



‘RESILIENCE THROUGH THE LIFESPAN’

Tuesday 21st March – Wednesday 22nd March, 2017

**Mercure Ballarat Hotel & Convention Centre
613 Main Rd, Ballarat**

DAY 1

TUESDAY 21ST MARCH 2017

Time	Subject	Speaker
8:30-9.00am	Registration - Coffee and Tea	
9.00am	Housekeeping	Anne Watson.
9.15am	Official Opening	TBC.
	Acknowledgement to Country	Faye Clark, Community Elder and Registered Nurse, Ballarat and District Aboriginal Co-operative.
9.30-10.30am Keynote Speaker	<i>Attachment based interventions and approaches to enhancing early relationships and emotional regulation.</i>	Professor Louise Newman.
10.30-11.00am	Morning Tea	
11.00am- 1.00pm Keynote Speaker	<i>Building resilience in youth.</i>	Andrew Fuller.
1:00-2:00pm	Lunch	
2:00-3:00pm	Breakout Sessions	
	Topic:	Presenter:
Room 1 25 minute presentations then 10 minutes of questions at the conclusion of both sessions	<ol style="list-style-type: none"> <i>The lived experience of Central Highlands Vulnerable Young People.</i> <i>What we can learn from the lived experience of Central Highlands parents and how to strengthen resilience in children.</i> 	<p>Jannine Bennett – Highlands LLEN.</p> <p>Katherine Cape – Central Highlands Children and Youth Area Partnership.</p>
Room 2 25 minute presentations then 10 minutes of questions at the conclusion of both sessions	<ol style="list-style-type: none"> <i>Care Planning for Resilience in Youth AOD Services – YSAS.</i> <i>Early Matters</i> 	<p>Dom Ennis –YSAS.</p> <p>Shelley Fallowfield – Relationships Australia.</p>

Room 3 25 minute presentations then 10 minutes of questions at the conclusion of both sessions	1. <i>Mt Clear Resilience Project.</i> 2. <i>Way Out.</i>	Mt Clear Secondary College. Mez Lanigan – Cobaw Community Health.
3:00–3:20pm	Afternoon Tea	
3:20-3:50pm	Breakout Sessions	
	Topic:	Presenter:
Room 1 25 minute presentations then 5 minutes of questions at the conclusion of both sessions	1. <i>Gut Health.</i>	Samantha Dawson - Murdoch Children’s Research Institute.
Room 2 25 minute presentations then 5 minutes of questions at the conclusion of both sessions	1. <i>Reducing isolation and promoting resilience in people affected by mental illness living in rural and/or remote locations.</i>	Brian Clarke- Centacare.
Room 3 25 minute presentations then 5 minutes of questions at the conclusion of both sessions	1. <i>The right ingredients – Whatever that is?</i>	Annemarie Savona – Uniting Care Ballarat.
4.00–5.00pm Keynote Speaker	<i>The role of social death as a mediator in trauma and recovery from childhood sexual abuse</i>	Professor Caroline Taylor.
5:00pm	Close/Reflection.	Ann Watson.

Conference Dinner 21stMarch 2017 (Booking required, Semi Formal Attire)

Time	Speaker :	Order of events:
6.30pm		Pre-dinner Drinks
7.00pm	Thursday Night Community Choir.	Entrée
7.30pm		Main Course
8.00pm	Indigo Daya.	Indigo Daya is a recovery expert by experience and an advocate for positive change in mental health led by people with lived experience
Approx 8.45pm		Dessert and Coffee to follow speaker.



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DAY 2

WEDNESDAY 22NDMARCH 2017

Time	Subject	Speaker
8:30-9.00am	Registration - Coffee and Tea.	
9.00-9.15am	Acknowledgement to Country & Housekeeping.	Anne Watson MC.
9:15-10.15am	<i>Vicarious Trauma and Self Care.</i>	Allan Sparkes.
10:15-10:45am	<i>Survivors of Suicide.</i>	Kristy Steenhuis.
Keynote Speakers	Followed by panel of Above Speakers.	
11am-11:30am	Morning Tea	
11:30am-12.30pm Breakout Sessions		
	Topic:	Presenter:
Room 1 25 minute presentations then 10 minutes of questions at the conclusion of both sessions	<ol style="list-style-type: none"> <i>Making a Change Day Program.</i> <i>Participate, Understand, Motivate, Persevere (PUMP) Group.</i> 	Suzanne Powell – Ballarat Community Health. Pauline Mann-Stringer – ACSO.
Room 2 25 minute presentations then 10 minutes of questions at the conclusion of both sessions	<ol style="list-style-type: none"> <i>Working with Trauma and Complexity-Building Workforce Resilience through psycho-dynamic group supervision.</i> <i>How positive psychology coaching can complement clinical supervision for greater resilience within the health and welfare sector.</i> 	Britt Farrance and Michelle Francis – Mentis Assist. Lisa Cooper – Mentis Assist.
Room 3 1 hr presentation and questions	<ol style="list-style-type: none"> <i>NDIS and Mental Health– Learning from experience.</i> 	Toni Van Hammond and NDIS representatives.
12:30-1.30pm	Lunch	
1.30-2.30pm Keynote Speaker	<i>The current understanding of Substance Use Disorders etiology, diagnosis and interventions.</i>	Associate Professor Mike McDonough.

2.30-3:00pm	Breakout Sessions	
	Topic:	Presenter:
<p>Room 1</p> <p>25 minute presentations then 5 minutes of questions at the conclusion of both sessions</p>	<p>1. <i>It takes a village!</i></p>	<p>Julie Rae - Australia Drug Foundation.</p>
<p>Room 2</p> <p>25 minute presentations then 5 minutes of questions at the conclusion of both sessions</p>	<p>1. <i>Building resilience through self-care for volunteer Lifeline Crisis Support Workers – the ripple effect in our communities.</i></p>	<p>Michelle MacGillivray –Lifeline.</p>
<p>Room 3</p> <p>25 minute presentations then 5 minutes of questions at the conclusion of both sessions</p>	<p>1. <i>Hidden Trauma- The East Gippsland Mental Health Initiative: Resilience work in remote Victoria – a candid approach.</i></p>	<p>Birgit Schaedler – Within Australia.</p>
3.00-3:20pm	Afternoon Tea	
3:20-4.20pm	Breakout Session	
	Topic:	Presenter:
<p>Room 1</p> <p>25 minute presentations then 10 minutes of questions at the conclusion of both sessions</p>	<p>1. <i>Memory Atlas: Smartphone Stories.</i></p> <p>2. <i>Dementia Care in the Netherlands: Building resilience through enabling choice, respecting dignity and preserving continuity of lived experience.</i></p>	<p>Mick Trembath – The Memory Atlas.</p> <p>Michelle Cowie-Scott – Ballarat Health Service.</p>
<p>Room 2</p> <p>25 minute presentations then 10 minutes of questions at the conclusion of both sessions</p>	<p>1. <i>Dual Diagnosis and Integrated Treatment: The impact of an AOD Clinician in a Mental Health and Homeless Team.</i></p> <p>2. <i>Expanding the peer workforce.</i></p>	<p>Michelle Francis and Amy Salmon – Mentis Assist and Peninsula Health.</p> <p>Erandathie Jayakody – Mind Australia.</p>
4.20-5.00pm	<i>Aged Care considerations.</i>	
Keynote Speaker		Associate Professor Mark Yates.
5.00pm	Reflection and Close	Anne Watson MC.