

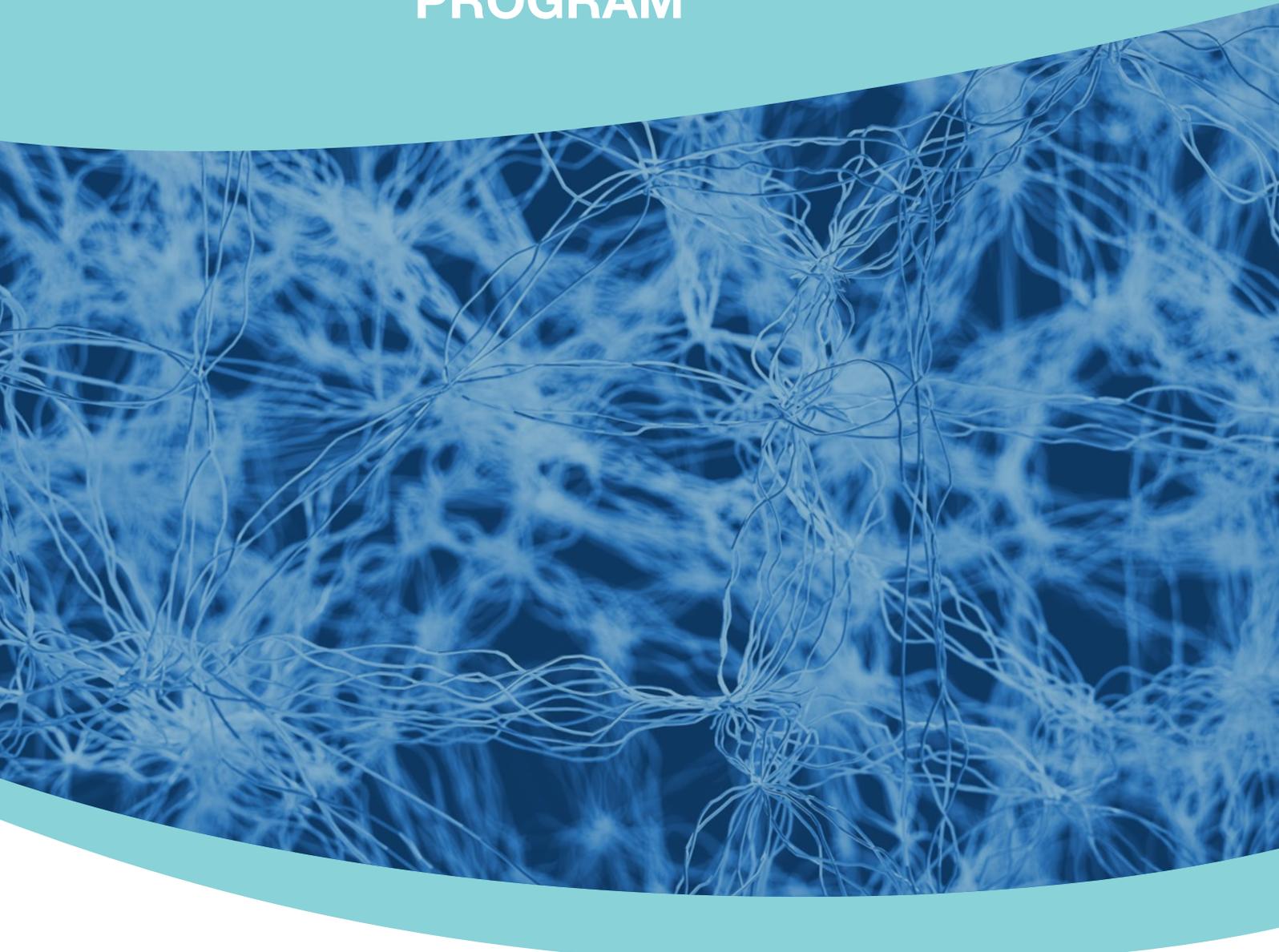
# 19<sup>th</sup>

## VICTORIAN COLLABORATIVE MENTAL HEALTH NURSING CONFERENCE

2 & 3 AUGUST 2018

MOONEE VALLEY RACECOURSE  
MELBOURNE

### PROGRAM



## OPENING ADDRESS

### The Honourable Martin Foley MP

Minister for Housing, Disability & Ageing;  
Mental Health; Equality; Creative Industries



**Martin Foley MP** has responsibility for the social justice portfolios of Housing, Disability and Ageing, Mental Health and Equality, as well as

Creative Industries, in the Andrews Labor Government. Having previously worked in the public housing sector, community development and protecting the rights of working people, he has been the Member for Albert Park since 2007.

Martin holds a BA (Hons) in History and Politics from Monash University and a Master of Commerce (Hons) from the University of Melbourne. He is a member of the St Kilda Football Club and hopes to see a premiership in his lifetime. He is a cricket tragic destined to be stranded on a single century after too many innings.

## KEYNOTE SPEAKERS

### Professor Eimear Muir-Cochrane

Chair of Nursing (Mental Health) at Flinders University; and President of the Australian College of Mental Health Nurses



**Eimear** has been involved in mental health research and education for over thirty years. She is passionate about trying to make a difference by

researching aggression, seclusion, absconding and restraint and is recognised as an international expert in these areas supported by national and international grants. Eimear has published three books, a mobile optimised educational device (MOD), a MOOC, two monographs and over a hundred research articles.

As President of ACMHN, Eimear is committed to a new membership strategy as well as advancing mental health nursing in Australia.

Further details of her books, chapters and research can be found here:

<http://www.flinders.edu.au/people/eimear.muircochrane>

### Susan McLean

Australia's leading expert in the area of cyber safety and was a member of Victoria Police for 27 years



**Susan** was the first Victoria Police officer appointed to a position involving cybersafety and young people where she established and managed the

Victoria Police Cybersafety Project. She has completed advanced training in the USA in 2007, 2012 & 2015 including the Protecting Children Online Certificate from Fox Valley Technical College and has successfully completed the 'University Certificate in Child Safety on the Internet' from the University of Central Lancashire, United Kingdom. She also has qualifications from Netsmartz/NCMEC (USA) and NSPCC/CEOP (UK).

In 2003 she was the Victoria Police Region Four Youth Officer of the Year. She has also been awarded The National Medal and the Victoria Police Service Medal and 2nd Clasp, and the National Police Medal.

Susan collaborates with a variety of international bodies and is a member of the Federal Government's Online Safety Consultative Working Group. She provides regular advice and assistance to Australian families and schools in relation to online issues and this is always pro bono. She is often a conduit between a victim of online abuse (and their families) and law enforcement to ensure criminal activity is reported and investigated.

### Anna Love

Chief Mental Health Nurse, Department of Health and Human Services Victoria



**Anna** commenced her career in Scotland in the early 80's and moved to Australia in 1989. She has worked in both Inpatient and Community

settings as a clinician and as a manager and as a Director Of Nursing both in Mental Health and Drug and Alcohol services.

During the early 90's Anna was involved in the decommissioning of the North Eastern Metropolitan Psychiatric Services (NEMPS) which provided her first experience of managing service change and reform and has been an area of interest since that time.

Anna's vision is to ensure a skilled Mental Health Nursing workforce for the future which is flexible, responsive, and works collaboratively with consumers encouraging self-determination and self-management of mental health and wellbeing.

### Mary O'Hagan

Developer and Director of PeerZone Ltd



**Mary** used mental health services for eight years as a young woman and went on to become a pioneer of the service users movement in New Zealand.

She is a former advisor to the United Nations and World Health Organisation and a former chair of the World Network of Users and Survivors of Psychiatry. As Mental Health Commissioner of New Zealand (2000 – 2007), Mary led the Commission's work on recovery.

As Director of PeerZone, Mary leads an organisation that delivers workshops designed and delivered by (and for) people with lived experience of mental distress and addiction. PeerZone's consultancy arm supports consumer engagement and peer service development across Australia and New Zealand.

The attendance of 60 nursing students and 20 graduate nurses at this year's Conference has been supported by the The Office of the Chief Mental Health Nurse



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# DAY 1: THURSDAY 2 AUGUST

# PROGRAM

08:00 AM	<b>REGISTRATION</b>		Market Place (L1)
09:00 AM	<b>WELCOME TO COUNTRY</b>		Meeting Place (L1)
09:15 AM	<b>OPENING ADDRESS</b>	The Honourable Martin Foley MP	Meeting Place (L1)
09:45 AM	<b>KEYNOTE SPEAKER</b>	Susan McLean <i>Caring for kids in the online world</i>	Meeting Place (L1)
10:45 AM	<b>MORNING TEA</b>		Market Place (L1)
10:45 AM	<b>SPECIAL EVENT NURSING STUDENTS UNITE!</b>		Silks Room (L2)
	<b>A – MEETING PLACE (L1)</b>	<b>B – SILKS ROOM (L2)</b>	<b>C – JR ROOM (L1)</b>
11:15 AM	Claire Hayes <i>What's helpful about an adolescent inpatient admission? Sharing knowledge and supporting practice</i>	Nicholas McAtamney, Jessica Duda, Cheryl Wilcox, Sarah Aspridis & Sara Sabasan <i>Reducing restrictive interventions with a long term seclusion patient</i>	Mena Love & Kate Locastro <i>Improving access to culturally responsive services for our Aboriginal and Torres Strait Islander community</i>
11:45 AM	Adam Blake <i>We don't get nervous - we get prepared: Team huddles on the statewide child inpatient unit</i>	Rachel Gwyther & Lisa Spong <i>Talking underwater with a mouthful of marbles</i>	Camuran Albanoi <i>Recovery oriented practice supporting self-determination</i>
12:15 PM	<b>LUNCH</b>		Members Lounge (L2)
12:15 PM	<b>SPECIAL EVENT CLINICAL SUPERVISION FRAMEWORK</b>		Silks Room (L2)
01:15 PM	<b>KEYNOTE SPEAKER</b>	Prof Eimear Muir-Cochrane <i>What's so funny about peace, love and understanding?: Contextual issues in the goals to reduce and eliminate restraint in mental health settings</i>	Meeting Place (L1)
	<b>A – MEETING PLACE (L1)</b>	<b>B – SILKS ROOM (L2)</b>	<b>C – JR ROOM (L1)</b>
02:00 PM	Robert Trett (Chair) <i>SYMPOSIUM: psychotherapy essentials in mental health nursing</i>	Matt Donato & Teneale Turner <i>Nursing interventions within the recovery model in the prevention of hospital admission</i>	Kylie Boucher <i>What do mental health nurse early graduate programs across Victoria look like?</i>
2:30 PM	Jenny Wilkinson Finbar Hopkins	John Leete & Phyllis Colucci <i>What a difference a day makes</i>	Shane Bautista <i>How mental health nurses can promote a healthy lifestyle to consumers living in a community care unit</i>
2:45 PM	<i>SPEAKERS:</i> Robert Trett Vrinda Edan		Joseph Lee & Sarath Vallabhaneni <i>Dignity of risk - a balance of risk and duty</i>
03:00 PM	<b>AFTERNOON TEA</b>		Market Place (L1)
	<b>A – MEETING PLACE (L1)</b>	<b>B – SILKS ROOM (L2)</b>	<b>C – JR ROOM (L1)</b>
03:30 PM	Brenda Happell <i>When "all researchers are equal but some are more equal than others": Collaborating with consumers in mental health research</i>	Kim Foster <i>Practicing with EASE: strengthening relational recovery in mental health</i>	Jenny Wilkinson & Melissa Metcalf <i>Growing a workforce. A rural mental health service strategic plan of growing and sustaining a mental health nurse workforce. Goulburn Valley Area Mental Health Service (Innovations in practice)</i>
04:00 PM	Tessa Maguire <i>What now? Suitable nursing interventions following aggression risk assessment</i>	Jeremy Le Roux & Kerrie Clarke <i>Peer support work in public mental health: Don't see me as my diagnosis and I won't think of you as a clinician</i>	Linda Mora & Nicola Garland <i>Establishing a clozapine service within an early intervention youth mental health service</i>
04:30 PM	Hosu Ryu <i>Transference and countertransference in working with consumers with eating disorders</i>	Minh Viet Bui <i>Trauma-informed care in the aged person mental health setting - benefits and barriers</i>	Elizabeth Currie <i>Physical healthcare attitudes, skills, and knowledge of nurses working in acute mental health inpatient units</i>
04:45 PM		Cloris (Qing) He <i>How mental health nurses can apply sensory modulation within adult acute inpatient units?</i>	
05:00 PM	<b>CLOSE OF DAY 1</b>		Meeting Place (L1)
05:15 PM	<b>ACMHN (VIC) BRANCH MEETING</b>		

<b>SPECIAL EVENT NURSING STUDENTS UNITE!</b>	Silks Room (L2)	<b>MORNING TEA – DAY 1</b>
<p><b>NURSING STUDENTS:</b> by the date of this year's Conference, there'll be less than one month until the final Computer Match deadline for graduate mental health nursing applications. This informal meet &amp; greet session at Morning Tea on Day 1 of the Conference will give you the chance to both:</p> <ul style="list-style-type: none"> <li>Meet your fellow nursing students and 2018 Student Pass winners, so you can 'compare notes' about everything from your Computer Match preferences to your longer-term goals; and</li> <li>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 afraid to ask!</li> </ul>		<p><b>This special event will run during MORNING TEA on DAY 1 of the Conference</b></p> <p><b>FACILITATED BY:</b> <b>Centre for Psychiatric Nursing</b></p>

<b>SPECIAL EVENT CLINICAL SUPERVISION FRAMEWORK</b>	Silks Room (L2)	<b>LUNCH – DAY 1</b>
<p>The framework was recently completed and are now available to all Victorian Mental Health Nurses, to guide Clinical Supervision practise.</p>		<p><b>This special event will run during LUNCH on DAY 1 of the Conference</b></p> <p><b>FACILITATED BY:</b> <b>James Houghton</b></p>

# DAY 2: FRIDAY 3 AUGUST

# PROGRAM

08:00 AM	<b>REGISTRATION</b>		Market Place (L1)
09:00 AM	<b>KEYNOTE SPEAKER</b> Anna Love <i>The way forward is working together, Consumer, Clinician &amp; Carer</i>		Meeting Place (L1)
	<b>A – MEETING PLACE (L1)</b>	<b>B – SILKS ROOM (L2)</b>	<b>C – JR ROOM (L1)</b>
09:45 AM	<b>Haley Peckham</b> <i>What happened to you versus what's wrong with you: How a neuroplastic narrative underpins trauma-informed care</i>	<b>Chris Quinn &amp; Jo Ryan</b> <i>Restrictive practices in inpatient settings for males. A comparison of admitted men who have been in prison to other admitted males.</i>	<b>Vanja Obradovic</b> <i>Serious incident review's and how they impact nursing staff working in a mental health setting</i>
10:15 AM	<b>Cathy Daniel</b> <i>Screening for the illicit drugs during behavioural emergencies in the emergency department</i>	<b>Fiona Whitecross &amp; Gamze Sonmez</b> <i>Exploring the prevalence and impact of behaviours of concern and whether a psychiatric behaviour of concern team improves safety</i>	<b>Ella Graham &amp; Hannah Grauel</b> <i>Reflections on advance statements in recovery - when personal and professional worlds collide</i>
10:45 AM	<b>MORNING TEA</b>		Market Place (L1)
	<b>A – MEETING PLACE (L1)</b>	<b>B – SILKS ROOM (L2)</b>	<b>C – JR ROOM (L1)</b>
11:30 AM	<b>James Houghton (Chair)</b>  <i>SYMPOSIUM: Clinical supervision</i>	<b>Susanne McLeod, Chris McNair &amp; Sarah Leonard</b> <i>Breaking down the silos: A collaborative approach to engaging young people in mental health services in North East Victoria</i>	<b>Angie Hunter, Henrike Van-dunem, Steve Woolley &amp; Sare Gillies</b> <i>Continual collaboration fostering empowerment, recovery and hope</i>
12:00 PM	<i>Finbar Hopkins</i> <i>Julie Sharrock</i> <b>SPEAKERS:</b> Maggie McIntosh <i>Robert Trett</i> <i>James Houghton</i>	<b>Leanne Hardwick</b> <i>From the smoke hollows of community care unit: The unique challenges of a 'smoke-free policy' in a community care unit</i>	<b>Sharlin Berna, Judy Foord, Sharon Redfern, Chelsea Keating &amp; Michael Xuereb</b> <i>Integrated peer and clinical support post discharge from an acute mental health inpatient unit: A perspective</i>
12:15 PM		<b>Nicky Slocombe &amp; Cheryl Payne</b> <i>You can teach an old dog new tricks: Peer/Consumer support workers in an education and quality framework for aged persons mental health</i>	
12:30 PM		<b>Steve West &amp; Paula Kelly</b> <i>A dual diagnosis peer led group programme</i>	
12:45 PM	<b>PANEL:</b> <i>Final discussion</i>	<b>Rachel Oakenfull &amp; Whitney Johnson</b> <i>The child and the parent: Creating change in families where both the child and parent experience mental illness</i>	<b>Pip Bradley</b> <i>Emotion sickness: feel better ... or ... feel better?</i>
01:00 PM	<b>LUNCH</b>		Members Lounge (L2)
01:00 PM	<b>SPECIAL EVENT</b> CLINICAL SUPERVISION TASTER		Silks Room (L2)
02:00 PM	<b>KEYNOTE SPEAKER</b> Mary O'Hagan <i>The Wellbeing Manifesto: Peer-led advocacy for the biggest system change in 200 years.</i>		Meeting Place (L1)
	<b>A – MEETING PLACE (L1)</b>	<b>B – SILKS ROOM (L2)</b>	<b>C – JR ROOM (L1)</b>
03:00 PM	<b>Brian Jackson</b> <i>Specialist physical health nurse practitioner candidate roles at NorthWestern Mental Health: A novel service innovation</i>	<b>Christine Cummins</b> <i>The challenges of caring: Ethical dilemmas in health care</i>	<b>Brenda Happell</b> <i>From problem to potential solution: the development and implementation of the physical health nurse consultant role</i>
03:30 PM	<b>Zico Malik</b> <i>Hep C ready in SECU: A local mental health nursing initiative</i>	<b>Elda Kimberlee, Vahitha Koshy &amp; Seema Dua</b> <i>Successful falls prevention in aged persons mental health - reducing the risk and decreasing severity of outcome</i>	<b>Sarah McFadyen</b> <i>Challenges and experiences of early-career mental health nurses working in acute mental health services</i>
04:00 PM	<b>Brenda Happell</b> <i>"...a great idea at a conference ... I'm just not sure how it's gotten up and flown": Challenges for a consumer academic teaching lived experience in mental health nursing education.</i>	<b>Nicole Edwards &amp; Kate Thwaites</b> <i>Mental health intensive care: A new way forward</i>	<b>Richard West</b> <i>Zen in the art of mental health nursing: Mindfulness based therapy as a nurse led intervention in a youth inpatient setting</i>
04:15 PM			<b>Rebecca Tambasco</b> <i>The role of the mental health nurse in providing psychoeducation to carers within a CAMH inpatient unit</i>
04:30 PM	<b>CLOSE OF CONFERENCE + PRIZES &amp; AWARDS</b>		Meeting Place (L1)
04:45 PM	<b>DRINKS</b>		

<b>SPECIAL LUNCH EVENT</b>	<b>CLINICAL SUPERVISION TASTER</b>	Silks Room (L2)	<b>LUNCH – DAY 2</b>
<p>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.</p>			<p><b>Sign-up sheets will be available at Registration</b></p> <p><b>FACILITATED BY:</b> <b>Maggie McIntosh &amp; James Houghton</b></p>