

Conference PROGRAM

DAY 1 – Thursday, 20 November 2025



8:15	Registration			
9:00	Welcome to Country			
9:10	Equally Well Alliance Co-Chair Welcome			
9:20	Conference Welcome -The Hon Emma McBride MP, Assistant Minister for Mental Health & Suicide Prevention (recorded)			
9:25	Opening Lived Experience Address by Shannon Harwood - <i>Learning of the mortality gap: My lived experience from engagement to advocacy</i>			
9:45	Russell Roberts, Equally Well Australia - <i>Grey clouds, golden dawn</i> Opening Lived Experience Address by Shannon Harwood - <i>Learning of the mortality gap: My lived experi-</i>			
10:10	Stretch			
10:15	Panel: What does EW look like in practice? Facilitated by: Shannon Harwood			
Panelist	Chris Jones Central Eastern Sydney PHN	Trudy Brown Northern Health, Victoria	Abiola Albert Gold Coast Health	Ben Wells Neami National
11:15	Morning break			
11:45	Scott Clark, Society for Mental Health Research - <i>Head & heart health</i>			
12:10	Stretch			
12:15	Kristie Brown, The Pharmacy Guild of Australia - <i>Can pharmacists practicing full scope enhance healthcare for people with mental health conditions</i>			
12:40	The Hon. Kevin Bell AO KC - <i>Sunlight, warmth and hope: a human rights Spring is necessary for the strong growth of health equity in Australia</i>			
1:10	Lunch break			
2:10	Workshops – this session will not be livestreamed			
Theme	EW actions in health promotion & preventative health	EW actions in primary care	EW actions in screening, prevention & continuing care	EW actions in shared care
Title	Protecting health & reducing hospitalisation with equitable access to vaccines	Holistic Practice: making the best of what we've got in primary care	Cancer: Optimising prevention, screening & care	Collaborative Health Care: Engaging GPs with Mental Health Services
Room	1	2	3	4
Facilitator(s)	John Allan, Equally Well Alliance	Caroline Johnson, Royal Australian College of General Practitioners	Fiona Crawford-Williams, McGrath Foundation & Kate Whittaker, Cancer Council	Clare Keogh, SA Royal Australian College of General Practitioners, Chris Jones & Phoebe Marshall-Luu, Central Eastern Sydney PHN
Presenter(s)	Cherie Power & Keira Mathews, NSW Health & Melissa Fidock & Nerida Grosser, SA Health	Amanda Wheeler, Griffith University Simone McCallum, Eastern Health	Russell Roberts, Equally Well	
3:40	Afternoon break			

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4:10 Concurrent presentations					
Themes	Lived experience perspectives & codesign (NLS)	Implementation & service improvement	Finding solutions & identifying critical issues (NLS)	Lightning presentations (10mins)	
Room	1	2	3	Room	4
Facilitator	Ben Wells	Catherine O'Donnell	Dave Peters	Facilitator	Amanda Wheeler
Speaker(s) 1 4:15	Ellie Brown & Rosiel Elwyn <i>SIMPLiCiTY Study: Mapping & co-designing enablers of physical wellbeing</i>	John Stevens & Kate Jackson <i>Improving physical health for older mental health consumers through statewide action</i>	Hazel Dalton & Amrita Dasvarma <i>Service provider perspectives: challenges & opportunities of a physical healthcare navigator</i>	Speaker(s) 1 4:15	Lisa Wilton & Mai Duong <i>One Team, One Plan: Developing SA's Mental Health, GP Shared Care Model</i>
				Speaker(s) 2 4:25	Smonda Kok <i>Embedding Dietetic Support in a Clozapine Clinic to Address Metabolic Health</i>
Speaker(s) 2 4:35	Kyra Dhedhi <i>Comorbidities & Conundrums - A Lived Experience Guide to working with young people</i>	Annette Sorianosos & Thelma Muchenje <i>Equally Well Movement in Prison with Nurse Practitioners in Chronic Disease Management</i>	Reza Rostami <i>Five-Year Low Physical Activity, Parental Anger, & Mental Health in Refugee Families</i>	Speaker(s) 3 4:35	Lucy Wheeler <i>Incorporating Living Experience to Improve Adult Mental Health Inpatient Food Service Systems</i>
				Speaker(s) 4 4:45	Steven Hutchinson & Jac Fortunaso <i>Mindfulness self-management resources to reduce anxiety & depression in people in custody</i>
Speaker(s) 3 4:55	Uzma Choudhry <i>Co-designing a physical activity program for adult survivors of child sexual abuse</i>	Andrea Baas & Sarah Skinner <i>Putting Principles into Practice: The Equally Well Journey in SALHN Mental Health</i>	Victoria Stewart <i>No mental health without oral health: addressing systemic neglect in Australian care</i>	Speaker(s) 5 4:55	Lisa Wilton <i>Empowering Recovery: Co-Designing Physicards for Physical Health in Mental Health Rehab</i>
				Speaker(s) 6 5:05	Justin Chapman <i>Development of the Call to Action: Perspective from the 2024 Equally Well Forum</i>
Speaker(s) 4 5:15	Harry Singh <i>Across the divide - physical health provision for mental health consumers</i>	Hannah Albanese & Nicholas Procter <i>Better Together: Elevating Physical Health in Mental Health Care</i>	Chiara Mastrogiovanni <i>Attitudes, Confidence & Knowledge of Mental Health Professionals to Promote Physical Activity</i>	Speaker(s) 7 5:15	Claire Jones <i>Medication Optimisation; a practical approach to supporting the Equally Well Principles</i>
				Speaker(s) 8 5:25	Amrita Dasvarma <i>Lived Experience Perspectives on the Physical Health Care Navigators Project</i>
5:35	Conference close				
5:45	Networking function				

Note: NLS - Session is not live streamed

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Australian Government
Department of Health,
Disability and Ageing



Queensland Mental Health Commission
Improving the mental health and wellbeing of Queenslanders



Mental Health
Commission



DAY 2 – Friday, 21 November 2025



8:00	Registration			
8:20	Welcome			
8.25	Acknowledgement of Country			
8:35	Day 1 workshop review - <i>Identifying gaps & opportunities</i>			
8:50	Launch - Neami Health Prompt Rapid Refresh			
9:05	Conference Welcome - Hon Chris Picton MP, Minister for Health and Wellbeing			
9:20	Stretch			
9:25	Ian James, SA Health, Aboriginal Social and Emotional Wellbeing Centre & Robert Leidig, National Indigenous Network Initiative Ltd - <i>A cultural mental health and wellbeing approach for First Nations people</i>			
9:50	Lisa Wilton & April Simes, SA Health - <i>From Fragmented to Connected: Whole-Person Health Data in Action</i>			
10:15	Victoria Erskine, Equally Well - <i>Intent isn't Impact: reclaiming trust through communication for change as a collective</i>			
10:40	Morning break			
11:10	Panel - Engaging with communities Facilitated by: John Allan			
Panelist	Deb Pratt Queensland Mental Health Commission	Maureen Lewis Western Australia Mental Health Commission	Jacqueline Gibson Mental Health and Wellbeing Commission	Philip Chabrel South Australian Mental Health Commission
12:10	Miriam Veisman-Apter, Australian Government Productivity Commission - <i>Mental Health and Suicide Prevention Agreement Review</i>			
12:35	Lunch break			
1:20	Simone McCallum & Regina Cai, Murnong Clinic - <i>Embedding General Practice in Community Mental Health Services</i>			
1:45	Michelle Quirk & Lydia Forbes, Trevor Parry Centre - <i>Beyond the Smoke – A Customised Smoking Cessation Support Program for Consumers at the Trevor Parry Centre</i>			
2:10	Panel - Person led, person centred approaches to physical health & wellbeing Facilitated by: Natasha Mitchell			
Panelist	Dave Peters Equally Well Australia	Geoff Harris Mental Health Coalition of SA	Julia Kim Lived Experience Australia	Tom Johnson Consumers Health Forum of Australia
3:20	Equally Well Acknowledgement Awards Presentation			
3:45	Closing remarks & conference close			

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