

PROGRAM - DAY ONE

9.30	Registration and morning tea		
10.15	Welcome to Country & Acknowledgement of Lived Experience		
10.30	The Hon Greg Hunt MP, Federal Minister of Health		
10.35	Symposium Welcome & Opening Address - Lucy Brogden		
11.10	Lifestyle and Physical Activity - Simon Rosenbaum		
11.45	Equally Well New Zealand - Helen Lockett & Caro Swanson		
12.20	Lunch		
1.00	Concurrent sessions showcasing innovation		
	<p>System level reform / Coordinated care</p> <p>Chair Murray Wright</p> <p>Anna Love Equally Well in Victoria - Physical health framework for specialist mental health services.</p> <p>Libby Dunstan <i>Addressing the physical health of people with mental health conditions – the Brisbane North PHN experience.</i></p> <p>Steven David (ID: 124) <i>Integrative multidisciplinary services - Key towards improvement in mental health care delivery.</i></p> <p>Andrew Watkins <i>Keeping the Body in Mind: A lifestyle intervention program for people with Severe Mental Illness.</i></p>	<p>Supporting healthy lifestyles - Smoking</p> <p>Chair Kim Ryan</p> <p>John Allan <i>Mental health and smoking cessation</i></p> <p>Nadine Cocks & Lisa Brophy <i>Quitlink: A Peer supported Smoking Cessation Research Project.</i></p> <p>Rachel Whiffen et al. <i>Tackling Tobacco in Mental Health Services - Translating evidence into practice.</i></p> <p>Sally Plever et al. <i>Physical Health and Mental Health – Multi-site clinical practice improvement.</i></p>	<p>Carers and supporters</p> <p>Chair Elida Meadows</p> <p>Debbie Childs <i>The 'C' word: Why carers matter.</i></p> <p>Anne Muldowney <i>Counting past one: The psychological and physical wellbeing of carers in Australia.</i></p> <p>Brenda Happel <i>Someone has to do it! Carers experiences of physical health care for consumers of mental health services.</i></p> <p>Marie Piu <i>Catch 22: Taking a holistic approach to health. The mental health family and friends experience in Victoria.</i></p>
2.40	Afternoon break		
3.00	Facilitated focussed workshops (The recommendations will be published in the book of proceedings)		
	<p>Equally Well NZ and Australia: Collaboration and collective Impact</p> <p>Facilitator Helen Lockett</p> <p>Emma Wood <i>What makes for successful collaboration.</i></p>	<p>Supporting healthy lifestyles - smoking</p> <p>Facilitator John Allan</p> <p>Cathy Segan <i>Existing interventions and future directions.</i></p>	<p>Supporting healthy lifestyles - diet and exercise</p> <p>Facilitator Andrew Watkins</p> <p>Rebecca Hallam <i>Physical health is everyone's business: Let's make it standard practice.</i></p>
4.15	Panel and Summary Session		
	Chair Russell Roberts	Speakers	Mark Morgan, Indigo Daya, John Allan
4.45	Break		
5.15	Special Event: Launch of the "Equally Well in Victoria - Physical Health Framework for Specialist Mental Health Services"		
6.00	Networking function		

Notes:

Peer work and co-design

Chair Catherine Brown

Vicki Langan

Active8 - A peer lead physical health and wellbeing program.

Vicki Lanagan & Whitney Lee

Pictorial physical health prompt: A co-design process.

Katherine Moss et al.

Physical health and mental illness: Giving a voice to consumers.

Carolynne White

Re-focusing weight-related public health initiatives to promote mental and physical health.

Focus on community care

Chair Caroline Johnson

Lauren Gibson et al.

Chronic disease preventive care provision in one mental health community-managed organisation.

Tara Clinton McHarg

CMO connect: a role for CMOs in connecting physical and mental health.

Andy Simpson

The development of a side effect & preventive health screening tool in a community mental health setting.

Caitlin Fehily et al.

Embedding a specialist preventive care clinician in a community mental health service.

GP care and PHN, NGO, LHN coordination

Facilitator Libby Dunstan

Mark Morgan

Ways in which GPs can manage physical illness alongside mental illness and suggestions to support team-based collaborative care.

Ensuring the right to health is maintained in mental health services

Facilitator Chris Maylea

Lynne Coulson Bar

People's right to have 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.

PROGRAM - DAY TWO

8.15	Registration		
8.30	Welcome to Country & Acknowledgement of Lived Experience		
8.40	Opening Message - Andy Bell / Sarah Hughes, Equally Well UK (Video-link)		
8.50	Physical Health as a Human Rights Issue - Indigo Daya and Chris Maylea		
9.15	Supporting Healthy Decision Making - Dave Peters and Kate Johnston-Ataata		
9.40	Nurses: Part of the solution - Kim Ryan		
10.05	Process and progress: <i>The physical health of those with a serious mental illness - An advocacy priority.</i> - Kym Jenkins		
10.30	Morning break		
10.50	Concurrent sessions showcasing innovation		
	<p>Prevention and early intervention across life's stages</p> <p>Chair Kim Ryan</p> <p>Kate Jackson <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>Rod McKay <i>Improving physical health care in mental health services for older people: Reflections on a decade of local and statewide initiatives.</i></p> <p>Katherine Johnson <i>Improving the health of LGBT+ people: what does "early intervention" mean in a landscape of social inequality?</i></p> <p>Russell Roberts <i>How does promotion, prevention and early intervention apply to people living with enduring mental illness?</i></p>	<p>Consumer perspectives and rights</p> <p>Chair Indigo Daya</p> <p>Keir Saltmarsh <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>Wanda Bennetts <i>The role of advocacy in maintaining the right to health.</i></p> <p>Katherine Gill <i>Consumer/carer experiences of FND: The abyss between brain, mind and body.</i></p> <p>Barri Phatarfod (103) <i>Self-harm and suicidality in Australian run immigration detention system.</i></p> <p>Maggie Toko <i>Healing - I couldn't do it without you – a modern day posse.</i></p>	<p>Supporting healthy lifestyles - diet and exercise</p> <p>Chair Dave Peters</p> <p>Katherine Moss et al. <i>The physical health and activity of forensic mental health patients.</i></p> <p>Nicci Tepper and Fiona Glover <i>Low intensity CBT for clients with chronic disease identified by allied health professionals.</i></p> <p>Mandy Lee-Noble <i>Promoting health without stigma: Delivering a weight-neutral behaviour change program.</i></p> <p>Katie Stewart <i>Exercise medicine: Improving the physical health of people living with mental illness.</i></p>
12.30	Lunch		
1.10	Facilitated focussed workshops (The recommendations will be published in the book of proceedings)		
	<p>Lessons of implementation</p> <p>Facilitator Kim Ryan</p> <p>Rod McKay and Kate Jackson</p>	<p>Navigating mental health in a digital world: How safe is it?</p> <p>Facilitator Peggy Brown</p> <p>Peggy Brown</p>	<p>Where best to invest enable meaningful reform</p> <p>Facilitator Vinay Lakra</p> <p>John Allan</p>
2.20	Action Summary - Dave Peters		
2.35	Closing Address - Fay Jackson		
3.00	Symposium Close		

Notes:

The National Perspective

Chair Aaron Groves

Murray Wright

The national perspective.

Marcus Nichol

Fifth Plan's priority 5 – Improving physical health: Progress and update.

Jenny Bowman

What works in system reform.

Ben Harris

Australia's Physical and Mental Health Tracker – Targeting action and accountability.

Focus on quality care

Chair Peggy Brown

Jade Ryall

Let's talk: Conversations for better health and wellbeing.

Brenda Happell

From understanding the problem to developing a solution: The introduction of a specialist physical health nurse consultant role.

Lisa Brophy

Talking to people with serious mental illness about bowel cancer.

Teresa Kelly et al.

Heartscapes: A new narrative for understanding the complexities that underpin cardiovascular vulnerability.

'A Spoonful of Sugar' - Medications and Side Effects

Facilitator Rebecca Randall

Wanda Bennetts