

QUEENSLAND PERINATAL AND INFANT MENTAL HEALTH SYMPOSIUM 2022

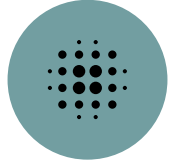
FAMILIES IN FOCUS:
STRENGTHENING MENTAL HEALTH IN THE PERIPARTUM



THURSDAY, FRIDAY 10TH & 11TH NOVEMBER.

GOLD COAST GRIFFITH UNIVERSITY,
IAN O'CONNOR BUILDING (G40)

WORKSHOP TIME TABLE



DAY 1

Thursday 10, November

The following workshops are half-day workshops that are repeated in the morning and afternoon. The workshops are offered face-to-face.

You can choose to attend two different workshops for the whole day, or just one in the morning or afternoon.

8.30am to 12.00pm
1.00pm to 4.30pm

JOY ELFORD

Marte Meo, Adelaide

Making the most of the moments.

8.30am to 12.00pm
1.00pm to 4.30pm

PATRICIA O'ROURKE

Introducing the Maternal Looking Guide (MLG): A one page clinical tool for early assessment and decision-making about the mother-infant relationship

8.30am to 12.00pm
1.00pm to 4.30pm

DOM ALFORD

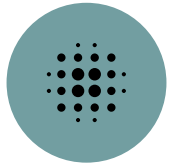
Support for Fathers project, Relationships Australia Victoria

'Working with Dads' training for professionals to engage dads and father-figures in their work. In this training you will build a dad-focused service, promote to dads effectively, learn about the different types of dads and support dads to create positive family relationships.

4.30pm to 6.00pm

WELCOME FUNCTION - NETWORKING EVENT

PLENARY SESSIONS TIME TABLE



DAY 2

Friday 11, November

7.30am to 8.30am

REGISTRATIONS OPEN

8.00am to 9.00am

OPENING ADDRESSES

Waijungbah Jarjums

Nicole Walsh – QCPIMH Statewide Consumer Consultant

Acknowledgement of Country

Consumer Address

9.00am to 10.30am

DR PATRICIA O'ROURKE AND DR JON JUREIDINI

Working perinatally with vulnerable families – Risky, challenging and a unique opportunity

10.30am to 11.00am

MORNING TEA AND SERVICE SHOWCASE

11.00am to 12.00pm

KEYNOTE SPEAKER

A/Prof Richard Fletcher, SMS4DADS, The Fatherhood Network

Working together to include fathers in perinatal mental health – good for dad, mum & baby

12.00pm TO 12.30pm

VIVIANNE KISSANE

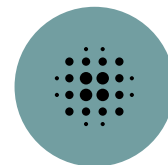
Peachtree Perinatal Wellness

Perinatal mental health lived experience (peer) workforce development – how to support peer workers to thrive in your service.

12.30pm to 1.30pm

LUNCH

PLENARY SESSIONS TIME TABLE



DAY 2

Friday 11, November

1.30pm to 2.00pm

DR CARLA MUERK

Partners in Prevention – Suicide crises among women and mothers during and around the time of pregnancy: prevalence, characteristics and future directions.

2.00pm to 2.30pm

LANE BROOKES

Aboriginal and Torres Strait Islander Liaison Officer, Roma Hospital

Supporting parenting and mental health in Aboriginal and Torres Strait Islander Peoples.

2.30pm to 3.00pm

LEE TOWN

Townsville HHS

Engaging new fathers in Townsville – The Thriving Communities Project.

3.00pm to 3.20pm

AFTERNOON TEA

3.20pm to 4.20pm

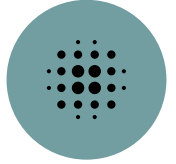
DEN DAVIES-COTTER
BEE SCHAECHER
VIVIANNE KISSANE
DR KA-KIU CHEUNG
DR SUSAN ROBERTS

Case Study with MDT panel discussion

4.20pm 4.30pm

CLOSING REMARKS

WORKSHOP PRESENTERS



DOM ALFORD

Working With Dads – Thursday

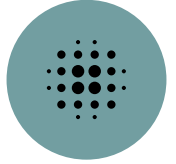
Dom Alford is the Program Leader of Support for Fathers at Relationships Australia Victoria and has been in this role for the past four years. Dom also leads respectful relationship education programs for young people and adults in workplaces, sports clubs and organisations.

He has worked in the welfare sector for 15 years across child protection, foster care, family services and teaching. Dom has experience facilitating fathers' groups, implementing father-sensitive practice and, through the Support for Fathers project, has developed an extensive network and knowledge base of fathers' programs and fatherhood research around Australia.

In the 'Working with Dads' training, participants will learn in depth about the Support for Fathers project, our fatherhood resources, professionals' toolkit and will:

- Learn what makes dads important
- Understand different ways to be a dad
- Discover dad-focused programs, research and work across Australia
- Learn how to promote to dads effectively
- Support dads to create positive family relationships
- Build a dad-focused service
- Plan for future work with dads

WORKSHOP PRESENTERS



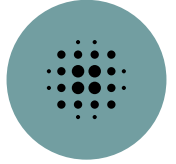
JOY ELFORD

Making the most of moments - Thursday

The workshop will use video vignettes of infants interacting with adults to show how many opportunities there are in daily life to support social and emotional development. The main elements of Marte Meo Supportive Communication Skills will be shared including the importance of 'following' the spontaneous initiatives of infants to promote connection and 'positive leading' to support co-operation. Participants will be able to immediately apply some of the Marte Meo style of communication in their daily practice.

Joy is a social worker with many years experience working with infants, children and their families at The Women's and Children's Hospital Adelaide, Child and Family Health Services, CAMHS and Child Protection Services at Flinders Medical Centre. Joy has been lecturing for the Certificate for Infant Mental Health for a decade and was a committee member for the Australian Association for Infant Mental Health, SA Branch, for many years. For the last four years Joy has taken up the full time role of training other professionals in the Marte Meo method as a Marte Meo Licensed Supervisor. The supportive communication skills training, originating from The Netherlands (Maria Aarts), is being well received across early education, allied health and disabilities with many participants attesting to better connections and relationships with infants, children and their families.

WORKSHOP PRESENTERS



PATRICIA O'ROURKE

Introducing the Maternal Looking Guide (MLG)

Thursday

Friday 9am to 10.30am

The MLG identifies and addresses a real-world problem – that mothers and babies can miss one another when they first meet in that precious time post birth – and that this can have long term health and wellbeing implications.

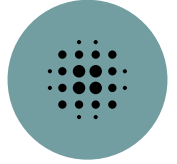
Using gaze to identify those dyads who will most benefit from immediate increased support, the MLG assists perinatal workers to sensitively respond at this critical developmental juncture for baby and mother and assists organisations to allocate scarce resources to those who most need them.

This interactive workshop will introduce the MLG and the accompanying training package providing participants with the opportunity to further develop their skills in observation, intuitive understanding and early assessment of mother-infant relationship.

Patricia O'Rourke (PhD) is a Child Psychotherapist and Psychodramatist. She is a Senior Lecturer with the Paediatric Mental Health Training Unit, Adelaide Medical School, University of Adelaide and a staff member with Psychodrama Australia. She is an Associate Editor of WAIMH Perspectives in Infant Mental Health.

Patricia has special interests in preventative work with infants and their families, child protection, reflective supervision and group work training and is a consultant, trainer and supervisor in private practice. Currently she is leading the rollout of the Maternal Looking Guide, an infant mental health based clinical assessment tool for perinatal professionals, across the Child and Family Health Service in South Australia.

SESSION SPEAKERS



DR JON JUREIDINI

Perinatal and Infant Mental Health Plenary
Friday 19.00am to 10.30am

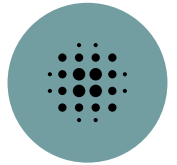
Jon Jureidini is a child psychiatrist who also trained in philosophy (PhD, Flinders University), critical appraisal (University of British Columbia) and psychotherapy (Tavistock Clinic). He heads Adelaide University's Critical and Ethical Mental Health research group (CEMH), which conducts research, teaching and advocacy to promote safer, more effective and more ethical research and practice in mental health; and the Paediatric Mental Health Training Unit (PMHTU), providing training and support to medical students GPs, allied health professionals, teachers and counsellors in non-pathologising approaches to primary care mental health. He held senior positions at WCH from 1990 - 2021, where his clinical work included child protection, immigration detention and indigenous mental health in remote areas.

Jureidini learnt most of what he knows about psychiatry growing up in a pub, from being a father, and from reading novels. He is chair of Australian-Palestinian Partnerships in Education and Health.

Dr Jon Jureidini and Dr Patricia O'Rourke will cover the following in their plenary session:

- *Working towards early decision making/reunification in the face of mental illness
- *The challenges, the risks (good and bad), and the window of opportunity for the baby, the family, the systems involved and the community
- *Finding a voice at each level of the system - starting with the infant
- *Working systemically and mindfully of social determinants of health
- *Keeping the baby in the room

SESSION SPEAKERS



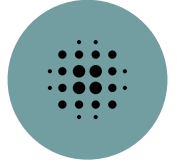
A/PROF RICHARD FLETCHER

Working together to include fathers in perinatal mental health –
good for dad, mum & baby
Friday 11.00am to 12.00pm

Richard Fletcher (PhD) is an Associate Professor in the Family Action Centre, Faculty of Health and Medicine, The University of Newcastle. His research has covered many aspects of fathering from fathers' use of YouTube, young fathers' roles, fathers' information needs, Aboriginal fathers' service use and father-child rough and tumble play. He has a particular interest in the role of professionals in building father-infant and father-child connection for the benefit of the whole family. He is the convenor of the Australian Research Alliance for Children and Youth (ARACY) national network of fatherhood researchers, The Australian Fatherhood Research Network. He teaches father-infant attachment and working with vulnerable fathers in the Masters of Family Studies at The University of Newcastle and in the Masters in Perinatal and Infant Health at the NSW Institute of Psychiatry. His book 'The Dad Factor: how father-baby bonding helps a child for life' was published by Finch has been translated into five languages.

SMS4dads has evolved through trials in SA, NSW and QLD to provide a national communication channel to reach and include fathers over the perinatal period. Particular features piloted in Queensland include links to fathers' groups and texting partners of mothers with mental health distress. In the next stage, comprehensive text-based support is being developed for First Nations fathers, partners of mothers with mental distress and fathers in rural and remote areas. In this presentation, a framework for Queensland-based clinicians and SMS4dads to collaborate toward common mental health targets will be described.

SESSION SPEAKERS



VIVIANNE KISSANE

Peachtree

Friday 12.00pm to 12.30pm

Viv is the Founder/CEO of Peach Tree Perinatal Wellness, a peer-led organisation based in Brisbane that specialises in perinatal mental health. Viv also sits as a founding member of the Queensland Lived Experience Workforce Network (QLEWN) and has been an active consumer representative for the last ten years.



DR CARLA MEURK

Partners in Prevention – suicide and homicide

Friday 1.30pm to 2.00pm

Dr Carla Meurk is Principal Researcher and Associate Head of the Queensland Centre for Mental Health Research Forensic Mental Health Group, and honorary senior fellow at The University of Queensland. Dr Meurk's expertise is in mixed methods translational research, linked data research, complex research governance, lived experience research, and e-learning to improve the use of evidence in mental health services development, delivery, and implementation. Her specific research interests are in understanding gender and crisis, and the needs of women who experience crisis during or around the time of pregnancy, including those who are, or are at risk of, contact with the criminal justice system.



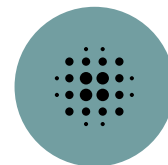
LEE TOWN

Program for Fathers

Friday 2.30pm to 3.00pm

Lee Town is a Father of 4 adult children & 2 Grandchildren. He is an Accredited Mental Health Social Worker that works at the CYMHS Team as the Ed LinQ Coordinator of the Townsville Hospital & Health Services. Since February 2020, as a volunteer he has been the convenor of Dads Group-Townsville that consists of presenting at antenatal classes, coordinating playgroups for Dads and hosting community events. He also facilitates Together in Mind sessions and loves supporting Dads to have an enriched connection with their children.

SESSION SPEAKERS



DEN DAVIES-COTTER

Case study with MDT panel discussion

Friday 3.20pm to 4.20pm

Ben is a clinical nurse consultant with over 22 years adult community mental health experience with extensive periods of employment in the ATODs, forensic and homeless sectors. Over the last four years, Den has focused his career in the Perinatal Mental Health area, based at the Mater Hospital South Brisbane, which is one of Australia's largest Maternity hospitals birthing 10,000 babies per annum. Through his work at the Mater, Den has developed a 'community-facing' hospital-based out-patient service for mothers and fathers experiencing perinatal mental health issues.



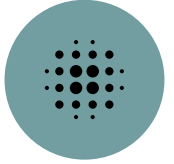
BEE SCHAECHÉ

Case study with MDT panel discussion

Friday 3.20pm to 4.20pm

Bee is a double graduate from Griffith University with a Bachelor of Nursing and a Master of Midwifery. Bee has been practicing fulltime as a Midwife with full scope of practice since 2007. Bee is an Eligible Midwife with many years practicing in and managing caseload models of care. Bee helped develop the Midwifery Navigator service at GCUH in early 2017 and continues to work in this role. The service is now known as the Millerri-Nyumbarian Midwifery Navigator service and caters to the unique individual needs of pregnant women with significant mental health disorders +/- current / recent substance use and / or with Child Safety involvement. The Midwifery Navigators work closely with the Perinatal Mental Health team, AODS, MFM, obstetrics, the neonatal care team, midwives in various models of care, Social Workers, the Child Protection Unit, NGOs and the dept of Child Safety. By definition, the Midwifery Navigators "navigate" the women through the myriad of multidisciplinary services that they may require, link them with appropriate support services, coordinate the woman's care and be responsible for developing, updating and ensuring smooth implementation of a Complex Management Plan. The Midwifery Navigators remain involved with the woman, her baby and family for up to 8 weeks postbirth. On a personal note, Bee is blessed with a wonderful partner, 2 beautiful daughters, an awesome son and an old sleepy Labrador dog.

SESSION SPEAKERS



DR SUSAN ROBERTS

Case study with MDT panel discussion
Friday 3.20pm to 4.20pm

Dr Susan Roberts has been working in the field of perinatal mental health for the past 25 years. She currently works as a perinatal psychiatrist at the Gold Coast University Hospital assessing and managing women from preconception through to the first postpartum year while supporting maternity, midwifery and child health services in their management of mothers, their infants and their families. Susan is also the Clinical Lead of Lavender Mother and Baby Unit, currently the only public 4 bed mother and baby unit in Queensland.

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