

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 Victorian
Collaborative Mental
Health Nursing
Conference is
jointly hosted by:



OPENING ADDRESS

Associate Professor

Bridget Hamilton

Chair Victorian Collaborative Mental Health Nursing Conference Committee



Bridget is Director of the Centre for Psychiatric Nursing, and a registered mental health nurse with 30+ years' experience as a clinician, manager, educator and researcher.

As colleagues across the three collaborative partners, we reflect on the aims of the conference: to bring mental health nurses together, to grow mental health nursing practice that matters for consumers and carers.

Today we celebrate the 20 years of shared commitment to these goals.

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 \$14million 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.

NURSING STUDENTS UNITE!

MORNING TEA – DAY 1

(Market Place L1)

Back by popular demand! Nursing students: by the date of this year's Conference, there will be less than one month until the final Computer Match deadline for graduate mental health nursing applications. This informal meet and greet session at Morning Tea on Day One of the Conference will give you the chance to both:

- meet your fellow nursing students and 2019 Student Pass winners, so you can 'compare notes' about everything from your Computer Match preferences to your longer-term goals
- 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!

Facilitated by the Centre for Psychiatric Nursing

20TH ANNIVERSARY CELEBRATORY COCKTAIL PARTY

5.00 PM – 7.30 PM – DAY 1

(Committee Room L4)

We invite you to celebrate '20 years of Commitment to Mental Health Nursing Practice' at a cocktail party with your colleagues, nursing students, consumers and founders of the Collaborative Conference.

With a special guest comedy performer and plenty of exciting celebrations!

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



Follow all the highlights
of this year's Conference
on Twitter and Facebook:

@cpnanimelb #collab19

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

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- Select 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

DAY 1: THURSDAY 15 AUGUST

PROGRAM

08:00 AM	REGISTRATION			Market Place (L1)
09:00 AM	WELCOME TO COUNTRY	Uncle Perry Wandin	Meeting Place (L1)	
09:15 AM	OPENING ADDRESS	Committee Members	Meeting Place (L1)	
09:45 AM	KEYNOTE SPEAKER	Professor Brenda Happell <i>Reflections on Mental Health Nursing: Antiquity, challenges and opportunities</i>	Meeting Place (L1)	
10:45 AM	MORNING TEA			Market Place (L1)
10:45 AM	SPECIAL EVENT NURSING STUDENTS UNITE!			Market Place (L1)
BLOCK ONE	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
11:15 AM	Kate Thwaites & Frances Sanders <i>And now ... the 5 year plan for the implementation of the Clinical Supervision Framework for Mental Health Nurses</i>	Anna Peake <i>Cadetships in mental health- innovations in workforce development at St Vincents</i>	Iyiade (Hybee) Aibinuomo & Jenny Wilkinson <i>Improving Regional Mental Health Workforce through the Graduate Nursing Program</i>	Monique Rosenbauer & Ashleigh Ryan <i>Implementation of Safewards into 3 Victorian Emergency Departments: What we adapted and how</i>
BLOCK TWO	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
11:45 AM	Viet Bui <i>Reflective practice for early-career mental health nurses in and outside of the clinical setting</i>	Shingai Mareya & Frances Sanders <i>Strengthening the workforce: recruitment, expansion and retention!</i>	Kylie Boucher & Rosemary Charleston <i>The new Centre for Mental Health Learning: strengthening and sustaining a flexible, curious, knowledgeable and recovery-focused workforce</i>	Julie Anderson <i>Promoting Consumer Rights</i>
12:15 PM	LUNCH			Members Lounge (L2)
12:15 PM	ACMHN (VIC) BRANCH MEETING			Silks Room (L2)
01:15 PM	KEYNOTE SPEAKER	Lemlei Le Velle <i>The other side</i>	Meeting Place (L1)	
BLOCK THREE	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
02:00 PM	Kim Foster <i>Stress, resilience and psychological wellbeing at work: A survey of Victorian mental health nurses</i>	Julian Farrell & Colleen Hunter <i>All relationships are round</i>	Bronwyn Williams <i>Collaborative and coordinated support for mental ill-health: the challenges of reinventing ways forward</i>	Helen Kelly <i>The First Royal Commission into Mental Health in Victoria -1886</i>
BLOCK FOUR	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
2:30 PM	Elizabeth Currie & Bronwyn Tarrant <i>Exploring the student webinar experiences</i>	Julia Hunt & Melissa Urie <i>Sitting between two worlds - the tightrope walk of Consultation Liaison Psychiatric Nursing</i>	Rosie Barnes <i>Suicide prevention training through a new lens: a purpose-built mental health clinician suicide prevention program</i>	Noah Maller <i>Burnout within mental health nursing and the impacts on the clinical setting</i>
2:45 PM				Gerald Mutubuki & Jodie Johnston <i>Learnings from last year's conference—a Grads reflections</i>
03:00 PM	AFTERNOON TEA			Market Place (L1)
BLOCK FIVE	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
03:30 PM	Randolfo Obregon, Julie Anderson & Frances Sanders <i>Equally Well in Victoria - Physical health framework for specialist mental health services</i>	Erik G.J. Meurs <i>How special is the Forensic Clinical Specialist?</i>	Henrique Van-Dunem, Brendan Pearl & Carlotta Martiniello <i>Consumers, Carers and Clinicians working collaboratively to develop DD training for LE Workforce</i>	Brett Boardman & Alexandra Hillman <i>Treating people with Eating Disorders - Something had to change</i>
BLOCK SIX	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
04:00 PM	Trentham Furness & Steve Woolley <i>Specialist physical health nurse practitioner candidate roles at NorthWestern Mental Health: An overview of practices and consumer outcomes</i>	Brianna Moore & Barrie Janson <i>Take a Journey to MHARS!</i>	David O'Brien <i>Reinforcing Consumers Rights: Including Peer Support Workers in Supported Decision Making, results in greater consumer participation and engagement</i>	Barbara Williams <i>Mental health nursing within a general community nursing service</i>
04:15 PM			Ravinder Kumar <i>Balancing the dilemmas in therapeutic relationships in mental health care</i>	
BLOCK SEVEN	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
04:30 PM	Rebekah Howard <i>Physical health assessment and cardiometabolic monitoring practices in three inpatient units over the first 72-hours of admission</i>	Tess Maguire <i>Using clinical decision support systems and the Dynamic Appraisal of Situational Aggression to enhance nursing risk assessment and intervention</i>	Wanda Bennetts <i>New tools for old problems: How nurses and IMHA's self-advocacy resources can support consumer rights</i>	Tim Brown <i>The Hospital Admission Risk Program (HARP) at Barwon Health: Exploring clinician and consumer experiences of integrated & values-based care within a regional multidisciplinary care coordination service</i>
05:00 PM	SPECIAL EVENT 20TH ANNIVERSARY CELEBRATORY COCKTAIL PARTY			Committee Room (L4)
07:30 PM	CLOSE OF DAY 1			

DAY 2: FRIDAY 16 AUGUST

PROGRAM

08:00 AM	REGISTRATION			Market Place (L1)
09:00 AM	KEYNOTE SPEAKER Anna Love <i>How far have we come since Y2K</i>			Meeting Place (L1)
BLOCK ONE	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
09:45 AM	Shingai Mareya & Frances Sanders <i>Clinical Nurse Consultants Project: Improving consumers outcomes through an enabled, well supported and adequately skilled workforce on inpatient units</i>	Stephanie Laraia <i>The effects of trauma on mental health clinicians who have a lived experience: how we can support ourselves, each other and improve workplace culture.</i>		Melinda Corona & Emma Pettigrove <i>The implementation of a consumer inclusive ward round on an adolescent inpatient unit</i>
10:00 AM		Freya Lance <i>Trauma-Informed Care and Borderline Personality Disorder</i>	Helen Kelly, Georgia Borrack, Roxanne Dimaano & Laura Puxley <i>Clinical Innovation in the Specialist Psychiatric Service - John Cade Unit Melbourne</i>	
BLOCK TWO	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)		D – THE MOUNTING YARD (L1)
10:15 AM	Rosie Barnes <i>Translating theory to practice: a multi-modal approach to professional development for emerging mental health nurses</i>	Kerry Fagan & Dannielle McDonald <i>Cortex Corner - Staff wellbeing interventions.</i>		Donna Hristodoulidis <i>The lived experience of mental health nurses' providing of recovery-oriented care on an acute unit</i>
10:45 AM	MORNING TEA			Market Place (L1)
BLOCK THREE	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
11:15 AM	Robyn Garlick, Julie Lemieux, Wendy Wallace, Rosa Zepeda, Susan Ireland & Valentina Lamevski <i>There are more people living today than have ever died and other myths of dying</i>	Kim Foster <i>What are undergraduate nursing students' stigma and recovery attitudes pre/post mental health clinical placement: a Victorian study</i>	Indigo Daya <i>Welcoming diverse and challenging consumer/survivor views and voices</i>	Samantha McIndoe <i>My Journey from Student Nurse to ANUM</i>
BLOCK FOUR	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
11:45 AM	Teresa Kelly <i>Heartsclapes: A new narrative for understanding the complex interplay of mental illness and cardiovascular health</i>	Ivana Vargovic <i>The awakening of students on placement</i>	Nicholas Barrington <i>Therapeutic not therapy</i>	Sherryn Aslani <i>Cultural safety in Mental Health Nursing</i>
12:00 PM			Cathy Daniel <i>Emergency Department (ED) restraint practices</i>	
BLOCK FIVE	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
12:15 AM	Marcella Regester <i>How can we improve physical health outcomes for our consumers in acute inpatient units?</i>	Katherine Fairest, Henrique Van Dunem, Tania Kutny & Hanna Erichsen <i>Learning from the experts: Peer Support Workers shaping future mental health nurses</i>	Lorna Downes <i>Valuing, resourcing and supporting consumer and family carer lived experience workforces</i>	Paula Kelly & Michelle Hegarty <i>Support for families where parents have a dual diagnosis – let's talk about it!</i>
12:45 PM	LUNCH			Members Lounge (L2)
12:45 PM	SPECIAL EVENT COLLAB FOUNDERS PANEL			Members Lounge (L2)
01:45 PM	KEYNOTE SPEAKER Dr Lynne Coulson Barr <i>Are we there yet? Reflections from the first five years of the Mental Health Complaints Commissioner.</i>			Meeting Place (L1)
BLOCK SIX	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
2:45 PM	Rachel Tindall <i>Multi-perspective accounts of engaging with early intervention services for first episode psychosis: a longitudinal qualitative study using trajectory analysis</i>	Rebecca Sprekos, Greg Coath & MN Gacutan <i>Debunking the Myths of Working in Private Mental Health: a Nurses Perspective</i>	Jo Stubbs & Henrique Van-Dunem <i>Cross Sector Collaboration</i>	Lorna Downes & Neil Turton-Lane <i>Emotional CPR: Supporting people through emotional crises by Connecting, emPowering and Revitalising</i>
BLOCK SEVEN	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)	C – JOCKEY ROOM (L2)	D – THE MOUNTING YARD (L1)
03:15 PM	Margie Nunn & Vivienne Power <i>Innovations in Co-facilitating the Collaborative Recovery Model</i>	Nicky Slocombe & Sindu Marottickal <i>Seeds of Hope</i>		Joanne Suggest & Trentham Furness <i>Modifiable risk factors linked to premature consumer mortality: An audit of physical health co-morbid conditions</i>
BLOCK EIGHT	A – MEETING PLACE (L1)	B – SILKS ROOM (L2)		D – THE MOUNTING YARD (L1)
03:45 PM	Brendan Snell & Robert Bruno <i>ACT-ivating Recovery in Public Mental Health: The Transdiagnostic Application of The Wise Choices Group Program</i>	Emily Stowell & Godwin Dhlwayo <i>Primary Nursing in Mental Health Inpatient Units; improving service integration and person centred care.</i>	Bridget Hamilton & Hamilton Kennedy <i>Sensory strategies in high dependency areas? Absolutely!</i>	Aaron McGregor <i>The use of a therapeutic milieu within the contemporary inpatient mental health setting</i>
04:15 PM	CLOSE OF CONFERENCE PRIZES AND AWARDS			Market Place (L1)
04:30 PM	DRINKS			Market Place (L1)
05:00 PM	CLOSE OF DAY 2			

COLLAB FOUNDERS PANEL

Members Lounge (L2)

LUNCH – DAY 2

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