The Victorian Collaborative Mental Health Nursing Conference is jointly hosted by:

2000 – 2019 Celebrating 20 Years of Commitment to Mental Health Practice

20TH

VICTORIAN
COLLABORATIVE
MENTAL HEALTH
NURSING
CONFERENCE

Sharing knowledge, supporting practice

THURSDAY & FRIDAY
15 & 16 AUGUST 2019

Moonee Valley Racecourse
Melbourne
The Office of the Chief Mental Health Nurse
University of Newcastle

Today we celebrate the 20 years of shared commitment to these nursing practice that matters for together, to grow mental health to bring mental health nurses on the aims of the conference: as colleagues across the three collaborative partners, we reflect on the ideas of the conference: to bring mental health nurses together, to grow mental health nursing practice that matters for consumers and carers.

KEYNOTE SPEAKERS

Professor Brenda Happell
Professor of Nursing, University of Newcastle

Brenda is a proud and passionate mental health nurse, currently Professor of Nursing at University of Newcastle. She has published nearly 500 papers and journal articles, three books and nine book chapters and attracted approximately $14 million in competitive research funding. Brenda was the inaugural Director of the CPN, former Director of the Institute for Health and Social Science Research at Central Queensland University and Executive Director Synergy, Nursing and Midwifery Research Centre in Canberra. She is Fellow and Board Director of the Australian College of Mental Health Nurses, former Editor of International Journal of Mental Health Nursing and inaugural member of the Queensland Mental Health and Drug Advisory Council. Brenda is the Chief Investigator of a NHMRC grant: a nurse-led initiative designed to improve physical health within mental health services. Brenda has won several awards most proudly the Lifetime Ally Award from Victorian Mental Illness Council for her support of the consumer movement.

Lemlei Le Velle
Consumer Advocate

Lemlei is a passionate advocate, public speaker, mentor and educator specialising in drug addiction, addictive behaviours, mental health and dual diagnosis related topics. Studying a Double Diploma of Alcohol & Other Drugs and Mental Health and decades of lived experience, Lemlei is able to share unique knowledge and perspective. Through extensive research and understanding of both clinical boundaries and preconceived ideas, Lemlei is able to give personal insight and strategies into supporting practice. Lemlei currently undertakes various speaking and collaboration projects, has trained as a peer support worker and is on the speakers bureau at the Association of Participating Service Users (APSU) which is a Victorian consumer representative body at the Self Help Addiction Resource Centre (SHARC). Previously Lemlei was a very successful, multi award winning real estate agent. She has completed a Bachelor at Monash University including an invitational scholarship to the University of California. “I want to take you to the other side. Everyone deserves the opportunity to get well and given the right support, they can.”

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.

Dr Lynne Coulson Barr
Mental Health Complaints Commissioner

Lynne is Victoria’s first Mental Health Complaints Commissioner. The office was established under the Mental Health Act 2014 as a key part of the safeguards, oversight and service improvement provisions of the Act. Dr Coulson Barr is committed to working with consumers, families, carers and services to ensure complaints are seen as an opportunity to improve public mental health services, and to use the information from complaints to drive positive changes in the mental health system for all Victorians.

Previous roles held by Dr Coulson Barr include Victorian Deputy Disability Services Commissioner, and President of the Victorian Intellectual Disability Review Panel. Dr Coulson Barr has also served as a member of various state and federal tribunal and statutory bodies, including the Victorian Mental Health Review Board, the Victorian Civil and Administrative Tribunal, the Victorian Multiple and Complex Needs Panel, and the Administrative Appeals Tribunal. Dr Coulson Barr also has extensive experience in leading and delivering support and crisis services, including mental health, disability, out of home care, and child and family services.

ACCESS INSTRUCTIONS:

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

ACCESS INSTRUCTIONS:

Selected the “MVRC-Free-WiFi” network on your mobile device or laptop.
On the login page, choose the application you would like to access (Facebook, Twitter, Instagram or form email).
Accept the terms and conditions.
Login to your chosen application.
<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Speaker(s)</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:00 AM</td>
<td>A – MEETING PLACE</td>
<td>Julian Farrell &amp; Colleen Hunter</td>
<td>All relationships are round</td>
</tr>
<tr>
<td>09:00 AM</td>
<td>A – MEETING PLACE</td>
<td>Anna Peake</td>
<td>Cadetships in mental health - innovations in workforce development at St Vincent's</td>
</tr>
<tr>
<td>09:15 AM</td>
<td>A – MEETING PLACE</td>
<td>Iyiaide (Hybee) Aibinumo &amp; Jenny Wilkinson</td>
<td>Improving Regional Mental Health Workforce through the Graduate Nursing Program</td>
</tr>
<tr>
<td>09:45 AM</td>
<td>A – MEETING PLACE</td>
<td>Kate Thwaites &amp; Frances Sanders</td>
<td>And now ... the 5 year plan for the implementation of the Clinical Supervision Framework for Mental Health Nurses</td>
</tr>
<tr>
<td>10:45 AM</td>
<td>A – MEETING PLACE</td>
<td>Viet Bui</td>
<td>Reflective practice for early-career mental health nurses in and outside of the clinical setting</td>
</tr>
<tr>
<td>11:45 AM</td>
<td>A – MEETING PLACE</td>
<td>Shingai Mareya &amp; Frances Sanders</td>
<td>Strengthening the workforce: recruitment, expansion and retention!</td>
</tr>
<tr>
<td>12:15 PM</td>
<td>A – MEETING PLACE</td>
<td>Kylie Boucher &amp; Rosemary Charleston</td>
<td>The new Centre for Mental Health Learning; strengthening and sustaining a flexible, curious, knowledgeable and recovery-focused workforce</td>
</tr>
<tr>
<td>01:15 PM</td>
<td>A – MEETING PLACE</td>
<td>Kim Foster</td>
<td>Stress, resilience and psychological wellbeing at work: A survey of Victorian mental health nurses</td>
</tr>
<tr>
<td>02:45 PM</td>
<td>A – MEETING PLACE</td>
<td>Julia Hunt &amp; Melissa Urie</td>
<td>Sitting between two worlds - the tightrope walk of Consultation Liaison Psychiatric Nursing</td>
</tr>
<tr>
<td>03:30 PM</td>
<td>A – MEETING PLACE</td>
<td>Erik G.J. Meurs</td>
<td>How special is the Forensic Clinical Specialist?</td>
</tr>
<tr>
<td>04:15 PM</td>
<td>A – MEETING PLACE</td>
<td>Trentham Furness &amp; Steve Woolley</td>
<td>An overview of practices and consumer outcomes</td>
</tr>
<tr>
<td>04:30 PM</td>
<td>A – MEETING PLACE</td>
<td>Rebekah Howard</td>
<td>Physical health assessment and cardiometabolic monitoring practices in three inpatient units over the first 72-hours of admission</td>
</tr>
<tr>
<td>05:00 PM</td>
<td>Market Place (L1)</td>
<td>Wanda Bennet</td>
<td>New tools for old problems: How nurses and IMHA's self-advocacy resources can support consumer rights</td>
</tr>
<tr>
<td>06:00 PM</td>
<td>Market Place (L1)</td>
<td>Tim Brown</td>
<td>The Hospital Admission Risk Program (HARP) at Barwon Health: Exploring clinician and consumer experiences of integrated &amp; values-based care within a regional multidisciplinary care coordination service</td>
</tr>
</tbody>
</table>
**DAY 2: FRIDAY 16 AUGUST**

**PROGRAM**

**08:00 AM**
REGISTRATION

**09:00 AM**

**KEYNOTE SPEAKER**
Anna Love

*How far have we come since Y2K*

**09:45 AM**

**BLOCK ONE**

A – MEETING PLACE (L1)

Shingai Mareya & Frances Sanders
Clinical Nurse Consultants Project: Improving consumers outcomes through an enabled, well supported and adequately skilled workforce on inpatient units

Stephanie Laraia
The effects of trauma on mental health clinicians who have a lived experience: how we can support each other and improve workplace culture.

Helen Kelly, Georgia Borrack, Roxanne Dimaano & Laura Puxley
Clinical Innovation in the Specialist Psychiatric Service - John Cade Unit Melbourne

Melinda Corona & Emma Pettigrove
The implementation of a consumer inclusive ward round on an adolescent inpatient unit

**10:00 AM**

**BLOCK TWO**

A – MEETING PLACE (L1)

Rosie Barnes
Translating theory to practice: a multi-modal approach to professional development for emerging mental health nurses

Kerry Fagan & Dannielle McDonald
Cortex Corner - Staff wellbeing interventions.

Donna Hristodoulidis
The lived experience of mental health nurses’ providing of recovery-oriented care on an acute unit

**10:15 AM**

**BLOCK THREE**

A – MEETING PLACE (L1)

Robyn Garlick, Julie Lemieux, Wendy Wallace, Rosa Zepeda, Susan Ireland & Valentina Lamerowski
There are more people living today than have ever died and other myths of dying

Kim Foster
What are undergraduate nursing students' stigma and recovery attitudes pre/post mental health clinical placement: a Victorian study

Indigo Daya
Welcoming diverse and challenging consumer/survivor views and voices

Samantha McIndoe
My Journey from Student Nurse to ANUM

**10:45 AM**

**MORNING TEA**

**11:15 AM**

**BLOCK FOUR**

A – MEETING PLACE (L1)

Teresa Kelly
Heartscapes: A new narrative for understanding the complex interplay of mental illness and cardiovascular health

Ivana Vargovic
The awakening of students on placement

Cathy Daniel
Emergency Department (ED) restraint practices

**11:45 AM**

**BLOCK FIVE**

A – MEETING PLACE (L1)

Marcella Regester
How can we improve physical health outcomes for our consumers in acute inpatient units?

Katherine Faireset, Henrique Van Dunem, Tania Kubny & Hanna Erichsen
Learning from the experts: Peer Support Workers shaping future mental health nurses

Lorna Downes
Valuing, resourcing and supporting family and consumer lived experience workforces

Paula Kelly & Michelle Hegarty
Support for families where parents have a dual diagnosis – let’s talk about it!

**12:00 PM**

LUNCH

**12:45 PM**

**SPECIAL EVENT**

COLLAB FOUNDERS PANEL

Reflections from the first five years of the Mental Health Complaints Commissioner.

**01:45 PM**

**KEYNOTE SPEAKER**
Dr Lynne Coulson Barr

*Are we there yet?*

Dr Lynne Coulson Barr
Reflections from the first five years of the Mental Health Complaints Commissioner.

**02:45 PM**

**BLOCK SIX**

A – MEETING PLACE (L1)

Rachel Tindall
Multi-perspective accounts of engaging with early intervention services for first episode psychosis: a longitudinal qualitative study using trajectory analysis

Rebecca Sprokos, Greg Coath & MN Gacutan
Debunking the Myths of Working in Private Mental Health: a Nurses Perspective

Jo Stubs & Henrique Van-Dunem
Cross Sector Collaboration

Lorna Downes & Neil Turton-Lane
Emotional CPR: Supporting people through emotional crises by Connecting, Empowering and Revitalising

**03:15 PM**

**BLOCK SEVEN**

A – MEETING PLACE (L1)

Margie Nunn & Vivienne Power
Innovations in Co-facilitating the Collaborative Recovery Model

Nicky Slocombe & Sindu Marottickal
Seeds of Hope

Bridget Hamilton & Hamilton Kennedy
Sensory strategies in high dependency areas? Absolutely!

Joanne Suggett & Trentham Furness
Modifiable risk factors linked to premature consumer mortality: An audit of physical health co-morbid conditions

**03:45 PM**

**BLOCK EIGHT**

A – MEETING PLACE (L1)

Brendan Snell & Robert Bruno
ACT-hating Recovery in Public Mental Health: The Transdiagnostic Application of The Wise Choices Group Program

Emily Stowell & Godwin Dhihwayo
Primary Nursing in Mental Health Inpatient Units: improving service integration and person centred care.

D – THE MOUNTING YARD (L1)

Aaron McGregor
The use of a therapeutic milieu within the contemporary inpatient mental health setting

**04:15 PM**

CLOSE OF CONFERENCE

PRIZES AND AWARDS

**04:30 PM**

DRINKS

**05:00 PM**

CLOSE OF DAY 2

---

**COLLAB FOUNDERS PANEL**

**LUNCH – DAY 2**

Join the Collab Founders as they look back at the past twenty years of mental health nursing and the Collaborative Conference.