



FRONTLINE MENTAL HEALTH CONFERENCE

14-15 MARCH 2022

SEA WORLD RESORT
CONFERENCE CENTRE GOLD COAST

anzmh.asn.au/fmhc-2022



Australian & New Zealand
Mental Health Association



Military and Emergency
Services Health Australia

DESTINATION
GOLD COAST.



Military and Emergency Services Health Australia

Optimising the mental health and wellbeing of current and former serving Australian military members, emergency service personnel and their families.



For more information,
visit www.mesha.org.au



WELCOME

Welcome to the 2022 Frontline Mental Health Conference. In its third year we have the pleasure of bringing you this incredibly important event from the beautiful Gold Coast.

The last few years have proven to be incredibly challenging for the world and this year, as we continue to move towards restoring life and regaining a sense of normality, we take a moment to consider those who have experienced incredible loss through this time.

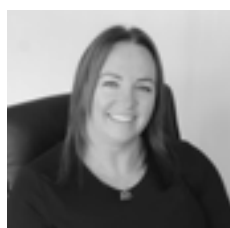
Mental health is no longer a hidden subject. The pandemic has identified existing and emerging environments that impact mental wellbeing and has allowed mental health wellness to become a central topic of discussion. There are notable increased efforts to better understand the way people feel and function on a daily basis and the impact this has on their working and personal lives. Whilst we welcome any discussions that raise awareness for mental health in the workplace and beyond, we take this opportunity to regain a focus on the impact of mental health issues on our frontline workers and remember the incredible challenges they face, daily, with or without a pandemic.

This year we focus on working together to explore an integrated approach to health and wellbeing. We have sourced speakers from around the country to bring new research, new experiences, new findings, and new solutions to our frontline workers in a quest to continue to support these incredible individuals.

It is my hope that you will have the opportunity to gain new insight into mental health challenges and successes through the information provided during the conference together with the opportunity to interact with new and known peers and colleagues. For this period in time, we will remind frontline workers that they are not alone and many, many people are working to support, help and heal them as well as initiate ongoing well-being and preventative programs.

My thanks are extended to the Australian and New Zealand Mental Health Association for its continued support of this conference and the work of the Program Advisory Committee who have brought it to life for 2022.

I look forward to catching many of you in person at the event. Please do not hesitate to stop me and share your experiences.



Dr Kate Martin DBA
Conference Chair

REGISTRATION & INFORMATION DESK

CONFERENCE ENTRY

INTERNET

SOCIAL MEDIA

MOBILE PHONES

ACCOMMODATION

CONFERENCE CATERING

NETWORK FUNCTION

RESOURCE LIBRARY

GENERAL INFORMATION

The following information is offered to make your attendance at the 2022 Frontline Mental Health Conference as pleasant as possible. If you require help, please visit the conference team at the registration desk.

The registration desk will be located on the veranda in the Sea World Conference Centre and will be open as follows:

Monday 14 March: 7.30am - 6.00pm

Tuesday 15 March: 7.00am - 2.30pm

Each delegate will be issued with a name badge upon registration. The name badge must be worn at all times as it is your official pass to all sessions, the exhibition, lunch, morning tea, afternoon tea and social function.

Complimentary Wi-Fi internet has been arranged for all delegates. Please view the conference app for details.

Hashtag: #FMHC

Twitter: @ANZMHA

Facebook: @ANZMHA

LinkedIn: Australian & New Zealand Mental Health Association

Please ensure all mobile phones are switched to silent while in conference sessions.

Accommodation accounts must be settled with the hotel on check-out. The Committee and or the Conference Secretariat are not responsible in any way for outstanding accommodation accounts.

All catering will be served on the Veranda amongst the exhibitors.

The Networking Function will be held on the Veranda from 4.45pm on Monday 14 March. Drinks and canapés will be served.

As part of your conference registration, you receive free access to the 2022 conference resource library for 30 days. This online library includes video recordings of all conference presentations. Your log-in details will be sent to you via email approximately 5 business days after the conference.

KEY CONTACTS

Julia Donat Conference Secretariat

Phone: 07 5502 2068 Email: fmhc@anzmh.asn.au

Rachel Dempster Research Manager

Mobile: 0431 917 300 Email: research@anzmh.asn.au

Samantha Collingridge Business Partnerships Manager

Mobile: 0426 564 660 Email: partnerships@anzmh.asn.au

CONFERENCE APP

Proudly Supported by Australian Defence Apparel



Get up to date and stay connected with the 2022 Frontline Mental Health Conference App.

FEATURES OF THE APP INCLUDE:

PROGRAM	View the program and create your schedule to ensure you don't miss a session
SPEAKERS	View speaker bios and abstracts to know who will be inspiring you on stage
DELEGATE MESSAGING	Make connections with other delegates via in-app messaging
EXHIBITORS	See which exhibitors you want to check out
NETWORK	Exchange contact details with other delegates

1. Head to your app store on Apple or Android - Search 'the event app by Eventsair'
2. Tap the download button
3. Open and enter event code **FMH22**
4. Flip your name badge over for all your conference app instructions, login, and pin.

If you are having trouble, visit the registration desk and speak with the conference team.



COVID-19 SAFE

PLEASE VISIT THE REGISTRATION DESK IF YOU BECOME UNWELL

- Anyone 16yrs+ will have to show proof of double vaccination (green ticks) to enter the conference venue
- Stay home if you are feeling unwell or showing symptoms of COVID-19 - Fatigue, shortness of breath, fever
- If you have been overseas, you must get a COVID-19 test (PCR test or RAT) within 24 hours of your arrival in Queensland and quarantine at your residence, accommodation until you receive a negative result.
- Maintain social distancing of 1.5m when entering or exiting the venue, or moving around the conference venue
- Cooperate with covid marshals and event staff directives
- Practice high-level hand-hygiene using the sanitiser stations installed around the conference venue
- Toilets are located in the conference foyer - maintain social distancing
- Cashless payments only accepted

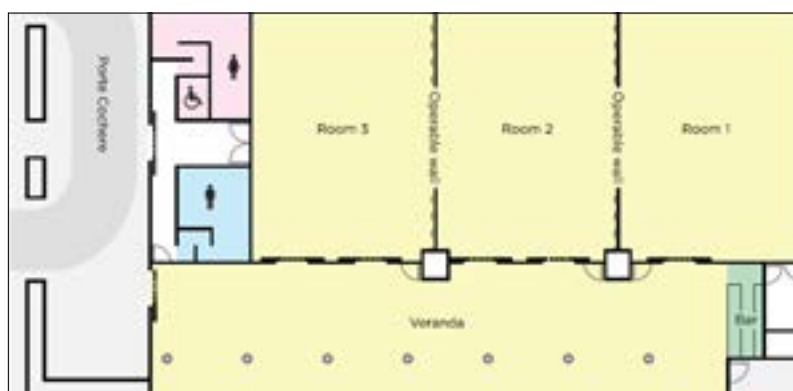
FLOOR PLAN

Plenary Sessions: Room 1 & 2

Breakout Sessions: Rooms 1, 2, 3

Speaker Prep: Veranda

Exhibition & Catering: Veranda





An evidence based, Australian training program that empowers you to “have a CALM conversation” about suicide - to reduce stigma, promote help seeking and save lives.

CALM is a one day workshop that teaches four key actions: Connect, Ask, Listen, Monitor to build confidence, knowledge and skills that equip participants to start a positive, and potentially life-saving conversation about suicide.

CALM empowers participants to recognise and respond to suicide risk, and to support someone through stages of positive intervention, the development of a safety plan, and linking to other services for further help.

We deliver the training in a supportive, respectful and inclusive environment, accepting each individual's differences, with consideration and adaptation for their culturally diverse needs.

You Will Learn

- ✓ How to recognize signs that someone may be thinking suicide
- ✓ How to have a CALM conversation and build trust
- ✓ How to ask about suicide
- ✓ How to talk about stressors and concerns

You Will Receive

- ✓ The CALM model to guide you through four stages of an intervention
- ✓ A 24-page Workbook and wallet card including knowledge and skills to guide you through all stages of the conversation, including a list of National Helplines and Websites in Australia.
- ✓ The “Be Calm” app that you can use during an intervention when you are supporting someone

- ✓ How to empower and reconnect a person to themselves and their lives
- ✓ How to assist identifying options other than suicide
- ✓ How to develop a safety plan and link a person to supports and services.

- ✓ The “Be Safe” app or worksheet for the person needing hope to create and record their safety plan
- ✓ Reading material to further your learning and development
- ✓ A printed certificate of attendance
- ✓ Presented by fully accredited and qualified trainers
- ✓ An Australian evidence-based program underpinned with therapeutic strategies that are proven to work.



SUICIDE PROGRAMS
Calm conversations
can save lives.

Enquiries

Phone: (07)3077 6536
Mobile: 0433 121 999
Email: admin@suicideprograms.com.au
Website: www.suicideprograms.com.au



THANK YOU TO OUR PROGRAM COMMITTEE

Stuart Bartels *Executive Director, Australian Institute of Police Management*

Todd Best *Senior Project Officer, Wellbeing Strategy Team, Queensland Police Service*

LTCOL Jacqueline Costello *Commanding Officer, 1st Psychology Unit, Australian Defence Force*

Kim Davis *President, NSW SES Volunteers Association*

Dr Sadhbh Joyce *Senior Psychologist & Co-Founder, Mindarma and Black Dog Institute*

Kate Martin *Director, College for Law, Education and Training (Conference Chair)*

James Maskey *Engagement Manager, Fortem Australia*

Ben Norris *Manager, Mental Health Drought and Disaster Team, Queensland Health*

Tony Oday *Assistant Chief Fire Officer, Interoperability, Fire Rescue Victoria*

Dr Loretta Poerio *Senior Mental Health Adviser at the Department of Veterans' Affairs*

Buck Reed *Associate Lecturer in Paramedicine, Western Sydney University*

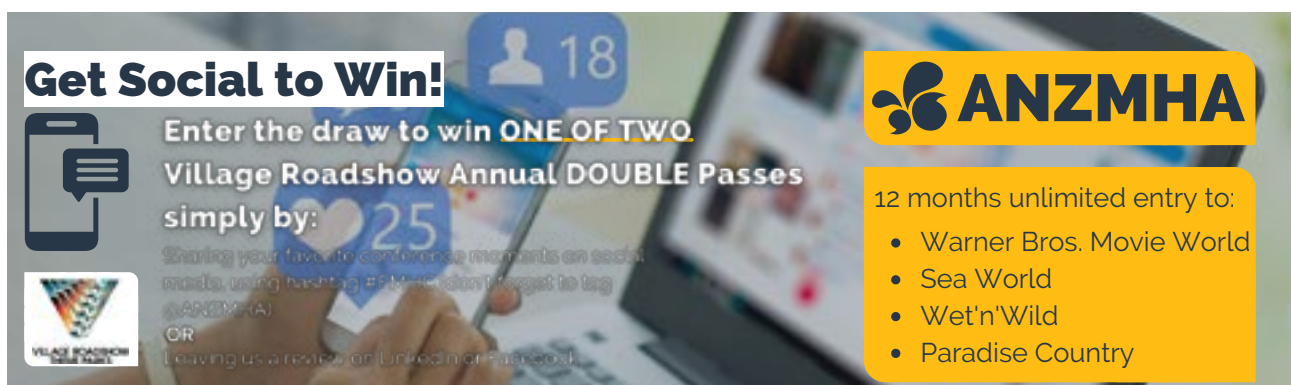
Dr Katrina Sanders, *Senior Medical Advisor, Bupa, Australian Defence Force Health Services*

Mark Thomas *Founder, Code 9 Foundation*

Pip Weiland *CSC, Regional Director South Queensland, Open Arms - Veterans and Families*

Conference Host

Sam Stewart *CEO, Australian & New Zealand Mental Health Association*



Get Social to Win!

Enter the draw to win **ONE OF TWO** Village Roadshow Annual **DOUBLE** Passes simply by:

- Sharing your favorite conference moments on social media, using hashtag #ANZMHA (don't forget to tag @ANZMHA)
- OR
- Leaving us a review on LinkedIn or Facebook

ANZMHA

12 months unlimited entry to:

- Warner Bros. Movie World
- Sea World
- Wet'n'Wild
- Paradise Country

	Room 1 - In Person & Online	Room 2 - In Person Only	Room 3 - In Person Only
7:30 AM - 8:30 AM	Registration and Arrival Tea & Coffee - Veranda		
	Plenary Session 1 - IN PERSON AND ONLINE - Room 1 & 2 Chair: Dr Sadhbh Joyce		
8:30 AM - 10:30 AM	<p>Keynote Session 1</p> <p>8:30am - 8:40am Welcome to Country</p> <p>8:40am - 8:45am Housekeeping</p> <p>8:45am - 9:15am Prevention, the Family Wellbeing and Transition Focus for First Responder Mental Health Mr Graham Ashton AM APM, Former Chief Commissioner of Victoria Police & Deputy Commissioner of Australian Federal Police</p> <p>9:15am - 10:30am Pan-Shop 1: Integrating General Health and Wellbeing Chair: Dr Loretta Poerio Scientia Associate Professor Simon Rosenbaum, School of Psychiatry, University of New South Wales Dr Katrina Sanders, Senior Medical Advisor, Bupa, Australian Defence Force Health Services Major Julie Bodin, Department of Defence Lieutenant Colonel Jacqueline Costello, Australian Army Psychology Corps</p>		
10:30 AM - 11:00 AM	Day 1 - Morning Tea & Exhibition - Veranda		
10:59 AM - 11:00 AM	Concurrent Session 1 IN PERSON AND ONLINE Developing a Mentally Healthy Workforce Chair: Simone Outteridge	Concurrent Session 2 IN PERSON ONLY Driving for Meaningful Change Chair: Loretta Poerio	Concurrent Session 3 IN PERSON ONLY Workshop 1
11:00 AM - 11:20 AM	Empowering Managers to Address Mental Health in the Workplace Dr Aimee Gayed, Black Dog Institute	Navigating Change Through Conversation Dr Tim Baker, WINNERS-at-WORK	Building Networks of Safety for First Responders Mr Shayne Connell, LivingWorks Australia
11:22 AM - 11:44 AM	Mindarma at Ambulance Victoria Dr Sadhbh Joyce, Mindarma & The Black Dog Institute & Ms Sophie Barrett, Ambulance Victoria	The Neglected Domain of Mental Health in Surf Lifesavers Ms Samantha Fien, University of Central Queensland	
11:46 AM - 12:06 PM	Peer Designed & Led Wellbeing Programs Mr Matt Newlands, Military & Emergency Services Health Australia	To Chat or Not to Chat: The Chatbot Improving Wellbeing Dr Elizabeth Berryman, CHNNL	
12:08 PM - 12:28 PM	Wellbeing Programs in Front Line Hospital Settings Mrs Natalie Harman, Westmead Hospital	Lessons from a Pilot: A new Approach for Team Leaders Dr Stacey Jenkins, Charles Sturt University	

12:30 PM - 12:45 PM	Poster Session 1 - IN PERSON ONLY - Veranda
	<p>Presentation Abstracts and Author Biographies Can Be Found on the Conference App Proudly supported by Australian Defence Apparel</p> <div> <ol style="list-style-type: none"> 1. Miss Liz Asser, Liz Asser Consultancy 2. Ms Jean Barr, Top Achievers Sales Training (Virtual) 3. Mx Holly Bowen-Salter, Military And Emergency Services Health Australia 4. Mr David Butt, Grow Australia (Virtual) 5. Mrs Frances Carleton, Wildtalking Ltd 6. Mr Shayne Connell, LivingWorks Australia 7. Mrs Katrina Cox, 4 Aussie Heroes Foundation Ltd 8. Ms Ruth Das, Mental Health Australia 9. Ms Nicci Dickson, Stride Mental Health 10. Ms Sarah Eldridge, Box Hill Institute 11. Ms Anne-Marie Elias, Currumbin Clinic 12. Ms Taraka Hart, Carinity Talera 13. Mrs Catriona Harwood, Queensland Health Victim Support Service 14. Dr Adele Hosseini, Bod 15. Ms Alison Howarth, Apac Trauma Consulting 16. Mrs Emily Johnson, Get Mentally Fit </div> <div> <ol style="list-style-type: none"> 17. Dr Katelyn Kerr, Toowong Private Hospital 18. Dr Jaz Lawes, Surf Life Saving Australia 19. Dr Ruth Marshall, Youth Justice Nsw 20. Ms Katie McIntyre, Little Wings Limited 21. Dr Stephen McKenzie, University Of Melbourne 22. Mr Mark Oostergo, Communicorp 23. Mrs Simone Outteridge, The Growth Trilogy 24. Ms Nicole Pollock, Open Arms - Veterans & Families Counselling 25. Mrs Melanie Schroder, Suicide Programs 26. Ms Katie Tunks Leach, University of Technology Sydney, NSW Ambulance 27. Ms Amy Van Bilsen, AFP 28. Assoc Professor Miranda Van Hooff, Military And Emergency Services Health Australia 29. Ms Katherine Weissel, Koya Consulting Pty Ltd 30. Ms Karen Young, Toowong Private Hospital </div>

Our Other Mental Health Events

Child & Adolescent Mental Health Conference

#CAMH - 28-30 March 2022
Sea World Resort Conference Centre, QLD

Australian & New Zealand Addiction Conference

#ADD22 - 9-11 May 2022
JW Marriott Gold Coast Resort & Spa, QLD

Workplace Mental Health Symposium

#WMHS - 22-24 August 2022
Sea World Resort Conference Centre, QLD

23rd International Mental Health Conference

#IMHC - 5-7 September 2022
Gold Coast Convention Centre, QLD

Indigenous Wellbeing Conference

#IWC22 - 24-25 October 2022
Adelaide Oval, SA

Australian Rural & Remote Mental Health Conference

#RRMH - 9-11 November 2022
Adelaide Oval, SA

STOP Domestic Violence Conference

#SDV22 - 30 November - 2 December 2022
RACV Royal Pines Resort, QLD



Find out more:



MONDAY 14TH MARCH 2022 CONTINUED

12:45 PM - 1:30 PM	Day 1 - Lunch & Exhibition - Veranda		
	Concurrent Session 4 IN PERSON AND ONLINE Developing a Mentally Healthy Workforce Chair: Alison Howarth	Concurrent Session 5 IN PERSON ONLY Driving for Meaningful Change Chair: Adele Hosseini	Concurrent Session 6 IN PERSON ONLY Workshop 2
1:30 PM - 1:50 PM	PTSD and Returning to Work: My Journey Back Sergeant Matt Ireland, Nsw Police Force	Managing Psychosocial Hazards for First Responders Ms Dianah Brown, Safe Work Australia	Art Therapy: Practical Tools For Connection and Reflection Miss Alana Bosgra, Transforming Life In Change
1:52 PM - 2:12 PM	Forgotten First Responders: Australian Surf Lifesavers and Lifeguards Mr Shane Daw, Surf Life Saving Australia	Leadership and Mental Health: An Agenda for Developing Police Leaders Dr Jacqueline Drew, Griffith University & Mr Stuart Bartels, AIPM	
2:14 PM - 2:34 PM	FRNSW Bystander Engagement & Firefighter Readiness Training Mr Mark Oostergo, Mr Justin Simmonds, Communicorp & Mr Paul Johnstone, Fire and Rescue NSW	Moral Injury & Spiritual Wellbeing: Meaning, Purpose, Justice & Hope Rev Mark Layson, Charles Sturt University	
2:36 PM - 2:56 PM	Mental Health Help-Seeking and Role Identity in Australian Paramedics Miss Kelly Tow, University Of Wollongong	A Lived Experience of Peer-Clinician Collaboration Mrs Monique Phipps & Mr Jimmy Morrison, Open Arms	
2:58 PM - 3:18 PM	PRIME - A HEMS Wellbeing, Safety and Performance System Mr Jeff Yew, Toll Ambulance Rescue	Ambulance Chaplaincy: A Mixed- Methods Project to Improve Paramedic Spiritual Support Ms Katie Tunks Leach, University Of Technology Sydney, NSW Ambulance	
3:18 PM - 3:45 PM	Day 1 - Lunch & Exhibition - Veranda		
	Plenary Session 2 - IN PERSON AND ONLINE - Room 1 & 2 Chair: James Maskey		
3:45 PM - 4:45 PM	Keynote Session 2 3:45pm - 4:15pm The Challenges of Sustaining and Maintaining the Mental Health and Well-being of Emergency Service Personnel: Do we Have Solutions? (Virtual) Prof Alexander (Sandy) McFarlane AO Emeritus Professor of Psychiatry, The University of Adelaide 4:15pm - 4:45pm If You Listen Hard Enough, They'll Tell You the Answer': How the Voices of Frontline Workers and Their Families with Lived and Living Experience of Trauma, Mental Illness and Suicide Holds the Key to Transforming Our Approach to Wellbeing Ms Tara J Lal, Senior Firefighter and Peer Supporter, Fire & Rescue NSW		
4:45 PM - 5:45 PM	Networking Function - Veranda Join us for a casual evening function - included in your ticket price.		

Responding to a suicide?

We are on StandBy.

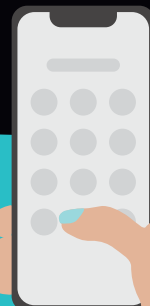
StandBy is Australia's leading program dedicated to assisting people and communities bereaved or impacted by suicide.

This free service can **help First Responders to refer and connect those bereaved** or impacted by suicide to support services.

If you or your colleagues need support, we also work with **First Responders**.

Support is available 24/7 anywhere in Australia.

1300 727 247



For free support resources and more information visit

www.standbysupport.com.au



	Room 1 - In Person & Online	Room 2 - In Person Only	Room 3 - In Person Only
7:00 AM - 8:00 AM	Registration, Arrival Tea, Coffee and Snack - Veranda		
	Concurrent Session 7 IN PERSON AND ONLINE Models of Treatment & Recovery Chair: Holly Bowen-Salter	Concurrent Session 8 IN PERSON ONLY Workforce Wellbeing Chair: Katrina Cox	Concurrent Session 9 IN PERSON ONLY Workshop 3
8:00 AM - 8:50 AM	BlueHub: Trauma Specific Mental Health Care for Police in Victoria (Virtual) Mr Rick Burton, The Police Association Of Victoria	The Protective Factor of Social Connection and the Importance of a 'Good' Transition Mr James Maskey, Fortem Australia	Mental Healthcare on the Frontline: Kickstart the Right Brain Ms Rebecca Vandyk & Ms Scotia Monkivitch, Creative Recovery Network
8:52 AM - 9:12 AM	Moral Injury, Families and Help-Seeking for Service Members' Mental Health (Virtual) Professor Sharon Lawn, Flinders University / Lived Experience Australia	Reconnect Reframe Reset - Sharing Experiences of a Wellbeing Retreat Mrs Louise Murphy & Mr Wade Norrie, Australian First Responder Foundation	
9:14 AM - 9:34 AM	Assistance Animals for First Responders and Veterans with PTSD Assoc Professor Miranda Van Hooff & Mr Craig Hansen, Military And Emergency Services Health Australia	Shifting the Dial on the Regulation of Mental Health at Work Ms Janene Hillhouse, Queensland Government	
9:36 AM - 9:56 AM	Avoiding Medical Discharge: PTSD Treatment and Return to Work Dr Andrew Khoo, Toowong Private Hospital	How thick Is My Uniform? Mr Craig Wilson, Wilson McLaughlin Consulting	
10:00 AM - 10:30 AM	Day 2 - Morning Tea & Exhibition - Veranda		
	Concurrent Session 10 IN PERSON AND ONLINE Models of Treatment & Recovery Chair: Pip Weiland	Concurrent Session 11 IN PERSON ONLY Navigating Post Service Chair: Emily Johnson	Concurrent Session 12 IN PERSON ONLY Workshop 4
10:30 AM - 10:50 AM	Are They Triple OK? (Virtual) Ms Katherine Newton, R U Ok?	Reigniting the Flame? Retired Firefighters as Volunteer Peer Supporters Miss Chantelle Larkin, Fire & Rescue NSW	High Performance People - Resilience & Performance Strategies Mr Don Mckay, Queensland Police Service
10:52 AM - 11:12 AM	Frontline Workers' Views Regarding Workplace-Based Alcohol and Drug Use Interventions (Virtual) Professor Katherine Mills, Matilda Centre, University of Sydney	'Well Beyond': A New Approach for Better Retirement Transitions Ms Siusan Mackenzie, Emergency Services Foundation	
11:14 AM - 11:34 PM	Understanding DVA Funding for Eligible Veterans Needing Help through Animal-Assisted Services Dr Loretta Poerio, Department of Veterans' Affairs	What about Kids Living with Parental PTSD? A Family Approach Ms Karen May, Military and Emergency Services Health Australia (MESH)	
11:34 AM - 11:54 AM	Frontline Worker Attitudes to Digital Mental Health since the Pandemic Ms Heidi Sturk, Queensland University of Technology	Fostering Resilience and Mindfulness Practices in Transitioning from Military Service Ms Nicole Pollock, Open Arms - Veterans & Families Counselling & Ms Sara Shortt, Department of Veterans' Affairs	

TUESDAY 15TH MARCH 2022 CONTINUED

11:54 AM - 12:45 PM	Day 2 - Lunch & Exhibition - Veranda
	Plenary Session 3 - IN PERSON AND ONLINE - Room 1 & 2 Chair: Buck Reed
12:45 PM - 2:15 PM	Pan-shop 2: Practical Strategies for Preventing Mental Ill Health (Incorporating Leadership, Accountability) Associate Professor Tony Walker, Chief Executive Officer, Ambulance Victoria Assistant Commissioner Brian Swan APM, Queensland Police Force Commissioner Carlene York, State Emergency Service, NSW Mr Todd Wehr ASM, Director, Priority One, Queensland Ambulance Service, Department of Health, Queensland Government
2:15 PM - 2:30 PM	Conference Close & Prize Draw

WEDNESDAY 16TH MARCH 2022

	Sea World Theme Park - In Person Only
7:45 AM - 8:45 AM	Shark Bay Tour (included in full registration) Meet in the hotel lobby at 7.45am for pick-up. RSVP required!
9:00 AM - 10:00 AM	Dolphin Discovery Presentation (included in full registration with 2 night minimum stay at resort) Meet in the hotel lobby at 8.45am for pick-up. RSVP required!



Do you feel overwhelmed by the growing range of online mental health resources?

Are you unsure where to start and which would be most helpful for your clients?

We can help you navigate the world of digital mental health resources!

The e-Mental Health in Practice (eMHPrac) project is funded by the Commonwealth Government and provides free training and support in the use of evidence-based digital mental health resources to primary care practitioners nationwide.



Visit our website
www.emhprac.org.au for more information

KEYNOTE SPEAKERS

Further details can be found on the conference program and app.



Scientia Associate Professor Simon Rosenbaum
School of Psychiatry, University of New South Wales

Simon Rosenbaum is Scientia Associate Professor in the School of Psychiatry, UNSW Sydney. Simon's research focuses on physical activity and mental illness with a focus on trauma. He has published over 200 peer-reviewed articles and serves as the President of the Australasian Society for Traumatic Stress Studies and co-chair of the Olympic Refuge Foundation's Think Tank on sport and humanitarian settings. Simon has worked with a variety of groups including veterans, emergency service workers and refugees, including with the UN in the Rohingya crises in Bangladesh.



Professor Tony Walker ASM
Chief Executive Officer of Ambulance Victoria

Tony Walker ASM is Chief Executive Officer of Ambulance Victoria. He is a Registered Paramedic with over thirty-five years' experience working in a range of senior clinical, operational and leadership roles within the ambulance sector. Over past six years Tony has led significant transformation at Ambulance Victoria to improve the health and wellbeing of their workforce and the response they provide to the community. Tony is a recipient of the Ambulance Service Medal (ASM) for his contribution to the development of ambulance services at a state and national level and has also been awarded the Australian Resuscitation Council Medal for his significant contributions to improving resuscitation practice and outcomes.



Prof Alexander McFarlane AO
Emeritus Professor of Psychiatry, The University of Adelaide

Professor McFarlane is Emeritus Professor of Psychiatry at the University of Adelaide and an international expert in the effects of traumatic stress. He has acted in multiple roles as an advisor, clinician and expert witness in the provision of care to emergency service personnel. He is a recipient of the Lifetime Achievement Award of the ITSS for outstanding and fundamental contributions to the field of traumatic stress studies. In 2011 he received the Officer of the Order of Australia award, for his "outstanding contribution to medical research in the field of psychiatry".



Ms Tara J Lal AFSM
Senior Firefighter and Peer Supporter, Fire & Rescue NSW

Tara AFSM is a professional firefighter and peer support officer with Fire and Rescue NSW. She is also a PhD candidate at the University of New England and was awarded the inaugural Australian Rotary Health scholarship for research into the mental health of emergency service workers in 2018. Her research focusses on understanding the impact of suicide on firefighters. She is also the internationally published author of *Standing on My Brother's Shoulders – Making peace with Grief and Suicide*. Her mission is to use the voice of lived experience in her research to effect meaningful change at individual, organisational and community level.



Commissioner Carlene York APM
NSW State Emergency Service

On 30th October 2019, Carlene was appointed NSW SES Commissioner. Carlene leads the combat agency with legislated responsibility for storms, floods and tsunamis. Commissioner Carlene York joined the NSW Police Force in 1980 and held various roles during this time including the position of Assistant Commissioner, Human Resources. Her career covered several areas including forensic services, operational policing, prosecuting matters of complex and sensitive nature; strategic review of diverse and complex issues within field and specialist operational at an executive level. Carlene was awarded the Australian Police Medal in 2014, is a recipient of the Australasian Council of Women & Policing's highest honour - The Audrey Fagan Memorial Award and the Australian HR Director of the Year in 2017.



Mr Graham Ashton AM APM
Former Chief Commissioner of Victoria Police & Deputy Commissioner of Australian Federal Police

Graham has a unique combination of management and leadership skills having led a force of over 20,000 people with an annual budget in the billions from 2015 - 2020. Leading internationally significant investigations and counter-terrorism operations including the Australian investigation into the 2002 Bali bombings for the joint Australian/Indonesian Taskforce, in Bali. Led establishment of Victoria Police Family Violence Training Centre - an Australian first. Establishment of the Jakarta Centre for Law Enforcement Co-operation in Semarang Java was led by Graham – a \$50million facility, and first of its type.



Major Julie Bodin
Department of Defence

MAJ Julie Bodin's extensive career in the Australian Army has spanned multiple postings and deployments as both soldier and officer. She has served in the Australian Army Psychology Corps for over 20 years and has dedicated her career to enhancing Defence capability through the provision of high-quality mental health and psychology services to Army, Navy and Air Force personnel in deployed and garrison environments.



Dr Katrina Sanders
Senior Medical Advisor, Bupa, Australian Defence Force Health Services

Dr Katrina Sanders is the Senior Medical Adviser for Bupa Australian Defence Force Health Services and has extensive clinical and leadership experience in high risk organisations. As former Chief Medical Officer for the Australian Federal Police and former senior medical officer in the Australian Army, Dr Sanders expertise includes military and first responder health, mental health, operational medicine, leadership and diversity. She is deeply committed to mental health and wellbeing in military and first responder populations. Dr Sanders is a Fellow of the Royal Australian College of General Practitioners, has a Master's Degree in Public Health and is a Fellow of the Security and Health Executive Leadership Institute.

KEYNOTE SPEAKERS



Todd Wehr ASM

Director, Priority One, Queensland Ambulance Service, Department of Health, Queensland Government

Todd is the Director of the QAS Staff Support Services, known as "Priority One" where he leads a multidisciplinary team. He has spent more than 25 years in the First Responder sector, initially as a fire fighter, and later becoming a paramedic. Having already completed a degree in psychology and later a master's degree in counselling he was able to focus his study on emergency services and combine this with his lived experience. In 2016 he was recognised on the Queen's Birthday Honours List and received the National Ambulance Service Medal (ASM) for his work in supporting ambulance personnel and their families.



Lieutenant Colonel Jacqueline Costello

Australian Army Psychology Corps

Lieutenant Colonel Costello was commissioned into the Australian Army in 2002 and has undertaken a diverse range of clinical, organisational, operational, command and staff appointments during her service. Lieutenant Colonel Costello holds a Master's Degree in Organisational Psychology and currently leads the Human Performance Optimisation team at Headquarters Forces Command. She has served as the Officer-in-Charge of the Australian Defence Force Centre for Mental Health, as the Senior Psychologist in the Commander's Advisory Group at Headquarters Forces Command and prior to her current appointment, as the Commanding Officer of the 1st Psychology Unit.



Assistant Commissioner Brian Swan APM

Queensland Police Force

Assistant Commissioner Brian Swan APM took up his current position as the Executive Officer, Brisbane Region, in March 2021. Prior to this appointment, Assistant Commissioner Swan was the District Officer for Logan District. Assistant Commissioner Swan has been a police officer for over 36 years and has held commissioned rank since 2009. He served thirty years as an investigator in various parts of the state holding positions in regional criminal investigation branches and child protection units across the Logan and Gold Coast Districts. He also served as an investigator at the Ethical Standards Command for a short period of time. He was awarded the Australian Police Medal in 2018 for his service and contribution to criminal investigation in Queensland.

Get Social to Win!



Enter the draw to win **ONE OF TWO**
Village Roadshow Annual DOUBLE Passes
simply by:

Sharing your live life conference moments on social
media using hashtag #ANZMHA (don't forget to tag
@ANZMHA)

OR

Leaving us a review on LinkedIn or Facebook



12 months unlimited entry to:

- Warner Bros. Movie World
- Sea World
- Wet'n'Wild
- Paradise Country

Mental Health Services



ST JOHN OF GOD
Health Care

Richmond | Burwood

Based in Sydney, St John of God Richmond and Burwood Hospitals provide a safe, structured and supportive environment for individuals recovering from exposure to traumatic events.

Our team of caring professionals are experienced in working with the specific needs and concerns of people who have been injured in the line of duty.

St John of God Health Care has been a leader in providing specialist care for people with post-traumatic stress injuries for more than 25 years.



Expertise in
treatment of
post-traumatic
stress injuries

PTSD is an operational injury
like any other injury
- it does not have to be
a life sentence.

Find out more: www.sjog.org.au/mentalhealth



EMERGE & SEE
NEVER JUST A NUMBER

Support - Connect - Empower

Emerge & See is an **independent & confidential** registered charity founded by medically retired NSW Emergency Service Workers that guide & support all NSW Emergency Service members with PTSD and other mental health-related injuries, specifically in the areas of Law, Medicine & Well-being. Helping them move from injury to recover, and then you can **Emerge & See** a better future.

E. info@emergeandsee.org.au www.emergeandsee.org.au
@emergeandseensw @emergefitandwell

CONFERENCE SPONSORS

HOST CITY PARTNER

DESTINATION GOLD COAST.™

Destination Gold Coast

Destination Gold Coast Business Events is the peak business events marketing body for Australia's beachside city. Our team of passionate local experts have decades of experience providing free professional services to meeting organisers, conference planners and event managers to help create an unforgettable Gold Coast conference experience.

destinationgoldcoast.com

PLATINUM SPONSOR



Military and Emergency Services Health Australia

Military and Emergency Services Health Australia (MESHA) is a collaborative research institute dedicated to informing and improving policy, programs and services for current and former serving Australian military and emergency service personnel and their families. One of ten charities of The Hospital Research Foundation Group, our mission is to design and deliver robust, high quality, interdisciplinary research, programs, training and services that are tailored to meet the immediate and long-term needs of our key stakeholders. At MESHA we have a unique focus on research and programs that are co-designed, practical and culturally relevant. This means we bring together both research partners and industry stakeholders to ensure the end-user is at the heart of all that we do.

mesha.org.au

SILVER SPONSOR

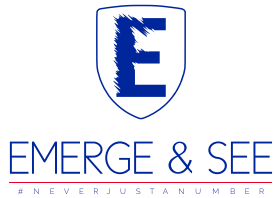


St John of God Health Care

Our NSW mental health hospitals provide evidence-based programs for general disorders and addiction. Our closed group trauma program is nationally recognised for the treatment of service-related trauma. Our inpatient program focuses on the acute phase of care to achieve symptom stabilisation. Outpatient day programs use both group and individual trauma-focussed therapy to promote recovery from posttraumatic stress injuries.

sjog.org.au/richmond

BRONZE SPONSOR



Emerge & See Ltd

Emerge & See is an independent & confidential registered charity created by retired NSW Emergency Service Workers (ESW) that guide & support all NSW ESW with PTSD, specifically in the areas of law, medicine & wellbeing, helping them move from injury to recovery & show them you can Emerge & See a better future.

emergeandsee.org.au

BRONZE SPONSOR



Queensland Government

Workplace Health and Safety Queensland is part of the Office of Industrial Relations who work with industry and assist businesses to create a safe and healthy culture in Queensland places of work, and to protect the psychological health of workers, in the same way that we protect their physical health.

worksafe.qld.gov.au

BRONZE SPONSOR



Suicide Programs

Suicide Programs develops and delivers suicide awareness, prevention and intervention training nationally. Our purpose is to reduce suicide and its impact on individuals, families and communities through education and empowerment. Our programs are flexible, adaptable, evidence and lived experience based and available online, virtually or face to face.

suicideprograms.com.au

CONFERENCE APP SPONSOR



Australian Defence Apparel

ADA has outfitted Australia's fighting forces through two World Wars and humanitarian efforts, playing an instrumental role in creating the iconic visual image of the "Australian Digger". Today, our designs are worn across Defence, Law Enforcement, Healthcare, Firefighting and Emergency Services. We provide complete uniform and personal equipment design solutions through end-user engagement, rapid prototyping, manufacturing, through to complete uniform program management.

ada.com.au

CONFERENCE EXHIBITORS

AUSTRALIAN KOOKABURRA KIDS FOUNDATION



Australian Kookaburra Kids Foundation empowers young people to thrive beyond the impacts of family mental illness. Our clinically designed programs deliver mental health education in a peer based, non- clinical environment. We have developed a program with First Responders, focusing on the demands and traumatic events they experience and the impact this has on their families.

kookaburrakids.org.au

CURRUMBIN CLINIC AND BELMONT PRIVATE HOSPITAL



Currumbin Clinic is a 104-bed private mental health facility delivering exceptional care and positive patient outcomes. It is regarded as the centre for excellence in mental health on the Gold Coast offering a safe and supportive environment. Specialty areas of focus include; veteran's and emergency services, addictive disorders, mood and anxiety disorders.

currumbinclinic.com.au



Belmont Private Hospital is the largest private acute mental health hospital in Queensland. Specialising in high quality mental health care, the 150-bed hospital has proudly delivered clinical excellence and innovation in patient-centred care, with positive outcomes for over 40 years. Specialty areas of focus include; perinatal disorders, trauma and dissociation, mood and anxiety disorders and older persons' mental health.

belmontprivate.com.au

GUARDIAN EXERCISE REHABILITATION



Guardian Exercise Rehabilitation are a national provider of mobile Exercise Physiology services, working exclusively within the personal injury schemes. Guardian Exercise Rehabilitation are focused on providing quality exercise to psychological injury clients, working towards improved physical and psychological health and empowering them to be independent in their ongoing recovery.

guardianexercise.com.au

QUEENSLAND UNIVERSITY OF TECHNOLOGY



The e-Mental Health in Practice (eMHPrac) project is funded by the Commonwealth Department of Health and aims to raise awareness and knowledge of evidence-based digital mental health resources. eMHPrac delivers free presentations, workshops and webinars to health practitioners throughout Australia. eMHPrac is led by Queensland University of Technology and partners with Black Dog Institute, Menzies School of Health Research, and University Centre for Rural Health (University of Sydney). Visit our website for fact sheets, brochures and our popular Guide to Digital Mental Health Resources.

emhprac.org.au

STANDBY SUPPORT AFTER SUICIDE



StandBy Support After Suicide is Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide. StandBy is accessible Australia-wide, 24 hours a day, seven days a week, providing free face-to face and/or telephone support at a time and place that is best for each individual. Call 1300 727 247. StandBy is an initiative funded by the Australian Government.

standbysupport.com.au



2022 Presenter Spaces Available



DISASTER &
EMERGENCY
MANAGEMENT
CONFERENCE

25-27 July 2022

RACV Royal Pines Resort, QLD

<https://anzdmc.com.au>

In 2022 we will be exploring the theme '**New Partnerships - New Approaches - New Visions**' and we encourage you or your colleagues to share powerful experiences that identify gaps in our systems, discuss impacts on industry operations, and offer solutions to continue improving the way we plan for and respond to disaster and emergency situations. Presenter applications close 18 March 2022. Scan QR Code for more details.

NOTES

Come and meet the
**Office of
Industrial Relations (OIR)**
at the Frontline Mental Health Conference



Bronze Sponsor

Mental health is a key priority for OIR due to increasing risks from work-related psychosocial hazards including:



bullying



fatigue



stress



violence

Our presentation 'Shifting the dial on the regulation of mental health at work' will feature new initiatives, legislation and support for frontline workers. Check it out on Tuesday 15 March.

Visit [WorkSafe.qld.gov.au](https://www.worksafe.qld.gov.au) for more information and resources.



NOTES

[illegible]

THANK YOU TO OUR SPONSORS

HOST CITY PARTNER



PLATINUM SPONSOR



SILVER SPONSOR



BRONZE SPONSOR



CONFERENCE APP SPONSOR

