcomes to adversity and stress. She was awarded a Winston Churchill Fellowship in the field of resilience intervention in 2011. More recently, her research in this area has focused on the resilience of mental health nurses in the context of workplace stressors, and the feasibility of a resilience education program for the mental health nursing workforce.

Kim will speak on her research and insights into resilience, as it relates to mental health consumers and nurses alike.

### Dr Haley Peckham

Neuroscientist – The University of Melbourne



**Dr Haley Peckham** has studied brain and mind from many perspectives, and is passionate about spreading the word on neuroplasticity: that is, the biological mechanisms that translate our lived experience in the world into changes in the brain.

Haley holds Masters degrees in Philosophy of Cognitive Science and Molecular Neuroscience, and in 2016 completed her PhD thesis on a molecular mechanism of neuroplasticity at The University of Melbourne. She is also a mental health nurse who has worked with adolescents in in-patient wards; she currently works as a clinical educator at the University of Melbourne, where she provides a dual consumer/researcher's perspective on neuroplasticity and neuro-psychotherapy for clinicians.

Haley will speak about the ways in which her research into neuroplasticity has helped her to make sense of the effects of complex trauma in her own life, as well as the ways in which psychotherapy worked to fundamentally change her ability to physiologically and emotionally regulate.

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Victorian government



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# DAY 1: THURSDAY 3 AUGUST

# PROGRAM

08:00 AM	<b>REGISTRATION</b>		
09:00 AM	<b>WELCOME TO COUNTRY</b>		
09:15 AM	<b>OPENING ADDRESS</b> Assoc. Professor Bridget Hamilton		
09:45 AM	<b>KEYNOTE SPEAKER</b> Professor Joy Duxbury <i>Re(s)train yourself: A multi-site project aimed at minimising the use of restraint in mental health services in the United Kingdom</i>		
10:45 AM	<b>MORNING TEA</b>		
	<b>A – MAIN ROOM</b>	<b>B – SILKS ROOM</b>	<b>C – JOCKEY ROOM</b>
11:15 AM	Rachel Gwyther, Indigo Daya & Lisa Spong <i>State-wide implementation of Safewards: How we're doing it in Victoria</i>	Tessa Maguire <i>The Dynamic Appraisal of Situational Aggression &amp; nursing interventions to reduce aggression</i>	Rachel Tindall <i>Client and caregiver perspectives of engagement at entry to a first-episode psychosis service: preliminary results of a longitudinal qualitative study</i>
11:45 AM	Rebecca Bullock & Clare Neale <i>Gender Sensitive and Safe Practice on an Adult Inpatient Unit: Focusing on Sexual Safety</i>	Roopalal Anandan Palavila <i>Self-efficacy and attitude of nurses towards people with co-morbid substance use</i>	Rachel Oakenfull <i>Addressing sexual health of disengaged young people – creating culture change</i>
12:15 PM	<b>LUNCH</b>		
01:15 PM	<b>KEYNOTE SPEAKER</b> Professor Kim Foster <i>Pathways to resilience for mental health nursing</i>		
	<b>A – MAIN ROOM</b>	<b>B – SILKS ROOM</b>	<b>C – JOCKEY ROOM</b>
02:00 PM	Steve West & Michele Puncher <i>Developing a training film for talking with young people about their substance use - a great training tool.</i>  <i>PRESENTATION includes: FILM SCREENING plus Q&amp;A SESSION (60 mins)</i>	Sarah McFadyen <i>The benefits and challenges of using Sensory Modulation with consumers diagnosed with Borderline Personality Disorder</i>	Dean McCaughan <i>Improving the mental health of young people who are homeless: A shared approach to a complex issue</i>
2:30 PM		Stephanie Laraia <i>A Graduate Nurse's experience of implementing Safewards Model on an Adult Acute Mental Health Unit</i>	Bridget Hamilton (facilitator) <i>A critical conversation about the 'safe' in Safewards</i>
03:00 PM	<b>AFTERNOON TEA</b>		
	<b>A – MAIN ROOM</b>	<b>B – SILKS ROOM</b>	<b>C – JOCKEY ROOM</b>
03:30 PM	Robert Trett <i>Psychotherapy Essentials in Mental Health Nursing: what are they and how might they benefit service users</i>	Geoffrey Ahern <i>Being gay and Christian: the unique mental health risks that this poses for gay men in Australia</i>	Sarah Han, Greg Mitchell, Aimee Li & Brett Boardman <i>"Rapid Fire" from the Specialist Psychiatric Unit Melbourne</i> <i>SYMPOSIUM (60 mins)</i>
04:00 PM	Helen Waite & Vrinda Edan <i>Working together, clinician and consumer, using the PULSAReveryday 'Personal recovery' guide</i>	Lisa Stokes & Sue Jones <i>The Rainbow Journey</i>	
04:30 PM	<b>CLOSE OF DAY 1</b>		
04:45 PM	<b>ACMHN (VIC) BRANCH MEETING</b>		

## SPECIAL EVENT

### SAMPLE-SIZE SESSIONS: CLINICAL SUPERVISION

Sign-up for an individual, personalised Clinical Supervision session at this year's Conference. Each 40 minute session will include a 15 minute introduction to the Role Development Model of Clinical Supervision, and a 25 minute one-on-one session that demonstrates the Clinical Supervision process 'in action' and includes 'take home' considerations for your nursing practice.

Sign-up sheets will be available at Registration on both Conference Days

#### FACILITATED BY:

Maggie McIntosh, Michele Puncher & Jo Clayton (Eastern Health)

# DAY 2: FRIDAY 4 AUGUST

# PROGRAM

08:00 AM	<b>REGISTRATION</b>		
09:00 AM	<b>KEYNOTE SPEAKER</b> Trevor Hunt <i>Victoria's mental health workforce strategy</i>		
	<b>A – MAIN ROOM</b>	<b>B – SILKS ROOM</b>	<b>C – JOCKEY ROOM</b>
09:45 AM	<b>Dean McCaughan</b> <i>Partnering with primary schools to improve student wellbeing, resilience, and family relationships: Providing treatment and support earlier in life</i>	<b>Indigo Daya</b> <i>The word is mightier than locked doors: Using consumer perspectives to change cultures of violence through the Safewards nursing model</i>	<b>Nicole Edwards &amp; Kate Thwaites</b> <i>Strengthening mental health nursing leadership and driving practice change</i>
10:15 AM	<b>Mei Yee Chan, Vanessa Tucker &amp; Amanda Waters</b> <i>Psychiatric Assessment &amp; Planning Unit: The Austin Model</i>	<b>Rachel Gwyther, Indigo Daya &amp; Lisa Spong</b> <i>Consumers and nurses walking the talk: How collaboration has enriched the Victorian Safewards implementation</i>	<b>Brian Jackson</b> <i>A novel use of a multimedia approach to Clinical Risk Assessment and Management Clinical Leadership training for Adult and Youth Mental Health Inpatient services</i>
10:45 AM	<b>MORNING TEA</b>		
10:45 AM	Special Event: <i>Nursing Students Unite!</i> in the Silks Room		
	<b>A – MAIN ROOM</b>	<b>B – SILKS ROOM</b>	<b>C – JOCKEY ROOM</b>
11:30 AM	<b>Pooja Saini</b> <i>Upskilling Mental health nurses with physical health skills</i>	<b>Kate Cooke, Pip Bradley, Clive Collins, Jo Veltkamp &amp; Lorraine Sinclair</b> <i>Emotional Harm: what is it and what is the impact for our clients?</i> <b>WORKSHOP (90 mins)</b>	<b>Rebecca Bullock &amp; Felicity Bonsu</b> <i>Introducing an Enrolled Nurse Transition Program: the benefits, the challenges, and a personal perspective</i>
12:00 PM	<b>Brendan Snell</b> <i>Clinician perspectives on consumer physical health assessment</i>		<b>Elaine Withers &amp; Fiona Wylie</b> <i>Implementing a consumer-led recovery education program for undergraduate nursing students: successes and challenges</i>
12:30 PM	<b>Lauren Vicars-Foote &amp; Micah Walker</b> <i>Introducing Accredited Exercise Physiologists to Continuing Care Units</i>		<b>Sandra Burkitt</b> <i>Transition to an Adult Community Psychiatry Program</i>
01:00 PM	<b>LUNCH</b>		
	<b>A – MAIN ROOM</b>	<b>B – SILKS ROOM</b>	<b>C – JOCKEY ROOM</b>
02:00 PM	<b>Michele Puncher</b> <i>Sustaining practice through clinical supervision</i>	<b>Donna Matthews &amp; Laura Anstee</b> <i>Putting the Village back in the City: The Expanding Post Discharge Support Program at St Vincent's Mental Health Melbourne State-wide Interprofessional Leadership Network</i>	<b>Brandon Smith &amp; Thomas Wilson</b> <i>Implementation of Nurse Initiated NRT in an acute setting</i>
02:30 PM	<b>Sally Buchanan-Hagen</b> <i>Teaching mental health to nursing students as a consumer who is a registered nurse: a reflection on the challenges and tensions that arise when you have 'a foot in both camps'</i>	<b>Kalina Clarke &amp; Cathy Breewel</b> <i>Borderline personality disorder: we have reduced hospital bed days by using Mentalization based treatment groups</i>	<b>Joanne Clayton</b> <i>Is Safewards the key to successful smoke free wards?</i>
03:00 PM	<b>KEYNOTE SPEAKER</b> Dr Haley Peckham <i>The 'talking cure' is biological</i>		
03:45 PM	<b>CLOSE OF DAY 2</b>		
04:00 PM	<b>DRINKS</b>		

## SPECIAL EVENT

### NURSING STUDENTS UNITE!

**NURSING STUDENTS:** by the date of this year's Conference, there'll be only one month until the Computer Match closing date for graduate nursing applications! This informal meet & greet session gives you a chance to both:

- Meet current graduate mental health nurses, as well other more experienced mental health nurses .... and ask them everything you've ever wanted to know about a mental health nursing career, but were too afraid to ask; and
- Chat with other nursing students interested in a career in mental health, so you can 'compare notes' about everything from your Conference experience and your graduate year hopes, to your longer term work and education goals.

**This session will run at Morning Tea on Day 2 of the Conference**

#### FACILITATED BY:

**Kylie Boucher**  
(Centre for Psychiatric Nursing)

The attendance of 60+ nursing students at this year's Conference was supported by the Victorian Government's Free Student Pass offer