18th VICTORIAN COLLABORATIVE MENTAL HEALTH NURSING CONFERENCE

3 & 4 AUGUST 2017

MOONEE VALLEY RACECOURSE
MELBOURNE

PROGRAM
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 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.

To share your own Conference highlights on social media access the: MVRC-Free-WiFi

**ACCESS INSTRUCTIONS:**
- Select the “MVRC-Free-WiFi” network on your mobile device or laptop.
- On the login page, choose the application you’d like to access (Facebook, Twitter, Instagram or form email).
- Accept the terms and conditions.
- Login to your chosen application
### DAY 1: THURSDAY 3 AUGUST

#### PROGRAM

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

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

**MORNING TEA**
10:45 AM
Special Event: Nursing Students Unite! in the Silks Room

**A – MAIN ROOM**
08:00 AM
REGISTRATION

09:00 AM
KEYNOTE SPEAKER  Trevor Hunt  Victoria’s mental health workforce strategy

**B – SILKS ROOM**
09:45 AM
Dean McCaughan
Partnering with primary schools to improve student wellbeing, resilience, and family relationships: Providing treatment and support earlier in life

Indigo Daya
The word is mightier than locked doors: Using consumer perspectives to change cultures of violence through the Safewards nursing model

Nicole Edwards & Kate Thwaites
Strengthening mental health nursing leadership and driving practice change

**C – JOCKEY ROOM**
09:45 AM
Mei Yee Chan, Vanessa Tucker & Amanda Waters
Psychiatric Assessment & Planning Unit: The Austin Model

Rachel Gwyther, Indigo Daya & Lisa Spong
Consumers and nurses walking the talk: How collaboration has enriched the Victorian Safewards Implementation

Brian Jackson
A novel use of a multimedia approach to Clinical Risk Assessment and Management Clinical Leadership training for Adult and Youth Mental Health Inpatient services

**10:15 AM**

**10:45 AM**
Special Event: Nursing Students Unite! in the Silks Room

**01:00 PM**
LUNCH

**02:00 PM**
Michele Puncher
Sustaining practice through clinical supervision

Donna Matthews & Laura Anstee
Putting the Village back in the City: The Expanding Post Discharge Support Program at St Vincent’s Mental Health MelbourneState-wide Interprofessional Leadership Network

Brandon Smith & Thomas Wilson
Implementation of Nurse Initiated NRT in an acute setting

**02:30 PM**
Sally Buchanan-Hagen
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’

Kalina Clarke & Cathy Breewel
Borderline personality disorder; we have reduced hospital bed days by using Mentalization based treatment groups

Joanne Clayton
Is Safewards the key to successful smoke free wards?

**03:00 PM**
KEYNOTE SPEAKER  Dr Haley Peckham  The ‘talking cure’ is biological

**03:45 PM**
CLOSE OF DAY 2

**04:00 PM**
DRINKS

**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)

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