



EQUALLYWELL 2022 SYMPOSIUM

12-13 APRIL 2022
GRIFFITH UNIVERSITY
GOLD COAST CAMPUS

PROGRAM DAY 1

TUESDAY, 12 APRIL 2022

This program may change at short notice due to COVID and other circumstances beyond our control. Please refer to the Equally Well website for updates.

8.30	Registration				
8.45	Welcome to Country Livestream link >				
8.55	Co-Chairs' welcome, introduction and acknowledgement of Lived Experience				
9.05	Opening Address – The Hon David Coleman MP, Assistant Minister to the Prime Minister for Mental Health and Suicide (r)				
9.15	Malcolm Hopwood, Ramsay Health Care Professor of Psychiatry, University of Melbourne – Equally Well – Progress in the movement				
9.35	Stretch sponsored by Guardian Exercise Rehabilitation				
9.40	David Castle, University of Toronto, Canada – Improving the physical health of people with mental health problems: is there a role for peer workers? (v)				
10.00	Sharon Lawn, Lived Experience Australia, Flinders University – Equally Well a Family Affair Launch of Lived Experience Report with Russell Roberts, Charles Sturt University & Equally Well				
10.20	Ruth Vine, Deputy Chief Medical Officer Australian Government, Department of Health – A new vehicle for reform and the road ahead (v)				
10.40	Morning Break				
11.00	Concurrent 1				
Theme	A - Co-Design Livestream link >	B - Prevention Livestream link >	C - Partnerships	D - Primary Care	E - Models of Care Online
Room	Main Auditorium	Seminar 1	Seminar 2	Seminar 3	Seminar 4
Chair	Fay Jackson	Amanda Wheeler	Jenny Bowman	Rachelle Foreman	Patrick Livermore
Speaker 1 11.05	Chris Maylea What do we mean when we talk about physical health?: Preliminary findings from an Equally Well-Healthtalk collaborative project	Vicki Langan & Whitney Lee I'm NEVER too old to be Asked - Physical and Mental Wellbeing	John Stevens & Kate Jackson Leadership and collaboration: statewide physical health practice improvement for older people with a mental illness	Catherine Spooner & Peri O'Shea Improving access to quality shared care for people with severe mental illness	Grace McKeon The experiences of peer-facilitators delivering a physical activity intervention for emergency service workers and their families
Speaker 2 11.25	Carolynne White Re-viewing physical health guidelines through a mental health lens	Grant Sara Vaccine preventable hospitalisation in mental health consumers: a booster is needed	Dan Siskind Evaluation of an integrated metabolic health clinic embedded in a community mental health service	Nada Andric Local Partnership Pilot - a General Practitioner co-located at Community Mental Health Service	Heidi Sturk & Sharnie Roberts WellMob: Social and Emotional Wellbeing Online Resources for Indigenous Communities
Speaker 3 11.45	Matthew Lewis, Victoria Palmer & Elise Dettman Coproducting assertive cardiac care with and for people with lived experience	Chris Lambeth BreastScreen participation rates in mental health consumers	Mridula Kayal An Endocrinologist-led multidisciplinary clinic for managing metabolic risk factors in case-managed consumers with severe mental illness: A presentation of model of care & service implementation	Andy Simpson Mental Health Shared Care with Community Mental Health Consumers	Tegan Bradley Examining service participation and outcomes from a population-level telephone-coaching service for people with a mental health condition
Speaker 4 12.05	Kath Thorburn & Shifra Waks Co-designing a Physical Health Conversation Guide: Working together for hope and health	Caroline Johnson Aligning clinical prevention strategies with consumer goals in concurrent physical & mental health issues; experiences from a pilot evaluation	Caroline Robertson Positively impacting physical health in mental health: Lessons learned for partnerships in regional NSW	Tim Heffernan Embedding 'lived experience' engagement within PHNs	Grace Hanly Population-level telephone coaching for improving health behaviours in mental illness: an RCT
12.25	Lunch				
1.30	Workshops				
Theme	Being Equally Well Livestream link >	Health Coaching Livestream link >	Cultural safety	Leading with power and influence	Communication planning
Room	Main Auditorium	Seminar 1	Seminar 2	Seminar 3	Seminar 4
Facilitator	Rosemary Calder	Andrew Watkins	Mark Lock	Kate Jackson and Russell Roberts	Victoria Erskine
Title	Being Equally Well measures of Success: how can consumers and carers influence implementation of shared care and better primary care	Early intervention and health coaching to prevent MetS and improve physical health	Improving the physical health of Aboriginal Australians next steps	Converting policy to practice change: Combining insights research, practice and your personal leadership profile	Making real connections: Improving stakeholder relationships in communication planning
2.45	Afternoon Break				
3.05	David Colquhoun, Cardiologist & National Heart Foundation – Lifestyle and cardiology for people with mental illness Livestream link >				
3.25	Caro Swanson, Equally Well NZ – A consumer perspective (v)				
3.45	Stretch sponsored by Guardian Exercise Rehabilitation				
3.50	Andy Bell, UK Centre for Mental Health (Equally Well UK) – Equally Well in the UK: What we've learnt so far (v)				
4.10	Panel and Summary Session – Inclusion as a necessary precursor to wellness				
Chair/Room	Chair: De Backman-Hoyle Room: Main Auditorium Livestream link >				
Speakers	Cliff Lewis LGBTQIA+	Maggie Toko Lived Experience	Mark Lock, Ngiyampaa First Nation Australians	Reza Rostami Refugee and CALD communities	
5.10	Symposium Close				
5.20	Break				
5.30	Networking Function – Sponsored by Flourish Australia				

(v) virtual (r) recorded



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PROGRAM DAY 2

WEDNESDAY, 13 APRIL 2022

8.30	Registration			
8.45	Co-Chair welcome & acknowledgement of Traditional Owners and Lived Experience Livestream link >			
8.55	Symposium welcome – Christine Morgan, National Mental Health Commission			
9.15	Reza Rostami – Visa status, physical activity and mental health refugees, immigrants and asylum seekers in Sydney, Australia			
9.35	Tom Brideson, CEO Gayaa Dhuwi (Proud Spirit) – Equally Well and First Nations Australians – Closing the gaps (v)			
9.50	Stretch sponsored by Guardian Exercise Rehabilitation			
9.55	Sam Manger, President, Australasian Society of Lifestyle Medicine – Lifestyle Medicine in Mental and Physical Health			
10.15	Ivan Frkovic, Queensland Mental Health Commissioner – Improving the physical health of people living with mental illness - Opportunities for reform			
10.25	Morning Break			
10.45	Concurrent 2			
Theme	A - Chronic Care Livestream link >	B - Care Coordination Livestream link >	C - Physical activity and diet	D - Lifestyle
Room	Auditorium	Seminar 1	Seminar 2	Seminar 3
Chair	Andrew Watkins	Rosemary Calder	Susan Hayward	Darren Jiggins
Speaker 1 10.50	Andy Simpson Evaluation of Program to Improve Physical Health of People with Mental Illness	Amanda Wheeler & Helena Roennfeldt Delivery of a co-designed pharmacist-led service to support physical and mental health	Justin Chapman Improving access to physical activity interventions for adults with mental health issues	Vicki Langan Kick the Habit with Consumer-Centred Tobacco Management
Speaker 2 11.10	Michael Lau Vaccine preventable conditions and severe mental illness: how much do we know?	Casey Regan Co-developing an intervention to support a community managed organisation to provide preventive care	Scott Teasdale Effectiveness and cost-effectiveness of dietary interventions in individuals with a mental disorder: the extent of evidence from review studies	Jennifer Smith-Merry Unintentional Drug-Related Deaths for people with mental illness in NSW Australia, 2012-2016
Speaker 3 11.30	Jenny Bowman Supporting Healthier Lifestyles: A Role for Community Managed Organisations	Sarah Kelshaw Do consumers of mental health services recall receiving information about physical health?	Bonnie Ratcliff Physical Movement: Challenging the medical model of exercise	Nicole Pietsch Healthy Bodies Support Healthy Minds – Equally Well in a Remote Context
Speaker 4 11.50	Lauren Gibson A qualitative investigation of support provided by Community Managed Organisations to address chronic disease risk behaviours in consumers with mental illness	Julia Hamer Mental health consumers' access to planned and emergency surgery in NSW	Katie Thorburn Community Mental Health Gym and Swim Program: Building community, cardio-metabolic health and confidence	Sally Plever Making an Impact on Smoking for Consumers of Queensland Public Mental Health Services
12.10	Lunch			
1.20	Tim Heffernan, Deputy Commissioner, NSW Mental Health Commission, Coordinare/MHLEEN – The Lived Experience 'Peer' Workforce – being Equally Well Livestream link >			
1.40	Susanna Every-Palmer, Equally Well NZ, Chair RANZCP NZ – Overcoming implementation barriers (v)			
2.00	Symposium Panel – Overcoming implementation barriers - Next steps			
Chair	John Allan Livestream link >			
Speaker(s)	Andrew Watkins Public mental health services	Caroline Johnson GP services	Vicki Langan NGOs	Fay Jackson Lived Experience
2.50	Symposium summary by Co-Chairs			
3.00	Symposium Close			

(v) virtual (r) recorded

Symposium Sponsors:



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