



PREVENTIVE MENTAL HEALTH SYMPOSIUM 2024

***'WORKING TOGETHER TO PROMOTE AND
PROTECT AUSTRALIANS' MENTAL WELLBEING'***

Tuesday 12 March 2024

Pullman Albert Park, Melbourne, VIC



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Exhibitor





TIME	SESSION	ROOM
8:00am - 2:45pm	Registration Open	
Opening Session – Setting the scene		
Chair: Dr Stephen Carbone , CEO, Prevention United		
9:00am - 10:45am	<p>Acknowledgement of Country</p> <p>Introduction and setting the scene Speaker: Mr Terry Slevin, Chief Executive Officer, Public Health Association of Australia</p> <p>Introduction Speaker: Mr Greg Jennings, Chief Engagement Officer, Beyond Blue</p> <p>Welcome Address (video) Speaker: The Hon. Emma McBride MP, Assistant Minister for Mental Health and Suicide Prevention</p> <p>Address Speaker: The Hon. Ingrid Stitt MP, Victorian Minister for Mental Health</p> <p>What are promotion and prevention and why are they important? Speaker: Professor Anthony Jorm, Professor Emeritus, Centre for Mental Health, Melbourne School of Population and Global Health, University of Melbourne</p> <p><i>Despite large increases in the provision of mental health services over the past 20 years, the mental health of Australians has not improved. A possible reason is that prevention has been neglected. There are a range of prevention programs that work and have a positive return on investment, which are not being implemented. However, major benefits will require action on early childhood adversities and other social determinants of mental ill health.</i></p> <p>What do we know about Australians’ mental health Speaker: Professor Tim Slade, Sydney Medical School / The Matilda Centre, The University of Sydney</p> <p>Aboriginal and Torres Strait Islander mental health and social and emotional wellbeing from a life course perspective Speaker: Ms Rachel Fishlock, Chief Executive Officer, Gayaa Dhuwi (Proud Spirit) Australia</p> <p>Q&A with speakers</p>	Lake Room
	10:45am - 11:15am	Mercure Lounge

TIME	SESSION	ROOM
Session 2 – First decade, first chance: Promoting and protecting children’s mental health		
Chair: Ms Rachel Whiffen , Mental Health Advocacy Lead, Centre for Community Child Health (CCCH), Murdoch Children's Research Institute		
11:15am - 12:30pm	<p>What challenges are impacting children’s mental health? What works to promote and protect children’s mental health? Speakers:</p> <ul style="list-style-type: none">Professor Sharon Goldfeld, Paediatrician and Director, Centre for Community Child Health (CCCH), Royal Children’s Hospital, Co-Group leader of Policy and Equity, and Theme Director, Population Health, Murdoch Children’s Research InstituteProfessor Ben Matthews, Professor, School of Law, Queensland University of Technology and Principal Research Fellow, QUT Faculty of Law <p><i>This presentation outlines major findings from the Australian Child Maltreatment Study, and discusses their implications for mental health policy. An additional focus is on implications for a public health approach to prevention of maltreatment, and transformation of Australian society.</i></p> <p>Panel Discussion</p> <ul style="list-style-type: none">Mr Warren Cann, Chief Executive Officer, Parenting Research CentreProfessor Sharon GoldfeldProfessor Ben Matthews	Lake Room
12:30pm - 1:15pm	Lunch	Windows Restaurant
Session 3 – Promoting and protecting young people’s mental health		
Chair: Professor Nicola Reavley , Principal Research Fellow, Mental Health Lit Prog, Melbourne School of Population and Global Health, The University of Melbourne		
1:15pm - 2:15pm	<p>What’s driving the surge in youth mental health conditions? Speaker: Dr Kylie Maidment, Policy and Advocacy Manager, Prevention United</p> <p><i>Young people are increasingly struggling with their mental health. Data collected over the past two decades reveal a steady increase in the prevalence of anxiety and affective disorders among young Australians aged 16-24, with alarming increases between 2007 and 2021. There are a range of possible factors that are contributing to the increased prevalence of mental health conditions among young people. These include older, well-known risk factors such as ACEs, poverty, and bullying as well as a range of newer risk factors such as climate change, COVID-19, social media, and future uncertainty. At Prevention United we are working on a new proactive approach that is urgently needed to stem the rising tide of mental ill-health among young Australians.</i></p> <p>Panel Discussion What works to promote and protect young people’s mental health?</p> <ul style="list-style-type: none">Professor Maree Teesson, Director, The Matilda Centre, The University of SydneyDr Sandro Demaio, Chief Executive Officer, VicHealthMr Wesley Chen, Youth Advisory Group, Prevention UnitedMrs Geri Sumpter, Head of Be You, Beyond Blue	Lake Room
2:15pm - 2:45pm	Afternoon Tea	Mercure Lounge

PROGRAM



TIME	SESSION	ROOM
Closing Session - Promotion and prevention in adult life		
Chair: <u>Mr Joep Van Agteren</u> , Co-Lead, Be Well Co, SAHMRI		
2:45pm - 4:30pm	<p>The economic benefits of promotion and prevention</p> <p>Speaker: <u>Professor Cathy Mihalopoulos</u>, Head of the inaugural Monash University Health Economics Group (MUHEG), School of Public Health and Preventive Medicine, Monash University</p> <p>Cutting through the noise: An umbrella review of mental wellbeing interventions for adults</p> <p>Speakers:</p> <ul style="list-style-type: none"> <u>Dr Luke Martin</u>, Senior Advisor, Beyond Blue <u>Dr Matthew Iasiello</u>, Senior Researcher, South Australian Health And Medical Research Institute <p><i>In this talk, Beyond Blue and the South Australian Health & Medical Research Institute will present the findings of a new evidence review into interventions that work to improve mental wellbeing. Findings will be discussed in the context of prevention and early intervention, with relevance to the general vs clinical population, intervention characteristics and other implementation considerations.</i></p> <p>Panel Discussion</p> <p>Policy implications, opportunities for collaboration & next steps</p> <ul style="list-style-type: none"> <u>Ms Taimi Allan</u>, Commissioner, Mental Health Commissioner For South Australia <u>Dr Elizabeth Moore</u>, Coordinator General Mental Health and Wellbeing, ACT Government <u>Ms Bronwyn Field</u>, First Assistant Secretary, Department of Health and Aged Care <u>Ms Monica Kelly</u>, State Wellbeing Promotion Adviser And Executive Director, Victorian Department Of Health <p>Closing Remarks</p>	Lake Room
4:30pm	Symposium Concludes	

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