



Western Australian  
**Mental Health**  
Conference 2022

Working together: a shared purpose

**OPTUS STADIUM, PERTH & VIRTUAL**

**7 - 8 NOVEMBER 2022**

CONFERENCE HANDBOOK



**WAAMH**

Western Australian Association  
for Mental Health

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Western Australian  
**Mental Health**  
Conference 2022

# ACKNOWLEDGEMENTS

**The Western Australian Association for Mental Health (WAAMH) acknowledges the traditional owners of this land that the WA Mental Health Conference 2022 is held, the Whadjuk people of the Noongar nation.**

**WAAMH pays its respects to the elders – past, present and future.**

**We acknowledge the individual and collective expertise of people with a living or lived experience of mental health, alcohol and other drug issues, and the families and carers who provide support and have a lived/living experience.**

**We recognise the vital contribution they have made and value the courage of individuals who have shared their perspectives and personal experiences for the purpose of improving the mental health and alcohol and other drugs systems and achieving better outcomes for all.**

**The fish motif artwork featured as part of this conference branding was painted by lived experience artist Liv Robinson. The fish represent all our moving parts, big and small, heading in the same direction along our shared purpose in the mental health space.**



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# WELCOME

## **Kerry Hawkins** President, Western Australian Association for Mental Health



Welcome to the SOLD OUT Western Australian Mental Health Conference 2022. With support from the WA Mental Health Commission, we are proud to deliver our fourth mental health conference, *Working together: a shared purpose*. The conference offers delegates with both lived and professional experience the opportunity to come together and share their knowledge and practice to contribute to strengthening our wonderful sector.

We are once again delighted to welcome more than 500 delegates from across WA – attending in-person and virtually, including 50 people who received a lived experience subsidy to attend.

Over the two days, a stellar line-up of speakers and facilitators from all areas of mental health will deliver an engaging program that has been curated based on the trauma-informed principles – safety, trust, choice, collaboration, empowerment and respect for diversity. Together the sessions will look at holistic mental health, share ideas, embrace innovation and showcase new approaches.

We hope the conference leaves you feeling inspired with fresh ideas, new connections and widened networks.

Follow all the program highlights, discover more about our speakers, connect with other delegates, share observations and submit live questions by using the conference online platform for interactive streaming and delivery throughout the two days and beyond: <https://wamhc.joyn-us.app>

Share your conference highlights with us by tagging @TheWAAMH on Twitter and LinkedIn and @WAMentalHealth on Facebook and using #SharedPurpose and #WAMHC2022.

## **Lindsay Hale** Acting Commissioner, Western Australian Mental Health Commission



The Western Australian Mental Health Commission is proud to once again provide principal support to the Western Australian Association for Mental Health for the WA Mental Health Conference.

The Commission is playing a leading role in the transformation of our state's mental health and alcohol and other drug support system and, as this year's conference theme recognises, collaboration is vital to achieving this goal.

We are co-designing pathways to better health and wellbeing through involvement with service providers, peak bodies, those with lived experience of mental health, alcohol and other drug issues, carers, families and other government agencies.

I hope you will participate in the collaborative opportunities the 2022 WA Mental Health Conference presents for people with lived experience, clinical staff and non-clinical mental health workers to share resources, perspectives and best practices.

Only together can we drive improvement of our systems and processes to achieve better outcomes for the people of Western Australia.



# INFORMATION

## The WA Mental Health Conference aims to:

- Develop, strengthen and support WA's mental health sector, so we can work better together in the interest of the community's mental health
- Provide collaborative opportunities for people with lived experience, clinical and non-clinical mental health workers, and private and government sectors
- Offer a space to share resources, perspectives and best practices for our shared purpose

## The program consists of:

- Keynote main plenary sessions in the stunning River View Rooms 2 and 3
- Choice of four break-out sessions under-pinned by the trauma-informed principles streams
- Open activities for engagement and participation (and a bit of fun!)
- Networking opportunities both in-person and online
- Morning and afternoon tea, gourmet lunch options, sweets and refreshments
- Barista coffee at Champions Terrace all day, both days
- Wellbeing Room access for support, chill-out and reflection all day, both days
- Access to virtual conference platform to stay connected and draw on learnings post-event
- Complimentary shuttle bus services from surrounding city transport hubs and nearby hotels
- Further information about the conference at: [waamh.org.au/conference](https://waamh.org.au/conference)

## JOIN US ON THE 'JOYN US' VIRTUAL PLATFORM!

Whether you are joining us from home or in the room, the virtual conference platform is open for delegates and speakers to access all program and speaker information, online engagement, resources and recordings (three presentations are not recorded, live streamed only). Please enter the following link to set your own password, establish a profile and access the platform: <https://wamhc.joyn-us.app>

### Important information:

- All times in the program are shown in your local time, based on the device you are using
- Set up your profile by clicking your initials in top right-hand corner, select 'Edit Profile'
- Google Chrome is the recommended browser. If you typically use another browser such as Internet Explorer or Safari, we recommend that you download Chrome
- If you need technical assistance at any time during the event, please click on the 'Support' button in the bottom right-hand corner of the platform
- To view the program, click the 'Program' icon located on the left-hand side menu
- Please submit your questions to keynotes via this platform in real time



Share the purpose. Share the conversation.





# HelpingMinds WELLBEING ROOM

The Wellbeing space is a designed for delegates to spend quiet time and take a moment to relax and reflect. Thanks to our partner HelpingMinds, this zone will be staffed with mental health professionals to provide support to any delegates in need of a debrief. The Wellbeing Room is located on Level 3 along the hallway down from the main plenary River View Rooms.

Visit the HelpingMinds Wellbeing Room at any time during the conference hours, where you can recharge your mental and physical batteries using some of the complimentary services.

In the room there are a few options available to help you de-stress:

- Neck and shoulder massages from a professional massage therapist
- Partake in your own virtual reality mediation experience
- Relax with a cup of herbal tea and a native inspired snack from All Good Grub, owned and run by Stacey Goodall, a proud Kija Woman

## About HelpingMinds

HelpingMinds is an accredited service under the National Safety and Quality Health Service standards providing free support to the family, friends and carers of people living with mental health challenges across Western Australia and the Northern Territory.

HelpingMinds is also a registered provider of NDIS Mental Health services across, specialising in psychosocial support. HelpingMinds has a dedicated and qualified team with a strong commitment to the NDIS Code of Conduct, Quality and Safeguarding Legislation and Australian Health Care Rights.

HelpingMinds understands that living with mental health challenges, whether it be your own or someone you know can be a difficult and isolating experience. As such, HelpingMinds provides a range of mental health support services that can help everyone involved.

### Free and confidential services include:

- Counselling and support groups for family and friends including peer support
- Early intervention programs for children and young people
- Assistance and support through the NDIS
- Mental health programs for schools and the community
- Helping family and friends to understand their rights and have their voice heard

HelpingMinds has services based at Perth, South Lake, Fremantle, Hilarys, Joondalup, Midland, Midvale, Geraldton, Broome, Carnarvon, South Hedland and Darwin.



**Take some time  
today to recharge**

**Visit the HelpingMinds  
Wellness Room in Suite 334**

# OPTUS STADIUM SITE MAP



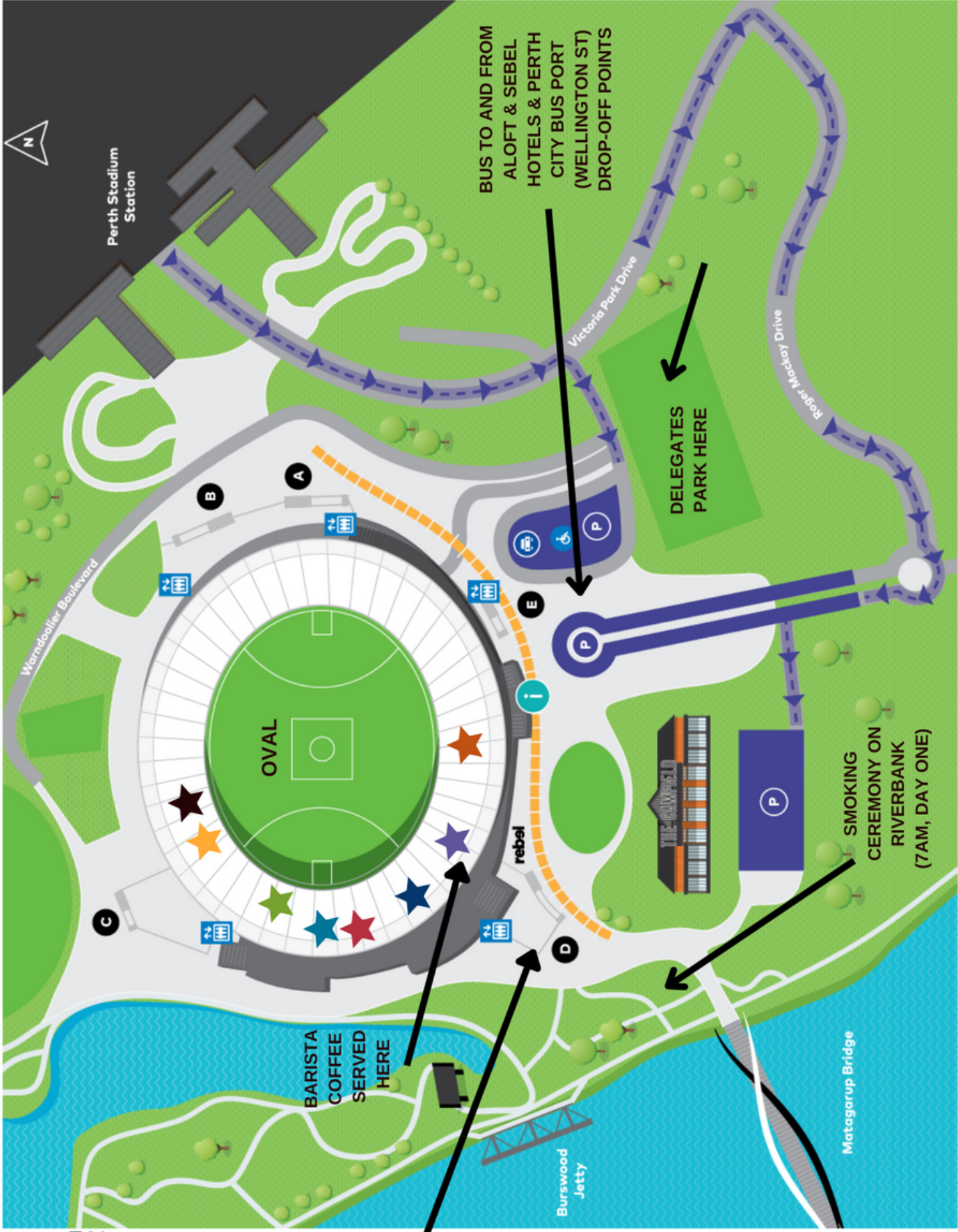
Western Australian  
**Mental Health**  
Conference 2022

	Reception
	Parking
	ACROD Parking
	Taxi/Rideshare Drop Off
	Gates
	Lifts

**ENTER  
CONFERENCE  
HERE (GATE D)**

## KEY

- LUNCH ROOM (SPORTS LOUNGE - LEVEL 3)
- NETWORKING SUNDOWNER (CHAMPIONS TERRACE - LEVEL 3)
- REGISTRATION (LEVEL 3)
- RIVERVIEW ROOM 1 (LEVEL 3)
- RIVERVIEW ROOM 2+3 (MAIN PLENARY - LEVEL 3)
- HELPINGMINDS WELLBEING ROOM (LEVEL 3)
- CYGNET ROOM (LEVEL 2)
- BLACK SWAN ROOM (LEVEL 2)



Perth Stadium Station

Warndoolie Boulevard

BUS TO AND FROM  
ALOFT & SEBEL  
HOTELS & PERTH  
CITY BUS PORT  
(WELLINGTON ST)  
DROP-OFF POINTS

DELEGATES  
PARK HERE

BARISTA  
COFFEE  
SERVED  
HERE

SMOKING  
ON  
CEREMONY ON  
RIVERBANK  
(7AM, DAY ONE)

Burswood  
Jetty

Metagarup Bridge

THE OVALFIELD

rebel



# KEYNOTE SPEAKERS

**8.40am – Doors open to delegates**

**From 9am – Main Plenary Ballroom in River View Rooms 2 + 3**

## MINISTER'S ADDRESS



**The Honourable Amber-Jade Sanderson**  
Minister for Health and Mental Health

### Biography

The Honourable Amber-Jade Sanderson was first elected to WA Parliament in 2013 for the East Metropolitan Region and then went on to win the lower house seat of Morley in 2017.

In the government's first term led by Mark McGowan, she served as Parliamentary Secretary to the Premier; Minister for Public Sector Management; State Development, Jobs and Trade; Federal-State Relations; Parliamentary Secretary of the Cabinet.

Minister Sanderson played a key role in delivering WA's Voluntary Assisted Dying laws.

As the chair of the Joint Select Committee on End of Life Choices, she oversaw extensive community consultation, a year-long parliamentary inquiry and debate, and finally the passing of the Voluntary Assisted Dying Bill.

On 21 December 2021, Minister Sanderson was sworn in as Minister for Health; Mental Health. Prior to this she was the Minister for Environment; Climate Action; Commerce.

## WELCOME TO COUNTRY



**Uncle Nick Abraham**  
Aboriginal Elder

Nick Abraham will be delivering the Welcome to Country on the first day of the conference, which will also include performing a cleanse and smoking ceremony down by the Swan River on the morning before proceedings begin.

### Biography

He is a family man with wife Charmaine and they have five children, more than 25 grandchildren, and four great-grandchildren. Growing up in the city, Uncle Nick spent his teenage years in and around the native reserves of the Great Southern, before permanently returning to Perth in 1979.

While he ever completed secondary education, he went on to become a licenced electrician and completed the Bachelor of Business Administration at the University of Technology, Sydney. He is also a volunteer with numerous Aboriginal community controlled organisations which strive to improve education, housing, justice, sports and wellbeing outcomes.

Uncle Nick is the owner and lead guide at Warrang-Bridil, which is a 100 percent Aboriginal-owned and operated cultural business in Perth. Uncle Nick's vision is to 'close the gap' on his people's disadvantage.



# KEYNOTE SPEAKERS

## WELCOME ADDRESS



### **Di Darmody**

Conference host

### *Biography*

With over 20 years experience as a journalist and presenter with ABC Radio, Di is a well known – and popular – voice for listeners in Perth and throughout WA.

Di has presented ABC Radio Perth Breakfast, Mornings, Afternoons, Drive, Saturday Breakfast, The Country Hour as well as National Nightlife. She has also worked on National Grandstand, AFL and WAFL coverage and hosted a variety of regional and statewide programs across WA.

Di is a sought-after professional MC, interviewer, facilitator and conference host, working across WA as well as for national organisations – either in person or virtually.

## KEYNOTE PRESENTATION: An earnest conversation with Grace Tame



### **Grace Tame**

2021 Australian of the Year; survivor and advocate  
Founder, Grace Tame Foundation

WAAMH president Kerry Hawkins will have a respectful sit-down discussion on stage with Grace about claiming her power as a survivor, transferring her experience to expertise to inspire others, and how the trauma-informed principles resonate with her recovery.

NOT  
RECORDED

Listening to this thought-provoking and enlightening conversation will leave you in awe of Grace's resilience and self-belief as she reflects on her healing, supports and learnings and navigates the next steps in her journey.

### *Biography*

2021 Australian of the Year, Grace is an outspoken advocate for survivors of sexual assault particularly those who were abused in institutional settings. Grace was the first female in Tasmania to be granted the right to speak under her own name about her personal experience of sexual abuse as a child. Grace has demonstrated extraordinary courage – using her voice to push for legal reform and raise public awareness about the impacts of sexual violence.

She is a regular guest speaker for high-profile events and television programs and uses her media profile to advocate for other vulnerable groups in the community. Her foundation, the Grace Tame Foundation, works to campaign for and help fund initiatives to help prevent and respond to sexual abuse of children and others.

# KEYNOTE SPEAKERS

**1.30pm – Main Plenary Ballroom in River View Rooms 2 + 3**

**KEYNOTE PRESENTATION:** Masculinity and mental health: The unfortunate intersection and what we can do about it



**Haseeb Riaz & Gareth Shanthikumar**

Co-founders, MAN UP

Rejecting all help to handle situations with an individual approach of stoicism. Ignoring the need to discuss heartfelt issues and receive support from people around you. Fearing a sense of judgement when being vulnerable and sharing how you feel; all these traits represent a toxic shift in traditional masculinity and is a key player in the poor mental health outcomes of men in our current day and age. This presentation will delve into how Haseeb and Gareth's experiences and journey through MAN UP and their engagement with these young men, is leading to an attitude shift that will hopefully improve some of these distressing men's mental health statistics. Using an interactive workshop style approach, this keynote will dive into what tangible things we can do to change the mental health crisis in men today and start a conversation that provides a framework to address some of the key stigmas.

## Biography

Through understanding that education at a young age and peer-to-peer engagement are two key ways of intercepting these statistics, MAN UP was formed – a not-for-profit, educational organisation, co-founded two years ago by Haseeb and Gareth, with the goal of empowering young men and redefining masculinity.

**KEYNOTE PRESENTATION:** The healing power of on country for social and emotional wellbeing



**Dennis Simmons**

Chief executive officer, Maar Koodjal Aboriginal Corporation

Dennis will draw on his extensive experience as both a respected Nyoongar man and a qualified psychologist about his local and genuine connections with Nyoongar culture and people, as well as his observations about best practice from his organisational lens. Dennis will address the concerns he has about current mental health supports and responses for Aboriginal people. He will talk to cultural practices and interactions with nature impacted by the modern age preventing many helpful rituals to flourish; and the impacts of poverty and trauma on behaviour and mental health. Dennis is also able to highlight what is working in current mental health services and settings, which can be fostered and expanded in order to facilitate meaningful engagement and improve social and emotional wellbeing.

## Biography

Dennis is the chief executive officer and founding director of the Maar Koodjal Aboriginal Corporation. Maar Koodjal means "hand in hand" and has a central ethos of building the communities we want to live in. Dennis is a respected cultural educator in Nyoongar Country and one of the few Nyoongar men with a degree in psychology. These two areas of expertise come together to facilitate a cultural approach to mental health and behaviour change. Maar Koodjal works to share Nyoongar culture, promote intercultural awareness, heal the trauma affecting our communities and develop social enterprise. Maar Koodjal is involved in numerous cultural and enterprise including cultural mental health, awareness training and behaviour change on country, and coaching and mentoring in the mining industry.

## KEYNOTE SPEAKERS

## Trauma-informed models of care: case study

2.45pm – River View Rooms 2 + 3

## KEYNOTE PRESENTATION: The Victorian Personality Disorder Initiative (PDI)

**Cathryn Pilcher**

Associate director, Spectrum

The Personality Disorder Initiative (PDI) is a collaborative embedded capacity project that was piloted with six Victorian area mental health services (metropolitan, rural and forensic) to increase the access to treatment for people with severe personality disorder and increase the confidence and willingness of clinicians to work with people that have received this diagnosis. This presentation demonstrates an example of a sustainable statewide collaborative model of care that has been in the royal commission recommendations for a statewide trauma service and trauma practitioners that are to be embedded in the area mental health services.

**Biography**

Cathryn is the associate director of Spectrum – a statewide service specialising in personality disorders and complex trauma. She is also an occupational therapist with more than 15 years experience in mental health, with expertise in working with people with personality disorders. Her clinical background as a passionate dialectical behaviour therapy (DBT) therapist saw her become an integral part of setting up the first regional DBT informed program in WA. In her role at Spectrum, Cathryn provides clinical leadership and drives the strategic direction of the organisation. She has been instrumental in developing a core competency framework for working with borderline personality disorder (BPD) and has trained clinicians across Australia in both core competencies and DBT.

## KEYNOTE PRESENTATION: Seven steps to trauma-informed stepped-care for complex mental health challenges including personality disorder

**Professor Brin Grenyer**

Senior professor of psychology, University of Wollongong

This presentation overviews a decade of research and clinical wisdom from developing and implementing statewide models of care for health services. People meeting the criteria for personality disorder represent about one quarter of all presentations to emergency departments. These may be accompanied by severe and complex mental health challenges including suicidal ideation, self-harm and emotional dysregulation.

**Biography**

As a senior professor of psychology at The University of Wollongong, Brin leads the ground-breaking Project Air Strategy for Personality Disorders, in partnership with NSW Health, to drive better care for people with personality disorders. Project Air was the first in the world to develop a whole-of-service approach to improving the treatment of personality disorders. Brin has written extensively on using a stepped care approach for the treatment of personality disorders and how it can be an effective method for reducing the pressure on hospital services. The model has been adapted in many other areas including South Australia, Queensland, Australian Capital Territory, parts of Victoria and in Canada.



# KEYNOTES SPEAKERS

**From 8.45am – Main Plenary Ballroom in River View Rooms 2 + 3**

**KEYNOTE PRESENTATION: Empowerment, choices and trust to change your life and others**



**Julian Pace**

Co-founder and chief executive officer, Happiness Co

Sharing your lived experience and purpose with others can be powerful, inspirational and impactful. But how can this lead to better mental health and wellbeing choices for individuals facing their own challenges? In this session, Julian will take you through how Happiness Co delivers its content in this space: how emotions, thoughts and decisions affect every element of the mental wellbeing spectrum. Responsible sharing is of the utmost importance; beyond just storytelling, giving people hope comes with a framework for creating and sustaining their own happiness. What tools, strategies, tips, and next steps can we share to empower those community members we engage with?

### Biography

Julian is one of Australia’s emerging voice in happiness, emotional wellbeing, and lived experience mental health. As the founder of Happiness Co, he has the goal to positively impact 10 million lives in 10 years. He’s an engaging presenter that uses his own story to create the best environment for your team to gain an understanding of what it really takes to create fulfilment and happiness. Julian has given keynote presentations at the three largest mental health conferences in the country, he was an Australian of the Year finalist, Mentor of the Year award winner, a National Small Business Champion and is dedicated to using his powerful story to inspire others to overcome everyday challenges in order to create and sustain their own happiness.

## TRAUMA-INFORMED PRINCIPLES

The program sessions offer thought-provoking audience discussion and activities to explore practical implications of mental health and wellbeing support. Presentations will incorporate one of several of the trauma-informed principles underpinned by sentiments of recovery and hope.

### Safety (emotional as well as physical safety)

- Boundaries, retention of staff, housing, debriefing and supervision, making peer work safe, alcohol and other drugs (AOD) in mental health settings, conversations about risks.

### Trust – is the service sensitive to people’s needs?

- Staff feeling unsupported, building trust for peer workers within their organisations, building trust between clinicians, non-government organisations and lived experience, cultural safety, talking with human resources.

### Choice – do you provide opportunity for choice?

- Choices in recovery – individuals deciding what recovery is important for them.

### Collaboration – do you communicate a sense of ‘doing with’ rather than ‘doing to’?

- Mental health and AOD, and other collaboration for co-occurring issues, partnership tools, embedding partnerships in governance.

### Empowerment – is empowering people a key focus?

- Self-care by employees (so they don’t burn out); boundaries – power to set them, employment in knowledge and upskilling.

### Respect for Diversity – do you respect diversity in all its forms?

- Cultural security, safety and diversity – othering, stigma (background, experiences, assumptions).

# PANEL MEMBERS

## Main Plenary Ballroom in River View Rooms 2 + 3

**PLENARY PANEL:** What now? Transferring what we learn from each other to transform how we can better support people's mental health and wellbeing

Learning from each other is a key part of any conference and there is much to be learned from how people and services have responded to challenges and opportunities over the past couple of years. In this Plenary Panel you will hear from seven speakers from diverse perspectives and roles in the sector.

Panellists have been invited to briefly talk about two challenges they have experienced in the past couple of years and two strategies they've implemented to respond to those challenges.

Questions to the panel can be posed via the conference virtual platform, [Joyn Us](#).

Facilitated by:



**Di Darmody**

Conference host

Featuring:



**Associate Professor  
Mat Coleman**

Psychiatrist

WA Country Health  
Service



**Ron Deng**

Lived experience peer  
advocate



**Andrew Hall**

Executive officer  
Perth Inner City  
Youth Services



**Liz MacLeod**

Chief executive  
East Metropolitan  
Health Service



**Brodie McDougall**

Regional director WA  
PageGroup



**Kathy Pickett**

Aboriginal cultural  
advisor  
Yorgum Healing Services



**Vee Wilson**

Lived experience  
consultant  
Vee Wilson Recovery

## KEYNOTE SPEAKERS

## Public mental health innovation

10.50am – River View Rooms 2 + 3

KEYNOTE PRESENTATION: Rethinking accessibility in rural and remote mental health

**Associate Professor Mat Coleman**

Psychiatrist, Great Southern Specialist Centre

Chair, Rural and Remote Practice in Mental Health, University of WA

What strengths do the regions have to deliver better mental health outcomes? There are obviously challenges and increased barriers to delivering mental health supports for people living in regional, rural and remote parts of WA, but there is also community spirit, connection, continuity of care, and the ability to pull people together quickly to get things done because of familiarity and living close together in small towns. This presentation will highlight these factors in addition to the latest research specific to how environmental factors affect mental health outcomes due to natural extreme weather conditions in regional areas.

## Biography

Mat is a highly experienced psychiatrist who specialises in rural and remote health, and is a clinical director of public mental health services in two regions of WA. Mat is the inaugural chair of Rural and Remote Mental Health Practice with the University of WA, and works with research and teaching colleagues in the Rural Clinical School of WA.

KEYNOTE PRESENTATION: Clinical-led reform: ED division

**Hyranthi Kavanagh**

Consultant clinical psychologist & head of department of clinical psychology & clinical neuropsychology, Fiona Stanley Fremantle Hospitals Group (FSHFG)

**Sandra McMillan**

Senior clinical psychologist, FSHFG

Hospital emergency departments (ED) across Australia are often used as an initial point of contact for patients who experience psychological and or mental health difficulties yet have no community team in place. Patients presenting to FSH ED with psychological distress in the context of situational, relational crises or catastrophic life events have increased markedly. In August 2021, the FSH ED Diversion Clinical Psychology (EDDCP) Service embedded senior clinical psychologists as part of the ED multidisciplinary team. Targeting those presenting in acute psychological distress and/or mental health crisis, particularly on their first attempt at seeking assistance, clinical psychologists work with the patient and ED team to complete a therapeutic assessment in ED, contain their presenting distress and assess suitability for diversion to the outpatient clinic for short-term specialised psychological interventions.

## Biography

Hyranthi has more than 20 years of experience in clinical practice and teaching in the WA Department of Health and the National Health Service in London. She has worked in clinical and operational leadership roles within the public system and private practice.

Sandra is a clinical psychologist at the EDDCP at FSHFG and was part of the development team Sandra was also part of the development team on the inaugural FSH Youth unit and was involved in the development of specialised pathways on the unit for eating disorders and personality disorders.

# KEYNOTE SPEAKERS

## 1.30pm – Main Plenary Ballroom in River View Rooms 2 + 3

### KEYNOTE PRESENTATION: Trauma-informed mental health and suicide prevention



#### **Professor Nicholas Procter**

Chair, Mental Health Nursing

Director, Mental Health & Suicide Prevention Research and Education Group,  
 University of South Australia

Inspired by the writing of John Perceval published in 1838, this presentation considers practical reach, relevance and impact of trauma informed actions in policy development and at the point of care. The central argument made in this presentation is that a practitioner or support system that is trauma aware and actively resists re-traumatisation is central to recovery practice in mental health. It involves making conscious effort to understand and be responsive to the deeply personal impact and meaning a person ascribes to their experience of trauma and helping people who have been affected by it to feel empowered, and physically and psychologically safe and supported to rebuild a sense of control and live a meaningful life. This presentation will conclude with a call to action on making trauma-informed care central to contemporary mental health and suicide prevention practice.

#### Biography

Nicholas has a long-standing interest in trauma and distress, and is Australia's national representative to the International Association for Suicide Prevention (until 2023), and member of the Steering Committee for the National Stigma and Discrimination Reduction Strategy. He has completed advanced training in trauma-informed practice with the United States Office of Substance Abuse and Mental Health Services Administration (SAMHSA), and as a Psychological Autopsy Investigator with the American Association of Suicidology.

### KEYNOTE PRESENTATION: Why lived experience roles provide the 'missing link' in transformational change



#### **Dr Louise Byrne**

Senior research fellow, RMIT

There is a strong focus across the country, including in WA, on growing the lived experience workforce in our mental health services. The inclusion of lived experience workforces in our mental health services supports better outcomes for individuals but also makes a positive contribution to broader mental health practice, workplace health and safety, and workplace satisfaction. While on one hand there is a sense of urgency in progressing this workforce, it is also important that it be done in a thoughtful way and in a way that is responsive to the challenges and pressures our mental health services experience. Louise will share what the evidence tells us about how we can successfully overcome barriers to have an inclusive mental health workforce and the benefits the lived experience workforce brings to the practice of other mental health workers and our mental health workplaces.

#### Biography

Louise is recognised internationally as a thought leader in the area of lived experience workforce development. Louise has led a large body of work on this topic, been awarded several times for outstanding contributions, held expert/advisory roles, and led policy development at state and national levels including the National Lived Experience Workforce Development Guidelines. She identifies as a lived experience researcher with a personal experience of significant mental health challenges and periods of healing and is employed as a senior research fellow at RMIT.



**WAAMH**

**Western Australian Association  
for Mental Health**

# BECOME A MEMBER

Strengthening community mental health together

## MEMBERSHIP CATEGORIES



### **Full organisational membership**

Community-managed mental health organisations



### **Full individual membership**

Individuals with a lived experience as a mental health consumer, carer or family member



### **Associate organisational membership**

Corporations, associations or groups who support WAAMH's objectives and values



### **Associate individual membership**

Individuals who support WAAMH's objectives and values

## **Stronger together**

For nearly 60 years, the Western Australian Association for Mental Health has achieved broad sector engagement and worked to enable recovery, citizenship and wellbeing in people affected by mental health concerns – through support and representation of the service providers in the WA community that do this, or by engaging directly with people with a lived experience of mental health challenges.

**Join us at:**

**[waamh.org.au/membership](http://waamh.org.au/membership)**





Western Australian  
Mental Health  
Conference 2022

# CONFERENCE PARTNERS

We would like to acknowledge and thank our conference partners

## Principal Partners



**WAAMH**

Western Australian Association  
for Mental Health



Government of **Western Australia**  
**Mental Health Commission**

## Diamond Partner



## Industry Partner



Wellbeing Zone  
Partner



Coffee Cart  
Partner



## Conference Supporters





# SESSION

## Collaboration in practice

10.40am – River View Room 1

### Independent living: Positive outcomes, housing and mental health collaboration

**Louise Naylor**, Independent Living Program team leader, Uniting WA

**Sarah O'Dea**, community development officer, North Metropolitan Health Service

This presentation will demonstrate that barriers to the rental housing sector can be overcome with the right support and approach so people with complex needs can get long-term successful tenancies.

Uniting WA has developed a unique Housing Service Model that combines specialist housing and tenancy management with person-centred mental health support services. A tenant support worker is the one point of contact for all housing and support-related matters to build trust, support coordination, relationship building and crisis-case management.

This model has been in effect for more than eight years at Uniting and has led to an excellent rate of sustained tenancies as well as positive relationships with its client base.

### Building a life worth living through collaboration and empowerment

**Georgia Anderson**, lived experience advisor, advocate & speaker

All too often, treatment is provided in a 'one size fits all' approach which doesn't leave the opportunity for choice and input by the consumer on what they want their care and recovery to look like. To provide the individual receiving care with this choice, it is imperative that collaboration between the consumer and all parties that provide care to them come together and treat the consumer as an equal part of that collaboration.

Georgia will speak about a shift from 'doing' things to someone, towards enabling and supporting them to increase their wellness and build their life worth living. This moves our approach away from 'enforcing' and 'providing a service' to supporting and empowering the individual to identify what it is they want from their future, not simply focusing on what the service is funded to provide and achieve.

### Epistemic injustice, mental health and lived experience: A socially just perspective on knowledge and power for mental health reform

**Dr David Hodgson**, senior lecturer, Curtin University

**Lyn Mahboub**, lecturer and lived experience academic, Curtin University

The concept of epistemic injustice relates to building the conditions for creating trusting environments that support collaborative relationships that respect people as credible knowers, valuing their self-knowledge and lived experience. This is the foundation of safe and inclusionary participation necessary for the functioning of ethical, just and democratic institutions.

This workshop will include audience participation in small group discussions, with space for large group questions and discussion. A focus of both the presentation of material, plus the group discussions, will engage with questions of how the concept of epistemic injustice can transform mental health thinking and practice.



# SESSION

## Workplace wellbeing & safety

10.40am – River View Rooms 2 + 3

Stop ticking mental health boxes and manage psychosocial safety at work

**Tasha Broomhall**, director, Blooming Minds

Employers have an obligation to identify and either eliminate or minimise psychosocial risks in the workplace. But what does this mean and what action and resources are required? In this session Tasha will provide an overview of evidence-informed strategies that organisations can implement to meet workplace health and safety requirements, and to help their employees thrive.

One year on: Implementing a collaborative, strengths-based mental health strategy an across organisation

**Susan Edgar**, program coordinator, Edith Cowan University

This presentation will explore the establishment of internal collaborative networks across an organisation as well as external partnerships to action Edith Cowan University's Mental Health Strategy.

Audience members will gain practical tips on setting up collaborative networks and engaging external partners for a shared purpose.

The presentation will also highlight the student and staff voice, underpinning the environment of 'trust' that has been established to support a strengths-based approach to mental health and wellbeing across the organisation.

Empowering our people to thrive, not just survive

**Kristiina Bedford**, workplace psychologist, Compass Group

This presentation looks at empowerment and ways Compass Group is trying to reduce stigma and increase awareness of mental health. It is envisioned that lived and learnt experience participants will take away messages of hope.

Participants will learn why looking after employees' mental health is crucial in today's world; how peer support programs can be implemented in any workplace; the role of nutrition, exercise, sleep and social connection on our mental health; and psychosocial hazards in the workplace and what employers need to be aware of.





# SESSION

## Lived experience workforce

10.40am – Cygnet Room (Level 2)

Sharing the power: Creating pathways for lived experience leadership – positions and career pathways

**Leanne Lanciano**, peer lead, Ruah Community Services

**Trae Flett**, peer recovery worker, peer mentor and peer lead, Ruah Community Services

The Ruah Lived Experience (Peer) Leadership Program has taken an innovative, forward-thinking approach to creating pathways for lived experience workers. This presentation, by lived experience professionals, will explore the importance of sharing "power cards" and balancing an uneven playing field to include more lived experience workers in the workforce.

It will explore how management can engage with lived experience (peer) leaders to co-create intentional lived experience career pathways and mentoring programs for designated lived experience leadership roles. Leadership mentoring programs empower the lived experience workforce for leadership opportunities by passing on knowledge, wisdom and resources.

Enhancing wellbeing via sharing lived experiences: An educator's perspective

**Rachel Oliver**, lived experience educator, academic, consultant, Fig Leaf Consulting

Empowering the personal lives of students through the Curtin University Valuing Lived Experience Project (VLEP) Educator Certificate and the Certificate IV in Peer Work, Rachel will reflect on her work undertaken at Curtin University and the wider community which stretched her concept of how she saw herself and the notion of recovery. Rachel will address important factors such as shared decision making in the academic space. For example, Curtin University lived experience educators (LEEs) are equal decision makers with unit coordinators and senior lecturers. LEEs are paid the same rates, hold the same titles, enjoy the same access to areas/resources, both physically and electronically as the non-LEE staff.

Side by side: Supporting the peer workforce understanding the National and State Lived Experience (Peer) Workforce policies

**Louise Howe**, lived experience consumer advisor, WA Mental Health Commission

Participants to this presentation will learn the purpose of National Lived Experience (Peer) Workforce Guidelines and the suite of accompanying documents; how the WA Lived Experience (Peer) Workforce Framework was developed, its contents and practical application; and how the National Lived Experience (Peer) Workforce Guidelines and draft WA Lived Experience (Peer) Workforce Framework dovetail together.

The benefits of peer work on an individual's recovery journey is well recognised. The push to build and strengthen the peer workforce has been growing for many years and is now confirmed in many national and state policies. The release of national guidelines and the development of a WA framework will provide the impetus for transformational workforce change.



# SESSION

## Respect for diversity

10.40am – Black Swan Room (Level 2)

Disaster on the margins: Learning from LGBTIQ+ experiences of the pandemic to create change

**Bella Broadway**, founder & managing director, Connection & Wellbeing Australia

The need for safe and inclusive mental health and wellbeing services is a vital part of reducing the statistics surrounding the experiences of mental health and suicide for the LGBTIQ+ community.

The pathway to creating true cultural change has begun to be paved and although there is some movement in some organisations and mental health spaces, the everyday experiences of LGBTIQ+ indicate more work is needed to create a safe and inclusive way.

This workshop will look at what has and hasn't worked for the LGBTIQ+ community and how we can use this time to address the gaps that existed prior.

Supporting transgender clients in counselling: Understanding and responding to the needs of transgender youth (aged 12 to 26) in WA

**Sarah Norman-Brown**, LGBTQIA+ youth counsellor

Mental health care professionals need to be able to identify the challenges transgender people face when trying to access treatment. No trans or gender diverse person is the same and should never be treated as such and awareness of language is of the utmost importance when referring to transgender people.

There are different approaches to gender affirmative counselling depending on the age of the client and the outcomes they require. Great change can come about when we deeply reflect on the systems and traditions that we can change and unlearn.

“A lot of people put me in the “too hard basket””: Experiences of Australian trans and gender diverse people presumed female at birth living with eating disorders

**Kai Schweizer**, sexologist, youth worker & LGBTQIA+ specialist

This presentation is based on the the first study in Australia to explore the lived experience of trans and gender diverse people with eating disorders.

It will explore the role of gender diversity in eating disorder development and the lived experience stories of eating disorder healthcare.

There will also be recommendations for the prevention and treatment of eating disorders in trans and gender diverse people.



7am Smoking Ceremony – Cleanse on the river bank near entry with Uncle Nick Abraham

8am REGISTRATION – Level 3 Foyer

9am CONFERENCE OPENING ADDRESS – Host Di Darmody in Main Plenary Ballroom in River View Rooms 2 + 3 (Level 3)

WELCOME TO COUNTRY – Uncle Nick Abraham

MINISTER'S ADDRESS – Minister for Mental Health The Hon. Amber-Jade Sanderson

KEYNOTE PRESENTATION – An earnest conversation with Grace Tame, Australian of the Year 2021, survivor & advocate (NOT RECORDED)

*Wellbeing Room open both days thanks to HelpingMinds*

**MORNING TEA - SPORTS LOUNGE - LEVEL 3 (PLEASE REFER TO MAP & SIGNAGE)**

Time	River View Room 1	River View Room 2 + 3	Cygnets Room (L2)	Black Swan Room (L2)	Champions Terrace
10:20am	<b>COLLABORATION IN PRACTICE</b> Independent living: Positive outcomes, housing & mental health collaboration, Uniting WA Building a life worth living through collaboration & empowerment, Georgia Anderson Epistemic injustice, mental health & lived experience: A socially just perspective on knowledge & power for mental health reform, Curtin University	<b>WORKPLACE WELLBEING &amp; SAFETY</b> Stop ticking mental health boxes & manage psychosocial safety at work, Blooming Minds Implementing a collaborative, strengths-based mental health strategy across an organisation, ECU Empowering our people to thrive, not just survive, Compass Group	<b>LIVED EXPERIENCE WORKFORCE</b> Creating pathways for lived experience leadership, Ruah Community Services Enhancing wellbeing via sharing lived experiences – an educator's perspective, Fig Leaf Consulting Side by side, Supporting the peer workforce, Mental Health Commission	<b>RESPECT FOR DIVERSITY</b> Learning from LGBTQIA+ experiences to create change, Connection & Wellbeing Australia Supporting transgender clients in counselling, Sarah Norman-Brown A lot of people put me in the "too hard basket", Kai Schweizer	<b>BUSH CRAFTS: NATURE'S HEALING</b> with Dale Tilbrook (NOT STREAMED OR RECORDED)

**LUNCH - SPORTS LOUNGE – LEVEL 3 (PLEASE REFER TO MAP & SIGNAGE)**

1:30pm Main Plenary Ballroom in River View Rooms 2 + 3

**KEYNOTE:** Addressing toxic masculinity & sexual harassment to create safe work environments, Haseeb Riaz & Gareth Shanthikumar, MAN UP co-founders  
**KEYNOTE:** The healing power of on country for social and emotional wellbeing, Dennis Simmons, Maar Koodjal Aboriginal Corporation CEO

Time	River View Room 1	River View Room 2 + 3	Cygnets Room	Black Swan Room	Sports Lounge
2-4:45 pm	<b>CULTURAL PERSPECTIVES</b> Djingang Kadadjiny Karni Wanginy, Palmerston SEWB welcome guide for the Aboriginal workforce, KAMS	<b>TRAUMA-INFORMED MODELS: CASE STUDY</b> <b>KEYNOTE:</b> The Victorian Personality Disorder Initiative, Cathryn Pilcher <b>KEYNOTE:</b> 7 steps to trauma-informed stepped-care for complex mental health challenges including personality disorder, Prof Brin Grenyer	<b>EMPOWERMENT</b> Mind's lived experience strategy: Driving innovation and change, Mind Australia Community mental health: framework for change, Think Effective Consultancy	<b>COLLABORATION</b> Regional Mental Health Program, CBH Group, MIFWA & Lifeline Your pharmacist and your care team, Pharmacy 777	<b>RHYTHM TO RECOVERY</b> Simon Faulkner (NOT STREAMED OR RECORDED)

**AFTERNOON TEA - SPORTS LOUNGE - LEVEL 3 (PLEASE REFER TO MAP & SIGNAGE)**

Time	River View Room 1	River View Room 2 + 3	Cygnets Room	Black Swan Room	Outside Wellbeing Room
3:45 pm	<b>MUSICAL ACTIVITY</b> Bec Price & Booka Nile, Sonic Minds	<b>COLLABORATION</b> Kicking mental health goals, Healthway & WA Country Football League	Recovery is a spiral: NDIS psychosocial disability practitioners, Avenues Australia Strength-based leadership, Collective Hope	<b>SAFETY &amp; EMPOWERMENT</b> "Hello, this is Lifeline" Life saving tips from Lifeline WA (NOT RECORDED)	Unfacilitated breathing & meditation

**5 pm WAAMH NETWORKING SUNDOWNER – Located at Champion's Terrace overlooking the green (Level 3)**



Western Australian  
**Mental Health**  
Conference 2022

# PROGRAM - DAY TWO

TUESDAY, 8 NOVEMBER 2022

8.45am CONFERENCE OPENING ADDRESS – Main Plenary Ballroom in River View Rooms 2 + 3 (Level 3)  
**KEYNOTE PRESENTATION** – Empowerment, choices & trust to change your life and others, Julian Pace, Happiness co-founder & lived experience speaker  
**PANEL PRESENTATION:** What Now? Transferring what we learn from each other to transform how we better support people's mental health & wellbeing  
 FEATURING: Kathy Pickett, Liz MacLeod, Vee Wilson, Dr Mat Coleman, Andrew Hall, Ron Deng & Brodie McDougall

*Wellbeing Room open both days thanks to HelpingMinds*

## MORNING TEA - SPORTS LOUNGE - LEVEL 3 (PLEASE REFER TO MAP & SIGNAGE)

Time	River View Room 1	River View Room 2 + 3	Cygnets Room (L2)	Black Swan Room (L2)	Sports Lounge
10.30am					
10.50am	<b>TRAUMA-INFORMED PRACTICE</b> Reflections on 30 years delivering culturally aware & trauma-informed services, ASeTTS Healing from trauma: an Indigenous social & emotional framework, Yorgum Healing Services Trauma, mental health & beyond, Matt Vapor	<b>PUBLIC HEALTH INNOVATION</b> <b>KEYNOTE:</b> Rethinking accessibility in rural and remote mental health, associate professor Mat Coleman, Great Southern Specialist Centre & UWA <b>KEYNOTE:</b> Clinical-led reform: ED division, Hyranthi Kavanagh & Sandra McMillan, Fiona Stanley Fremantle Hospitals Group	<b>MEN'S MENTAL HEALTH</b> Getting a male into the room, Men's Health & Wellbeing WA Dads creating connections that matter, Australian Dads Network Empowering men and communities, Regional Men's Health Initiative <b>(NOT RECORDED)</b>	<b>JUSTICE &amp; LEGAL INTERSECTIONS</b> Integrated Service Model for Mental Health, Ruah Legal Services Reducing fines through mental health support options, Legal Aid WA Recovery models in WA criminal justice system, Palmerston & Wungening Aboriginal Corporation	MAGIC COAT WORKSHOP Di Wilcox <b>(NOT STREAMED/RECORDED)</b>

## LUNCH - SPORTS LOUNGE - LEVEL 3 (PLEASE REFER TO MAP & SIGNAGE)

Time	Main Plenary Ballroom in River View Rooms 2 + 3
12.30pm	
1.30pm	<b>KEYNOTE:</b> Trauma-informed mental health and suicide prevention, Professor Nicholas Procter, Mental Health Nursing & Mental Health & Suicide Prevention Research, University of SA <b>KEYNOTE:</b> Why lived experience roles provide the 'missing link' in transformational change, Dr Louise Byrne, senior research fellow, RMIT

Time	River View Room 1	River View Room 2 + 3	Cygnets Room	Black Swan Room	Champions Terrace
2.45pm	<b>TRUST</b> Power grows where attention flows, Mental Health Matters 2 Without integrated governance, co-design is not consumer-led, GROW	<b>CHOICE IN THE REGIONS</b> Community mental health support in regional WA, WAAMH & UWA Centre for Social Impact Inspiring and supporting regional young people, Wheatbelt & Beyond	<b>TRUST &amp; RESPECT FOR DIVERSITY</b> Our Journey Our Story: culturally secure co-design, headspace Midland Working with the Aboriginal community, Palmerston	<b>COLLABORATION &amp; CHOICE</b> Co-occurring capability of AOD & MH, a cross sector approach, WANADA Recovery coaching, MIFWA	ART JAM <b>(NOT STREAMED/RECORDED)</b>

## AFTERNOON TEA - SPORTS LOUNGE - LEVEL 3 (PLEASE REFER TO MAP & SIGNAGE)

Time	Main Plenary Ballroom River View Room 2 + 3
4pm	
4.30pm	CLOSING REMARKS & REFLECTIONS CONFERENCE CLOSE





# SESSION

## Cultural perspectives

2.45pm – River View Room 1

**Djinang Kadadjiny Karni Wangkiny: A journey of improving our organisational cultural competence to support Aboriginal and Torres Strait Islander staff and clients**

**Rohan Collard**, executive manager and cultural lead, Palmerston

**Emma Jarvis**, chief executive officer, Palmerston

In 2021 Palmerston embarked on a journey to further enhance cultural safety across the organisation through djinang (seeing), kadadjiny (understanding) and wangkiny (talking) about how its governance, policies, procedures, workforce and service delivery was supporting cultural responsiveness as an organisation.

This presentation will discuss Palmerston's learnings and how this has been embraced to improve its engagement and increase partnerships through ongoing commitment of respect of truth telling, listening, learning, celebrating and honouring cultural protocols and authority. It is through karni (truth) that Palmerston has embraced cultural safety being central to its organisational culture if it is to be responsive to the needs of its Aboriginal staff and clients.

**Social and emotional wellbeing (SEWB) welcome guide for the Aboriginal workforce**

**Kristen Orazi**, Mental Health executive manager, Kimberley Aboriginal Medical Services (KAMS)

**Zaccariah Cox**, Social and Emotional Wellbeing (SEWB) senior manager, KAMS

This presentation will explain how services can empower Aboriginal people, by using cultural values to demonstrate safety, trust and respect. This supports workers to build better relationships, foster a trusting and collaborative working environment, and better understand the needs of their community. Kristen Orazi and Zaccariah Cox will draw on his personal experience to share how not to be afraid to have voice within your community, and to reach out and hear the voices of others.







# SESSION

## Empowerment

2.45pm – Cygnet Room (Level 2)

Mind Australia's lived experience strategy: Driving innovation and change

**Katie Larsen**, Inclusion, Participation and Strategic Reform senior manager, Mind Australia

This presentation will focus on how people and organisations can take a holistic and strategic approach to the development of lived experience approaches across governance, leadership, culture, workforce and research. When lived experience approaches are embedded into mental health organisations, we can expect increased safety and trust in our service models, the empowerment of people with a lived experience in shaping the decisions that impact them and respect for the evidence and knowledge base of lived experience, including diverse forms of lived experience.



Community mental health: A framework for change

**Renee Knapp**, independent consultant & educator, Think Effective Consultancy

This presentation is about a proven framework that was created to improve mental health outcomes across communities through collaboration. For a long time there was a siloed approach to solve mental health issues, but Renee Knapp established a grass roots framework which took a different approach.

Renee will share an effective way to help education, health and law enforcement sectors, sporting and community groups and small business work collaboratively to find effective, localised solutions to identified issues. This approach paves the way for clear processes to allow collaboration to happen effectively and sustainably.





# SESSION

## Collaboration

2.45pm – Black Swan Room (Level 2)

### CBH Regional Mental Health Program

**Amie Bolton**, Corporate Affairs lead, CBH Group

**Janine Defontaine**, Regional Mental Health Program manager, Mental Illness Fellowship of WA

**Natalie Martinovich**, chief operations officer, Lifeline WA

This presentation will discuss insights from the CBH Regional Mental Health Program. As part of the program, Lifeline WA, in conjunction with CBH Group and with support from partners, has produced a Regional Crisis Information Resource, which is available in hard copy and a downloadable version. Lifeline WA provides grief counselling to WA's grain growing regions under the program. GPs and health professionals from grain growing regions can access accredited training via the Black Dog Institute under the program and a very low cost.

### Your pharmacist and your care team

**Negar Almassi**, consultant pharmacist and business development manager, Pharmacy 777

This presentation aims to raise awareness about how the services of a pharmacist can improve the current process of achieving mental wellbeing when a treatment regimen with medications has been prescribed by the patient's GP or mental health care practitioner.

Negar works to empower each individual to ask good questions from the appropriate member of their care team for a more productive health journey.





# SESSION

## Collaboration

4pm – River View Room 2 + 3

### Kicking mental health goals

**Grace Stanton**, project officer, Healthway

**Daniel Murphy**, community development specialist, WA Football Commission

Healthway and the WA Country Football League will present together discussing strategy areas and how collaboration across sectors has resulted in positive outcomes for the country football community. This presentation will outline how they worked with the WA Mental Health Commission (MHC) to promote the Think Mental Health campaign through awareness raising; working with The Regional Men's Health Initiative and the network of suicide prevention coordinators to support the development of healthy club culture through education and resource toolkits, providing opportunity for training and facilitating capacity building of staff and members; and the Australian Drug Foundation's Good Sports WA Program and MHC's Regional Suicide Prevention network to engage with clubs to develop strategies around responsible alcohol service and consumption and address illicit drug use, that are supported by club policies.



## Safety & empowerment

4pm – Black Swan Room (Level 2)

### "Hello, this is Lifeline" – Life saving tips from Lifeline WA

**Courtney Parker**, commercial services manager, Lifeline WA

What is short term crisis support and how do Lifeline crisis supporters empower help seekers every day?

Lifeline WA believes each person is the expert in their own life. This presentation focuses on principles for having strength-based and supportive conversations rather than giving advice, and includes an example structure for debriefing with a colleague.

NOT  
STREAMED/  
RECORDED



# SESSION

## National Disability Insurance Scheme (NDIS)

4pm – Cygnet Room (Level 2)

Recovery is a spiral: How NDIS psychosocial disability practitioners can facilitate effective recovery by empowering teams

**Michele Burnlar**, mental health manager, Avenues Australia

This workshop will explore the concept of intentional and reflective practices within the NDIS psychosocial disability context, examining the empowerment of practitioners to embody the spirit of recovery in their client-facing work.

It will discuss for practitioners to be effective in the NDIS psychosocial disability space, teams need to be empowered to embody the spirit of recovery that is strived for with clients; that intentional and reflective practices from both lived and learned experience perspectives are essential to being a successful practitioner, and a more fully realised human being; and explore the concept of 'healing is a spiral' – it is cyclical in nature, with periods of expansion and contraction, and that episodes of growth can be both challenging and rewarding (for the NDIS participant and practitioner).

Strength-based leadership in the mental health sector

**Beverley Wilson-Malcolm**, chief operations officer, Collective Hope Disability Services  
**Methma Atapattu**, specialist services manager, Collective Hope Disability Services

This presentation will discuss how strength-based leadership was essential in Collective Hope Disability Services transitioning from community services to psychosocial disability support. This required building a complete workforce including management staff, team leaders and support workers, and most staff members were reluctant to make this transition.

Using a strength-based leadership style, workers' strengths in compassion, empathy and in building positive relationships with people in need of support were recognised. Collective Hope allocated a greater importance to these traits and the workers' internal-motivational factors when creating the new workforce.



# SESSION

## Trauma-informed practice

10.50am – River View Room 1

### Reflections on 30 years of delivering truly culturally aware and trauma-informed services

**Anubha Adhikari-Parajuli**, senior counsellor, Association for Services to Torture and Trauma Survivors (ASeTTS)

**Eloise Higgs**, Service Development project officer, ASeTTS

This interactive workshop will reflect upon the Association for Services to Torture and Trauma Survivors' (ASeTTS) past 30 years of service and share insights into delivering culturally safe and considered services. Concepts of cultural awareness, cultural sensitivity and cultural safety within services will be explored; through the lens of the Cultural Competency Continuum. Participants will be challenged to consider how they currently communicate, support and build the capacity and natural authority of ethnolinguistically diverse peoples; to ensure people, families and community contribute to the design and development of services.

### Healing from trauma: An Indigenous social and emotional framework

**Kathy Pickett**, Aboriginal cultural advisor, Yorgum Healing Services

This workshop will showcase a case study demonstrating healing through a yarning circle where participants will gain further understanding of Yorgum Healing Services' culturally safe healing model. It will demonstrate how this model recognises the underlying burden of trauma and the behavioural and mental health impacts trauma has when assisting an individual with their healing journey.

By understanding the impacts of historical and inter-generational trauma in Aboriginal lives today, exacerbated by unresolved grief and loss, Yorgum can provide a safe environment to support its clients' healing, which has a rippling effect on family and community.

### Lasting effects of domestic abuse and homelessness – Trauma, mental health and beyond

**Matt Vapor**, founder, Beneath the Surface

What does domestic abuse, domestic violence and homelessness look like? How do these issues affect one's life and mental health? What does the journey to recovery look like?

Matt Vapor will answer these questions as he shares his personal experiences of domestic abuse, domestic violence and youth homelessness. Throughout, Matt will explain his early life, home environment and how it shaped his mental health; and how this resulted in him sleeping rough.

He will outline how he finds strength from his trauma, harnessing it to help and educate others through his workshops. He'll discuss how he has used his diagnosed conditions as tools in his recovery while knowing he is much more than a diagnosis.



# SESSION

## Men's mental health

10.50am – Cygnet Room (Level 2)

### Getting a male into the room

**John Rich**, chairperson, Men's Health and Wellbeing WA

This presentation will address the ongoing stigma around males seeking support and take a close look at the role and make-up of community service organisations (CSOs) that provide much-needed support to males. CSOs comprise about 85% of female practitioners and this presentation asks if CSOs are perceived to be for women and more feminine men. John will discuss how the gender of the practitioner can be relevant for a male seeking support, and will also suggest opportunities of support to female practitioner in CSOs.

### Dads creating connections that matter

**Liam Sorrell**, founder, Australian Dads Network

This presentation will share how the Australian Dads Network (ADN) has used connection to create change. Liam will explain how open and honest communication is key to a solid community, and how he used that to create a community of dads, leading to changing the landscape in of dads' mental health.

### Empowering men and communities – situational distress

**Owen Catto**, executive officer, Men's Regional Mental Health Initiative

Through the paradigm of 'situational distress', The Regional Men's Health Initiative uses language describing mental health and wellbeing that resonates with men and community, and that gives them permission when confronted with challenging times to deal with issues in their own way. The adoption of this language is fostering change in regional, rural and remote areas through men and communities taking personal responsibility.

Many mental health and wellbeing challenges are created by social determinants and/or issues around isolation and loneliness, which if left unresolved can lead to mental health dysfunction. If you solve their distress problem, you resolve the mental health problem.

NOT  
RECORDED





# SESSION

## Justice & legal intersections

10.50am – Black Swan Room (Level 2)

### Integrated Service Model for Mental Health

**Jenna Albert**, key worker, Ruah Legal Services

**Nicholas Versteegen**, lawyer, Mental Health Law Centre

Vulnerable people with mental health issues can be particularly prone to experiencing repeated exposure to domestic violence, care and protection proceedings and the criminal justice system. These clients often have a 'cluster' of co-occurring non-legal issues, including substance use, homelessness and lack of access to support services. A tendency for legal, health and social support services to act independently of each other can mean that lawyers may be unaware of the social or mental health crises their clients are facing. Historically, these systems not worked collaboratively.

This presentation will share how Ruah Legal Services was formed as a community legal service to provide representation to disadvantaged persons across the WA who experience domestic violence and homelessness in matters relating to family law, and care and protection proceedings.

### The Work and Development Permit Scheme: Reducing fines through mental health support options

**Mary Cameron**, Work and Development Permit Service coordinator, Legal Aid WA

Legal Aid WA's Work and Development Permit (WDP) Scheme empowers participants to choose sponsor facilitated activities that they wish to engage in, to discharge fine debt while they are receiving support to address their needs. Sponsors, including mental health practitioners, are trusted to assess an individual's hardship in a method and with evidence that best suits their practice. The WDP Scheme has been specifically developed as a sponsor-driven initiative which recognises the relationships that are key to recovery and positive engagement with the justice system.

### Building Solid Steps to collaborate on alternative approaches and recovery models within the WA criminal justice system

**Emma Jarvis**, chief executive officer, Palmerston

**Matthew Bejger**, program manager, Solid Steps

**Daniel Morrison**, chief executive officer, Wungening Aboriginal Corporation

This partnership will share insights of the new alcohol and other drugs service – Solid Steps AOD Program – commenced at the Mallee Unit in Casuarina Prison, Perth. This program was formed from a partnership between Palmerston and Wungening Aboriginal Corporation, and funded by the Department of Justice. This is the first modified therapeutic community (TC) in a male maximum security prison in Australia. The combined strength and experience of both organisations can be found in the design and delivery of the Solid Steps AOD Program which is based on modified TC principles supporting prisoners in a nine-month program of AOD support.

Working in a holistic way to get better outcomes for participants, the program helps people address their AOD needs, work on their recovery goals and transition back into the community after leaving prison. The project was implemented based on a cultural framework and the Noongar Six Seasons in consultation with Noongar elders.



# SESSION

## Trust

2.45pm – River View Room 1

### Power grows where attention flows

**Margaret Doherty**, founder & chairperson, Mental Health Matters 2

**Wendy Cream**, board member, Mental Health Matters 2

How does a grassroots systemic advocacy group transition to a formal entity and ensure that the voices of lived experience and their expertise is embedded in formal governance roles and processes?

There are increasing calls for individuals, families and supporters in the mental health, alcohol and other drug and allied areas to be meaningfully involved in decision-making processes. But how can this be done in ways that share power equitably and are safe, reflective, collaborative and effective at a Board level?

This presentation focuses on how the inaugural Board of Mental Health Matters 2 has learned from the practices of the Steering Committee comprised of people with lived experience and maintained over 10 years to inform its practices while meeting the corporate and governance requirements of formal Board roles. The presentation will identify what practices the Board has incorporated to make it a safe space and a place where lived experience leadership is privileged.

### A case study: Without integrated governance, co-design is not consumer led

**David Butt**, chief executive officer, GROW Australia

**Lynda Diagne**, manager, GROW WA

Integrated governance builds trust and empowers those with a lived experience, walking together to build a pathway to recovery. To truly build peer-led programs, services must move beyond co-design with people with a lived experience to practice integrated governance.

Every level of Grow's governance, operational and program delivery is done by and with Growers, forming lifelong trust in Grow and the Grow Program. Grow is designed and delivered by peers with peers – a model of mutual help and self-activation.

This intentional peer-to-peer method has been encouraged and practiced for more than 65 years and forms the foundation of Grow's program as a proven holistic and preventive strategy for mental health recovery and personal leadership development, for all.







# SESSION

## Choice in the regions

2.45pm – River View Rooms 2 + 3

### The need for community mental health support in regional WA

**Colin Penter**, Projects lead, WA Association for Mental Health

**Lisette Kaleveld**, social researcher, Centre for Social Impact, University of WA

This presentation will outline findings of a project undertaken by the WA Association for Mental Health, in conjunction with the Centre for Social Impact, University of WA, which sought to understand the need for mental health community support in three WA regions, particularly in smaller communities away from the regional centres. This presentation will outline the main drivers of mental distress in regional communities, the barriers in accessing services and the increased need for mental health support.

This presentation will highlight the need for stronger commitment from government and the non-government sector to the development of place-based approaches to the funding, commissioning and delivery of mental health support that draws on the power of local communities.



### Inspiring regional young people to support and be supported across WA

**Karen Strange & Janine Dayman**, co-founders, Wheatbelt & Beyond Youth Mentoring (WBYM)

**Dr Jarrad Paul**, Mentor Group coordinator and trainer, WBYM

**Jo Drayton**, Wheatbelt Suicide Prevention coordinator, Holyoake

**Terry Waldron**, chairman, Regional Development Australia – Wheatbelt

This presentation will share insights of the Wheatbelt & Beyond Youth Mentoring (WBYM) program, which supports rural, regional and remote students in district high schools across WA. WBYM matches isolated regional young people with mentors providing support, guidance and help to empower regional voices. Driven by place based, passionate volunteers, a diverse and effective board and local schools, WBYM provides a forum where marginalised young people in the regions feel understood, supported, gain greater awareness and aspiration in regard to further education, training and career opportunities and vision outside their community.

There is strong evidence that young people who participate in WBYM have increased mental health and wellbeing, confidence, connectedness and resilience. This was supported in WBYM's 2018 evaluation funded by a Building Better Regions Fund Community grant and compiled by Regional Development Australia – Wheatbelt.

# SESSION

## Trust & respect for diversity

2.45pm – Cygnet Room (Level 2)

Our Journey Our Story: Sharing and reflecting on a culturally secure co-design process

**Tracey Young**, registered nurse, headspace Midland  
**Aunty Cheryl Taylor**, Noongar Elder and NDIS advocacy and support, APM  
**Alex Merendino**, co-researcher, Our Journey Our Story project

It is widely understood that for organisations to meet the needs of the communities that they service, the community must be engaged as equal partners in the ongoing design of how these organisations work both in service delivery and policy. To work collaboratively, relationships must be built. In addition to this, working with Aboriginal community members requires a process that privileges Aboriginal voices and works towards addressing the significant power imbalances that have resulted from colonisation and the ongoing silencing of Aboriginal wisdom and knowledge. This presentation describes the process utilised to develop solid relationships and, through personal reflection, explore the impact of these relationships on a personal and professional level. Elders and young aboriginal co-researchers from the Our Journey Our Story project will share their experiences working alongside headspace Midland staff to co-design and improve accessibility to mental health services.

Working within the Aboriginal community

**Wayne Ryder & Cherie Pearce**, community Aboriginal workers, Palmerston

This presentation will share insights and learnings about Palmerston's Community Aboriginal Worker program, which commenced four years ago. The program started with two Aboriginal and Torres Strait Islander workers, one male and one female. The two workers have established connections with the Aboriginal community and other community agencies. Since the program's inception, Palmerston has experienced a significant increase in Aboriginal and Torres Strait Islander clients accessing and staying engaged with its services. Palmerston has learnt the importance of case management and follow-through support of clients.





# SESSION

## Collaboration & choice

2.45pm – Black Swan Room (Level 2)

Co-occurring capability of alcohol and other drugs and mental health: A cross-sector approach to developing a self-review tool

**Susan Holt**, systems support manager, WA Network of Alcohol and other Drug Agencies

This presentation will discuss outcomes of the Co-occurring Capability Assessment Project, which was a partnership initiative between the WA Network of Alcohol and other Drug Agencies and the WA Association for Mental Health. The project applied a collaborative approach to developing the culturally informed, supported Co-occurring Capability Review Tool (CCRT) suitable for the WA context. The tool was informed by the DDCAT (Dual Diagnosis Capability in Addiction Treatment) and a similar tool for mental health services, the DDCMHT (Dual Diagnosis Capability in Mental Health Treatment), which are validated tools developed in the USA. The project sought to support a cross-sector approach to co-occurring capability building.

This presentation will explore the criteria of the CCRT and how it supports organisations to identify potential opportunities for improvement at an organisation including cross-sector coordination. The discussion will include example scenarios of piloting the tool at three different services. Copies of the CCRT will be made available to participants to support discussion, inviting audience feedback and questions on how the tool could work to support their organisation, including any barriers that they might identify.



### Recovery coaching in practice

**Hayley Harris**, peer facilitator and trainer, Mental Illness Fellowship of WA

Since the NDIS introduced recovery coaching as a plan item, there has been much confusion about the role. What does a recovery coach do? What are the benefits? Why are they paid so little? Isn't it just a support coordinator with a lived experience? Do they carry a whistle?

This workshop is designed to demystify the role of a recovery coach. Participants will learn exactly what the roles and responsibilities of a recovery coach are as defined by the NDIS, and what this means in practice (as opposed to on paper). Participants will be asked questions that pose an opportunity for reflection of their own desires and explore the definition of 'a good life'.

Share the purpose. Share the conversation.





# ACTIVITIES

## 7am – Riverbank near Matagarup Bridge (outside gate D entry)

NOT  
STREAMED/  
RECORDED

Smoking Ceremony and cleanse with Uncle Nick Abraham

## 10.40am – Champions Terrace

Bush crafts: Nature's healing

Dale Tilbrook, director,

NOT  
STREAMED/  
RECORDED

A Wardandi Bibbulmun woman whose traditional Aboriginal country is the Margaret River, Busselton area, Dale has been a Swan Valley local since 1998, when she opened the Maalinup Gallery with her brother Lyall, offering authentic Aboriginal art, gifts and souvenirs. The experiences part of the business has steadily grown as customers seek more knowledge about Aboriginal culture and life. Having spent many years gathering knowledge from her elders and other sources, Dale is often called on to talk about bush food, which she loves presenting and encouraging people to incorporate into their everyday cooking. She is passionate about education and works extensively with students of all ages. Join Dale for a session of Aboriginal bush crafts and art.

## 2.45pm – Sports Lounge

Rhythms of Learning: Model of practice supporting youth mental health in the COVID-19 era

Simon Faulkner, director, Rhythm2Recovery

NOT  
STREAMED/  
RECORDED

This workshop will introduce the use of a model of collaborative group work practice combining the benefits of rhythmic music with reflective discussions as a response to the dual challenges of workplace burnout and client engagement. It will showcase a model that reduces our reliance on language and supports the development of a trusting alliance between counsellor and client that is often challenging to establish. It promotes collaboration and social connection through musical play and empowers clients to find their own voice and express their feelings through this same medium. It reflects on the important role music has to play in people's lives and how this can be extended into therapy in a fun and uplifting manner. It draws attention to the long history of rhythmic music within traditional healing practices and the significant scientific evidence supporting this approach.

## 2.45pm – Outside HelpingMinds Wellbeing Room

Unfacilitated breathing and meditation

NOT  
STREAMED/  
RECORDED

A dedicated quiet space away from the hustle to take time out for deep, focused breathing and meditation. Count your breaths in and out and refresh ready to feel focused again.

## 5pm – Champions Terrace (Level 3)

Conference Networking Sundowner – ticketed event

NOT  
STREAMED/  
RECORDED

Join us overlooking the oval green at the close of Day One to enjoy canapes, refreshments and connecting with like-minded people in the sector. Fresh air, fresh ideas and a chance to wind down.



# ACTIVITIES

## 4pm – River View Room 1

MONDAY, 7 NOVEMBER  
DAY 1

### Music for mental health

**Booka Nile**, director, Sonic Minds  
**Bec Price**, musician

A musical activity where participants work with facilitators as a large group to put together a song by the end of the stream. This will demonstrate how engaging, fun and promising music and song writing can be as a recovery tool for all.

Sonic Minds is person-centred and recovery-focused, therefore allows participants in the program to be the drivers of their own song writing process. They make all the choices; facilitators are just there to help out where they are needed. Creating music with other people brings them closer together and allows them to create something together that bonds them, hence fostering collaboration. This workshop is designed to be empowering as it shows people they are capable of doing great things, and often things that they never believed they would be capable of doing before they've tried.

TUESDAY, 8 NOVEMBER  
DAY 2

## 2.45pm – Champions Terrace

### Art workshops for mental health

**Cheryl Millard**, art therapists, Art Jam  
**Elsbeth Glen**, community arts worker, Art Jam

Art Jam invites you to come and join a unique interactive art activity to creatively connect with sector peers. This participatory workshop will demonstrate how art can be used as a powerful tool to connect with others and build relationships with people you work with. Art Jam delivers art workshops in the community for mental health and this workshop will discuss the difference between 'diversionary art' practices, art therapy and how art can bring communities together.

Cheryl has been a youth worker for 12 years and after doing two degrees in community development and art therapy. Ellie is a community arts worker and artist who is passionate about promoting creativity as a tool for mental health.

NOT  
STREAMED/  
RECORDED

## Best practice skills, knowledge and support for everywhere you live, learn, work and play

There has never been so much mental health information and advice at our fingertips in this digital age, especially with all the emerging research in psychology, mental health, trauma-informed practice and neuroscience.

But where do you start?

And how do you equip your workforce to best respond to support people's recovery and wellbeing?

Upskill your staff with the Western Australian Association for Mental Health (WAAMH), the peak body for community mental health.

With a nearly 60-year strong history, WAAMH has the credibility, integrity and in-house specialist skills to deliver high-quality, evidence-based interactive training.

Our training model is based on strong values, practical skill-building opportunities, and contemporary theories and approaches delivered by engaging, qualified trainers.

Our pillars of practice are person-centred, trauma-informed, recovery-oriented and culturally inclusive.

WAAMH offers face-to-face and interactive online learning opportunities through a range of scheduled courses as well as offering training on demand.

Our trainers can come to your organisation or you can attend the course at WAAMH's training rooms in Perth.



## Training courses

WAAMH has more than 20 training courses on offer and has helped thousands of people upskill.

The most popular courses are:

- **Being Trauma Responsive:** how to talk safely with someone who is affected by trauma, learn simple strategies to support recovery, respond to someone experiencing triggers and improve the experiences of people affected by trauma when seeking support.
- **De-escalation Skills:** assisting individuals to recognise when a person is becoming distressed or their behaviour is escalating. It provides tools and strategies to respond in ways that are likely to result in positive outcomes.
- **Recovery and Recovery Plans:** participants learn how to establish and build safe and person-centered relationships that are strengths-focused. Participants learn practical strategies to support their clients with their recovery goals.

Other courses include:

- **An Introduction to Mental Health:** increasing someone's confidence to help when someone is in mental distress.
- **Understanding Self-harm:** building the capacity to support others who self-harm.
- **Mental Health in the Workplace:** creating a supportive workplace culture for staff.

*To find out how WAAMH can improve your or your organisation's mental health skills, please visit [waamh.org.au](http://waamh.org.au), or phone 08 6246 3000 or email [training@waamh.org.au](mailto:training@waamh.org.au).*

Book now online or speak to us!



[training@waamh.org.au](mailto:training@waamh.org.au)



08 6246 3000



[waamh.org.au](http://waamh.org.au)



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@TheWAAMH



## COLLABORATIVE & RESPONSIVE ENGAGEMENT

The Collaborative and Responsive Engagement (CARE) Hub is a free digital communication platform for people interested in mental health practice. It was launched by the peak body for community mental health, the Western Australian Association for Mental Health (WAAMH), with support from Lotterywest.

We believe we are stronger when we work together, & so the CARE Hub is open to anyone connected to the community mental health sector, whether it be through lived experience, work or study.

First & foremost, we are all people so there is no hierarchy, qualification or life experience that makes any member of the group more or less. We believe that by bringing people together, we will learn from each other & this increased connection can only be of benefit to community mental health.



## What is the CARE Hub?



- A shared place for members to communicate on various topics related to mental health & wellbeing, and explore opportunities for collaboration, including practice groups, working groups & scenario planning.
- A forum for members to draw on the collective wisdom of the community, ask questions, start conversations.
- A source of reliable information, tools & frameworks.
- A way to provide recommendations on areas requiring systemic advocacy for the community mental health sector.

## What is the CARE Hub not?

- A forum for reviews, complaints or dispute management
- A therapeutic group
- Forum for individual advocacy
- A crisis, referral or helpline service

Find out more & join at: [carehub.waamh.org.au](https://carehub.waamh.org.au)



# WA Mental Health *Awards* 2022

 [waamh.org.au/awards](http://waamh.org.au/awards)

TICKETS ON SALE TO CELEBRATION CEREMONY

## Finalists

### ★ Minister's Award

Presented by the Minister for Mental Health, the  
Hon. Amber-Jade Sanderson

- Adam Przytula, Armed For Life
- Anne Mackay, Radiance Network South West
- Lorraine Powell, Lived Experience Australia
- Steve Batson, South Metropolitan Health Service

### ✧ Lived Experience Impact & Inspiration Award

Presented by the WA Mental Health Commission

- Anna Richards, Consumers of Mental Health WA
- Chris Johnson, Ruah Community Services
- Jacqueline de Grussa, Womens Health and Family Services
- William Turner, South West Aboriginal Medical Services

### 🌐 Mental Health Employee or Volunteer Excellence Award

Presented by Act Belong Commit

- Ann McGuire, Mental Health Matters 2
- Kelson Mudd, Men's Recovery Community
- Regina Cruickshank, Yogazeit
- Zac Cawdron, Youth at Risk Network


### 💡 Innovation for Change Award

Presented by Youth Focus

- Care and Protection Service, Ruah Legal Services
- Pen Pal Program, Carers WA
- Living My Best Life graphic novel, Richmond Wellbeing
- The Peel, Rockingham and Kwinana (PaRK) Suicide Postvention Collective



Government of Western Australia  
Mental Health Commission

 youthfocus



Mentally Healthy WA



WAAMH

Western Australian Association  
for Mental Health



# WA Mental Health *Awards* 2022

 [waamh.org.au/awards](http://waamh.org.au/awards)

## 25 NOVEMBER | PAN PACIFIC PERTH

### ♥ Prevention or Promotion Award

Presented by Lifeline WA

- Inspire Peer Support at Fiona Stanley Hospital, Ruah Community Services and Palmerston
- Shooting Stars
- The Living Room, Student Life, UWA
- Therapeutic Crisis Intervention for Families program, Child and Adolescent Mental Health Service

### ✦ Diversity Award

Presented by Lifeline WA

- Strong and Resilient Program, HelpingMinds
- 'Words to live by' storytelling series, Act Belong Commit, Mentally Healthy WA
- Yorgum Healing Services

### 📁 Mentally Healthy Workplace Award

Presented by the Chamber of Minerals and Energy of WA

- AMCAP
- PageGroup
- Roy Hill
- Strong Minds, Strong Mines

### 🎓 Mentally Healthy Education Award

Presented by the Commissioner for Children and Young People of WA

- Fiona Perrella, Strength Heroes
- Makybe Rise Primary School
- The Living Room, Student Life, UWA
- Westfield Park Primary School

### Mental Health News Media Award

🎤 Presented by the Western Australian Association for Mental Health

- Greg Hire, founder of A Stich in Time, for his five-part mental health series on Channel 10 News
- Joined Up Films, SBS
- Rae Fallon, filmmaker of Playgroup WA's short film, 'Mother-Baby-Nurture'
- Rhiannon Shine, 'Mental health of teenagers in decline during COVID pandemic', ABC News

*It's time to shine*



Government of Western Australia  
Mental Health Commission





# SECTOR READINESS PROJECT

for Psychosocial Service Providers

## ABOUT THE PROJECT



The Western Australian Association for Mental Health (WAAMH) NDIS Quality and Safeguards Sector Readiness project is funded by the WA Department of Communities to support the capacity building of psychosocial service providers to operate in compliance with the NDIS Commission requirements, including the NDIS practice standards and quality indicators.

WAAMH's project team delivers regular workshops, develops resources and tools, prompts collaboration, and offers individual support to help providers navigate the NDIS regulatory environment. Discover upcoming workshops, relevant resources for psychosocial providers, and subscribe for updates at: [waamh.org.au/NDIS](http://waamh.org.au/NDIS)

## READINESS WORKBOOKS



Our workbooks provide an interpretation of each indicator of the Practice Standards, examples of evidence that could be provided to demonstrate how the service meets the indicator, and examples of what that might look like in practice.

The Core Module Workbook is being updated to align with Version 4 of the Practice Standards and will be released February 2022. The Module 2A: Implementing Behaviour Support Plans Workbook is now available on the website and as a hard copy. Both Workbooks have Gap analysis tools to use alongside the Workbook.

## WAAMH FACT SHEETS



We recognise the complexity, and at times overwhelming nature, of the NDIS environment. Our simple fact sheets are kept to two pages and include links to further resources and other relevant information:

- WAAMH NDIS Provider Registration Fact Sheet
- WAAMH NDIS Incident Management Fact Sheet
- WAAMH NDIS Policy and Procedure Fact Sheet
- WAAMH NDIS Worker Screening & Compliance Fact Sheet
- WAAMH NDIS Restrictive Practices Fact Sheet

## WAAMH NDIS COMPLIANCE TOOLS



These operational tools are designed to record and track information and processes in compliance with the relevant standards, legislation and rules and help provide evidence for audit

- WAAMH NDIS Internal Audit of Restrictive Practices Tool
- WAAMH NDIS Worker Screening Check Tracking Tool
- WAAMH NDIS Policy Register
- WAAMH NDIS Core Module Gap Analysis and Activity Tracker
- WAAMH NDIS Module 2A Gap Analysis and Activity Tracker

## RESOURCES & ASSISTANCE



The WAAMH team has collated more useful resources and tools developed by other providers to assist you. You can also join WAAMH's NDIS & Mental Health in WA Group on LinkedIn for further discussion and information sharing.

If you have any questions or support needs related to the NDIS regulatory environment, please contact our project team at [ready4QSC@waamh.org.au](mailto:ready4QSC@waamh.org.au) or on (08) 6246 3004.

## What is IPS WORKS?

IPS WORKS is a dedicated unit of the Western Australian Association for Mental Health, which specialises in assisting community organisations and services to implement a supported employment program following the internationally acclaimed Individual Placement and Support (IPS) model.

**IPS WORKS uses a tailored approach, providing unique solutions to meet the needs of organisations and staff to implement, deliver and evaluate a successful IPS program.**

Paid employment is a basic human need.



28 randomised controlled trials to date showed IPS is a very effective model for employment assistance for people with mental health conditions.



## What does the IPS model involve?

IPS is an evidence-based model of supported employment designed to support individuals to gain meaningful paid employment.

IPS is based on the idea that, with the right job match and appropriate in-work support, everybody is able to gain and maintain competitive employment.

IPS is guided by eight practice principles and a scientifically validated fidelity scale.

## Our services

We offer a range of technical support services. Once you engage our support services, the team is available for support and troubleshooting.



Employment can reduce the negative impacts of living with a mental health condition by increasing self-worth, alleviating symptoms, and increasing satisfaction and wellbeing.



Danielle Ashwin is a proud Tjupan Pinhi woman, from the north eastern Goldfields. She grew up in the Wheatbelt, home of the Njaki Njaki Noongar people. Danielle is a contemporary Aboriginal Artist as well as a lived-experience coach working in the pre-emptive mental health space.

Creating art brings Danielle a deep connection to her culture and ancestors and allows her to learn and share her culture with others. She's passionate about making the world a better place and hopes to help heal the nation to create reconciliation as one. As a vibrant, contemporary Aboriginal artist, Danielle creates intricate and colourful paintings in acrylic on canvas and in digital medium for private and corporate clients.

This Aboriginal artwork design was commissioned by the Western Australian Association for Mental Health to incorporate its branding and values: respect, courage, self-determination, inclusion and integrity. The piece particularly represents unique qualities, experiences, diversity, partnerships, relationships and connection, as well as a sense of hope for a brighter future.

**Share the purpose. Share the conversation.**



[wamhc.joyn-us.app](https://wamhc.joyn-us.app)



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