



## Workshop 29 Understanding mental health: working towards health for all

Tuesday 17 March, 10.00 am – 3.30 pm

L'Aqua, The Terrace Level, Cockle Bay Wharf

### Introduction to the workshop

Mental health and mental health promotion are increasingly significant in both public health policy and practice. Frameworks and service responses have been developed that advocate shared responsibility between governments, non-government organisations and consumers for improving mental health and wellbeing among our communities. This workshop will examine some of these developments and look at how effective strategies to promote mental health have been implemented in a number of settings. Delegates will be encouraged to critically reflect on these strategies and to consider their implications for promoting mental health among communities affected by HIV, hepatitis C and related diseases.

### Aims of the workshop

- ▶ To raise awareness of mental health and mental health promotion and their place in social policy, service delivery and research
- ▶ To introduce models of mental health promotion and to explore their application in the contexts in which we work
- ▶ To highlight current mental health promotion activities within sectors and settings
- ▶ To reflect on opportunities participants may have to respond to these issues in their work.

### Delegate profile: who should attend

Those who work in organisations providing prevention education or clinical services to a broad range of clients, particularly those who are disadvantaged or marginalised, will find this workshop valuable. The workshop will also be useful to people working in a range of sectors including housing, social welfare, education and health promotion, alcohol and other drugs, blood borne viruses and sexual health.

### Cost

There is a registration fee of \$55 (including GST) per participant per workshop. Note: You may be eligible for funding to attend from the NSW Health Workforce Development Program (WDP). Check the guidelines for applying for a WDP grant in the *WDP Training Directory* or at [www.wdp.nsw.gov.au](http://www.wdp.nsw.gov.au)

### Registration

To register, please email Ann Whitelaw at [a.whitelaw@unsw.edu.au](mailto:a.whitelaw@unsw.edu.au). Please include in the email your name, job title, the name of your organisation, its postal address and your contact phone numbers.

Please note: There are strictly limited numbers and delegates will be selected on a first-come-first-served basis, given that they meet the requirements of the delegate profile above.

**Registrations are now open and close on Tuesday 10 March 2009.**

### Confirmed guest speakers

**Nicky Bath** is the General Manager of the New South Wales and Users and AIDS Association and has been working in harm reduction for 15 years in both the UK and Australia. Her experience includes policy analysis, education and training, clinical and therapeutic work, organisational management and community development.

**Associate Professor Adrian Dunlop** is Area Director, Drug and Alcohol Clinical Services for the Hunter New England Area Health Service and Conjoint Associate Professor in the School of Medicine and Public Health, University of Newcastle. He is a Foundation Fellow of the Chapter of Addiction Medicine and President Elect of the Australasian Professional Society on Alcohol and Other Drugs.

**Dr Martin Holt** is a Research Fellow at the National Centre in HIV Social Research. His research is concerned with the social aspects of HIV and hepatitis C prevention, harm reduction and the treatment experiences of consumers. From 2004 until 2006 he worked on a national, qualitative study on the treatment experiences of people with co-occurring drug and mental health problems.

**Danielle Maloney** is the Clinical Services and Integration Manager of headspace Central Sydney, which provides support and mental health services for young people. She previously worked as a School-Link Coordinator. She has worked at the state level on strategic directions for mental health promotion and at the national level on mental health promotion and prevention.

**James Myers** has been a C-eeen and Heard speaker with the Hepatitis C Council of NSW for six years. He has experienced co-occurring drug, alcohol and mental health issues, lived with hepatitis C and undergone interferon treatment twice. James has utilised mental health services in the Central Sydney and Northern Sydney Area Health Services.

**Sebastian Rosenberg** has worked in government and non-government health policy since 1989. He was appointed Deputy Chief Executive Officer of the Mental Health Council of Australia in 2005, where he has been responsible for developing the Council's national mental health advocacy agenda. In 2008, Sebastian was appointed Senior Lecturer at the Brain and Mind Research Institute where he focuses on national mental health policy.

**Mike Smith** has worked in mental health since 1993. He is a Clinical Nurse Consultant specialising in mental health care in the HIV Community Health Team of South East Sydney and Illawarra Area Health Service. He has extensive experience in inpatient general, acute and forensic psychiatry, community mental health and consultation liaison psychiatry.

**Nikki Woolley** has worked as a Health Promoter and a Health Promotion Manager in New Zealand since 1990. Nikki began working in mental health promotion eight years ago. Nikki is currently the Mind and Body Project Coordinator at SANE Australia. This project focuses on the physical health of people with mental illness and the mental health of people with chronic physical conditions.

### Facilitator

**Norman Booker** currently manages the statewide NSW Health Workforce Development Program in Hepatitis, HIV and Sexual Health.

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**Supported by** the Dockside Group. **Funded by** NSW Health.

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