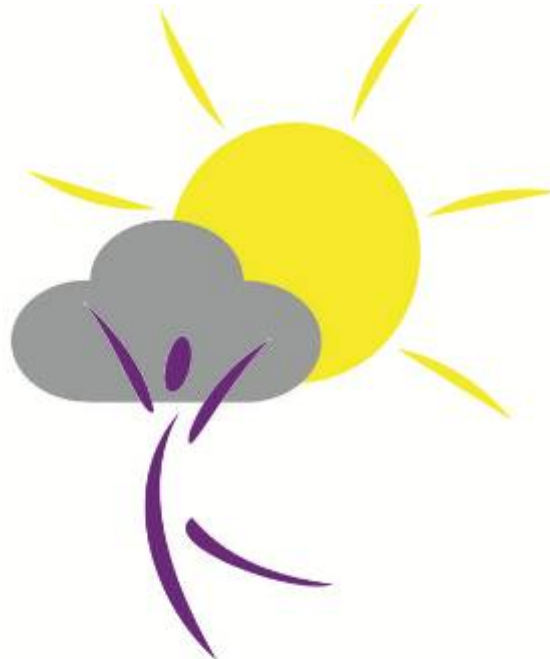




OT AUSTRALIA NSW

Australian Association of Occupational Therapists - New South Wales

OCCUPATIONAL THERAPY IN MENTAL HEALTH FORUM



RECOVERY & RESILIENCE

Friday 26th February, 2010

**Novotel on Darling Harbour
100 Murray Street, Darling Harbour**

You are invited to attend the 2010 OT Australia NSW "Occupational Therapy in Mental Health Forum". This forum has a long history of providing Occupational Therapists working in the field of mental health with an exciting opportunity for professional development and networking. We guarantee this year's forum will not disappoint!

The program includes two inspiring keynote speakers and a variety of workshops and paper presentations that explore the theme "**Recovery and Resilience**".

We all know that "being is doing", and in keeping with our theme we have arranged a special "Activities for Resilience" session.



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Keynote Speakers



Kath Thorburn

Kath Thorburn is a Mental Health Education Consultant and Senior Occupational Therapist at SSWAHS. She has 20 years experience in mental health, with a demonstrated commitment to understanding the concept of recovery and its implications for mental health work.

In her previous role as Coordinator of the Masters of Mental Health (Adult) at the NSW Institute of Psychiatry, Kath played a major role in the transformation of course curriculum to reflect and support a recovery-orientation. She also has extensive experience in the design and implementation of workshops and training on recovery and recovery oriented practice for public mental health services and NGOs.

As chairperson of the SSWAHS Recovery Education and Training Working Group and co-coordinator of the Facilitating Recovery and Recovery Oriented Mental Health Practice and Systems units of study, Kath has a particular interest in exploring mental health practices and services that support people in their self-directed journey of recovery, and promoting transformation at all levels of the mental health system.



Mary O'Hagan

Mary O'Hagan experienced severe mood swings and used mental health services for several years as a young woman. She slowly realised that, like her, many people were not helped or understood in the mental health system and some were deeply harmed by it. Society, in collusion with the mental health system, had also failed to uphold the rights and participation of some of its most marginalised citizens.

In response to this, Mary initiated the user/survivor movement in New Zealand in the mid 1980s. From 1991 to 1995 she was the first chair of the World Network of Users and Survivors of Psychiatry. Mary was a mental health commissioner in New Zealand between 2000 and 2007. She is now an international consultant in mental health. Over the last two decades she has occupied many roles in many types of agencies, always with an overriding commitment to promote service user expectations of services as well as their full participation in society.

Workshop Presenters



Michelle Meyer

Michelle is an occupational therapist with 20 years experience in mental health; working in a variety of settings including private psychiatric hospitals, community mental health, and private practice involving staff training and team consultation. Over the past 14 years Michelle has specialised in using Dialectical Behaviour Therapy with people who experience Borderline Personality disorder.



Samantha Ashby

Samantha qualified as an occupational therapist from the London School of OT in 1987. Since that time she has worked in a number of practice contexts including mental health, physical rehabilitation and occupational rehabilitation. She has been involved in professional education in the UK and NSW since 1997 and is currently a lecturer and PhD candidate in occupational therapy at the University of Newcastle.

Sandy Watson

Sandy Watson is an independent consumer consultant and experienced consumer educator who specialises in delivering consumer advocacy training. Sandy teaches at the NSW Institute of Psychiatry; runs workshops on advocacy and psychiatric disability awareness; and is concerned about the lack of initiatives for systemic consumer directed participation within Australian mental health services. She is currently studying a Masters in Policy Studies at UNSW. She has several interests including the challenge of homelessness and lack of affordable housing in urban Australia; and YouTube's impact on mental health consumer activism.



Theresa Novaks

Theresa has 10 years experience in acute mental health; with expertise in providing comprehensive services for dually diagnosed clients; treatment of eating disorders; OT intervention within acute mental health settings and the application of Dialectical Behaviour Therapy across multiple diagnostic groups. More recently her interest in sensory integration techniques has prompted her current research on the "Effects of a Comfort Room in an Acute Mental Health Unit".



Janet Meagher AM

Janet is the Divisional Manager–Inclusion for PRA, former Honorary Secretary of World Federation for Mental Health, inaugural Consumer Chairperson of the National Consumer & Carer Forum and international mental health consumer advocate, speaker and lecturer. For three decades Janet has worked to improve and effect change in status and recognition of mental health consumers, mental health rights, legislation, policies and education. She is an active member of numerous national and international boards for mental health care, an advisor, a multi–award winner, author, and Member of "Order of Australia".

Workshops

SESSION 1:

1. Risk Management – Mary O’Hagan

What does risk mean to professionals, service users and other stakeholders? How do we manage risk in response to the views of service users?

2. Mindfulness in Practice – Michelle Meyer

This workshop will look at the concept of mindfulness, its use with various populations and recent research in this field. Resources and strategies for teaching mindfulness skills and encouraging mindfulness practice will be presented.

3. The Use of MOHO and its Assessment Tools in Mental Health Practice – Samantha Ashby

The Model of Human Occupation is an occupationally-focused model of practice which can guide occupationally-based practice. This workshop will introduce the participants to the most recent edition of the Model of Human Occupation (MOHO). It will also explore how assessment tools derived from the MOHO (MOHO Screening Tool, Occupational Self Assessment, and Occupational Performance History Inventory (OPHI II)) can be used in Mental Health Practice. The focus will be on the assessment tools’ clinical utility as standardised instruments which can identify client’s occupational issues and act as outcome measures for occupational therapy interventions.

4. Health... is more than just Lifestyle! – Janet Meagher

Every individual with an experience of mental illness has the right to expect to have their iatrogenic effects addressed in all clinical and support environments. It is important to support chronic disease self management practices in mental health because: people with a mental illness have a significantly reduced life expectancy (15–25 years less than the wider population); 16% of all excess deaths are due to cardiac problems; metabolic syndrome is more prevalent in those with schizophrenia than population controls & is a predictor of early chronic heart disease; 5 times greater risk for diabetes and 2 times greater risk for respiratory disease. Services need to promote early intervention and active participation in self-care health management; enhance access to health care services through sustainable, culturally aware staged programs of care coordination; and develop primary prevention health promotion strategies that support the early detection of lifestyle risks and chronic disease. As health services start to become more aware of the serious health needs of people with a mental illness and acknowledge the interrelationship and shared importance of both a person’s physical **and** mental health we can start to develop meaningful strategies and resources that are effective in improving the access and use of health services to enhance the health outcomes of all people with a mental illness.

SESSION 2:

5. Recovery Planning – Mary O’ Hagan

What is a recovery plan? What collaborative processes should we use to develop, implement and review them?

6. Managing a Recovery Oriented Occupational Therapy Service – Kath Thorburn

This workshop is designed for current (and future) OT leaders and managers in mental health (or related) services who are interested in developing and sustaining recovery-oriented teams. Australian mental health services are beginning to explore the notion of recovery and its implications for practice and services, with a current emphasis on developing the recovery knowledge and attitudes of those working “on the ground”. Education and training alone is not enough to develop recovery-oriented services; the capacity of leaders and managers to translate a recovery vision into practice and to support cultural change is crucial. This workshop focuses on communicating a recovery vision, the role of leaders in changing service culture, the importance of a hopeful workforce, and supporting staff for the work of recovery.

7. YouTube & Consumer Videos – Sandy Watson

YouTube is a medium used for different purposes by various age groups. This fascinating presentation looks at both streaming video and photo-collage formats, drawing on a range of YouTube videos to explore current consumer video typologies. Adults living with diagnoses of mental illness are using YouTube as a mechanism for distributing footage of campaigns, consumer conferences or consumer interviews; making videos about mental illness, recovery, discrimination, and mental health services; and publishing artistic work such as puppet theatre, poetry and artwork, etc. Young girls who don’t identify with any consumer/survivor ideology use YouTube to network to express their views and experiences of eating disorders and/or borderline personality disorder, generating a new and disturbing genre filled with images of cut wrists, wafer thin girls and vomit in toilet bowls: photographic images that are the new ‘trading cards’ collected on Flickr, converted to video and posted on YouTube, viewed by thousands. Workers in mental health would benefit from being familiar with the existence, content and popularity of these videos.

8. The Effects and Experience of Implementing a Comfort Room on an Acute Mental Health Unit – Theresa Novak

Comfort rooms are specialised rooms which have available a range of sensory and comforting materials/resources to assist a distressed individual to relax and self soothe. Through the use of these items, consumers learn to manage their emotions in a self-directed, adaptive and effective manner, thus enhancing resilience and promoting recovery. This presentation includes tips on setting up a comfort room, preliminary findings regarding the effects on restraint and seclusion, consumers’ distress levels, length of stay, self-soothing skills and various other indicators. The workshop includes experiential learning!

Activities for Resilience

1. Yoga – Layla Weiss (Occupational Therapist and Yoga Teacher)
2. Mindfulness for Professionals – Michelle Meyer (Occupational Therapist)
3. Tai Chi – Kung Fu Republic Academy
4. Yes it's possible I can sing! – Angela Lewis (Occupational Therapist and Opera Singer)
5. Bollywood Dancing – Indian Dance School

Please note:

Participants will have the opportunity to attend two workshops and one activity for resilience on the day. Efforts will be made to accommodate first preferences however due to number constraint on some workshops this might not be possible always. In this instance preference will be given to those who register first.

Social Function – The Paradise Party

What would an OT forum be without a social function?!

Come along and continue to network with Occupational Therapists from far and wide at the **Paradise Party** poolside at the Novotel! Starts at 5pm

\$35.00 for a selection of hot and cold canapés

OR

\$40 for a selection of hot and cold canapés and a

“basketweaver cocktail”



Accommodation

Accommodation packages are available in Darling Harbour for forum delegates:

Novotel Sydney on Darling Harbour

4 ½ Star business class hotel

- Pyrmont View – AUD\$227.00 bed & breakfast for 1 person
- Harbour View – AUD\$256.00 bed & breakfast for 1 person

Ibis Hotel Darling Harbour

3 Star economy class hotel

- Pyrmont View – AUD\$161.00 bed & breakfast for 1 person
- Harbour View – AUD\$189.00 bed & breakfast for 1 person

Grand Mercure Apartments on Darling Harbour

4 ½ Star premium, boutique hotel

- Pyrmont View 2 Bedroom Apartment–AUD\$313.00 bed & breakfast for up to 2 people
- Harbour View 2 Bedroom Apartment–AUD\$398.00 bed & breakfast for up to 2 people
- Harbour View 3 Bedroom Apartment–AUD\$503.00 bed & breakfast for up to 3 people

For further information contact Melinda Olah: (02) 9288 7153 or www.accorhotels.com



Registration

Please complete the registration form below and send with payment to:

OT Australia NSW: **Unit 20/8 Avenue of Americas**
 Newington
 NSW 2127

or

Fax: (02) 9737 0023

Workshops/Activities: Number the workshops for Sessions 1 and 2, and activities for resilience in order of preference for attendance.

Social Function: Registration and payment for this event must occur prior to the forum.

Early Bird Registration

Register before **15th January 2010** to go into a draw to win a \$100 Co-op Bookshop voucher.

Final Date for Registration

The final date for registration is **12th February 2010**.

Please note:

OT Australia NSW office will be closed from 18th December 2009 – 4th January 2010.
Confirmation for registrations received during this time will be sent out ASAP after 4th January 2010.

Enquiries

Sarah Smith: 0411 021 218 sarah.smith2@sesiahs.health.nsw.gov.au

Kath Jones: 0422 007 321 kath.jones@justicehealth.nsw.gov.au

Registration Form

FIRST NAME: _____ LAST NAME: _____

MEMBERSHIP NUMBER: _____

Please tick the category/ies that apply to you

OT Association NSW member: \$80

Non-member: \$160

OT Association NSW student member: \$70

Student non-member: \$140

Yes, I will attend the Social Function following the Forum (please add \$35 or \$40 to the fee)

Total fee: \$ _____

PLEASE INDICATE PREFERRED MAILING AND EMAILING ADDRESS

HOME WORK

HOME ADDRESS DETAILS

STREET _____

SUBURB _____ STATE _____ POSTCODE _____

PHONE _____ FAX _____ MOBILE _____

EMAIL _____ Required for registration confirmation

WORK ADDRESS DETAILS

COMPANY NAME _____

STREET / PO BOX _____

SUBURB _____ STATE _____ POSTCODE _____

PHONE _____ FAX _____ MOBILE _____

EMAIL _____ Required for registration confirmation

DO YOU CONSENT TO YOUR WORK CONTACT DETAILS BEING PUT IN THE FORUM'S

WORKBOOK? YES NO

PLEASE NUMBER THE WORKSHOPS IN ORDER OF PREFERENCE (1-4) FOR ATTENDANCE

Session 1:

___ Workshop A: Risk Management

___ Workshop B: Mindfulness in Practice

___ Workshop C: The Use of MOHO and its Assessment Tools in Mental Health Practice

___ Workshop D: Health... is more than just Lifestyle

Session 2:

___ Workshop A: Recovery Planning

___ Workshop B: Managing a Recovery Oriented Occupational Therapy Service

___ Workshop C: YouTube and Consumer Videos

___ Workshop D: The Effects and Experience of Implementing a Comfort Room on an Acute Mental Health Unit

ACTIVITIES FOR RESILIENCE

___ Activity 1: Yoga

___ Activity 2: Mindfulness

___ Activity 3: Tai Chi

___ Activity 4: Yes it's possible I can sing!

___ Activity 5: Bollywood Dancing



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Do you have any special needs or support requirements that the venue should be made aware of to enable your attendance?

Please indicate any special dietary requirements (e.g. diabetic, vegetarian, food allergies)

Payment Information

Applications for registration MUST be accompanied by payment to secure your place at the forum. Payment may be made by cheque or Money Order payable to OT Australia NSW or you may fill in your credit card details

Please charge my Credit Card (please tick)																					
Visa <input type="checkbox"/>	Mastercard <input type="checkbox"/>																				
No other credit cards accepted																					
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Address to which the card is registered																					

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For Office Use Only
Cheque No _____
Invoice No _____
Amount Received _____

Please return this form, together with remittance and completed registration form to:
OT Australia NSW
Unit 20/8 Avenue of Americas
Newington
NSW 2127
Ph: (02) 9648 3225
Fax: (02) 9737 0023

Cancellation by Applicant
Refunds following cancellation by applicant as follows:
<ul style="list-style-type: none">• Cancellation more than 6 weeks prior to the course: 75% refund• Cancellation less than 6 weeks prior to the course: 50% refund• Cancellation 2 weeks or less prior to the course or failure to attend: NO refund
OT Australia NSW reserves the right to cancel the course
By signing below I indicate that I understand the terms and conditions of the registration
Signature of Applicant _____
Date _____