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## Welcome

To the *Mental Health Families & Friends TASMANIA Forum*

**Wednesday the 7<sup>th</sup> of October**

**11am – 3:30 pm**

**Launceston Conference Centre**

*Welcome to our event for Mental Health Week 2020. The Forum is an opportunity for mental health families/friends and carers to come together to hear from experts and leaders in our mental health services across Tas. We will also hear from two winners of Hocking research grants discussing important issues facing families and another on a unique 'out of the box' care and treatment alternative for people living with mental ill health. Speakers also include updates from our very own engagement project officers and an insight from Kate Shipway as a long-term Carer Representative.*

*I hope you will enjoy the day*

*Maxine Griffiths AM/CEO*



## Program



10.30 – 11.00	<b>Coffee and mingling</b>
11.00 – 11.15	<b>Welcome - Leigh Delaney</b> President, MHFF Tas.
11.15 – 11.45	<b>Dr. Aaron Groves</b> Chief Psychiatrist Tasmania (remote presentation)
11.45 – 12.15	<b>Alison Salisbury</b> Hocking Community Award 2019-2020

### Lunch 12:15 – 1:00pm

1.00 – 1.30	<b>Adie Gibbons</b> Clinical Executive Director, State-wide Mental Health Services (North).
1.30 – 2.00	<b>Liz Everard</b> Hocking Research Grant recipient- Care Farms research.
2.00 – 2.30	<b>Kate Shipway</b> Carer Representative

### Break 2.30 – 2.45pm

2.45 – 3.30	<b>Zoe Bok and Grace Phibbs</b> – Engagement Project Officer and Project Officer - <i>MHFF Tas</i>
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**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.

**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.

**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. Alison is the winning recipient of the Community Research Hocking grant- her research looks at stress and support for families/friends and carers.

**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. Liz is a winning recipient of the Hocking Research grant Award- her research covers **Care Farms**.

**Adie Gibbons** is the Clinical Executive Director for Statewide Mental Health Services. Adie is a Mental Health Nurse by background and has worked in the Mental Health sector for 35 years. Adie is passionate about



Mental Health and believes that everything we do should have the consumer at the forefront and truly involved in making decisions about what we do, the way we do it, and how we can improve our services to make them meaningful for all who need them.

**Leigh Delaney** has a passion for supporting people and has a strong



commitment to social justice. He has worked closely with people in the disability sector and supported them through advocacy and maintaining employment. Leigh has also worked in a voluntary counselling capacity and management positions.

**Zoe Bok** works hard to deliver our new Online Safe Space video chats. Zoe has worked across many sectors including the Community Sector,



Public Sector and Tourism Industry. She loves the opportunity to meet with and learn from new people. Outside of the workplace, Zoe enjoys growing vegetables, cooking new recipes and watching the birds in her garden.

**Grace Phibbs** is a native Tasmanian with a passion for her home state, community, bicycles, and oxford commas. She first became involved with mental health families & friends TASMANIA through a Masters of Social Work placement in 2019, and then took over coordination of the Carer



Representative Program. She now works with MHFFTas full-time and is currently establishing peer support sessions in Hobart, St Helens, Launceston, and Burnie. She is usually seen with her furry support worker colleague Daisy by her side.

