

# PROGRAM - DAY ONE

<b>9.30</b> Registration and morning tea		Notes:		
<b>10.15</b> Welcome to Country & Acknowledgement of Lived Experience				
<b>10.30</b> The Hon Greg Hunt MP, Federal Minister of Health (Video-link)				
<b>10.35</b> Symposium Welcome & Opening Address - Lucy Brogden				
<b>11.10</b> Lifestyle and Physical Activity - Simon Rosenbaum				
<b>11.45</b> Equally Well New Zealand - Helen Lockett & Caro Swanson				
<b>12.20</b> Lunch				
<b>1.00</b> Concurrent sessions showcasing innovation				
<p><b>System level reform / Coordinated care</b></p> <p><b>Auditorium - Level 5</b></p> <p><b>Chair</b> Murray Wright</p> <p><b>Anna Love</b> Equally Well in Victoria - Physical health framework for specialist mental health services.</p> <p><b>Libby Dunstan</b> Addressing the physical health of people with mental health conditions – the Brisbane North PHN experience.</p> <p><b>Steven David</b> Integrative multidisciplinary services - Key towards improvement in mental health care delivery.</p> <p><b>Andrew Watkins</b> Keeping the Body in Mind: A lifestyle intervention program for people with Severe Mental Illness.</p>	<p><b>Supporting healthy lifestyles - Smoking</b></p> <p><b>Room 1 - Level 7</b></p> <p><b>Chair</b> Kim Ryan</p> <p><b>John Allan</b> Mental health and smoking cessation</p> <p><b>Nadine Cocks &amp; Lisa Brophy</b> Quitlink: A Peer supported Smoking Cessation Research Project.</p> <p><b>Rachel Whiffen</b> Tackling Tobacco in Mental Health Services - Translating evidence into practice.</p> <p><b>Sally Plever</b> Physical Health and Mental Health – Multi-site clinical practice improvement.</p>	<p><b>Carers and supporters</b></p> <p><b>Room 2 - Level 7</b></p> <p><b>Chair</b> Elida Meadows</p> <p><b>Debbie Childs</b> The 'C' word: Why carers matter.</p> <p><b>Anne Muldowney</b> Counting past one: The psychological and physical wellbeing of carers in Australia.</p> <p><b>Brenda Happell</b> Someone has to do it! Carers experiences of physical health care for consumers of mental health services.</p> <p><b>Marie Piu</b> Catch 22: Taking a holistic approach to health. The mental health family and friends experience in Victoria.</p>	<p><b>Peer work &amp; Co-design</b></p> <p><b>Room 3 - Level 7</b></p> <p><b>Chair</b> Catherine Brown</p> <p><b>Vicki Langan</b> Active8 - A peer lead physical health and wellbeing program.</p> <p><b>Vicki Langan &amp; Whitney Lee</b> Pictorial physical health prompt: A co-design process.</p> <p><b>Katherine Moss</b> Physical health and mental illness: Giving a voice to consumers.</p> <p><b>Carolynne White &amp; Natalie Jovanovski</b> Re-focusing weight-related public health initiatives to promote mental and physical health.</p>	<p><b>Focus on community care</b></p> <p><b>Room 4 - Level 7</b></p> <p><b>Chair</b> Caroline Johnson</p> <p><b>Lauren Gibson</b> Chronic disease preventive care provision in one mental health community-managed organisation.</p> <p><b>Tara Clinton McHarg</b> CMO connect: a role for CMOs in connecting physical and mental health.</p> <p><b>Andy Simpson</b> The development of a side effect &amp; preventive health screening tool in a community mental health setting.</p> <p><b>Caitlin Fehily</b> Embedding a specialist preventive care clinician in a community mental health service.</p>
<b>2.40</b> Afternoon break				
<b>3.00</b> Facilitated focussed workshops (The recommendations will be published in the book of proceedings)				
<p><b>Equally Well NZ and Australia: Collaboration and collective impact</b></p> <p><b>Auditorium - Level 5</b></p> <p><b>Facilitator</b> Helen Lockett</p> <p><b>Emma Wood</b> What makes for successful collaboration.</p>	<p><b>Supporting healthy lifestyles - smoking</b></p> <p><b>Room 1 - Level 7</b></p> <p><b>Facilitator</b> John Allan</p> <p><b>Cathy Segan</b> Existing interventions and future directions.</p>	<p><b>Supporting healthy lifestyles - diet and exercise</b></p> <p><b>Room 2 - Level 7</b></p> <p><b>Facilitator</b> Andrew Watkins</p> <p><b>Rebecca Hallam</b> Physical health is everyone's business: Let's make it standard practice.</p>	<p><b>GP care and PHN, NGO, LHN coordination</b></p> <p><b>Room 3 - Level 7</b></p> <p><b>Facilitator</b> Libby Dunstan</p> <p><b>Mark Morgan</b> Ways in which GPs can manage physical illness alongside mental illness and suggestions to support team-based collaborative care.</p>	<p><b>Ensuring the right to health is maintained in mental health services</b></p> <p><b>Room 4 - Level 7</b></p> <p><b>Facilitator</b> Chris Maylea</p> <p><b>Lynne Coulson Bar</b> People's right to have medical and other health and disability needs recognised and responded to by mental health services-data and insights from complaints to the MHCC.</p>
<b>4.15</b> Panel and Summary Session				
<b>Chair</b> Russell Roberts <b>Speakers</b> Mark Morgan, Indigo Daya, John Allan				
<b>4.45</b> Break				
<b>5.15</b> Special Event: Launch of the "Equally Well in Victoria - Physical Health Framework for Specialist Mental Health Services" - Anna Love				
<b>6.00</b> Networking function				

# PROGRAM - DAY TWO

<b>8.15</b> Registration		Notes:		
<b>8.30</b> Welcome to Country & Acknowledgement of Lived Experience				
<b>8.40</b> Opening Message - Andy Bell / Sarah Hughes, Equally Well UK (Video-link)				
<b>8.50</b> <b>Physical Health as a Human Rights Issue</b> - Indigo Daya and Chris Maylea				
<b>9.15</b> <b>Intersections of mental and physical health: Healthtalk Australia and the value of online health and illness experiences</b> Dave Peters and Kate Johnston-Ataata				
<b>9.40</b> <b>Nurses: Part of the solution</b> - Kim Ryan				
<b>10.05</b> <b>Process and progress: The physical health of those with a serious mental illness - An advocacy priority</b> - Kym Jenkins				
<b>10.30</b> Morning break				
<b>10.50</b> Concurrent sessions showcasing innovation				
<p><b>Prevention and early intervention across life's stages</b></p> <p><b>Auditorium - Level 5</b></p> <p>Chair <b>Kim Ryan</b></p> <p><b>Kate Jackson</b> <i>What do we know about the physical health of older people with mental illness, and what does this mean for improving care?</i></p> <p><b>Rod McKay</b> <i>Improving physical health care in mental health services for older people: Reflections on a decade of local and statewide initiatives.</i></p> <p><b>Katherine Johnson</b> <i>Improving the health of LGBT+ people: what does "early intervention" mean in a landscape of social inequality?</i></p> <p><b>Russell Roberts</b> <i>How does promotion, prevention and early intervention apply to people living with enduring mental illness?</i></p>	<p><b>Consumer perspectives and rights</b></p> <p><b>Room 1 - Level 7</b></p> <p>Chair <b>Indigo Daya</b></p> <p><b>Keir Saltmarsh</b> <i>Consumer perspectives and experiences of physical health needs and mental health treatment - what personal stories and complaints tell us about the need for change.</i></p> <p><b>Wanda Bennetts</b> <i>The role of advocacy in maintaining the right to health.</i></p> <p><b>Katherine Gill</b> <i>Consumer/carer experiences of FND: The abyss between brain, mind and body.</i></p> <p><b>Barri Phatarfod</b> <i>Self-harm and suicidality in Australian run immigration detention system.</i></p> <p><b>Maggie Toko</b> <i>Healing - I couldn't do it without you – a modern day posse.</i></p>	<p><b>Supporting healthy lifestyles - diet and exercise</b></p> <p><b>Room 2 - Level 7</b></p> <p>Chair <b>Dave Peters</b></p> <p><b>Katherine Moss</b> <i>The physical health and activity of forensic mental health patients.</i></p> <p><b>Nicci Tepper and Fiona Glover</b> <i>Low intensity CBT for clients with chronic disease identified by allied health professionals.</i></p> <p><b>Mandy Lee-Noble</b> <i>Promoting health without stigma: Delivering a weight-neutral behaviour change program.</i></p> <p><b>Katie Stewart</b> <i>Exercise medicine: Improving the physical health of people living with mental illness.</i></p>	<p><b>The National Perspective</b></p> <p><b>Room 3 - Level 7</b></p> <p>Chair <b>Aaron Groves</b></p> <p><b>Murray Wright</b> <i>The national perspective.</i></p> <p><b>Marcus Nicol</b> <i>Fifth Plan's priority 5 – Improving physical health: Progress and update.</i></p> <p><b>Jenny Bowman</b> <i>What works in system reform.</i></p> <p><b>Ben Harris</b> <i>Australia's Physical and Mental Health Tracker – Targeting action and accountability.</i></p>	<p><b>Focus on quality care</b></p> <p><b>Room 4 - Level 7</b></p> <p>Chair <b>Peggy Brown</b></p> <p><b>Jade Ryall</b> <i>Let's talk: Conversations for better health and wellbeing.</i></p> <p><b>Brenda Happell</b> <i>From understanding the problem to developing a solution: The introduction of a specialist physical health nurse consultant role.</i></p> <p><b>Lisa Brophy</b> <i>Talking to people with serious mental illness about bowel cancer.</i></p> <p><b>Teresa Kelly</b> <i>Heartscapes: A new narrative for understanding the complexities that underpin cardiovascular vulnerability.</i></p>
<b>12.30</b> Lunch				
<b>1.10</b> Facilitated focussed workshops (The recommendations will be published in the book of proceedings)				
<p><b>Lessons of implementation</b></p> <p><b>Auditorium - Level 5</b></p> <p>Facilitator <b>Kim Ryan</b></p> <p><b>Rod McKay and Kate Jackson</b></p>	<p><b>Navigating mental health in a digital world: How safe is it?</b></p> <p><b>Room 1 - Level 7</b></p> <p>Facilitator <b>Peggy Brown</b></p> <p><b>Peggy Brown</b></p>	<p><b>Where best to invest enable meaningful reform</b></p> <p><b>Room 2 - Level 7</b></p> <p>Facilitator <b>Vinay Lakra</b></p> <p><b>John Allan</b></p>	<p><b>'A Spoonful of Sugar' - Medications and Side Effects</b></p> <p><b>Room 3 - Level 7</b></p> <p>Facilitator <b>Rebecca Randall</b></p> <p><b>Wanda Bennetts</b></p>	
<b>2.20</b> <b>Action Summary</b> - Dave Peters				
<b>2.35</b> <b>Closing Address</b> - Fay Jackson				
<b>3.00</b> Symposium Close				