


# Australian College of Mental Health Nurses - 40<sup>th</sup> International Mental Health Nursing Conference Program 2014

## Monday 6<sup>th</sup> October 2014 - Pre-Conference Workshop Program

Time	Session	Room
8:00am – 9:30am	Pre-Conference Workshop Registration	Fitzroy Ballroom, Level 1
Acceptance and Commitment Therapy Workshop		
9:00am – 4:00pm	<p><b>Speaker:</b> Dr Russ Harris</p> <p>Russ Harris, author of the international best-selling self-help book 'The Happiness Trap', is an world-renowned trainer of Acceptance and Commitment Therapy (ACT). Since 2005, Russ has providing ACT training for over 15,000 Australian therapists, coaches, counsellors, doctors, and other health professionals. He has authored two ACT textbooks (including ACT Made Simple), and four ACT-based self-help books (including The Reality Slap). He has also been co-author of a further two self-help books. The Happiness Trap, is now the most widely-translated ACT book in the world, available in over thirty languages.</p> <p>Russ has a unique model for training, which he calls 'ACT Made Simple', because it covers so much material in a short space of time. (In fact, he has even written an introductory text book on ACT, titled 'ACT Made Simple'). He proudly proclaims each workshop a 'jargon-free zone' - and bases his training on three core values: simplicity, clarity, and having fun.</p> <p>His highly-acclaimed ACT workshops are brief, powerful, cost-effective and life-enhancing. Participants regularly report not only major improvements in their therapy and/or coaching, but also in their personal lives - and evaluation forms frequently praise his ability to make complex ideas seem very simple.</p>	Fitzroy Ballroom, Level 1
12:30pm – 6:00pm	Conference Registration Open	Sofi's Lounge, Level 1
22 <sup>nd</sup> Oration and Investiture Ceremony		
4:30pm – 6:00pm	<p><b>Chair:</b> Associate Professor Kim Ryan, CEO, Australian College of Mental Health Nurses</p> <p><b>Orator:</b> Barbara Hocking OAM, Mental Health and Suicide Prevention Consultant, formerly Executive Director, SANE Australia</p> <p>Over the 25 years since I started working in mental health I have witnessed some major changes. These include the closure of large stand-alone institutions and the often faltering introduction of 'community care'; the introduction of a National Mental Health Policy, Plan and Strategy to coordinate mental health care through national activities; dramatic reductions in average lengths of stay in 'mainstreamed' hospitals, along with even more dramatic growth in the non-government sector providing community support programs; the growth of the consumer advocacy movement and the involvement of consumer advocates in aspects of policy, planning and services.</p> <p>Yet, in spite of all this activity by many highly committed people, how much has really changed for people living with mental illness, their families and friends? While undoubtedly, many do live better lives, many others still miss out on the early assessment, treatment and ongoing community support that they need. Importantly, new challenges are emerging.</p> <p>My view is that stigma and its associated discrimination, remains one of the major barriers to recovery. It stops people asking for help and getting the treatment and support they need. While people report feeling stigmatised in many settings, including mental health, health and community services, stigma also impacts on people working in mental health.</p> <p>In this presentation I will discuss these issues further, will look at emerging challenges and some of the dilemmas mental health workers may face when advocating for change.</p>	<p>Arthur Streeton Auditorium, Level 1</p> <p>Sponsored by:</p>
6:00pm – 7:00pm	Welcome Reception and Exhibition	Sofi's Lounge ,Level 1
7:00pm	End of Pre-Conference Day	

## Tuesday 7<sup>th</sup> October 2014 – Conference Program

Time	Session	Room
7:00am – 5:30pm	<b>Conference Registration Open</b>	Sofi's Lounge, Level 1
8:00am – 5:30pm	<b>Exhibition Open</b>	
7:20am – 7:50am	<p><b>Meditation Session</b>  <b>By:</b> Nathalie Martinek</p> <p>This style of meditation is interactive and incorporates techniques of mindfulness, conscious breathing, positive visualization, and affirmations. These sessions are ideal for those who have a busy mind and find it hard to quiet it down. The aim is to reduce internal noise from daily activity and increase the volume of stillness, calm and peacefulness. You will be guided to use your focus, breath and intention to withdraw your energy investments from thoughts, beliefs and experiences that are limiting, unhelpful or draining, and reinvest your energy into powerful, motivating and inspiring ways of thinking. Through this practice of emotional and mental hygiene, participants can begin to view negative experiences from a non-judgmental lens as they are offered other perspectives to common issues. Participants frequently report feeling invigorated, expanded, connected, relaxed and clear after sessions that are long-lasting.</p> <p>These sessions are approximately 25 minutes and support the diversity of religious, spiritual and secular frameworks of belief that participants have.</p>	Victoria Suite 2, Level 1
8:00am – 10:45am – Opening Plenary		
8:00am – 8:20am	<b>Welcome to Country</b>	Grand Ballroom, Level 1 <b>Sponsored by</b> School of Nursing and Midwifery, Monash University 
8:20am – 9:00am	<b>Opening Address</b> <b>Keynote Speaker:</b> Allan Fels AO	
9:00am – 10:00am	<b>Chair:</b> Cecily Pollard <b>Examining the past with courage and objectivity</b> <b>Keynote Speaker:</b> Phillipa Martyr 'He who does not understand the past is destined to repeat its errors.' Mental health nursing history is still finding its feet in Australia – but why is it taking so long, and what factors may be holding it back? And what does this tell us about the profession's future? Mental health nurses who decide to undertake historical research and writing may struggle to be objective and critical of their own profession. They may also find that their story does not sit comfortably with narratives based on British and US experiences, or even those of other Australian states. This presentation seeks both to inspire and challenge mental health nurses to start examining their own history with courage and objectivity. <b>Reconciling the past, celebrating achievements, creating a positive future</b> <b>Keynote Speaker:</b> Richard Lakeman Reconciling with the past, celebrating achievements and creating a positive future for mental health nursing: This presentation will consider the current context of mental health nursing, and the challenges that lie ahead for the profession. It will critically consider what may be needed to enable practitioners to look back on their professional lives with pride and few regrets knowing that they have made a positive and lasting difference to the mental of individuals, families and communities.	


Time	Session	Room			
8:00am – 10:45am – Opening Plenary continued					
10:00am – 10:45am	<p><b>Chair:</b> Julie Sharrock  <b>Keynote Speaker:</b> Scott Stephens  <b>Community, Autonomy, Immunity: Can Mental Health Care Survive the 'Empire of the Body'</b></p> <p>Over the past two centuries, we in the West have been in the grip of the organized purge of all that binds - every relationship, every obligation that once defined human life has either been broken, or been made subservient to the greater project of personal autonomy. The entanglements of community, with its reciprocal obligations and blessings, have thus been replaced by the quest for immunity from the wounds we invariably suffer in any substantive relationship - the wounds that make us human. In such a time, these obligations end up being outsourced, entrusted to third party carers. In this address, I will attempt to discuss the specific ethical character of the vocation of mental health nursing, and how this vocation embodies an indispensable - if endangered - moral witness in a time in which we prefer to pretend that we have no obligations other than those that we choose for ourselves.</p>	Grand Ballroom, Level 1			
10:45am - 11:15am	Morning Tea and Exhibition	Sofi's Lounge, Level 1			
11:15am – 12:45pm – Concurrent Session 2					
Speaker Times	2A Changing Practice Domains Perth Room, Level 1	2B Models of Collaboration Sydney Room, Level 1	2C Diverse Populations Brisbane Room, Level 1	2D Consumers & Carers Latrobe Ballroom, Level 1	2E Academics & Clinicians Arthur Streeton Auditorium, Level 1
11:20am - 11:45am	<p><b>Chair:</b> Tim Rolfe  <b>Speaker:</b> Margaret McAllister            Shaping the future by harnessing the transforming power of stories to teach mental health nursing</p>	<p><b>Chair:</b> Ian Munro  <b>Speaker:</b> Pauline Brophy            'Pass it On' Postcard: An arts-based wellbeing project connecting previous and current consumers.</p>	<p><b>Chair:</b> Cynthia Delgado  <b>Speaker:</b> John Hurley            Understanding emotional resilience and bullying responses in young people</p>	<p><b>Chair:</b> Breda Ryan  <b>Speaker:</b> Steve Goldsmith            Is the post anaesthetic care of patients receiving electroconvulsive therapy and patients undergoing minor general anaesthesia comparable?</p>	<p><b>Chair:</b> Deborah Nelson  <b>Speaker:</b> Dianne Wynaden            A delphi study to identifying mental health nursing research priorities in Western Australia</p>
11:50am - 12:15pm	<p><b>Speaker:</b> Nicole Butterfield            Yoga and mindfulness for mental health - are alternative therapies the future?</p>	<p><b>Speaker:</b> Karen Heslop            Adopting the Team Leader Model of student supervision into the acute mental health setting</p>	<p><b>Speaker:</b> Andrew Pridding            Mental health services for people with an intellectual disability in Australia</p>	<p><b>Speaker:</b> Gihane Endrawes            The caregiving experience across cultures</p>	<p><b>Speaker:</b> Robert Stanton            Mental health nurses' perceptions of exercise in the treatment of mental illness</p>
12:20pm - 12:45pm	<p><b>Speaker:</b> Grace Chan            Use of Nintendo video games to promote quality of life of clients in mental health unit for older people</p>	<p><b>Speaker:</b> Tom Ryan            Life begins at 40? An opportunity to reassess collusion with coercion in mental health nursing.</p>	<p><b>Speaker:</b> Rhonda Wilson            A co-location model for nurses helping young rural people with emergent mental health problems</p>	<p><b>Speaker:</b> Gayelene Boardman            Peers perspectives of a problem-solving peer support program</p>	<p><b>Speaker:</b> Sandra Hyde            Project-based Learning in a Bachelor of Nursing Unit: A Pilot Study</p>
12:45pm – 1:45pm	Lunch, Exhibition and Poster Displays ( <i>poster session P1</i> )				Sofi's Lounge, Level 1

Time	Session					Room
<b>1:45pm – 3:15pm – Concurrent Session 3</b>						
Speaker Times	3A Changing Practice Domains Perth Room, Level 1	3B Changing Practice Domains Sydney Room, Level 1	3C Diverse Populations Brisbane Room, Level 1	3D Developing the Profession Latrobe Ballroom, Level 1	3E Academics & Clinicians Arthur Streeton Auditorium, Level 1	
1:50pm - 2:15pm	<b>Chair:</b> Brett Heslop <b>Speaker:</b> John Hurley Happiness and mental health nursing: growing our core identity	<b>Chair:</b> Karen Heslop <b>Speaker:</b> Kay McCauley What does Practice Development offer mental health care contexts?	<b>Chair:</b> Rhonda Wilson <b>Speaker:</b> Susan Ireland Recovery-oriented care in older adult acute in-patient mental health settings	<b>Chair:</b> Tom Ryan <b>ACMHN PROJECTS UPDATE</b> - Chronic Disease Project - Accreditation Project - Credentialing Project	<b>Chair:</b> Margaret McAllister <b>Speaker:</b> Charanjit Singh The Efficacy of Cognitive Behavioural Therapy in the treatment of people with Agoraphobia. A group approach and clinical study.	
2:20pm – 2:45pm	<b>Speaker:</b> Jenny Tohotoa For intramuscular injecting technique to be effective a paradigm shift is needed to translate research evidence into practice	<b>Speaker:</b> Ralph Tramm Profiling PTSD risk factors in critically ill ECMO patients – Identifying a new practice domain for nurses	<b>Speaker:</b> Andrew Pridding What to do when it really is "just" autism?	<b>Speaker:</b> Richard Gray The effectiveness of Protected Engagement Time on acute mental health inpatient wards	<b>Speaker:</b> Patricia Donohue Consumer views regarding a group exercise program delivered in an inpatient mental health facility	
2:50pm - 3:15pm	<b>Speaker:</b> Peter Santangelo Shaping recovery-focused mental health nursing for the future: report of a grounded theory study	<b>Speaker:</b> Julie Sharrock The challenge of medical rescue in anorexia nervosa	<b>Speaker:</b> Gihane Endrawes Women and mental health: A cross cultural perspective	<b>Speaker:</b> Andrew Watkins Keeping the Body in Mind: A description of a health lifestyle program in an early psychosis framework	<b>Speaker:</b> Brenda Happell Allies for the Future: Perspectives of Heads of Schools of Nursing about preparation for Mental Health Nursing	
<b>3:15pm – 3:45pm</b>	<b>Afternoon Tea and Exhibition</b>					<b>Sofi's Lounge, Level 1</b>
<b>3:45pm – 5:15pm – Concurrent Session 4</b>						
Speaker Times	4A Changing Practice Domains Perth Room, Level 1	4B Changing Practice Domains Sydney Room, Level 1	4C International Brisbane Room, Level 1	4D Community Engagement Latrobe Ballroom, Level 1	4E Academics & Clinicians Arthur Streeton Auditorium, Level 1	
3:50pm-4:15pm	<b>Chair:</b> Kay McCauley <b>Speaker:</b> Darrin Cowan Direct care activities for assistants in nursing in inpatient mental health settings in Australia: a modified Delphi study	<b>Chair:</b> Jenny Tohotoa <b>Speaker:</b> Chris Quinn Sexual rights: Balancing organisational and individual needs in longer term care environments	<b>Chair:</b> John Hurley <b>Speaker:</b> Sherphard Chidarikire The Role of Traditional and Faith Healers in Mental Health Care: A Meta Synthesis of Case Reports from sub-Saharan Africa	<b>Chair:</b> Kim Foster <b>Speaker:</b> Elizabeth Wallace Specialist roles in mental health metabolic monitoring: A retrospective cross-sectional comparison study	<b>Chair:</b> Andrew Pridding <b>Speaker:</b> Denise McGarry Practice Theory and Situated Learning: How could future educational approaches to mental health nursing preparation be informed?	

Time	Session					Room
3:45pm – 5:15pm – Concurrent Session 4 continued						
Speaker Times	4A Changing Practice Domains Perth Room, Level 1	4B Changing Practice Domains Sydney Room, Level 1	4C International Brisbane Room, Level 1	4D Community Engagement Latrobe Ballroom, Level 1	4E Academics & Clinicians Arthur Streeton Auditorium, Level 1	
4:20pm - 4:45pm	<b>Speaker:</b> Jacqueline White Effectiveness of health checks to improve the physical health of patients with severe mental illness: a single blind cluster randomised controlled trial of the health improvement profile (HIP)	<b>Speaker:</b> Breda Ryan Charter of Mental Health Care Principles: A new direction in mental health legislation	<b>Speaker:</b> Gylo Hercelinskyj Puerperal psychosis - an international collaboration to explore psychological stress factors	<b>Speaker:</b> Nathalie Martinek Pilot of a Meditation Program for Multidisciplinary Paediatric Oncology Staff	<b>Speaker:</b> Eimear Muir-Cochrane The Book, the MOOC and the App	
4:50pm – 5:15pm	<b>Speaker:</b> Adam Searby Dual diagnosis in older adults: A hidden epidemic?	<b>Speaker:</b> Karen Heslop Determining the prevalence of Drug and Alcohol misuse in acute MHS	<b>Speaker:</b> Bindu Joseph “Working towards shaping the future, little known”; An exploration of the experiences of being an overseas trained nurse from Kerala, India; and working in mental health in Australia.	<b>Speaker:</b> Shirley Hamilton Working in collaboration with nursing staff to promote smoking cessation/reduction in consumers' experiencing severe mental illness	<b>Speaker:</b> Siobhan Tranter Shaping the future of physical health care for people with a serious mental illness: findings from an integrative review	
5:15pm	End of Conference Day 1					

## Wednesday 8<sup>th</sup> October 2014 – Conference Program

Time	Session	Room
10:00am – 4:30pm	Registration	Sofi's Lounge, Level 1
8:30am – 4:30pm	Exhibition Open	
7:50am – 8:20am	<p><b>Meditation Session</b>  <b>By:</b> Nathalie Martinek</p> <p>This style of meditation is interactive and incorporates techniques of mindfulness, conscious breathing, positive visualization, and affirmations. These sessions are ideal for those who have a busy mind and find it hard to quiet it down. The aim is to reduce internal noise from daily activity and increase the volume of stillness, calm and peacefulness. You will be guided to use your focus, breath and intention to withdraw your energy investments from thoughts, beliefs and experiences that are limiting, unhelpful or draining, and reinvest your energy into powerful, motivating and inspiring ways of thinking. Through this practice of emotional and mental hygiene, participants can begin to view negative experiences from a non-judgmental lens as they are offered other perspectives to common issues. Participants frequently report feeling invigorated, expanded, connected, relaxed and clear after sessions that are long-lasting.</p> <p>These sessions are approximately 25 minutes and support the diversity of religious, spiritual and secular frameworks of belief that participants have.</p>	Victoria Suite 2, Level 1
8:30am – 10:30am - AGM Breakfast and Members Forum		
8:00am – 8:30am	AGM Registration	Grand Ballroom, Level 1
8:30am – 10:30am	AGM Breakfast and Members Forum (BREAKFAST TICKET REQUIRED)	
10:30am - 11:00am	Morning Tea and Exhibition	Sofi's Lounge, Level 1

Time	Session	Room			
<b>11:00am – 12:30pm – Plenary Session 2</b>					
11:00am – 11:45am	<p><b>Chair:</b> Eimear Muir-Cochrane  <b>Safewards - the active ingredients</b>  <b>Keynote Speaker:</b> Len Bowers</p> <p>Safewards is a model that explains why some wards are more peaceful than others, and a set of interventions that have been demonstrated to prevent harm to patients and staff. Since the announcement of the results last year, half of all psychiatric hospitals in England have made a commitment to its implementation, as has the state of Victoria in Australia. It has proved to be very popular with patients and staff working on the wards, who have responded warmly and enthusiastically to invitations to implement the interventions. In this presentation, after briefly presenting the model and the evidence behind it, I'll be sharing progress in implementation over the past year, lessons for research dissemination, and trying to identify why Safewards is proving so incredibly popular.</p>	<p><b>Grand Ballroom, Level 1</b>  <b>Sponsored by</b>  Department of Health Victoria</p> 			
11:45am – 12:30pm	<p><b>Chair:</b> Deb Nizette  <b>Keynote Speaker:</b> David Castle</p>	<b>Grand Ballroom, Level 1</b>			
<b>12:30pm – 1:30pm</b>	<b>Lunch, Exhibition and Poster Displays (poster session P2)</b>	<b>Sofi's Lounge, Level 1</b>			
<b>3:45pm – 5:15pm – Concurrent Session 5</b>					
Speaker Times	5A Changing Practice Domains Perth Room, Level 1	5B Other Sydney Room, Level 1	5C Other Brisbane Room, Level 1	5D Diverse Populations Latrobe Ballroom, Level 1	5E Changing Practice Domains Arthur Streeton Auditorium, Level 1
1:35pm - 2:00pm	<p><b>Chair:</b> Richard Gray  <b>Speaker:</b> Christine Palmer  The ordinariness of being human</p>	<p><b>Chair:</b> Sharon Delahunty  <b>Speaker:</b> Megan McKechnie  Embracing dual diagnosis: A nurse led clinical program to enhance responses to alcohol and other drug related presentations in the ED</p>	<p><b>Chair:</b> Len Bowers  <b>Speaker:</b> Jo-Ann Giandinoto  When mental illness meets the medical ward: Working outside of the health silo</p>	<p><b>Chair:</b> Fiona Whitecross  <b>Speaker:</b> Nofaa Alasmee  Safety First: Observing Nursing Practice in Acute Mental Health Inpatient Units</p>	<p><b>Chair:</b> Terry Froggatt  <b>Speaker:</b> Sheila Mortimer-Jones  A controlled study to assess the efficacy of the Open Borders Programme located at Hampton Road Service, Fremantle</p>

Time	Session					Room
3:45pm – 5:15pm – Concurrent Session 5 continued						
Speaker Times	5A Changing Practice Domains Perth Room, Level 1	5B Other Sydney Room, Level 1	5C Other Brisbane Room, Level 1	5D Diverse Populations Latrobe Ballroom, Level 1	5E Changing Practice Domains Arthur Streeton Auditorium, Level 1	
2:05pm - 2:30pm	<b>Speaker:</b> Karen Harmon Mental health nurses shaping their own future - accessing clinical supervision in rural areas	<b>Speaker:</b> Mark Wilbourn Does the quality of mental health placement influence students' intention to pursue a career in mental health nursing?	<b>Speaker:</b> Kate Prebble 'We did our best to be loving and caring': Mental health nurses reflect on the past	<b>Speaker:</b> Trentham Furness Recurrent seclusion episodes despite reduction strategies: An analysis of clinical and socio-demographic characteristics	<b>Speaker:</b> Richard Clancy Old School Cannabis and the Shape of Future Cannabis	
2:35pm - 3:00pm	<b>Speaker:</b> Stephen Elsom Workplace violence in mental health: A Victorian Mental Health Workforce Survey	<b>Speaker:</b> Catherine Hangan Dotting the 'i's and crossing the 't's: The final benchmarking tool - Consumer Perceptions of Mental Health Nurses - for the 'Standards of Practice for Australian Mental Health Nurses: 2010'	<b>Speaker:</b> Ellen Cross The long and winding road	<b>Speaker:</b> Mark Sheridan Break and Enter – busting myths & breaking down barriers for quality learning in high secure environments	<b>Speaker:</b> Tim Rolfe Involuntary status - Intention and Consequences: Exploring the Doctrine of Double Effect in mental health care.	
3:00pm – 3:30pm	Afternoon Tea and Exhibition					Sofi's Lounge, Level 1
3:30pm – 4:30pm – Concurrent Session 6						
Speaker Times	6A Changing Practice Domains Perth Room, Level 1	6B Other Sydney Room, Level 1	6C History Brisbane Room, Level 1	6D Inter-professional Latrobe Ballroom, Level 1	6E Cross-Collaborations Arthur Streeton Auditorium, Level 1	
3:35pm - 4:00pm	<b>Chair:</b> Michael Olasoji  <b>Speaker:</b> Lorna Moxham Contributing to Recovery from a multidisciplinary lens: A case study from a therapeutic recreation initiative	<b>Chair:</b> Ben Short  <b>Speaker:</b> Leah East Growing up without a father: Narratives from adult men	<b>Chair:</b> Patricia Lowe  <b>Speaker:</b> Natisha Sands Through the eyes of the Vagabond: Reflections on life as a Lunatic Attendant in colonial Melbourne, Australia, circa 1877	<b>Chair:</b> Anthony O'Brien  <b>Speaker:</b> Andrew Watkins The Keeping the Body in Mind Program. Preventing antipsychotic-induced weight gain in first episode psychosis with lifestyle interventions	<b>Chair:</b> Sheila Mortimer - Jones  <b>Speaker:</b> Toby Raeburn Mental Health Nursing and the Partners In Recovery Program: Improving coordination of services	



Time	Session					Room
3:30pm – 4:30pm – Concurrent Session 6 continued						
Speaker Times	6A Changing Practice Domains Perth Room, Level 1	6B Other Sydney Room, Level 1	6C History Brisbane Room, Level 1	6D Inter-professional Latrobe Ballroom, Level 1	6E Cross-Collaborations Arthur Streeton Auditorium, Level 1	
4:05pm - 4:30pm	<b>Speaker:</b> Ingrid Herbert Peer support in Top End Mental Health: honouring our staff and shaping our future leaders	<b>Speaker:</b> Andrea McCloughen Losing health, regaining control: the perspectives of young people with mental illness on their physical health	<b>Speaker:</b> Irene Rogers What can mental health nursing learn about courage and humanity from the 'angels of mercy' of World War One	<b>Speaker:</b> James Bradbury Developing the clinical team	<b>Speaker:</b> Anthony Purdon Shaping the future... Targeted education and training for nurses working with children and young people in a mental health inpatient context	
4:30pm	End of Conference Day 2					
7:00pm – 11:00pm	Conference Dinner – 70s themed (ticket required)					Grand Ballroom, Level 1

## Thursday 9<sup>th</sup> October 2014 – Conference Program

Time	Session	Room
8:30am – 3:30pm	Registration	Sofi's Lounge, Level 1
8:30am – 3:30pm	Exhibition Open	
8:20am – 8:50am	<p><b>Meditation Session</b>  <b>By:</b> Nathalie Martinek</p> <p>This style of meditation is interactive and incorporates techniques of mindfulness, conscious breathing, positive visualization, and affirmations. These sessions are ideal for those who have a busy mind and find it hard to quiet it down. The aim is to reduce internal noise from daily activity and increase the volume of stillness, calm and peacefulness. You will be guided to use your focus, breath and intention to withdraw your energy investments from thoughts, beliefs and experiences that are limiting, unhelpful or draining, and reinvest your energy into powerful, motivating and inspiring ways of thinking. Through this practice of emotional and mental hygiene, participants can begin to view negative experiences from a non-judgmental lens as they are offered other perspectives to common issues. Participants frequently report feeling invigorated, expanded, connected, relaxed and clear after sessions that are long-lasting.</p> <p>These sessions are approximately 25 minutes and support the diversity of religious, spiritual and secular frameworks of belief that participants have.</p>	Victoria Suite 2, Level 1
9:00am – 10:30am – Plenary Session 3		
9:00am - 9:45am	<p><b>Chair:</b> Peter Santangelo</p> <p><b>Mental health emergencies: Matching the system to the needs</b></p> <p><b>Keynote Speaker:</b> Diana Clarke</p> <p>The general hospital emergency department is often the first contact point for people in crisis to access the mental health care system. However, few emergency departments are positioned to be welcoming and to work effectively with this population. Dr Clarke's presentation will explore the care of those with mental health issues in emergency departments from triage to disposition. Models of care within the emergency department and community-based care alternatives will be examined as, internationally, we strive to provide the best care and services possible to people and their families in crisis.</p>	Grand Ballroom, Level 1

Time	Session	Room			
9:00am – 10:30am – Plenary Session 3 continued					
9:45am - 10:30am	<p><b>Chair:</b> Lee Collison</p> <p><b>Relationships, Recovery and power dynamics in working well with families</b></p> <p><b>Keynote Speaker:</b> Margaret Doherty</p> <p>Recovery is now embedded in mental health policy and standards. It is defined as an individual’s deeply personal journey of regaining choice and control over their life. What then does this mean for families and carers? How alert and responsive are mental health nurses to families’ diverse needs and to their role in helping families maintain their own wellbeing regardless of where a loved one is at in their personal recovery journey?</p> <p>This presentation will explore what it means for families and supporters when someone they care about experiences ongoing or episodic mental distress. It will share stories which demonstrate the complex and challenging role which many families juggle in attempting to support an unwell family member while trying to attend to the family’s ongoing needs. Given that this role demands strength, flexibility, hopefulness and tenacity (and developing a distinct shared humour helps too), what can nurses do to support this? The presentation will consider why family carers continue to report being marginalised or excluded from communication and genuine partnership with health practitioners despite the valuable information and insight they provide. The issue of confidentiality and ways in which communication can occur, which strengthen the whole family’s wellbeing, will be considered.</p> <p>As nurses form the largest part of the mental health workforce, it is vital that families have them on-side and working together in equal partnership to achieve a whole-of-family recovery. The presentation will look at what values and shift in power this requires in terms of language, policy and practice.</p>	Grand Ballroom, Level 1			
10:30am - 11:00am	Morning Tea and Exhibition	Sofi’s Lounge, Level 1			
11:00am – 12:30pm – Concurrent Session 7					
Speaker Times	7A Changing Practice Domains Perth Room, Level 1	7B Consumers and Carers Sydney Room, Level 1	7C Changing Practice Domains Brisbane Room, Level 1	7D Changing Practice Domains Latrobe Ballroom, Level 1	7E Cross-Collaborations Arthur Streeton Auditorium, Level 1
11:05am – 11:30am	<p><b>Chair:</b> Bridget Hamilton</p> <p><b>Speaker:</b> Kim Hill</p> <p>The Brief Intervention Team: Brief Interventions and Episodes of Care in a Victorian Metropolitan Public Mental Health Service - The Sequel - Honouring the past, Shaping the future</p>	<p><b>Chair:</b> Rose McMaster</p> <p><b>Speaker:</b> Gihane Endrawes</p> <p>Ethical practices in the management of aggression: respect the consumer</p>	<p><b>Chair:</b> Terence McCann</p> <p><b>Speaker:</b> Sini Jacob</p> <p>Shaping a recovery-oriented mental health system: Insights of consumers, carers and nurses</p>	<p><b>Chair:</b> Cath Roper</p> <p><b>Speaker:</b> Neville Baker</p> <p>Self Harming: through the looking glass - A Nursing reflection</p>	<p><b>Chair:</b> Susan Wilson</p> <p><b>Speaker:</b> Maree Vukovic</p> <p>The lived experience of people who leave a mental health treatment facility without permission: a review of literature from the consumer perspective.</p>

Time	Session					Room
11:00am – 12:30pm – Concurrent Session 7 continued						
Speaker Times	7A Changing Practice Domains Perth Room, Level 1	7B Consumers and Carers Sydney Room, Level 1	7C Changing Practice Domains Brisbane Room, Level 1	7D Changing Practice Domains Latrobe Ballroom, Level 1	7E Cross-Collaborations Arthur Streeton Auditorium, Level 1	
11:35am – 12:00pm	<b>Speaker:</b> Brett Heslop Articulating the Role of the Community Mental Health Nurse	<b>Speaker:</b> Brenda Happell Education for the future? The status of lived experience involvement in mental health nursing education	<b>Speaker:</b> Helen Reeves The smoking gun-Has it gone off?	<b>Speaker:</b> Ali Thorn How do you walk through a locked door; are we stepping back in time?	<b>Speaker:</b> David Lees Professional development workshop model for suicide intervention	
12:05pm - 12:30pm	<b>Speaker:</b> Christine Neville Care Innovation: The use of aquatic exercise to treat the behavioural and psychological symptoms of dementia	<b>Speaker:</b> Richard Clancy Honouring the Role of Primary Carers in Shaping Consumers' Present and Future	<b>Speaker:</b> Cynthia Delgado The shape of things to come: Becoming trauma-informed in everyday mental health nursing practice	<b>Speaker:</b> Katrina Angus Learning from the EDDJ (Experiential Dual Diagnosis Journey)	<b>Speaker:</b> Grant Kinghorn In the Beginning, the DoN said 'Let there be students'. Exploring the introduction of undergraduate nursing student placements in a high secure Mental Health hospital.	
12:30pm – 1:30pm	Lunch, Exhibition and Poster Displays ( <i>poster session P3</i> )					Sofi's Lounge, Level 1
1:30pm – 3:00pm – Concurrent Session 8						
Speaker Times	8A Changing Practice Domains Perth Room, Level 1	8B Consumers and Carers Sydney Room, Level 1	8C Changing Practice Domains Brisbane Room, Level 1	8D Other Latrobe Ballroom, Level 1	8E Academics and Clinicians Arthur Streeton Auditorium, Level 1	
1:35pm – 2:00pm	<b>Chair:</b> Bethne Hart  <b>Speaker:</b> Toby Raeburn Self-determination theory: A theoretical framework for researching the recovery orientation of services	<b>Chair:</b> Angela Douglas  <b>Speaker:</b> Geno Richter Reclaiming a professional identity – The journey from mental illness to recovery	<b>Chair:</b> Helen Reeves  <b>Speaker:</b> Donna Marynowski-Traczyk Mental health care and recovery within diverse practice domains – changing practice domains	<b>Chair:</b> Richard Clancy  <b>Speaker:</b> Anthony O'Brien The production of the committed subject	<b>Chair:</b> Stephen Elsom  <b>Speaker:</b> Louise Roberts "Are they genuine?" The paramedic perspective - caring for psychiatric presentations.	
2:05pm – 2:30pm	<b>Speaker:</b> Sophie Norrish Trauma Informed Nursing Care in mainstream mental health services.	<b>Speaker:</b> Terence McCann Evaluation of a guided self-help manual for improving the experience of caregiving of family carers of individuals with depression: a randomised controlled trial'	<b>Speaker:</b> Amanda Waters Handover of patient information from the Crisis Assessment and Treatment Team to the Inpatient Psychiatric Unit	<b>Speaker:</b> Ah-Nya On From the locked wards of mental institutions to nurse entrepreneur – the journey	<b>Speaker:</b> Val Goodwin New learning experiences for intergenerational learners in postgraduate studies	

Time	Session					Room
<b>1:30pm – 3:00pm – Concurrent Session 8</b>						
Speaker Times	8A Changing Practice Domains Perth Room, Level 1	8B Consumers and Carers Sydney Room, Level 1	8C Changing Practice Domains Brisbane Room, Level 1	8D Other Latrobe Ballroom, Level 1	8E Academics and Clinicians Arthur Streeton Auditorium, Level 1	
2:35pm – 3:00pm	<b>Speaker:</b> Bridget Hamilton Open doors: Ethnographic analysis of nursing practices that enable safety in acute psychiatric units.	<b>Speaker:</b> Natisha Sands Telephone-based mental health triage: What do consumers experiencing crisis want?	<b>Speaker:</b> Kim Foster Family-focused recovery: forging the future in mental healthcare	<b>Speaker:</b> Kim Usher The role of mental health nurses after disasters: Who cares for the carers?	<b>Speaker:</b> Rose McMaster Shaping the education of mental health nurses: experiences of post graduate students and educators	
<b>3:00pm – 3:30pm</b>	<b>Afternoon Tea and Exhibition</b>					<b>Sofi's Lounge, Level 1</b>
<b>3:30pm – 4:25pm – Concurrent Session 9</b>						
Speaker Times	9A Changing Practice Domains Perth Room, Level 1	9B Changing Practice Domains Sydney Room, Level 1	9C Changing Practice Domains Brisbane Room, Level 1	9D Models of Collaboration Latrobe Ballroom, Level 1	9E Panel Discussion Arthur Streeton Auditorium, Level 1	
3:35pm - 4:00pm	<b>Chair:</b> Christine Neville <b>Speaker:</b> Chris Pavlou Nurses need not apply' An exploration of expectations, preparedness and barriers to working in the community setting in a mental health clinician role as a psychiatric nurse in the under 25 age group.	<b>Chair:</b> Amanda Waters <b>Speaker:</b> Matthew Ball Reigniting the passion of the human to human relationship: The courage to suffer	<b>Chair:</b> Val Goodwin <b>Speaker:</b> Judith Foord SSHOPS - A Suicide Prevention Pilot Project for a Nurse Practitioner Model of Care	<b>Chair:</b> Natisha Sands <b>Speaker:</b> Cath Roper Developing a model of co-production: the Supported Decision-Making Training Initiative	<b>Chair:</b> Brenda Happell <b>ACMHN ACCREDITATION PROJECT PANEL DISCUSSION</b> <b>Panellists:</b> <b>1.</b> Mike Hazelton <b>2.</b> Margaret McMillan <b>3.</b> Penelope Little	
4:00pm - 4:25pm	<b>Speaker:</b> Bethne Hart "The Mental Majors": transitions to practice within a transitioning practice	<b>Speaker:</b> Susan Wilson Physical disease prevention, early detection and management programme for consumers at Western Community Mental Health Centre.	<b>Speaker:</b> Julie Sharrock Addressing delirium in a busy metropolitan teaching hospital	<b>Speaker:</b> Angela Douglas Active engagement of consumers in a healthy lifestyle program: outcomes of a multidisciplinary pilot project in a mental health rehabilitation unit		
<b>4:30pm – 5:00pm – Closing Plenary</b>						
4:30pm – 5:00pm	<b>Conference close</b> Awards and Announcement of 2015 Conference					<b>Arthur Streeton Auditorium, Level 1</b>
<b>5:00pm</b>	<b>End of Conference</b>					

## Poster Displays

Time		Session		Room	
12:45pm – 1:45pm		Tuesday 7 <sup>th</sup> October		Sofi's Lounge, Level 1	
Session P1					
P1.001	<b>Brian McKenna</b> Striving for a good life: recovery-oriented care in a secure mental health service	P1.012	<b>Richard Clancy</b> Improving future practice by consolidating past training in motivational interviewing		
P1.002	<b>Brian McKenna</b> The recovery-oriented journey at a secure adult in-patient mental health service	P1.013	<b>Neville Baker</b> The Evolution of the Mental Health, Alcohol and Drug Nurse Practitioner Collaborative in Victoria		
P1.003	<b>John Hurley</b> Can young consumer's publically displayed art reduce stigma?	P1.014	<b>Tanya Park</b> Sharing the future: A mental health up-skilling course for nurses and community health workers from Pacific Island countries		
P1.004	<b>John Hurley</b> Integrating psychological therapy into generic in-patient roles	P1.015	<b>James Houghton</b> Delivering recovery in the in-patient setting: a journey well started		
P1.005	<b>Julie Porter</b> Come On Board ~ Take The Helm ~ Discover Your Potential: an innovative enterprise promoting mental health on the water	P1.016	<b>Bede McKinnon</b> Developing a RaSH has become an innovation		
P1.006	<b>Sherphard Chidarikire</b> A Cultural Paradox: Understanding the Experience of Living with Schizophrenia in Sub-Saharan Africa (SSA)	P1.017	<b>Peter Knowles</b> Improving the physical health of people with severe mental illness: a simple process		
P1.007	<b>Julie Sharrock</b> Honouring our past to shape the future of the ACMHN CLSIG	P1.018	<b>Maggie McIntosh</b> The graduate experience of a clinical rotation to a private mental health facility as a component of the graduate mental health year		
P1.008	<b>Maki Tei-Tominaga</b> Development of an e-learning based on the Acceptance and Commitment Therapy for workers with depressive symptoms in Japan	P1.019	<b>Fiona Little</b> The Early Years Outreach Clinic: Demonstrating leadership and collaboration for perinatal mental health nursing in primary health		
P1.009	<b>Sandra Hyde</b> Development of a nurse-led comfort zone for distressed people in an acute mental health setting: processes and perspectives of staff and consumers	P1.020	<b>Chris Brooks</b> Looking Ahead Through the Rear-View Mirror		
P1.010	<b>Leonie Cox</b> Exploring Changing Culture and Building Capacity in Research with Consumers, Carers and Consumer Companions	P1.021	<b>Nicola Garland</b> Mental Illness and Eating Disorders: The Formulation of Treatment Principals in an Adolescent General Mental Health Unit		
P1.011	<b>Kay McCauley</b> Providing mental health knowledge and assessment skills for Midwives working in Perinatal mental health				

## Poster Displays

Time		Session		Room	
12:30pm – 1:30pm		Wednesday 8 <sup>th</sup> October		Sofi's Lounge, Level 1	
Session P2					
P2.001	<b>Maree Vukovic</b> Emerging models of care: an inner city acute care services project to develop new models of practice	P2.011	<b>Rebecca Reid</b> Person centred and goal focused collaborative care planning - A meaningful nursing Intervention		
P2.002	<b>Rose McMaster</b> Uptake of online learning and subsequent skills acquisition in Mental Health Nurses	P2.012	<b>Justin Chia</b> An examination of Mental Health Act usage within an urban emergency department		
P2.003	<b>Adam Gerace</b> Absconding from acute inpatient care: A five-year retrospective analysis	P2.013	<b>Joan Steiert</b> Attachment Relationships and Clinical Supervision		
P2.004	<b>Margaret McAllister</b> Shaping the future: interdisciplinary, innovative approaches to enhance therapeutic engagement with the person experiencing disordered eating	P2.014	<b>Catherine Stevenson - Helmer</b> Reflective Clinical Supervision		
P2.005	<b>Karen Flanagan</b> Shifting Care Out, Patients External Services. (Scopes)	P2.015	<b>Emma Harrington</b> 'Why we do what we do': Utilising facilitated reflection to expand the understanding of mental health nursing for undergraduate nursing students on placement within a high secure therapeutic environment		
P2.006	<b>Yun-Jung Choi</b> Qualitative analysis of immigrant women's mental health problems against acculturation into Korean society	P2.016	<b>Lorna Moxham</b> Look at me! The dignity of risk		
P2.007	<b>Karen Noonan</b> Mental Illness is not always as it seems	P2.017	<b>Helen Kelly</b> Who was Muriel Yarrington and where is she now?		
P2.008	<b>Yat Kwan Alan Tsang</b> Psychological adjustment of mental health nurses to violence	P2.018	<b>Nicholas Frame</b> An exploration of experience and perceptions : Assistant in Nursing working in Acute Mental Health		
P2.009	<b>Richard Bostwick</b> A Systematic Review and Evaluation of the Western Australian Statewide Mental Health Graduate Nurse Program	P2.019	<b>Susan Miles</b> A Working Collaboration between consumers and nurses to plan brighter futures		
P2.010	<b>Karen Wallen</b> Health professionals' perceptions of an intervention designed to improve mental health consumer flow from the emergency department to the mental health wards	P2.020	<b>Helen Kelly</b> Some things change and some things remain the same		

## Poster Displays

Time		Session		Room	
12:30pm – 1:30pm		Thursday 9 <sup>th</sup> October		Sofi's Lounge, Level 1	
Session P3					
P3.001	<b>Louise Chadwick</b> An evaluation of the effect of a mental health clinical placement on the mental health attitudes of student nurses	P3.013	<b>Marty Musco</b> NT: Now and Then. Developing the role of the Community Liaison Nurse for the Inpatient Unit in the Top End.		
P3.002	<b>Ann McKee</b> Using Practice development to promote recovery; a Tasmanian experience	P3.014	<b>Joanne Seymour</b> Predicting Length of stay in a PECC		
P3.003	<b>Derith Harris</b> Promotion, prevention and early intervention in Tasmania	P3.015	<b>Susan Miles</b> Climb every Mountain...achieving the dream.... Perinatal Mental Health CNC.		
P3.004	<b>Patricia Mitchell</b> Honouring the Past, Shaping the Future - Similarities between Melbourne and Mental Health Nursing - Wisdom, Foresight and Influences	P3.016	<b>Marika Hamlyn</b> Implementation of a Mental Health Awareness Program for Emergency Department Nurses		
P3.005	<b>Derek McCue</b> The effect of the introduction of a gender safety area on staff perceptions of gender issues in an inpatient unit	P3.017	<b>Natalie Cutler</b> Forward thinking: Using phenomenography to explore the meaning of safety in acute mental health inpatient units		
P3.006	<b>Gareth Daniels</b> Mental health care during the Great War	P3.018	<b>Grace Chan</b> Use of computerised cognitive behavioral therapy to meet the needs of clients in Psychiatric Emergency Care Centre and improve the continuity of care after discharge		
P3.007	<b>Iain White</b> The future of service cohesion: Crossing the divide between inpatient and community settings	P3.019	<b>Glenda Harrington</b> Developing Learning Partnerships with Private Mental Health		
P3.008	<b>Rhonda Wilson</b> Mental health professional visitors in rural communities: What happens when they go back home?	P3.020	<b>Catherine Schofield</b> Practice Development – A recovery process for Mental Health nursing		
P3.009	<b>Julie Blackburn</b> How well do we work across disciplines?	P3.021	<b>John Riley</b> The Wik Warriors Story		
P3.010	<b>Zara Mills</b> Community Mental Health Nursing in Fiji; looking 40 years back and 40 years ahead	P3.022	<b>Steve Brown</b> Effects of NPACER on consumer disposition and the ED		
P3.011	<b>Julie Porter</b> Self-Administration of Medication: A project to enhance Mental Health Inpatient and Extended Care and Community Consumers access and adherence with medication	P3.023	<b>Amanda Haslam</b> Seeing through the smoke haze; the journey to smoke-free mental health care		
P3.012	<b>Jakqui Barnfield</b> "She's been a naughty girl" – attitudes of nurses in caring for people post suicide attempt	P3.024	<b>Elizabeth Martin</b> Laugh yourself healthy – a mental health promotion event		