

Program

This program is interactive. You can click on each of the presenter sessions to view the presentation outline and presenter's biography.

The conference sessions will run on AEST – Queensland time

Agenda items highlighted in:

Dark Green and **Light Green** sessions will be available in person and online via OnAIR

Purple sessions will be available in person only

All sessions (excluding workshops) will be recorded and made available to delegates in the Resource Centre five business days after the conclusion of the conference.

Ready to register? [Click here](#)

To return to the website, [click here](#)

Please email the Conference Manager if you have any questions – imhc@anzmh.asn.au

The 2025 International Mental Health Conference reserves the right to amend or alter any advertised details relating to dates, program and presenters if necessary and without notice, as a result of circumstances beyond their control. All attempts will be made to keep any changes to an absolute minimum.

Tuesday, June 3, 2025

	Pre-Conference Optional Activity ~ Spaces are strictly limited - secure your place today ~			
3:00 PM - 5:30 PM	Pre-Conference SkyPoint Experience Experience 360° views of the Gold Coast from Australia's tallest building! One of Queensland's most iconic tourist attractions, SkyPoint offers panoramic views extending down to the New South Wales border and out to the magnificent Gold Coast Hinterland. Enjoy delicious canapés and a welcome drink while you make new connections and watch the sunset from a unique vantage point 230 metres above Surfers Paradise. \$90pp (includes entry to SkyPoint, bus transfers, canapes and arrival drink). Please note: spaces at this event are strictly limited and will sell out. Secure your place today!			

Wednesday, June 4, 2025

	Diamond Ballroom I: In-Person & Virtual via OnAIR	Diamond Ballroom II: In-Person Only	Diamond Ballroom III: In-Person Only	Cullinan Room: In-Person Only
7:30 AM - 8:30 AM	Registration & Exhibition Open Welcome! Come and say hello to the Conference Team and collect your name badge!			
8:30 AM - 9:00 AM	Welcome to the 2025 International Mental Health Conference			
9:00 AM - 10:00 AM	The Plenty Paradox: How the Pursuit of Pleasure Leads to Pain... and What to do About It Anna Lembke, MD, Professor of Psychiatry at Stanford University and author of the New York Times bestseller Dopamine Nation: Finding Balance in the Age of Indulgence (Dutton 2021)			
10:00 AM - 10:30 AM	The Position and Influence of Lore in Social and Emotional Wellbeing Dr Clinton Schultz – Director, First Nations Strategy and Partnerships, Black Dog Institute			
10:30 AM - 11:00 AM	Day 1 Morning Tea			
	Panel - Diamond Ballroom 1 (In-Person & Virtual via OnAIR) Chair: Jason Haitana	Workshop 1 - Diamond Ballroom 2 (In-Person Only) Chair: Emily Preston	Workshop 2 - Diamond Ballroom 3 (In-Person Only) Chair: Sandra Surace	Workshop 3 - Cullinan Room (In-Person Only) Chair: Andrew Greenshaw

11:00 AM - 12:00 PM	Pacific Mental Health in Aotearoa New Zealand Dr Sarah Kapeli, Dr Sam Manuela, Dr Veronica Tone-Graham, Dr Analosa Veukiso-Ulugia, University of Auckland	Co-Designing Digital Support Tools: An Interactive Experience with an AI Grief Guide Simon Lowe, People Tech Revolution & Prof Evonne Miller, QUT	~LIVESTREAM~ Mastering Emotional Intelligence for Well-Being and Success Dr. Marc Brackett PhD, Founding Director of the Yale Center for Emotional Intelligence and author of Permission to Feel	Constructing an Interdisciplinary Integrative Care Program Using Ketamine Infusions and Adjunct Psychotherapy Rachelle Dawson, David Armstrong, Carla Santarossa, Ross Calear, Zed3 Medical Group
12:00 PM - 1:00 PM	Day 1 Lunch			
	~IN PERSON & VIRTUAL~	~IN-PERSON ONLY~		
	Revolutionising Mental Health: Innovations, Challenges and Global Perspectives Chair: Emily Preston	Strengthening Lived Experience and Community Support: Advocacy, Research and System Transformation Chair: Assoc Prof Jacinta Hawgood	Bridging Gaps: Addressing the Needs of Diverse Populations Chair: Katherine Koh	Innovations in Workplace Mental Health & Wellbeing: Research to Action Chair: Martina McGrath
1:00 PM - 1:20 PM	Digital Hype or Help? Unpacking the Evidence behind Digital Solutions Heidi Sturk, eMHPprac QUT	Lived Experience at the Heart of a New Regional and Rural Mental Health Campaign Monica McInnes, Murrumbidgee Primary Health Network	Mental Health, Service Gaps and Community Support for Carers in Australia Dr Lukas Hofstatter, Carers NSW	Support Me! An Exploration of Social Support Used by Social Workers and Mental Health Nurses Associate Professor Ruby Walter, RMIT University
1:25 PM - 1:45 PM	mHealth App as an Aftercare Resource for Relapse Prevention Post AOD Residential Rehabilitation Melinda Symon, Hader Clinic Queensland Private	Training Young Mental Health Advocates: How Batyr Creates Impactful Outcomes for the Next Generation's Storytellers Genesis Lindstrom, Batyr	Inclusive Voices, Equitable Wellness: The Future of Mental Health Dr Mansai Murthy Mittinty, Flinders University	Space for Space Holders: Embedding Trauma-Informed Wellbeing in Mental Health Organisations Amy Smith, Kindred & Consulting with Purpose
1:50 PM - 2:10 PM	Nature-Based Therapy: Bridging Mental Health and Environmental Well-Being for Holistic Healing Kit Kline, Nature Based Therapy	Exploring Loneliness in Mental Illness and Its Impact on Recovery: An Integrative Review Vanessa Caple, La Trobe University	Developing Australia's First Community Mental Health and Wellbeing Sector Workforce Strategy Chloe Jesson, Queensland Alliance For Mental Health	Uptake and Experience of Mental Health Crisis Support at Adelaide's Urgent Mental Health Care Centre Lainey Reynolds, Ashleigh Gallagher & Taila Leonello, Neami National
2:15 PM - 2:35 PM	Network Psychopathology: Leveraging Vulnerability and Simulation Modelling for Effective Mental Health Triaging Jonathan Yap & Haikel Muhamad, National University of Singapore	Hope and Resilience - Caring for Yourself While Supporting a Loved One with a Mental Illness Sophie Bretag, Metta Leaders	Reducing Weight Stigma and Supporting Meaningful Eating Behaviour Change Using Mindfulness and Values Jacinta Sherlock, The ACT Dietitian	Supporting the Shakey Bridge, Supporting Nurses to Stay Kate Hocknull, Charles Darwin University
2:35 PM - 3:00 PM	Day 1 Afternoon Tea			
	Join us for these inspiring Keynote Sessions			
3:00 PM - 3:10 PM	A World First: Introducing the National Centre for Workplace Mental Health & Wellbeing Margo Lydon, Establishment Co-Lead, National Centre for Workplace Mental Health & Wellbeing			
3:10 PM - 3:40 PM	Just Listening: A Revolutionary Response to Distress and Connection Matt Ball, Founder and Director of the Humane Clinic, a Nurse Practitioner and Psychotherapist			

3:45 PM - 4:15 PM	<p align="center">Growing the Skills and Capacity of the Social and Emotional Wellbeing (SEWB) Workforce in Regional/Remote Indigenous Communities</p> <p align="center">Tegan Scheffe, Managing Director - TLS Indigenous Consultancy</p>
4:20 PM - 4:50 PM	<p align="center">Adapting to New Challenges: Resilience, Advocacy, and Inclusion in the Face of Adversity</p> <p align="center">Nathan Stapleton, Disability awareness & mental health advocate & former professional NRL athlete</p>
4:55 PM - 5:10 PM	<p align="center">Poster Presentations</p> <p align="center">Click to view the list of posters on display for the duration of the conference</p>
5:15 PM - 6:30 PM	<p align="center">Welcome Networking Event</p> <p>You're invited to join us at our conference welcome event! Held beachside at the conference venue, this relaxed and engaging event provides the perfect opportunity to connect with friends, industry peers, sponsors and exhibitors while enjoying live music and light refreshments. Cost: Included for 2-day conference registrations. Additional tickets for day registrants and accompanying persons can be purchased for \$129.00 (incl GST) per ticket. Includes: Entertainment, light canapés and beverages</p>

Thursday, June 5, 2025

	Diamond Ballroom I: In-Person & Virtual via OnAIR	Diamond Ballroom II: In-Person Only	Diamond Ballroom III: In-Person Only	Cullinan Room: In-Person Only
6:30 AM - 7:30 AM	<p align="center">Trauma Informed Yoga Class by Mollie Cox, Owner of Jala Yoga</p> <p>Morning Yoga is the perfect way to wake up the mind and body so you can start your day fresh! Join Mollie Cox from Jala Yoga for this trauma-informed Yoga session which is suitable for all levels and body capabilities.</p>			
8:00 AM - 8:30 AM	<p align="center">Day 2 Registration Open</p>			
8:30 AM - 8:40 AM	<p align="center">Day 2 - Conference Opening</p>			
8:40 AM - 9:10 AM	<p align="center">Engaging People with Lived Experience: Overcoming Barriers and Ensuring Meaningful Involvement</p> <p align="center">Emma Elder, Lived Experience Program Lead at the Black Dog Institute, UNSW</p>			
9:15 AM - 10:00 AM	<p align="center">Transforming Workplace Cultures: Practical Strategies for Promoting Mental Wellbeing</p> <p align="center">Mary Ann Baynton, CEO, Mary Ann Baynton & Associates Corp.</p>			
10:05 AM - 10:35 AM	<p align="center">Beyond Diathesis-Stress: Differential Susceptibility as a Model for Trauma and Addiction Recovery</p> <p align="center">Resh Joseph, Clinical Director, Highlands Recovery</p>			
10:35 AM - 11:05 AM	<p align="center">Day 2 Morning Tea</p>			
	IN-PERSON & VIRTUAL	IN-PERSON ONLY		
	<p align="center">Innovations in Workplace Mental Health and Wellbeing: Research to Action</p> <p align="center">Chair: Sandra Surace</p>	<p align="center">Global Mental Health, Wellbeing Crises: Responding to Emerging Challenges</p> <p align="center">Chair: Ellie Hodges</p>	<p align="center">Igniting Hope & Inclusion</p> <p align="center">Chair: Iudita Trifa-Schmidt</p>	<p align="center">Interdisciplinary Approaches: From Community Engagement to Educational Enhancement.</p> <p align="center">Chair: Assoc Prof Jacinta Hawgood</p>
11:05 AM - 11:35 AM	<p align="center">Revolutionising Mentally Healthy Workplaces – Forging a Path to Global Leadership</p> <p>Margo Lydon, National Centre for Workplace Mental Health & Wellbeing</p>	<p align="center">Understanding and Exploring Work-Related Suicide: Insights from Recent Reviews and Legislative Changes</p> <p align="center">Jamie Mallinder, Sentis</p>	<p align="center">Educators' Experiences Working in Remote First Nation Schools Influence How They Teach Mental Health Literacy</p> <p align="center">Anna Wilson, University of Alberta</p>	<p align="center">“Just the Feeling of Being Stuck”: Stories of Homelessness While Young in Aotearoa New Zealand</p> <p align="center">Dr Mary Buchanan, University of Otago</p>
11:40 AM - 12:10 PM	<p align="center">Unveiling the Blueprint: Practical Insights from Psychosocial Hazard Research</p> <p align="center">Dr Tessa Bailey, The Opus Centre</p>	<p align="center">Details of this exciting presentation coming soon.</p>	<p align="center">Advancing Inclusivity in Health Datasets: Leveraging the ABS 2020 Standard</p> <p align="center">Nicky Bath, Lgbtiq+ Health Australia</p>	<p align="center">Soaring Towards Zero</p> <p align="center">Clare Pearson, Little Wings</p>

12:15 PM - 12:45 PM	Should We Be Screening for Mental Ill Health in High-Risk Workforces? Results of a Cluster Randomised Control Trial Prof Samuel Harvey, UNSW Sydney & Black Dog Institute	Addressing the Mental Health of the Australian Entertainment Industry Julia Edwards, Entertainment Assist (HPC) Ltd	Cultivating Mental Health Awareness: Exploring Strategies for Suicide Prevention and Supportive Culture Sean Phillip, The Shaka Project	Supporting Those Who Support Others: Contemporary Supervision Practices and Wellbeing Training Anita Morris & Lani Peach, Solutions Together
12:45 PM - 1:40 PM	Day 2 Lunch			
	Strengthening Lived Experience & Community Support: Advocacy, Research and System Transformation Chair: Martina McGrath	Strengthening Systems & Teams Chair: Zoey Ka	Navigating the Digital Age: AI, Social Media & Cybersecurity in Mental Health Chair: Heidi Sturk	Promoting New Approaches in Mental Health Chair: Simon Rinne
1:40 PM - 2:00 PM	Better Outcomes: Combination Peer Support Intervention (PSI) and Psychological Therapy (PT) in Online Digital Space William Campos, Independent Community Living Australia	Empowering Managers with Skills to Support Mental Health in the Workplace Aimee Gayed, Black Dog Institute	How to Bridge the Gap Between Traditional Therapy and AI Sally-Anne McCormack, ANTSA Pty Ltd	Cultivating Wellbeing: Exploring Practical Nature-Based Strategies for Burnout Prevention Peta Jay, Nature Zen
2:05 PM - 2:25 PM	Co-Designing a Child and Family Health and Wellbeing Local with Families in Southern Melbourne Dr Jennifer Bibb, University of Melbourne	A Strengths-Based Exploration of Integrated Care in Specialist Mental Health and Addiction Services in Aotearoa Brooke Craik, University Of Otago	Navigating the Manosphere: Addressing Online Misogyny's Impact on Adolescent Male Mental Health Cameron Fraser, Inyourskin	Promoting Family Mental Health through Attachment: The Good Enough Parenting Cards Project Daisy Ashworth & Peter Butler, Communicare
2:30 PM - 2:50 PM	At What Cost? The Experiences of Families and Other Carers in Queensland Sue Goodwin, Arafmi	Burnout Prevention in Mental Healthcare: Beyond Self-Care to Intentional Mental Strength Nikki Butler, Child Focused Consultancy	Mental Health - Large Language Models and the Impending Generative AI Tsunami: Whatever Shall We Do? Andrew J Greenshaw PhD, University of Alberta & Taimi Allan, Mental Health Commissioner for South Australia	Promoting Gut Function to Correct Depressive Symptoms Prof Luis Vitetta
2:50 PM - 3:15 PM	Day 2 Afternoon Tea			
	Join us for our closing Keynote Sessions & Conference Closing			
3:20 PM - 3:50 PM	The Mental Health Implications of Climate Change: Understanding Eco-Emotions and Suicidality Prof Kairi Kølves Professor - Australian Institute for Suicide Research and Prevention, Director - WHO Collaborating Centre for Research and Training in Suicide Prevention, School of Applied Psychology, Griffith University			
3:55 PM - 4:55 PM	~LIVESTREAM~ The Power of Emotional Intelligence to Transform Wellbeing and Success Dr. Marc Brackett PhD, Founding Director of the Yale Center for Emotional Intelligence and author of Permission to Feel			
5:00 PM - 5:10 PM	Conference Closing & Prize Draw			