



Your trusted voice in mental health

Welcome

To the mental health families & friends TASMANIA Forum

Tuesday the 8th of October

Glenorchy District Football Club

~ to celebrate 35 years ~

Formerly ARAFMI, then Mental Health Carers Tasmania and now mental health families & friends TASMANIA



Program

10.30 – 11.00	Coffee and mingling
11.00 – 11.05	Welcome
11.05 – 11.25	Kate Shipway and Gary Kelly - <i>Celebrating 35 years.</i> Original ARAFMI carer representatives and long-time supporters
11.25 – 12.00	Dr Aaron Groves – Chief Psychiatrist Tasmania
12.00 – 12.30	Grant Akesson – <i>Mental health activity and psychosocial support in Tasmania</i>
12.30 – 1.00	Justin Heazlewood – <i>Get Up Mum – Life as a Child Carer</i>

Lunch 1.00 – 1.45

1.45 – 2.15	Alison Salisbury – <i>A Journey of Despair and What Needs to Change – A Carer’s Perspective</i>
2.15 – 2.45	Liz Everard - <i>Care Farming and the Vision for Australia</i>

Break 3.00 – 3.15

3.15 – 3.45	Connie Digolis - Mental Health Council of Tasmania
3.45 – 4.30	Carer representatives

Close

Speakers

Kate Shipway has worked in WA, ACT, London, and Tasmania as a teacher, principal, manager of a district support service, lecturer, and Director in the Department of Education. She has extensive personal experience of family members with mental ill health, including of her son, who was diagnosed with Bi-Polar Affective Disorder in 2002. As a result of this, she has held various roles on Boards in the area of mental health, most recently contributing to the *Mental Health Services Integration Taskforce*. She is a current carer representative with MHFFtas.

Gary Kelly spent most of his working life in Recreation, primarily with the Tasmanian State Government, as well as some time in state government and the YMCA. Now retired for 11 years, he devotes his time and energy to supporting his church and mental health commitments, including sitting on the board of ARAFMI and MHFFTas. His now 43 year old son was diagnosed with schizophrenia when he was 17, from which time Gary has been caring for him. This has involved lows and highs, and many learning experiences.

Dr Aaron Groves is Tasmania's Chief Psychiatrist. His responsibilities include undertaking the statutory role of Chief Civil Psychiatrist and Chief Forensic Psychiatrist under the *Mental Health Act 2013* and for providing high level advice in relation to mental health policy and clinical practice. He is currently responsible for leading Tasmania's mental health and suicide prevention reform agendas. Dr Groves has extensive experience in the mental health sector and is committed to contributing his knowledge and expertise to shaping mental health policy and clinical practice in Tasmania.

Grant Akesson is the Mental Health - Health Stream Lead at Primary Health Tasmania, responsible for the development and commissioning of mental health activity in primary care across Tasmania. Grant has 17 years' experience in leading community based mental health and alcohol and other drug initiatives with the Mental Health Commission in Western Australia, with a focus on the development of localised activity to address existing and emerging needs in rural and remote communities. Grant is a recent Tasmanian, having moved here from Western Australia in May 2017

Justin Heazlewood is a word-wooting writer, musician and humourist. Born in Burnie, as The Bedroom Philosopher he has released three albums including the ARIA-nominated *Songs From the 86 Tram*. In 2014 he released his first non-fiction book *Funemployed*, about being an artist in Australia. In 2018 he released his childhood memoir *Get Up Mum*, which was commissioned into a 10-part radio series for *RN's Life Matters* in 2019.

Alison Salisbury is a wife and mother of three who has lived in Hobart, Tasmania all her life. She is a Registered Nurse of over 30 years' experience as well as an ex-primary school teacher. She currently works as a Clinical Nurse Educator for the Tasmanian Health Service and as a Trainer/ Assessor of staff working in the Disability sector. Her life changed forever when her son attempted to take his life at the age of 17 and a half in 2017, and she became a consumer of the Mental Health System in Tasmania.

Liz Everard has been working in mental health for over twenty years. She completed her nursing degree in the Netherlands and has worked in a variety of roles and settings both in the Netherlands and Australia. She is the Founder of the *Body Esteem Program*, an eating disorder service she established in WA based on a self-help model from the Netherlands. Liz's brother lived with mental health problems for many years that were later diagnosed as schizophrenia, before he sadly took his own life in 1994. This life changing event is the drive behind Liz's passion to make our mental health system more holistic by providing people with the experience that they are capable, valuable, and contributing members of our society.

Connie Digolis is the CEO of the MHCT. Prior to that, she was Executive Officer for the National Stroke Foundation in Tasmania. With a background in health industry management, Connie brings to her role a wealth of experience in community sector management, advocacy, health promotion and policy. Connie would like to see a Tasmania that is forward thinking and innovative in the mental health sector. She looks forward to a time when we can refer to our mental health system as an excellent example of person-centred, integrated care that provides the best mental health outcomes for all Tasmanians.

Those who have travelled from beyond the greater Hobart area are encouraged to ask us about assistance with travel costs.