

# Kindling the Flame: Promoting Mental Health and Wellbeing

February 21st-23rd, 2007

The Hyatt Hotel, Perth, Western Australia



*Images supplied courtesy of Tourism Western Australia*

**This International Conference is an initiative of The Clifford Beers Foundation in association with Mental Health Promotion Action Link.**





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Charity Registration number 3231433**

# Welcome....

There is growing and compelling evidence that promoting mental health and wellbeing in individuals, communities and workplaces makes a difference. There are social and economic benefits for each of us, our families, our employers and our governments. The theme of the Conference '**Kindling the Flame: Promoting Mental Health and Wellbeing**' is very timely as we now recognise mental health promotion will only be improved through the collective action of society. A successful outcome depends upon action, not only from government but from a range of sectors including business and commerce, education, labour, justice, health and social welfare and transport.



This Conference will drive the agenda forward and provide the setting to:

-  promote further discussion on the status and challenges of mental health promotion;
-  seek political and other support for mental health promotion initiatives;
-  exchange innovative ideas and practices;
-  create new concepts, methods of evaluation and indicators to raise awareness of models of best practice.

Please join with us in turning the vision into reality.

*Michael C Murray*  
Chief Executive, The Clifford Beers Foundation

**The Clifford Beers Foundation** was founded “to promote the protection and promotion and preservation of the good mental health of people irrespective of race, colour, creed or place of residence and to advance education for the public benefit in all matters relating to mental illness/disorder and into steps necessary to promote and protect mental health”. To this end the Foundation has established a global network of experts in the field of mental health promotion, commissioned the International Journal of Mental Health Promotion, acted as advisers to national and international agencies and has organised and presented a range of conferences to multinational audiences.

**Mental Health Promotion Action Link (MHPAL)** is a recognised group of individuals interested in the promotion of mental health and wellbeing in Western Australia. The group was established in 2002 following the launch of the Western Australian Mental Health Promotion and Illness Prevention Policy. The group provides a forum for coordinated action and advocacy for mental health promotion. MHPAL has a growing membership from a range of regions and sectors, including non-government mental health agencies, universities, carer and consumer groups, community members and government departments including Health, Education and Training, and Community Development. The group meets regularly to provide professional development and networking opportunities. An email network and newsletter keep members informed of relevant and current issues in practice and research.

MHPAL's objectives are to improve the capacity for mental health promotion statewide by:

- Promoting the importance of mental health promotion across sectors and communities
- Advocating for and supporting mental health promotion research, policy, practice and infrastructure
- Encouraging evidence-based policy and practice

## Who should attend?

The Conference provides an opportunity for leaders, experts and practitioners from a range of disciplines to discuss effective promotion and prevention strategies and influence policy makers and administrators.

Participants are invited from:

- 🕯️ policy makers and policy administrators in local, state and national governments;
- 🕯️ professionals, clinicians and practitioners in health, social, justice and education settings;
- 🕯️ researchers and scientists;
- 🕯️ representatives of organisational settings, e.g. local government, non-government and workplace organisations; and,
- 🕯️ anyone with an interest in promoting mental health and wellbeing.

## Overall conference aims: mental health promotion

- 🕯️ To profile innovative initiatives within mental health promotion.
- 🕯️ To provide successful partnerships and practices within mental health promotion.
- 🕯️ To enable the establishment of links between those engaged in promoting mental health and wellbeing across different sectors.
- 🕯️ To challenge and extend current perceptions of mental health promotion.

## Conference themes

- 🕯️ Construct of mental health - what does it mean to be mentally healthy?
- 🕯️ Influences on mental health (social determinants and protective factors)
- 🕯️ Who is responsible for mental health promotion?
- 🕯️ How do you do mental health promotion?
- 🕯️ Mental Health Promotion 2007 and beyond.

## Conference objectives

- 🕯️ To facilitate exploration of the concept *being mentally healthy*, and how this is relevant to the development of specific mental health promotion practices.
- 🕯️ To identify social determinants and protective factors that influence mental health and processes/strategies targeting these.
- 🕯️ To profile mental health promotion initiatives that impact on international, national, state and/or local policy and procedures.
- 🕯️ To explore who is responsible for mental health promotion.
- 🕯️ To provide successful mental health promotion initiatives involving partnerships across sectors.
- 🕯️ To provide practical information regarding the design, implementation and evaluation of effective mental health promotion strategies.
- 🕯️ To provide a forum for exploration, discussion, debate and planning for the future of mental health promotion for individuals, families, communities, societies and globally.

# Keynote speakers include..



**Margaret M. Barry** is Professor of Health Promotion and Public Health at the Department of Health Promotion, National University of Ireland, Galway. Research interests include mental health promotion, public perceptions of mental health and health inequalities, evidence-based practice and programme evaluation in health promotion, together with involvement in large-scale national, cross-border, international and EU funded projects. Margaret is a temporary advisor to the WHO and member of the WHO Global Support Group for Strategic Partnerships for Health Promotion and the New Public Health. She is a Board member of the Clifford Beers Foundation and elected member of the Global Board of Trustees of the International Union for Health Promotion and Education (IUHPE) for the period 2004-2010. Margaret has held previous posts at the University of Birmingham, Trinity College, Dublin, was Deputy Director of the Health Services Research Unit at University College North Wales and Visiting Lecturer in 2002 at the World Health Organization Collaborating Centre at the Institute of Psychiatry, King's College, London.

**Richard Eckersley** is a visiting fellow at the National Centre for Epidemiology and Population Health at the Australian National University, Canberra. His work explores issues to do with progress and wellbeing, and whether life is getting better or worse. Richard's work has been brought together in a book, 'Well & Good: Morality, meaning and happiness' (Text, 2004, 2005). He has published over 100 journal papers, book chapters, monographs, and specialist magazine articles and he is a co-author of a national index of subjective wellbeing, the first of its kind in the world, and the Wellbeing Manifesto, published by the Australia Institute in 2005.



Richard's former positions include: ministerial consultant in two Commonwealth Government portfolios and principal issue analyst in the Office of the Chief Executive of CSIRO. He is also a member of the board of Families Australia, the ACT Government's Community Inclusion Board; and a director of Australia 21.



**David McQueen** is a Senior Biomedical Research Scientist at the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, (an agency of the U.S. Department of Health and Human Services). Since 1998 he has been the Associate Director for Global Health Promotion in the Office of the Director at the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). Before joining CDC David was Professor and Founding Director of the Research Unit in Health and Behavioural Change at the University of Edinburgh, (1983-92), and prior to that Associate Professor of Behavioral Sciences at Johns Hopkins University School of Hygiene and Public Health in Baltimore. He has an extensive record of presentations and publications in health promotion, chronic disease prevention and evaluation in public health. Currently he is Global Vice president for Scientific and Technical Development of the International Union for Health Promotion and Education (IUHPE), leader of the IUHPE Global Programme on Health Promotion Effectiveness and Chair of the International Scientific Committee for the IUHPE Global Conference in Vancouver Canada in 2007.

**Juan Mezzich**, Juan E. Mezzich, President of the World Psychiatric Association is Professor of Psychiatry and Director, Division of Psychiatric Epidemiology and International Center for Mental Health, Mount Sinai School of Medicine, New York University. He is Chair of the WPA Workgroup on International Classification and Diagnostic Systems and Chair, WHO Workgroup on Mental and General Health, Comorbidity. Previous professorial positions in psychiatry include Stanford University and the University of Pittsburgh. He was awarded the Simon Bolivar Award of the American Psychiatric Association, Doctor Honoris Causal at Athens University (Greece) Cordoba University (Argentina) and University of Cluj-Napoca (Romania) and Honorary Professorship at Cayetano Heredia Peruvian and Belgrade (Serbia) Universities. Juan is author/coauthor of over 200 scientific journal articles and book chapters and of 20 books and monographs. He is Editor/coeditor of two international psychiatric journals and editorial board member of 12 other psychiatric journals. Current research includes New International Classification and Diagnostic Systems (ICD-11 and Comprehensive Diagnostic Model), and Mental and General Health Comorbidity.



**Dr. Rob Moodie** is CEO of the Victorian Health Promotion Foundation (VicHealth). After graduating in medicine from Melbourne University in 1976, he spent years in African refugee camps and working with Australian indigenous people, dealing with complex public health issues in difficult conditions. From the late 80's he spent many years in various roles developing and leading HIV/AIDS prevention and management programs for Australian and international settings. These included a number of consultant posts with the WHO Global Program on AIDS, the United Nations Development Programme, and AusAID. In 1992-95 he was the Head of the International Health Unit at Macfarlane Burnet Centre for Medical Research in Melbourne, and from 1995-98 Director, Country Support, Joint UN Program on AIDS. Rob is co-editor of three books, including "Hands on Health Promotion", and has been CEO of the Victorian Health Promotion Foundation since 1998. He is currently Chair of the Premier's Drug Prevention Council, and is Vice-President of the International Union of Health Promotion and Education.

**Prof. B. Raphael** is Professor of Population Mental Health and Disasters & Director, Centre for Scientific and Collaborative Investigation of Mental Health Adversities (SCIMHA), University of Western Sydney; Emeritus Professor in Psychiatry from the University of Queensland and holds professorial appointments at the Universities of NSW, Sydney, and Newcastle. She is chair of the National Promotion and Prevention Working Party. Beverley is responsible for the development of Population Mental Health approaches in Australia and their scientific underpinnings in policy through the Mental Health Clinical Care and Prevention model. She is an internationally recognised expert in the field of trauma, grief and disasters and has been a consultant to the World Health Organization, to the Australian and a number of international governments. In addition to publishing over 200 scientific articles and chapters she has written two books: The Anatomy of Bereavement (1983) and When Disaster Strikes (1986) and edited three books: International Handbook of Traumatic Stress Syndromes (with J. Wilson 1993); Handbook of Preventive Psychiatry (with G. Burrows 1995); and Stress Debriefing (with J. Wilson 2000).



**Dr. Martin Shain** is Founder and Director of the Neighbours at Work Centre, dedicated to the promotion of fairness and reasonableness in employment and other contractual working relationships. The Centre undertakes research, evaluation, policy and program development, education and training activities. <http://www.neighbouratwork.com/> Martin is also a Senior Scientist at the Centre for Addiction and Mental Health in Toronto, cross-appointed with the Department of Public Health Sciences in the Faculty of Medicine at the University of Toronto. His background includes a Doctorate in Law and a Diploma in Criminology.


During the past last fifteen years Martin's interests have been focused for the on ways of modifying the organization and design of working and learning environments to make them both more health promoting and effective. He writes and speaks extensively on the subject of health, productivity and social capital.

# Conference format

During the three days of the Conference there will be two keynote presentations for each of the five themes. Following the presentations on each theme, the Conference will then break into symposia/workshops. There will be a gallery for posters, which will be displayed throughout the Conference.

The structure of the Conference is:

## Wednesday Morning

 **Construct of mental health - what does it mean to be mentally healthy?**

## Wednesday Afternoon

 **Influences on mental health (social and economic determinants and cultural factors)**

## Thursday Morning

 **Who is responsible for mental health promotion?**

## Thursday Afternoon

 **How do you do mental health promotion?**

## Friday Morning

 **Mental Health Promotion 2007 and beyond.**

## Friday Afternoon

 **Planning for the future.**

The five parallel symposia/workshops in each of the five sessions will consider the identified workshop theme, taking one of the following perspectives:

-  Workshop 1: **Individual**
-  Workshop 2: **Family**
-  Workshop 3: **Community**
-  Workshop 4: **Organisational**
-  Workshop 5: **Societal/Global**

The following example shows the first session, Wednesday morning:

Symposia/Workshops: What does it mean to be mentally healthy?					Poster sessions
Symposia/Workshops	Symposia/Workshops	Symposia/Workshops	Symposia/Workshops	Symposia/Workshops	
1	2	3	4	5	
Individual	Family	Community	Organisational	Societal/Global	

In the closing session on Friday afternoon, summaries, future action and proposals for 2007 onwards will be debated.

## Organisations supporting the Conference

Auseinet

beyondblue; the national depression initiative

Department of Health and Ageing

Department of Health Western Australia

INTERCAMHS

International Union for Health Promotion and Education (IUHPE)

Mental Health Foundation of New Zealand





Public Health Association of Australia (WA Branch)

Vic Health

Western Australian Association for Mental Health (WAAMH)

## Submission of abstracts

Potential presenters at the Conference are invited to submit abstracts of their proposed:








-  paper (15 minutes presentation plus five minutes question time)
-  symposia (a collection of papers, including question time, totalling 80 minutes)
-  interactive workshop (80 minutes)
-  innovative presentation (80 minutes)

for consideration by the Scientific Committee.

Papers must address the Conference themes with preference given to papers reporting on initiatives that have been subject to systematic evaluation and have learning outcomes for other organisations.

The closing date for submission of abstracts is 31st July 2006. All abstracts will be acknowledged on receipt, and authors notified of their standing not later than 31st August 2006.

## Procedure for submitting abstracts

-  Further details and up-to-date information on abstract submission will be available on The Clifford Beers web site: [www.cliffordbeersfoundation/perth.htm](http://www.cliffordbeersfoundation/perth.htm)
-  All abstracts must be submitted in electronic format, in any version of Microsoft Word or compatible programme. They should reflect and identify the particular theme that the paper supports. The length should be no more than 400 words and they must arrive no later than 31st July 2006.
-  All correspondence relating to abstracts, including emails, **must be in the name of the principal author** who will remain the main contact point.
-  Abstracts should be double spaced and use 12 point Times New Roman font. They should include the title of the paper on one line and the author(s) on a separate line before the body of the abstract.
-  Abstract submission forms are available in Microsoft Word format from: [abstracts@charity.demon.co.uk](mailto:abstracts@charity.demon.co.uk). They will soon also be available from The Clifford Beers web site: [www.cliffordbeersfoundation.co.uk/perth.htm](http://www.cliffordbeersfoundation.co.uk/perth.htm). Abstracts should be emailed to [info5@eventedge.com.au](mailto:info5@eventedge.com.au), accompanied by a completed abstract submission form.
-  All presenters must register as delegates for the Conference and pay the delegate fees within one month of notification that their paper has been accepted.
-  The organisers reserve the right to offer a poster presentation to authors as an alternative to a full presentation.

## Registration and accommodation

For information on how to register and details of accommodation, please visit: <http://www.eventedge.com.au/kindlingtheflame2007/>

## Keep up to date

If you would like to be kept up to date with the latest information on the Conference, please email [perth@charity.demon.co.uk](mailto:perth@charity.demon.co.uk) and include 'Perth Mailing List' in the email subject/header.