8th Shared Learning in Clinical Practice Symposium

Engagement and Working Together:  
A forum to help guide and inform best practice in mental health

Mount Gambier, South Australia  
Thursday, 4 August 2016

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<tr>
<td>9.00am</td>
<td>Registration, Tea and Coffee</td>
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| 9.30am | Welcome to Country  
Aunty Penny Bonney  
Welcome and Opening Remarks  
Ms Leigh Peterson  
Nurse Practitioner—Consultation Liaison, Country Health SA Mental Health Services, Mount Gambier |
| 9.45am | Keynote Address: *Time to Connect*  
Dr Aaron Groves  
Chief Psychiatrist, SA Health |
| 10.30am | Morning Tea (provided)                                                                                  |
| 11.00am | Keynote Address  
Ms Bronwyn Lawman  
Director Operations and Clinical Practice, Mind Australia  
Ms Dianne Hardy  
Director Mind Recovery College, Mind Australia |
<p>| 11.45am | Open Discussion                                                                                        |</p>
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<td>Mrs Ingrid Coombe – Coordinator, MIFSA Mount Gambier</td>
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<td>Ms Anelia Blackie – Mount Gambier Manager, Australian Migrant Resource Centre</td>
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<td>1.00pm</td>
<td><strong>Lunch (provided)</strong></td>
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<td><strong>Panel Discussion: Person-Centred Care and Recovery in our Community</strong></td>
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<td>Mr David Copley – Chief Executive Officer, Pangula Mannamurna Aboriginal Corporation</td>
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<td>Ms Shae Kleinig – Case Manager, AC Care Mount Gambier</td>
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<td>Ms Sarah Lynn – Coordinator Community Mental Health, UnitingCare Wesley Port Adelaide</td>
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<td>2.45pm</td>
<td><strong>Panel Discussion: Resilience, Recovery and Respect</strong></td>
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<td>Ms Ann McElroy – Mental Health Consultant Nurse</td>
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<td>Ms Leigh Peterson – Mental Health Nurse Practitioner, Mental Health Directorate, South East Health Service</td>
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<td>3.45pm</td>
<td><strong>Concluding Remarks</strong></td>
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<td>Professor Nicholas Procter</td>
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<td>Chair: Mental Health Nursing, University of South Australia</td>
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<td>4.00pm</td>
<td><strong>Symposium Close</strong></td>
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**SPEAKER PROFILES**

**Ms Anelia Blackie**  
*Mount Gambier Manager, Australian Migrant Resource Centre*  
> Panel Member: *Stigma Reduction and Collaborative Practice*

I am the manager of the Mount Gambier Migrant Resource Centre. We are a branch of the Australian Migrant Resource Centre, a not-for-profit organisation responsible for the settlement of refugees across South Australia. Our responsibilities include sourcing housing, individual case work and providing learning opportunities for migrants to understand general living in Australia. We work with each refugee family from their arrival for at least five years.

**Mrs Ingrid Coombe**  
*Team Leader, Mental Illness Fellowship of South Australia (MIFSA)*  
> Panel Member: *Stigma Reduction and Collaborative Practice*

I trained as a mental health nurse many years ago at Glenside, worked in the public sector for many years before working for MIFSA which I have been doing now for 7 years. I have a son with a mental illness and am passionate about recovery whatever that may be for an individual.

**Mr David ‘Tarnda’ Copley**  
*Chief Executive Officer, Pangula Mannamurna Aboriginal Corporation*  
> Panel Member: *Person-Centred Care and Recovery in our Community*

David is an Aboriginal man of Kaurna and Peramangk decent and is a recognised Elder of the Kaurna Nation of South Australia. David was the first Aboriginal person to obtain a Diploma of Applied Science (Developmental Disabilities) through the South Australian College of Advanced Education. He was also the third Aboriginal man in South Australia to graduate from University with a Bachelor of Nursing (Flinders University) and is the only male Aboriginal Registered Nurse in South Australia to hold Post Graduate qualifications in Mental Health Nursing (Flinders University).

David is the CEO of Pangula Mannamurna Aboriginal Corporation which is the Aboriginal Health Service for the South Eastern Region of South Australia. David is a:

- Delegate: National Congress of Australia’s First Peoples
- Member: Congress of Aboriginal & Torres Strait Islander Nurses
- Advisory Board Member: Centre for Research Excellence in Indigenous Cancer (Discover –TT) - Menzies School of Health Research
- Member of the Stories of Survival – Advisory group, Menzies School of Health Research
- Executive Member: Australian Association of Smoking Cessation Professionals
- Board Member: Aboriginal Centre for Information & Arts – SA Inc. (A.C.F.I.A.).

David has also been:

- Co-Chair: Flinders Closing the Gap Program; Chronic Condition Management Advisory Group
- Member: No Smokes Advisory Board – No Smokes Project, Menzies School of Health Research
- Member of the Project Steering Group: Supporting Aboriginal and Torres Strait Islander people with lung cancer and their communities.

David’s key areas of practice and research are around Aboriginal and Torres Strait Islander cancer awareness programs, mental health, substance misuse and the social determinants that impact on these health areas. He is also a survivor of stage 3 colon cancer.
**Dr Aaron Groves**  
*Chief Psychiatrist, SA Health*  
> Keynote Address, Panel Facilitator: *Resilience, Recovery and Respect*

Dr Aaron Groves commenced in the role of Chief Psychiatrist of South Australia in February 2015. The role of Chief Psychiatrist in South Australia as defined under S90 of the Mental Health Act 2009 (the Act) includes the promotion of continuous improvement in the organisation and delivery of mental health services, monitoring the treatment of voluntary and involuntary inpatients as well as the administration of the Act.

In this role, Dr Groves is leading the implementation of the use of trauma informed practices in mental health service settings, initiatives to reduce the use of restraint and seclusion and the implementation of a new approach to suicide prevention known as ‘Connecting with People’. At a national level Dr Groves is the South Australian member of the Mental Health Drug and Alcohol Principal Committee, the Safety and Quality Partnership Standing Committee and the board of beyondblue.

Dr Groves’ previous appointments include, Director of Mental Health, Queensland (same as the Chief Psychiatrist) from 2005-2012 and the Chief Psychiatrist and then Director of Mental Health for Western Australia from 2001-2005. During this time Dr Groves was involved in the development of the Third and Fourth National Mental Health Plans and a number of components of the National Mental Health Strategy.

**Ms Dianne Hardy**  
*Director Mind Recovery College, Mind Australia*  
> Keynote Address

Dianne has more than 30 years’ experience as a teacher and educator. She has extensive experience in capability building and management of large, complex, innovation projects. Dianne has worked in a variety of roles and sectors including education, health, police, government workforce strategy and a number of other areas. Her current role is leading the Mind Recovery College, established by Mind Australia in July 2013. In this role she is motivated and informed by her own experiences of depression and anxiety and supporting close friends and family with a range of mental health experiences including severe post-traumatic stress, ADHD, depression and anxiety.

**Ms Janice Hogan**  
*General Manager SA, Mind Australia*  
> Panel Facilitator: *Person-centred Care and Recovery in our Community*

Janice’s background incorporates varied experience as a health professional, having a Degree in Applied Science Nursing and a Post Graduate Diploma in Mental Health. Over the last 43 years Janice has worked in Australia and the UK in both the acute and community mental health settings. Janice has been part of the Executive management team at Mind Australia for the last three years and is responsible for services across South Australia and Western Australia which are funded by State and Commonwealth governments. In this time Janice has developed strong and well established relationships with key stakeholders across the Mental Health service system. Janice is driven by her passion for the importance of collaboration, consumer participation and the improvement of system integration, best practice and positive consumer outcomes.
# SPEAKER PROFILES

## Ms Shae Kleinig  
**Case Manager, AC Care Mount Gambier**  
> Panel Member: *Person-centred Care and Recovery in our Community*  

I am passionate about mental health, raising awareness to reduce stigma and advocating for consumers’ rights to ensure the best service provision. I was fortunate to be the first person employed in a lived experience role with Country Health SA in Mt Gambier, in the Community Mental Health Rehabilitation Service for a period of two years from June 2014 – June 2016. Having previously suffered from mental illness, I was able to build hope and resilience within our clients, arming them with tools they needed to maintain good mental health. Having a lived experience helped me to connect with the clients on a different level to that of clinical staff. In 2015 I was fortunate enough to attend the TheMHS mental health conference in Canberra gaining valuable experience from other lived experience workers. In 2016 I developed a mental health program that ran for a period of 8 weeks, through this I was able to provide clients with information and educate clients on what is needed to maintain good mental health. This was very beneficial for the clients also as it allowed them to share ideas and make their own Mental Wellbeing maps. Currently I am a third year social work student, having just completed a placement in Drug and Alcohol. On completing my degree, I am planning on doing my Masters in Forensic Mental Health. I look forward to hopefully one day being employed in a recognised clinical lived experience role, as a Social Worker.

## Ms Bronwyn Lawman  
**Director Operations and Clinical Practice, Mind Australia**  
> Keynote Address  

Bronwyn has worked as a mental health nurse for over 25 years in a variety of clinical settings including acute inpatient, community and as a nurse therapist at a national PTSD centre. She has focused on senior management roles over the last 12 years including managing CAT Teams, Triage Services and Homelessness teams. Bronwyn has been the Operations Director for an area mental health service on the Mornington Peninsula during that time she led the implementation of a peer hub for peer workers with a lived experience.

Bronwyn’s current role oversees practice which includes policy development, critical incident review, communities of practice and supervision. She is also responsible for the Consumer and Carer engagement unit. Bronwyn is leading the organisation on the development of the Inclusion and Diversity Framework and has a special interest in LGBTI Mental Health. Her other areas of interest include PTSD, trauma informed practice, supervision and communities of practice.

## Dr Mark Loughhead  
**Lecturer Lived Experience, University of South Australia**  
> Panel Facilitator: *Stigma Reduction and Collaborative Practice*  

Mark has a background in social work, community development and mental health promotion. His interest in consumer advocacy and policy development is long standing, having worked to promote the interests of migrant and refugee communities in receiving high quality mental health services for many years. He has also completed PhD level qualitative research with consumer and carer advocates involved in professional education. Mark has lived experience of mental health related distress, both personally and as a carer. He is committed to promoting person centred care in health, and encouraging understanding about lived experience, recovery, cultural identity and consumer engagement.
SPEAKER PROFILES

Ms Sarah Lynn
Coordinator Community Mental Health, UnitingCare Wesley Port Adelaide
> Panel Member: Person-centred Care and Recovery in our Community

Sarah Lynn has been the Coordinator of Uniting Care Wesley Port Adelaide's Community Mental Health Programs since psychosocial rehabilitation programs commenced in 2002. Uniting Care Wesley works in formal partnership with Country Health SA and Housing SA and support people living with mental health conditions throughout the Limestone Coast. Since 2002 Sarah has been involved with, and led, various initiatives and projects including the GP Access pilot with the Limestone Coast Division of General Practice, Intermediate Care, Flinders University Teleweb Pilot and is currently working with Flinders University on a research project in E-Health use among mothers for lower socio-economic backgrounds. Sarah is an accredited Flinders Program trainer and has implemented the program into the current psychosocial program. Sarah currently sits on the Model of Care Reference Group as the NGO Representative with Country Health SA and is leading the Partnerships/Transitions of Care for Consumers and Early Transition and integration in to the community from inpatient units Working Parties.

Ms Anne McElroy
Mental Health Consultant Nurse
> Panel Member: Resilience, Recovery and Respect

Ann obtained a Bachelor of Nursing through Deakin University Warrnambool and completed her Master of Nursing and Graduate Diploma of Mental Health Nursing through Flinders University of South Australia. In 2006 Ann was awarded the Professor Margaret Tobin Memorial SA Rural Postgraduate Scholarship, which enabled additional studies in Health Professional Education at Monash University. From 2002 Ann was employed as Consultation Liaison Mental Health Nurse in the southeast of South Australia, covering six small rural hospitals. Early in 2008 a local medical practice gained funding under MNHIPP initiative and this presented an additional opportunity to work with GPs as an adjunct to the CL position. Since the disbanding of the local Consultation Liaison Team in early 2015 Ann has maintained contact with colleagues and the Consultation Liaison Special Interest Group as part of the Australian College of Mental Health Nurses Inc.

Ms Leigh Peterson
Nurse Practitioner Consultation Liaison, Country Health SA Mental Health Services, Mount Gambier
> Welcome and Opening Remarks

Leigh Peterson works in regional Australia as a Mental Health Nurse Practitioner with a speciality in Consultation Liaison. She is passionate about the provision of therapeutic care in the emergency department for people presenting in distress, and the wellbeing of the staff that respond to this distress. Leigh has an increasing interest in the symbiotic stories of the nursing workforce and consumer wellbeing, looking through the lens of shame resilience and positive psychology.

Professor Nicholas Procter
Chair: Mental Health Nursing, University of South Australia
> Symposium Chair, Concluding Remarks

Professor Procter is Chair: Mental Health Nursing and leader of the Mental Health and Substance Use Research Group, Sansom Institute for Health Research. He is a former member of the writing team for Australia’s National Suicide Prevention Strategy (LiFE Framework) and the Steering Committee for the Commonwealth Ombudsman’s Own Motion Investigation into Suicide and Self Harm across the Australian Immigration Detention Network. More recently (2013–2015), Professor Procter played a leading role in the development of Engaging with the Suicidal Person, a resource jointly produced by UniSA and SA Health as part of SA’s Shared Learning in Clinical Practice Initiative. Professor Procter has also been a chief investigator on A$5.7m of grant funding over the past 5 years. He has completed advanced training in violence triage with the International Association for Forensic Mental Health Services and as a Psychological Autopsy Investigator with the American Association of Suicidology.
SPEAKER PROFILES

Lifeboat Consumer Speakers

Lifeboat is a group working to improve consumer and carer participation in mental health service delivery under the auspice of the Consumer Engagement Network. It provides a space for interested consumers and carers to develop skills and confidence to identify and discuss aspects of good and not so good practice, in order to lead or participate in committees, projects, service provision and education. We meet monthly at the library (the keeper of the stories).

So far the metaphor of the Lifeboat has been embraced by the group. Emerging themes are: independence (looking at [http://www.rawtas.com.au](http://www.rawtas.com.au) as a model), access and entry to service (ports), communicating changing needs (navigation or anchor), culture of manhood and asking for help (direction), tools and mind (engine), equipping community for wellbeing or good mental health (outside of boat), and helping others to connect and cope with focus areas including dairy farmers and industry, access to trained school counsellors, and combatting unseen youth homelessness (flashlight or lighthouse). This is improving our care for you by making access to services easier and consumer driven.

GETTING HERE – LOCATION AND SHUTTLE BUS SERVICE

The symposium will be held in the new Learning Centre at the [University of South Australia Mount Gambier](http://www.usanet.com.au) on Wireless Road West.

A 12-seater courtesy shuttle bus service is available from the Mount Gambier Council Library to the UniSA campus for any attendees who would like to take advantage of this. Arrival and departure times are as follows:

Morning Departure:
- Depart: Mount Gambier Council Library, Watson Terrace – 9.05 am
- Arrive: UniSA Mount Gambier Campus, Wireless Road West – 9.15am

Afternoon Return:
- Depart: UniSA Mount Gambier Campus, Wireless Road West – 4.10pm
- Arrive: Mount Gambier Council Library, Watson Terrace – 4.20pm

A member of the Symposium Planning Team will be present at UniSA to greet those who arrive on the bus and direct them to the Learning Centre.
SYMPOSIUM PHILOSOPHY

The approach to Shared Learning in Clinical Practice has been developed jointly by academics, clinicians, policy makers and others involved in mental health during the past five years. A series of symposia, newsletters, policy guides and publications have been developed to guide and inform best practice in mental health.

Through talking with consumers, carers and practitioners ‘on the ground’, the symposium group have established themselves through a communities of practice approach. While members don’t necessarily work with each other every day, they meet because they find value and meaning in their interactions. Within the group there is a ‘democracy of ideas’: openly sharing, discussing, debating information, resources and expertise specific to consumer participation and engagement in mental health.

THE SHARED LEARNING IN CLINICAL PRACTICE PLANNING TEAM

Planning Team Members
> Professor Nicholas Procter, University of South Australia (Chair)
> Dr Aaron Groves, Chief Psychiatrist, SA Health
> Ms Janice Hogan, Mind Australia
> Dr Mark Loughhead, University of South Australia
> Ms Tara McCracken, University of South Australia
> Ms Leigh Peterson, Country Health SA
> Ms Lyn Rabbetts, University of South Australia
> Dr Julie Reis, University of South Australia

Administration
> Ms Melissa Gibson, University of South Australia