

# Equally Well 2023 Symposium

## PROGRAM – DAY 1

Tuesday, 25 July 2023

9.15	Registration			
9.45	Welcome to Country			
9.55	Co-Chair welcome, introduction & acknowledgement of Lived Experience			
10.05	Opening Address – <b>The Hon. Emma McBride MP, Assistant Minister for Mental Health &amp; Suicide &amp; Assistant Minister for Rural &amp; Regional Health</b>			
10.20	<b>John Allan &amp; Dave Peters, Equally Well Alliance Co-Chairs</b> – <i>Progress in the movement: Equally Well 6<sup>th</sup> anniversary celebration</i>			
10.40	<b>Catherine Lourey, NSW Mental Health Commission</b>			
11.00	Stretch			
11.05	<b>Debbie Hamilton</b> – <i>Iatrogenic wounds: A common yet often overlooked problem looking for innovative solutions</i>			
11.25	Symposium Panel – <b>Addressing inequities</b>			
Chair	<b>Catherine Lourey</b>			
Room	Main Auditorium			
Panelist	<b>Michelle Blanchard</b> Special Advisor, National Mental Health Commission	<b>Debbie Hamilton</b> GP & Consumer	<b>Richard Osborne</b> Distinguished Professor of Health Sciences	<b>Harry Lovelock</b> Mental Health Australia
12.25	Lunch			
1.15	Workshops			
Theme	<b>Advocacy rights &amp; anti-discrimination</b>	<b>Co-design &amp; co-production</b>	<b>Research</b>	<b>Health literacy</b>
Room	Main Auditorium	Seminar 1	Seminar 2	Seminar 3
Chair	Michelle Blanchard	Kath Thorburn & Shifra Waks	Amanda Wheeler & Russell Roberts	Richard Osborne
Title	The role of promoting human rights & reducing discrimination in promoting the Equally Well Consensus Statement	The elephant in the room: <del>Let's talk about</del> Let's do something about power imbalances in co-design & co-production	Setting research priorities for physical health & mental illness	Practical health literacy development for impact & scaling up effective interventions
2.30	Afternoon Break			
3.00	Concurrent session 1			
Theme	<b>A - Co-Design</b>	<b>B - Informing priorities through data</b>	<b>C - Partnerships</b>	<b>D - Primary care</b>
Room	Main Auditorium	Seminar 1	Seminar 2	Seminar 3
Chair	Chris Maylea	Russell Roberts	Dave Peters	Tetyana Rocks
Speaker 1	<b>Tessa-May Zirnsak &amp; Judith Drake</b>	<b>Grant Sara &amp; Patrick Gould</b>	<b>Sally Plever &amp; Irene McCarthy</b>	<b>Wolfgang Marx &amp; Sam Manger</b>
3.05	<i>Research with – not for – consumers: Reflections on co-designing a qualitative study on physical health for people with mental illness</i>	<i>Vaccine-preventable hospitalisations in adult mental health service users: A population study</i>	<i>Supporting metabolic health for Queenslanders living with serious mental illness &amp;/or substance use</i>	<i>Clinical guidelines for the use of lifestyle-based mental health care in major depressive disorder: World Federation of Societies for Biological Psychiatry (WFSBP) &amp; Australasian Society of Lifestyle Medicine (ASLM) taskforce</i>
Speaker 2	<b>Lauren Gibson &amp; Carolynne White</b>	<b>Maggie Lee</b>	<b>Amanda Wheeler &amp; Victoria Stewart</b>	<b>Scott Teasdale</b>
3.25	<i>How to use program logic &amp; co-design for the planning &amp; implementation of health interventions</i>	<i>Mortality analysis of mental health cohorts with co-morbid physical conditions in Australia</i>	<i>More than medication: Wellbeing goal planning between mental health consumers &amp; community pharmacists</i>	<i>KBIM - food secure: An overview of problem identification &amp; co-design of a solution</i>
Speaker 3	<b>Patrick Gould</b>	<b>Suhailah Ali</b>	<b>Carmello Aquillino &amp; Lachlan Best</b>	<b>Andy Simpson, Kizzy Searle &amp; Snow Li</b>
3.45	<i>Improving immunisation coverage with keeping the body in mind – vaccines. A co-designed vaccination service for mental health consumers</i>	<i>Using a systems thinking approach to explore the complex relationships between schizophrenia &amp; premature mortality</i>	<i>Live Well: enabling healthy lifestyles as part of routine clinical care</i>	<i>Lessons from a shared-care trial with mental-health services, consumers &amp; GPs</i>
Speaker 4	<b>Caitlin Fehily</b>	<b>Bella Mehrotra</b>	<b>Debbie Beahan &amp; Mitchell Goodwin</b>	<b>Noreen Myers, Joanne Ashby &amp; Sara Buten</b>
4.05	<i>Exploring &amp; building the role of the peer workforce in supporting a healthy lifestyle</i>	<i>Exploring modifiable cardiovascular risk in people experiencing serious mental illness</i>	<i>"Keeping the mob in mind" – integrating care across Western NSW for aboriginal people</i>	<i>Clozapine prescribing in the primary care environment</i>
	Return to Auditorium			
4.40	<b>Richard Osborne, Swinburne University of Technology</b> – <i>Why &amp; how to use health literacy development to improve health &amp; equity in the mental health sector</i>			
5.10	Symposium closing comments by EWA Co-Chair			
5.15	Break			
5.30	Networking Function (Level 1) <b>Sponsored by Queensland Health</b>			

(v) virtual

(r) recorded

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# Equally Well 2023 Symposium

## PROGRAM – DAY 2

Wednesday, 26 July 2023

6.30	Morning social walk			
8.45	Registration			
9.00	Co-Chair welcome & acknowledgement of Traditional Owners & Lived Experience			
9.10	Symposium welcome – <b>The Hon. Rose Jackson, NSW Minister for Mental Health</b>			
9.30	<b>Special event: Jackie Curtis, Mindgardens Neuroscience Network – Launch of the Keeping the Body in Mind(gardens) physical health resources</b>			
9.50	Stretch			
9.55	<b>Felice Jacka &amp; Tetyana Rocks, Food &amp; Mood Centre, Deakin University – Nutritional psychiatry: Current evidence &amp; practice</b> (v)			
10.15	Morning Break			
10.45	<b>Symposium Panel – Where to next, turning policy into practice</b>			
Chair	<b>Russell Roberts</b>			
Panelist	<b>Tricia O’Riordan</b> NSW Health	<b>Ruth Vine</b> National Mental Health Commission	<b>Catherine Goodwin</b> Central Eastern Sydney PHN	<b>Carolynne White</b> Mind Australia
11.45	<b>Simon Rosenbaum, University of New South Wales—Imagining the mental health workforce of the future: lessons from humanitarian contexts</b>			
12.05	Lunch			
1.05	<b>Special event: Chris Maylea, La Trobe – Healthtalk launch</b>			
1.25	<b>Matthew Trindall, Aboriginal Mental Health Director, NSW Health – Cultural determinants of Aboriginal Mental Health &amp; Wellbeing</b>			
1.45	Stretch			
1.50	<b>Symposium Panel – Medication &amp; managing side effects</b>			
Chair	<b>Caroline Johnson</b>			
Panelist	<b>Amanda Wheeler</b> Pharmacist	<b>Lauren O’Donoghue</b> Lived Experience	<b>Vicki Langan</b> Neami National	<b>Rod McKay</b> HETI, NSW Health
2.50	Afternoon Break			
3.25	<b>Special event: Inaugural Equally Well Awards</b>			
3.45	<b>Chris White, Mental Health Foundation UK – No health without mental health, No recovery without physical health. Addressing the health inequalities elephant in the room.</b> (v)			
4.05	Stretch			
4.10	<b>Joe Firth, University of Manchester – What’s next for lifestyle medicine in mental healthcare?</b> (v)			
4.30	<b>Livia De Picker, University of Antwerp, Belgium – Protecting patients with severe mental illness against COVID-19</b> (v)			
4.50	Symposium closing comments by EWA Co-Chair			
4.55	Symposium Close			

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# Equally Well 2023 Symposium

## PROGRAM – DAY 3

Thursday, 27 July 2023

6.30	Morning social walk			
8.30	Registration			
8.45	Co-Chair welcome & acknowledgement of Traditional Owners & Lived Experience			
8.50	<b>Emily Unity</b> – <i>Beyond equality: Health equity through an intersectional lens</i>			
9.10	<b>Grant Sara, NSW Health</b> – <i>Building data to support action on physical health gaps</i>			
9.40	Move to concurrent session – Level 4			
9.50	Concurrent session 2			
Theme	A – Focused initiatives	B - Vulnerable populations	C - Engagement & physical activity	D - Continuity of care
Room	Main Auditorium	Seminar 1	Seminar 2	Seminar 3
Chair	Andrew Watkins	Amanda Wheeler	Vicki Langan	Scott Teasdale
Speaker 1	<b>Russell Roberts</b>	<b>Law Edwards</b>	<b>Justin Chapman</b>	<b>Selena Ly &amp; Belinda Lee</b>
9.55	<i>Physical health &amp; mental illness: A Review of Australian Initiatives, &amp; Progress in Implementing the Equally Well National Consensus Statement</i>	<i>Implementation of exercise physiology &amp; dietetic services in a high-secure forensic hospital</i>	<i>Group-based exercise to improve sense of belonging &amp; quality of life in people with mental health issues</i>	<i>Beyond the Emergency Department - Emergency Department to community program</i>
Speaker 2	<b>Tessa-May Zirnsak</b>	<b>Judith Byaruhanga</b>	<b>Matthew Fluder &amp; Elena Walker</b>	<b>Grant Sara</b>
10.15	<i>'Holding on to hope': follow up qualitative findings of a study supporting consumers to quit smoking</i>	<i>Routine Hepatitis C virus management in mental health settings is feasible: a pilot implementation trial</i>	<i>Walking towards wellness – peer lead physical health &amp; wellbeing program</i>	<i>Cervical cancer screening participation in women using mental health services in NSW</i>
Speaker 3	<b>Andy Simpson</b>	<b>Lee Klamert</b>	<b>Phoebe Connors &amp; Antoinette Tipple</b>	<b>Glenda Paton</b>
10.35	<i>Evaluating the impact of the COVID-19 pandemic on the provision of physical health interventions to mental health consumers within Sydney Local Health District</i>	<i>Integrating physical activity in young people's substance use treatment: Shared intervention design</i>	<i>Healthy me</i>	<i>Journey to home – person-centred recovery-oriented resources for a successful transition to community</i>
Speaker 4	<b>Wilhelmina Brown</b>	<b>Alfred Wong</b>	<b>Tegan Stettaford</b>	<b>Emma Smith</b>
10.55	<i>"While You Wait" – Supporting GP &amp; consumer engagement whilst waiting for specialist mental health services</i>	<i>Vulnerable populations – Pinch points &amp; policy priorities – results from the National Data linkage study</i>	<i>Experiences of people with a mental health condition using a telephone health coaching service to support healthy lifestyle changes</i>	<i>Townsville HHS recovery journal project - the move from tokenistic to meaningful engagement</i>
	Return to Auditorium			
11.25	<b>Terry Slevin, Public Health Association of Australia</b> – <i>Five years on, next steps &amp; priorities</i>			
11.45	Symposium summary by EWA Co-Chair			
12.00	Symposium Close			

(v) virtual (r) recorded



12.30	Afternoon workshops - these workshops are being held outside of the symposium program but support the work of projects being undertaken to improve the physical health of people living with mental illness. They will not be livestreamed or recorded.			
Title	Communications Community of Practice	EW Consumer & Carer Resource		
Room	Seminar 1	Seminar 2		
Purpose	<i>A workshop to share ideas &amp; best practice in communication to increase our collaboration, make new connections &amp; improve the impact of our shared</i>	<i>An opportunity for <b>everyone</b> to reflect on the development of a resource for mental health consumers with physical health concerns.</i>		

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