



The 2020 School Counsellors & Psychologists Conference

Centrestage:

The Mental Health of Young People in the Spotlight

Thursday 12- Friday 13th November 2020

Online Virtual Program

6-7pm, Wednesday 11th November

Virtual Conference Opening





THE **2020** SCHOOL COUNSELLORS & PSYCHOLOGISTS CONFERENCE

Presenters

Professor Ian Hickie is Co-Director, Health and Policy at The University of Sydney's Brain and Mind Centre. He is an NHMRC Senior Principal Research Fellow (2013-2017 and 2018-22), having previously been one of the inaugural NHMRC Australian Fellows (2008-12).

He was an inaugural Commissioner on Australia's National Mental Health Commission (2012-18) overseeing enhanced accountability for mental health reform and suicide prevention. He is an internationally renowned researcher in clinical psychiatry, with particular reference to medical aspects of common mood disorders, depression and bipolar disorder in young people, early intervention, use of new and emerging technologies and suicide prevention. In his role with the National Mental Health Commission, and his independent research, health system and advocacy roles, Professor Hickie has been at the forefront of the move to have mental health and suicide prevention integrated with other aspects of health care (notably chronic disease and ambulatory care management).



Associate Professor Jo Robinson leads Orygen's suite of research programs around suicide prevention. She currently coordinates several research projects in collaboration with Australian and overseas universities. Some of the projects underway include a randomised controlled trial of an internet-based program for at-risk secondary school students, a study examining the role of social media in suicide prevention, and the evaluation of a gatekeeper-training program designed to assist school staff to identify and support students at risk.

Jo's work focuses on improving our knowledge about the best approaches to reduce suicide risk among young people. This includes developing programs, testing novel approaches that specifically target at-risk youth, and translating the research evidence into practice and policy. Jo has also been involved in the development of several government-commissioned community resources and has contributed to numerous advisory panels and expert committees. She has been a member of advisory committees on suicide prevention for both the state and federal government.

Michael Berk is an NHMRC Senior Principal Research Fellow, and is Alfred Deakin Chair of Psychiatry at Deakin University and Barwon Health, where he heads IMPACT, the Institute for Mental and Physical Health and Clinical Translation. On the bibliometric resource expertscape, he is ranked #1 in psychiatry globally, and in both depression and bipolar disorder, he is ranked 2nd globally and 1st in Australia. Nationally, between 2014-2019, CIA Berk was the top ranked author in citations in Australia for the FOR codes Psychology and Cognitive Sciences (SciVal) and 11th globally. He is past president of the International Society for Bipolar Disorders and the Australasian Society for Bipolar and Depressive Disorders.

He is listed by Thompson Reuters as amongst the world's most influential scientific minds (2015-2019), was awarded the Brain & Behaviour (NARSAD) Colvin Award for Mood Disorders in 2015, and Victoria Prize for Life Sciences in 2019 and the International Society for Bipolar Disorders Bob Post award for mentorship in 2020. He holds grants from the National Institutes of Health (US), Simon Autism Foundation, NHMRC CRE and Project Grants, Beyondblue, ARC Hub and Stanley Medical Research Institute and was a lead investigator in a Collaborative Research Centre. He generated \$79M in total funding. His major interests are in the discovery and implementation of novel therapies.



The 2020 SCAP Conference

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Nicole Hill is a Research Fellow in Youth Suicide prevention and works with the Youth Mental Health team, led by A/Prof Ashleigh Lin. Nicole's research involves working with communities and stakeholders in order to prevent the occurrence of self-harm and suicide in young people. Her research focuses on young people who have been exposed to self-harm and suicide in others and the prevention of the social transmission of suicidal behaviour in the community.

Nicole was awarded her Masters in Brain and Mind Science from the University of Sydney and is a PhD Candidate at the University of Melbourne. She is an Australian Rotary Health PhD fellow, and an ECR representative for the International Association for Suicide Prevention Special Interest Group on Suicide clusters and contagion. Nicole is interested in research methodologies and is experienced in systematic reviews, meta-analyses, the Delphi Method, and geospatial techniques for detecting suicide clusters.

Dr Brock Bastian is a Professor and the Dame Kate Campbell Research Fellow in the School of Psychological Sciences at the University of Melbourne. He is trained as a social psychologist and his research broadly focuses on the topics of wellbeing and morality. In his research on well-being, he has addressed questions such as why promoting happiness may have a downside, the cultural factors leading to depression, and why valuing our negative and painful experiences in life is a critical pathway to achieving happiness. His work has been featured in outlets such as The Economist, The New Yorker, TIME, New Scientist, Scientific American, Harvard Business Review, and The Huffington Post, among many others.



His innovative approach to research has been acknowledged with the Wegner Theoretical Innovation Prize, and his contribution to psychology has been recognised by the Australian Psychological Society and Society of Australasian Social Psychologists early career researcher awards. Brock is not only passionate about building scientific knowledge, but also about communicating that knowledge. He has written for popular press outlets, such as The Conversation; delivered popular talks, such as at TEDx StKilda, The Ethics Centre Sydney, and Effective Altruism Australia; and appeared on radio shows such as The Minefield. His first book The Other Side of Happiness was published in January 2018.



Nic Newling is an advocate for mental health, suicide prevention, and sharing personal stories.

Since surviving his own mental illnesses but losing his brother to suicide, Nic strives to encourage sharing, listening, and working together for positive change. After six years with the Black Dog Institute he has now ventured into sharing with the world by founding the grassroots organisation The Champions.

Nic has reached millions of people through live talks and media including Australian Story, Conversations on ABC Radio, and NBC's The TODAY Show in New York.

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Amelia McGuinness is a member of the School of Medicine, Deakin University. Amelia's PhD research is focusing on how the gut microbiota are able to potentially influence our mental health and behaviour via the 'gut-brain axis'. In particular, she will be observing the associations between adverse environmental exposures, such as poor diet, smoking, sedentary behaviour and sleep disturbances, with deleterious microbiota alterations. Amelia is predominantly interested in the influence of diet on the gut microbiota and the subsequent association with mental health outcomes, such as anxiety and depression.

Michele Chevalley Hedge was previously a teacher in New York so she truly understands the needs of a time-poor educator who, family or not, want health but not hassle. She is often introduced by health magazine editors as "the modern-day nutritionist - the one who likes a bit of wine and coffee." As an educator and regular speaker in schools, Michele's compassion and humour is recognised amongst students as a presentation they will never forget. Michele is the author of *Beating Sugar Addictions for Dummies*, *the Healthy Hormones Diet* and current book, *Eat, Drink & Still Shrink*.

Michele was voted by her industry peers as the Highly Commended Nutritionist of the Year last year. She is a Cure Cancer Ambassador and Heart Research Institute Ambassador. Mental health and nutrition research is her passion and she has just been nominated for the second year in a row as a Finalist in the Australian Mental Health Awards.

Michele has appeared on *The Sunrise Show* to discuss the World Health Organisation's recommendations on nutrition, cancer and sugar. She has become sought after as a wellbeing expert on many tv and radio programs.



Dr Scott Griffiths, NHMRC Early Career Research Fellow investigating body image, eating disorders, muscle dysmorphia, anabolic steroid use, and the stigmatisation of mental disorders and related behaviours.

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Alexander Dalton is a 17-year-old transgender man, currently studying year 11 in Victoria.

He is a public speaker and advocate for mental health, LGBTQ+ rights and youth rights. He has presented speeches to international audiences about his story and struggles with mental health.



Dr John Burns is scientist-practitioner in the field of school mental health. He is currently Head of Counselling Services at a large multi-campus school in Sydney's north and an Associate Member at the Centre for Emotional Health at Macquarie University, where he continues to be actively involved in research into school mental health practices.

He has previously held honorary positions as Convener of the Australian Psychological Society's Psychologists in Schools Interest Group and Convener of the NSW Association of Independent Schools School Counsellors Network.



Dr. Nicholas Van Dam is a clinical psychologist and neuroscientist and a Senior Lecturer in the Melbourne School of Psychological Sciences. He is the Deputy Director of the Clinical Neuroscience Translation Group. His research interests centre on the use of cognitive neuroscience methods, decision science, and computational psychology/psychiatry to better understand and delineate high-prevalence symptoms (e.g., anxiety, depression, substance misuse) across the spectrum from normal to pathological with a focus on value-based decision-making processes, introspection, and assessment. His primary translational research objective is to advance the understanding of the clinical phenomenology and neurobiology of depression and anxiety disorder. He aims to better understand these conditions (and the range of normal to abnormal behaviours that underpin them). In addition to his goals to classify and predict these conditions, he is also interested in optimizing treatment and intervention approaches via identification of response likelihoods during the natural course of treatment. Dr. Van Dam has expertise in the areas of mindfulness and meditation and considers contemplative practices to be a potential treatment for high-prevalence disorders, a means to improve measurement and examination of subjective experience, and worthwhile set of practices towards personal growth. He is particularly interested in how these practices can be implemented in authentic ways that are consistent with their traditional context.



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Conference Program

THURSDAY 12th NOVEMBER

9 - 10.10 AM SESSION ONE
Welcome and Introduction

COVID 19- Educational Challenges

Professor Ian Hickie
Co-Director, The Brain & Mind Centre, University of Sydney's, NHMRC Senior Principal Research Fellow

10.10 - 10.40 AM
Morning Tea Break

10.40 - 11.45 AM SESSION TWO

10.40- 11.10 AM

The Food and Mood Connection: an update on Nutritional Psychiatry

Amelia McGuinness
School of Medicine, Deakin University

5 MIN BREAK

11.15- 11.45 AM

Does Junk Food Really Hurt Your Brain and Mental Health?

Michele Chevalley Hedge
Nutritionist and Wellbeing Expert, A Healthy View

12-1 PM SESSION THREE

A critical window of opportunity for suicide prevention in young people exposed to suicide and self-harm

Nicole Hill
Research Fellow in Youth Suicide prevention

1-2 PM
Lunch Break

2- 2.45 PM SESSION FOUR

The #chatsafe project: young people, social media, and suicide prevention

Dr Jo Robinson
Head, Suicide Prevention Research, Orygen

2.45 - 3.05 PM
Afternoon Tea Break

3.05 - 4.20 PM SESSION FIVE

Panel Session: Current and Best Practice in Suicide Prevention

Dr Jo Robinson
Nic Newling
Alex Dalton
Nicole Hill

4.20 PM
Day Close

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Conference Program

FRIDAY 13th NOVEMBER

9 - 10.30 AM SESSION ONE

9 - 9.30 AM

From the inside out - stories from an adolescent psychiatric ward

Nic Newling

Advocate for mental health & suicide prevention

9.30 - 10.30 AM

Why might depression be increasing in our community, and what could we do about this? With a focus on the emergence of mental illness during adolescence

Professor Michael Berk

NHMRC Senior Principal Research Fellow, Alfred Deakin Chair of Psychiatry at Deakin University and Barwon Health, Head of IMPACT, the Institute for Mental and Physical Health and Clinical Translation

10.30 - 11 AM

Morning Tea Break

11 AM - 12.20 PM SESSION TWO

11.00- 11.45 AM

Towards best practice in the school management of students with depressive disorders

Dr John Burns

Psychologist & Head of Counselling Services at a large multi-campus school in Sydney's north, Associate Member at the Centre for Emotional Health at Macquarie University

Mindfulness in Practice

Nicholas Van Dam

Clinical psychologist and neuroscientist and a Senior Lecturer in the Melbourne School of Psychological Sciences, Deputy Director of the Clinical Neuroscience Translation Group

12.20 - 1.15 PM

Lunch Break

1.15 -2.15 PM SESSION THREE

The Male Experience of Eating & Body Image Disorders

Scott Griffiths

NHMRC Early Career Research Fellow, University of Melbourne

2.15 - 2.30 PM

Afternoon Tea Break

2.30- 3.45 PM SESSION FOUR

Building Personal and Community Resilience in the Face of COVID-19 – What are the lessons from COVID-19 and how can we use them to build a better future?

Dr Brock Bastian

Professor at the Dame Kate Campbell Research Fellow in the School of Psychological Sciences, University of Melbourne

3.45 PM

Conference Close

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Social Program

Official Conference Opening - Virtual Get Together

Wednesday 11th November 2020, 6-7pm

Join us for a little indulgence and fun as we welcome you to the 2020 SCAP Conference. Michele Chevalley Hedge from *A Healthy View* will lead us in preparing a delicious canapé to kick start the SCAP Conference experience. Bring along your favourite drink with some simple ingredients to prepare your own canapé following Michele's directions. Details will be sent to you prior to the event. The conference opening is entirely optional but a great way to meet other colleagues (virtually), sit back and relax into conference mode.

Registration, fees & T&Cs

Please register online: <https://propsynd.com.au/conferences/school-counsellors-psychologists-scap-conference/school-counsellors-psychologists-scap-conference-registration/>

Registration Fees

Early Bird: \$330 inc GST (**Early Bird Rate Extended to 8th October 2020**)

Standard: \$385 inc GST

T&Cs Please also see our website for registration conditions and cancellation policy: www.propsynd.com.au

1. Propsynd uses email as the preferred means of contact with conference delegates; to provide confirmations, conference updates and materials. Propsynd requests delegates to ensure our email is in your address book: info@propsynd.com.au 2. You will receive a link to the conference sessions via your email. This link is for your personal use only and at no time are you are not permitted to forward to any other parties. 3. Registrations are considered valid and payable unless written notification is provided to Propsynd prior to the cancellation date: info@propsynd.com.au 4. Registrations cannot be confirmed until payment is received. Please note that the due date for invoices will be 30 days from the invoice date OR the cut off 5. early bird or standard rates, whichever is sooner. 5. Every effort will be made to forward confirmation email within 7 days upon receipt of registration form AND payment. If you do not receive an email, please contact Propsynd ASAP: info@propsynd.com.au 6. Conference costs do not include accommodation or parking - not particularly relevant in 2020! 7. Cancellations: Refunds less an \$80 administration fee for cancellations received in writing via email or mail to Propsynd by 23rd October 2020. - No refunds will be issued after this date. Although Propsynd regrets the various circumstances that may prevent you from attending the conference, including illness and crises, due to the administration and logistics of organising this event, Propsynd cannot be responsible for any refunds after the 23rd October 2020. Registrations may be transferred in full to another person but you must notify Propsynd in writing 3 business days prior to the event. 8. Registrations are considered valid and are payable unless notification is made in writing BEFORE the cancellation date to propsynd: info@propsynd.com.au Upon completion of the online registration a tax invoice will be emailed to you. This email is a tax invoice and meets the requirements of the ATO. Please retain a copy for your records. If an individual tax invoice is required, please contact Propsynd by email: info@propsynd.com.au 9. One day registrations for the SCAP conference are not possible in 2020. All delegates will have access to recordings of all sessions post the conference. 10. Delegates are not permitted to make any recording of any kind of the 2020 SCAP Conference presentations. 11. Accidents happen, people get sick or numerous other issues emerge in the long lead time in planning the SCAP Conference. While every effort is made to retain the integrity of conference programmes, there may be unforeseen circumstances that require changes. Propsynd reserves the right to alter the programme without notice.

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