

The **2020** Mental Health in Schools Conference



RETHINKING MENTAL HEALTH

As schools navigate the plethora of existing and emerging programs, technology and offerings; the challenge remains for each school in developing a mental health action plan that is unique to their student group, and built on the understanding and promotion of the life long journey required.

RETHINKING MENTAL HEALTH: WELCOME TO THE 2020 MHIS CONFERENCE

TARGET AUDIENCE

All teachers, Principals, Heads of School, YLCs, House and other school leaders, student support staff, other professionals working with young people

MELBOURNE 21ST-22ND MAY 2020
MELBOURNE CONVENTION CENTRE

SYDNEY 28-29TH MAY 2020
LUNA PARK FUNCTION CENTRE

"SO GRATEFUL FOR SUCH AN AMAZING
CONFERENCE. THIS IS MY THIRD
YEAR IN A ROW. I LOVE IT!"
— 2019 MHIS DELEGATE

"THE CONFERENCE WAS EXCELLENT!
THE SPEAKERS WERE THOUGHTFUL AND
PROVIDED SUCH VALUABLE INFORMATION"
— 2019 MHIS DELEGATE



propsych

propsych.com.au

The **2020** Mental Health in Schools Conference Program

OFFICIAL 2020 MHIS CONFERENCE OPENING NIGHT

The 2020 MHIS Conference begins with an official conference opening; an opportunity for a little indulgence and to meet other delegates in a relaxed atmosphere.

RSVP IS ESSENTIAL! EMAIL INFO@PROPSYCH.COM.AU

**MELBOURNE: WEDNESDAY 20TH MAY 2020
6 - 7.30PM**

PLUS 5 BAR

37 South Wharf Promenade, South Wharf, Melbourne
plus5bar.com.au

**SYDNEY: WEDNESDAY 27TH MAY 2020
6 - 7.30PM**

THE DECK, LUNA PARK

1 Olympic Dve, Milsons Point
thedecksydney.com

Thursday Program 9am – 4.30pm

SESSION 1: CONTEMPORARY UNDERSTANDINGS OF MENTAL HEALTH

9AM-10.30AM

WELCOME AND INTRODUCTION

Building more resilient adolescents:
Why our best intentions are leading us astray
DR BROCK BASTIAN, MELBOURNE UNI, AUTHOR OF "THE OTHER SIDE OF HAPPINESS"

MORNING TEA

10:30-11.00AM

SESSION 2: MENTAL HEALTH INITIATIVES: HUMAN CONNECTION TO VIRTUAL CONNECTION

11.00AM - 12.40PM

Liminal Platform: Virtual Reality for Resilience,
Emotional Regulation and Wellbeing in Schools
NICK BUSIETTA, LIMINAL VIRTUAL REALITY

Engaging the Primary Caregiver
STEPHANIE DUNN, EDUCATOR

LUNCH - RESOURCES EXPO AND POSTER PRESENTATION

12.40-1.30PM

SESSION 3: THE DIGITAL WORLD AND MENTAL AND EMOTIONAL HEALTH

1.30-2.45PM

Everything is NOT Awesome: Technology and the Developing Brain
DR MICHAEL NAGEL, PROFESSOR AT THE UNIVERSITY OF THE SUNSHINE COAST,
AUTHOR OF 13 BOOKS ON CHILD DEVELOPMENT AND LEARNING

AND MORE.....

AFTERNOON TEA

2.45-3.00PM

SESSION 4: BUILDING MENTALLY FIT SCHOOLS: MENTAL HEALTH INITIATIVES FOR SCHOOLS

3.00-4.30PM

Empowering Australia's secondary students to sustain their own
mental health and wellbeing through education programs

MEGAN MILLS, PROGRAM DIRECTOR, MIEACT (MELBOURNE)

JENNY DUNN, PROGRAM EDUCATOR, MIEACT (SYDNEY)

'Jess Chooses Life' – Live Performance (Melbourne Only)
A PLAY WRITTEN BY WELL-KNOWN ACTING IDENTITY ALAN HOPGOOD AM.
THIS PLAY HAS BEEN ENDORSED BY MENTAL HEALTH VICTORIA

Mind Blank for Schools Program – The Story of Dan –
Live Performance (Sydney Only)
A PERFORMANCE PRODUCED BY MIND BLANK, A MULTI-AWARD WINNING
MENTAL HEALTH PROMOTION CHARITY.

THE 2020 MENTAL HEALTH IN SCHOOLS CONFERENCE - RETHINKING MENTAL HEALTH

MELBOURNE 21-22ND MAY 2020/SYDNEY 28-29TH MAY 2020

Book Online Now / propsych.com.au / info@propsych.com.au
Propsyched: PO Box 5292, South Melbourne Vic 3205 / Ph: 0411 987 664



Featuring ...

Mentalicious

Mental Health Short Film
Competition for Students



FINALISTS AND WINNER ANNOUNCED DURING FRIDAY'S PROGRAM



Friday Program 9am – 4pm

SESSION 1: CONTEMPORARY UNDERSTANDINGS OF MENTAL HEALTH

9.00-10.40AM

Narcissistic traits in children – what does it look like, where does it come from, and is it so bad?

DR KATE DERRY, POSTDOCTORAL RESEARCH ASSOCIATE, UNIVERSITY OF WESTERN AUSTRALIA, ONE OF AUSTRALIA'S FOREMOST AUTHORITIES ON THE CONSTRUCT OF NARCISSISM

Mentalicious – Propsych's Mental Health Short Film
Mentalicious competition for Students

FINALISTS AND WINNER ANNOUNCED, \$500 PRIZE AWARDED

MORNING TEA

10.40-11AM

SESSION 2: MENTAL ILLNESS: CHANGING MINDS, CHANGING LIVES

11AM-1PM

We tell boys and young men to open up more.
But are we ready to listen?

ZAC SEIDLER, CLINICAL PSYCHOLOGIST, DIRECTOR OF HEALTH
PROFESSIONAL TRAINING AT MOVEMBER

Prevent Alcohol Risk-related Trauma in Youth (P.A.R.T.Y)
Program (Royal Melbourne Hospital and Royal Sydney Hospital)
KYLIE CRISP (PRESENTING IN MELBOURNE), REGISTERED NURSE, COORDINATOR OF
THE RMH P.A.R.T.Y PROGRAM

SAMANTHA LEE (PRESENTING IN SYDNEY), PROGRAM COORDINATOR OF
ROYAL NORTH SHORE HOSPITAL P.A.R.T.Y PROGRAM

LUNCH - RESOURCES EXPO AND POSTER PRESENTATIONS

1-1.45PM

SESSION 3: BUILDING MENTALLY FIT ENVIRONMENTS IN SCHOOLS

1.45-3.45PM

School Violence, Bullying, Stress and Mental Health –
The PEACE Pack Intervention

PROFESSOR PHILLIP SLEE, FLINDERS UNIVERSITY, SA

Closing Remarks

SANDRA JELLEY, MC

3.45PM CONFERENCE CLOSE

(Please note: the program for the Mental Health Initiatives sessions
will vary slightly between Sydney and Melbourne.)

THE 2020 MENTAL HEALTH IN SCHOOLS CONFERENCE - RETHINKING MENTAL HEALTH
MELBOURNE 21-22ND MAY 2020/SYDNEY 28-29TH MAY 2020

Book Online Now / propsych.com.au / info@propsych.com.au
Propsych: PO Box 5292, South Melbourne Vic 3205 / Ph: 0411 987 664



Mental Health in Schools Conference 2020 Presenters



DR BROCK BASTIAN

Dr Brock Bastian is a Professor and the Dame Kate Campbell Research Fellow in the School of Psychological Sciences at the University of Melbourne. He is trained as a social psychologist and his research broadly focuses on the topics of wellbeing and morality. In his research on well-being, he has addressed questions such as why promoting happiness may have a downside, the cultural factors leading to depression, and why valuing our negative and painful experiences in life is a critical pathway to achieving happiness. His work has been featured in outlets such as The Economist, The New Yorker, TIME, New Scientist, Scientific American, Harvard Business Review, and The Huffington Post, among many others.

His innovative approach to research has been acknowledged with the Wegner Theoretical Innovation Prize, and his contribution to psychology has been recognized by the Australian Psychological Society and Society of Australasian Social Psychologists early career researcher awards. Brock is not only passionate about building scientific knowledge, but also about communicating that knowledge. He has written for popular press outlets, such as The Conversation; delivered popular talks, such as at TEDx St Kilda, The Ethics Centre in Sydney, and Effective Altruism Australia; and appeared on radio shows such as The Minefield. His first book 'The Other Side of Happiness' was published in January 2018.



DR KATE DERRY

Dr Kate Derry is a Postdoctoral Research Associate in School of Psychological Science at the University of Western Australia. She is trained as a social and developmental psychologist and her research investigates the expression and development of sense of self and personality in children, adolescents, and adults. Kate is also one of Australia's foremost authorities on the construct of narcissism. The core premise of her work is that how people think about themselves can determine how they function, both externally, in their work and relationships, as well as internally, in their physical and mental wellbeing. Her research has been published in several peer-reviewed journals and has been presented to academic and professional audiences in Australia and internationally. Since completing her PhD, Kate has worked with organisations, clinicians, educators, and government to optimise human performance and well-being.

DR MICHAEL NAGEL



Dr Michael Nagel is an Associate Professor at the University of the Sunshine Coast where he teaches and researches in the areas of cognition, human development, behaviour and learning. He is the author of thirteen books on child development and learning used by teachers and parents in over twenty countries and has delivered over 300 workshops and seminars for parents and teachers nationally and internationally. Nominated as Australian Lecturer of the Year each year since 2010, Dr Nagel has been an invited guest on 'TV New Zealand Breakfast', 'Canada AM', 'Sunrise', 'A Current Affair' and 'The Project'. Dr Nagel is also a member of the prestigious International Neuropsychological Society, and a feature writer for 'Jigsaw' and the 'Child' series of magazines which collectively offers parenting advice to more than one million Australian readers.

ZAC SEIDLER



Zac Seidler is a Clinical Psychologist, the Director of Health Professional Training at Movember Foundation and a Postdoctoral Research Fellow with Orygen, The Centre for Excellence in Youth Mental Health at The University of Melbourne. Zac has devoted the past 5 years to the goal of reducing the staggering male suicide rate, treating and researching men's mental health with over 25 peer-reviewed articles published. Zac has worked clinically with men of different ages and presentations from adolescents in Darwin with early psychosis to older HIV+ men struggling with adjustment. Currently, Zac is creating the world's first online program to train mental health practitioners in how to better understand and respond to men's distress. Zac has appeared on the ABC and in The Guardian, The Age and Vice for his work.

THE 2020 MENTAL HEALTH IN SCHOOLS CONFERENCE - RETHINKING MENTAL HEALTH
MELBOURNE 21-22ND MAY 2020/SYDNEY 28-29TH MAY 2020

Book Online Now / propsych.com.au / info@propsych.com.au
Propsyech: PO Box 5292, South Melbourne Vic 3205 / Ph: 0411 987 664





SAMANTHA LEE (SYDNEY)

Samantha Lee is the P.A.R.T.Y. Program Coordinator at Royal North Shore Hospital. The Prevent Alcohol and Risk-Related Trauma in Youth (P.A.R.T.Y.) Program is an in-hospital traumatic injury-prevention program targeting young adults aged 15-25 years. Samantha has featured on the TV series 'Kings Cross ER' whilst working in the Emergency Department of St Vincent's Hospital and has worked within the Intensive Care Unit of Royal North Shore Hospital. She is enthusiastic about educating healthcare to young adults. You can contact Samantha at NSLHD-RNS-PARTY@health.nsw.gov.au



JENNY DUNN (SYDNEY)

Jenny Dunn is a qualified and experienced primary school teacher with eight years of experience in various educational settings in Australia and overseas. She has a range of experience working with students from Kindergarten to Year 12. Jenny has a particular interest and passion for supporting the mental health and wellbeing of a person so they can flourish in all aspects of life. As NSW Lead Teacher for Life Skills Group in 2018 Jenny gained a wealth of experience in developing and presenting professional developments for teachers and parents on subjects such as general wellbeing; social and emotional learning; mindfulness and managing difficult emotions and stress. Jenny has trained and mentored teachers in the Solomon Islands through the Australian Volunteer for International Development (AVID) program. In this role she developed a range of educational and training programs and materials targeted at various audiences and age groups. Jenny's programs have delivered strong learning outcomes and results, driving positive change through engaging facilitation and management. Currently as a Program Educator for Mental Illness Education ACT (MIEACT), Jenny develops and implements programs to support the mental health and wellbeing of the community. These programs are reducing the stigma around mental health so people are empowered to improve their own mental health and wellbeing.



PROFESSOR PHILLIP SLEE

Phillip Slee is a trained teacher and registered psychologist. Currently, Phillip is a Professor in Human Development in the School of Education and is Director of the Student Wellbeing & Prevention of Violence (SWAPv) Research Centre at Flinders University. Professor Slee's research interests include child and adolescent mental health, childhood bullying and aggression, and he has a particular interest in the practical and policy implications of his research. Professor Slee has published over 100 referred papers, 25 book chapters, and 15 books in the field of child development, bullying, school violence and stress, and has produced educational resources in the form of videos and resource packages. He has presented his work nationally and internationally in workshops and lectures. Presently, he is undertaking a number of international research projects on the topic of school violence with researchers from Japan, Korea, China, Canada, England, and the USA.



KYLIE CRISP (MELBOURNE)

Kylie is a Registered Nurse with over 20 years' experience in both acute and primary health care. Currently working as the Coordinator of the RMH P.A.R.T.Y. Program, Kylie facilitates all aspects of this harm minimisation program for 16-25 year olds. Kylie has worked as an educator to enrolled nursing students and mentor for graduate nurses in the UK. She has developed education programs in primary health care settings as a district nurse team leader and developed home care packages for trauma patients as a healthcare manager, working closely with TAC and WorkCover. Kylie also works as a Research Coordinator for the PATCH Trial at the RMH as she holds a keen interest in investigative work and evidence based standards for patients. She has worked at the University of Melbourne Department of general practice; in Diabetes research where she implemented a Practice nurse led model of care for Type 2 Diabetes. She has presented at APNA and ARNA throughout her career.



MEGAN MILLS (MELBOURNE)

Megan Mills is the Program Director for Mental Illness Education ACT (MIEACT). She has eleven years' experience in managing programs across disability, mental health, drug and alcohol services, aged care and culturally & linguistic diverse people. Megan holds a bachelor's degree in Health Science and is passionate about the use of education as a tool for change.



STEPHANIE DUNN

Stephanie is deeply passionate about the work teachers and professionals do for the students in their care. She has a long passion for wellness and the promotion of mental health, particularly in young adults. In 2017 Stephanie was awarded a NSW Premier's Teacher Scholarship funded by the Anika Foundation, which enabled her to research proactive strategies for Engaging the Primary Care Giver: Youth mental health education, prevention and intervention in the context of family and school collaboration internationally.

THE 2020 MENTAL HEALTH IN SCHOOLS CONFERENCE - RETHINKING MENTAL HEALTH MELBOURNE 21-22ND MAY 2020/SYDNEY 28-29TH MAY 2020

Book Online Now / propsych.com.au / info@propsych.com.au
Propsyech: PO Box 5292, South Melbourne Vic 3205 / Ph: 0411 987 664





JESS CHOOSES LIFE (MELBOURNE)

'Jess Chooses Life' is a 35 minute play written by well-known acting identity Alan Hopgood AM. This play has been endorsed by Mental Health Victoria.

'Jess Chooses Life' addresses youth suicide in the online era and how young people can reach breaking point without their parents realising. The story follows Jess, whose parents find suicidal comments on her computer when she climbs out her bedroom window. Jess eventually discusses her concerns with them, such as bullying and her friend Lindy's suicide. The message is one of understanding and hope.



MIND BLANK (SYDNEY)

Mind Blank is a multi-award winning mental health promotion charity that educates young people about help-seeking methods for mental health issues and suicide-prevention through interactive theatre. Mental health issues are presented in a fun, safe and informative way via workshops and performances. Our programs showcase a stories of lived experience mental ill-health.

The performances typically take up to one hour, with 45 minutes of forum discussion for audiences of up to 180 people.

The one-of-a-kind performances are designed to be fully interactive, and students are encouraged to participate in the discussion throughout. The audience is invited to control the performance's narrative in a 'choose your own adventure'-style show, which simultaneously teaches them how to support the narratives of their own lives.



NICK BUSIETTA

Nick Busietta is Managing Director of virtual reality company Liminal VR. A former IT/IP lawyer, Nick manages an award winning team of neuroscientists, psychologists and software developers who are focused on leveraging principles of neuroscience and cognitive psychology to empower people to choose how they feel and perform. In 2018, in partnership with Wellbeing in Schools Australia, Liminal was awarded a major grant from VicHealth and Creative Victoria to develop and pilot the Liminal Platform for resilience, emotional regulation and wellbeing in schools. The platform is currently being used as a tool for wellbeing in workplaces, schools and hospitals. Liminal also develops VR experiences and applications for clients, including training simulations, clinical products and marketing experiences.

Accreditation

NESA Endorsement

The 2020 Mental Health in Schools Conference: Rethinking Mental Health will contribute 11 hours and 45 minutes QTC Registered PD addressing 4.1.2, 4.2.2, 4.3.2, 4.4.2, 4.5.2, 6.2.2, 7.3.2, from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

TQI Endorsement

Completing the 2020 Mental Health in Schools Conference: Rethinking Mental Health will contribute 10 hours of TQI Registered PD addressing 4.1.2, 4.4.2, 4.5.2, 6.4.2, 7.3.2, from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in the ACT.



THE 2020 MENTAL HEALTH IN SCHOOLS CONFERENCE - RETHINKING MENTAL HEALTH MELBOURNE 21-22ND MAY 2020/SYDNEY 28-29TH MAY 2020

Book Online Now / propsych.com.au / info@propsych.com.au
Propsyech: PO Box 5292, South Melbourne Vic 3205 / Ph: 0411 987 664



The 2020 MHIS Conference

MELBOURNE 21ST- 22ND MAY 2020
MELBOURNE CONVENTION CENTRE
SYDNEY 28TH- 29TH MAY 2020
LUNA PARK FUNCTION CENTRE

ABN: 80 961 835 694

TAX INVOICE / REGISTRATION FORM

(This Form is a Tax Invoice Upon Payment.
Please Keep a Copy for your Records)

TITLE		NAME		POSITION		
SCHOOL / ORGANISATION						
ADDRESS						
TOWN / SUBURB			STATE		POSTCODE	
PHONE		MOBILE		EMAIL		
DIET REQ.				<input type="checkbox"/> SYDNEY	<input type="checkbox"/> MELBOURNE (PLEASE TICK)	
INTENTION TO ATTEND THE CONFERENCE OPENING				<input type="checkbox"/> YES	<input type="checkbox"/> NO (PLEASE TICK)	

PAYMENTS

Extra Early Bird Registration \$595 inc. GST
Before 31st December 2019

Early Bird Registration \$660 inc. GST
Before 30th April 2020

Standard Registration \$770 inc. GST
After 30th April 2020

Cheque Payments:
Cheques payable to Propsych
Mail to: PO Box 5292
South Melbourne VIC 3205

Bank Transfers: to The Bendigo Bank
Account Name: Propsych
BSB: 633-000 **Acc No:** 153 168 216
Please quote name of delegate.

Credit Card Payment Form

☐ VISA ☐ MASTERCARD (PLEASE TICK)

CARD NO.		EXP.	
CVT		NAME ON CARD	
SIGNATURE		DATE	

THE 2020 MENTAL HEALTH IN SCHOOLS CONFERENCE - RETHINKING MENTAL HEALTH
MELBOURNE 21-22ND MAY 2020/SYDNEY 28-29TH MAY 2020

Book Online Now / propsych.com.au / info@propsych.com.au
Propsyched: PO Box 5292, South Melbourne Vic 3205 / Ph: 0411 987 664



EXTRA EARLY BIRD REGISTRATION
\$595 INC. GST
 (before 31st December 2019)

EARLY BIRD REGISTRATION
\$660 INC. GST
 (before 30th April 2020)

STANDARD REGISTRATION
\$770 INC. GST
 (after 30th April 2020)

(MORNING & AFTERNOON TEA AND LUNCH PROVIDED)

SYDNEY & MELBOURNE

Please see our website for full conference details and for accommodation, transport and other information: propsy.ch.com.au

CONDITIONS OF REGISTRATION AND CANCELLATION POLICY

1. Propsy.ch uses email as the preferred means of contact with conference delegates; to provide confirmations, conference updates and materials. Propsy.ch requests delegates to ensure our email is in your address book: info@propsy.ch.com.au 2. Registrations are considered valid and payable unless written notification is provided to Propsy.ch prior to the cancellation date: info@propsy.ch.com.au 3. Registrations cannot be confirmed until payment is received. Please note that the due date for invoices will be 30 days from the invoice date OR the cut off extra early bird, early bird or standard rates, whichever is sooner. 4. Every effort will be made to forward confirmation email within 14 days upon receipt of registration form AND payment. If you do not receive an email, please contact Propsy.ch ASAP: info@propsy.ch.com.au 5. Conference costs do not include accommodation or parking. 6. Cancellations: Refunds less an \$120 administration fee for cancellations received in writing via email or mail to Propsy.ch by 30th April 2020. No refunds will be issued after this date. Although Propsy.ch regrets the various circumstances that may prevent you from attending the conference, including illness and crises, due to the administration and logistics of organising this event, Propsy.ch cannot be responsible for any refunds after the 30th April 2020. Registrations may be transferred in full to another person but you must notify Propsy.ch in writing 3 business days prior to the event. 7. Registrations are considered valid and are payable unless notification is made in writing BEFORE the cancellation date to propsy.ch: info@propsy.ch.com.au 8. Upon completion of the online registration a tax invoice will be emailed to you. This email is a tax invoice and meets the requirements of the ATO. Please retain a copy for your records. If an individual tax invoice is required, please contact Propsy.ch by email: info@propsy.ch.com.au 9. One day and shared registrations: It is not possible for two people to share a registration at the two day rate. We offer a limited number of one day registrations. Please contact Propsy.ch for further details if you wish to register for one day only: info@propsy.ch.com.au 10. A professional photographer may be onsite to take photos during the MHIS Conference. Propsy.ch reserves the right to use all photos for promotional purposes 11. Accidents happen, people get sick or numerous other issues emerge in the long lead time in planning the MHIS Conference. While every effort is made to retain the integrity of conference programmes, there may be unforeseen circumstances that require changes. Propsy.ch reserves the right to alter the programme without notice.

The 2020 Mental Health in Schools Conference

Rethinking Mental Health

MELBOURNE 21ST-22ND MAY 2020
MELBOURNE CONVENTION CENTRE

SYDNEY 28-29TH MAY 2020
LUNA PARK FUNCTION CENTRE



propsy.ch

2020 MHIS CONFERENCE SUPPORTERS



FULL DETAILS AVAILABLE ONLINE

Conference Speakers
 Program
 Presentation Details
 Conditions of Registration
 ABN: 80 961 835 694
 W: propsy.ch.com.au
 E: info@propsy.ch.com.au
 P: 0411 987 664

POSTAGE
 PAID
 AUSTRALIA

PO Box 5292
 South Melbourne Vic 3205
www.propsy.ch.com.au

