



Australian Rural & Remote
Mental Health Symposium

2020 INFORMATION PACK



MONDAY 26 - WEDNESDAY 28 OCTOBER 2020
THE NATIONAL CONVENTION CENTRE CANBERRA, ACT

ADVOCATING FOR RESILIENCE AND ADVERSITY IN RURAL & REMOTE COMMUNITIES

Discover ways to advocate and provide equal mental health care for all Australians.

Gain practical solutions to improve mental health services in Australia's rural and remote areas at the 2020 Australian Rural & Remote Mental Health Symposium.

WWW.ANZMH.ASN.AU/RRMH

PRESENTATION OPPORTUNITIES AVAILABLE

Feature in the 2020 program with your choice of:

- Oral presentation
- Panel presentation
- Workshop presentation
- Poster presentation
- Oral-poster presentation
- Table top presentation

For more information or to submit, visit anzmh.asn.au/rrmh

PRESENTATION STYLES

Oral Presentations

Take the stage and present in a 20 or 30 minute speaking session.

Panel Presentations

Construct your own panel of 3+ fellow industry professionals.

Workshop Presentations

An interactive 90 minute session designed to facilitate active learning.

Poster Presentations

Visually showcase your research or services in the symposium foyer.

Table Top Presentations

Share information directly with delegates in an interactive setting in 14 minute intervals.

Oral-Poster Presentations

Showcase and discuss your research or services in quick 5 minute bursts to an engaged audience.



2020 PRESENTATION TOPICS

Digital Mental Health

- Benefits and barriers of using technology and applications of it in a clinical practice
- Innovative approaches
- Customisation and adaptation of online health services
- Tele-health
- Role and adoption of artificial intelligence, virtual reality and augmented reality
- Virtual care and models
- Digital peer to peer support
- Evaluation, selection and utilisation of digital mental health programs
- Recognition of digital services as an adjunct to face-to-face services

Meaningful Consumer & Carer Participation

- Support of mental health carers
- Cultural considerations
- Role of communities and support network
- Training and development
- Building a peer workforce
- Role and application of mental health first aid
- Consumer & carer participation in solutions

Self-Care (Looking After the Rural Mental Health Workforce)

- Strategies and support for industry workers
- Tools and resources to prevent burn-out
- Stress management
- Supervision and workplace support
- Prevention and treatment of vicarious trauma
- Harassment, bullying and discrimination within the workplace
- Prevention and care of trauma related consequences of workplace environments
- Challenges affecting job satisfaction amongst rural mental health professionals

2020 PRESENTATION TOPICS

Communities Driving Solutions & Engagement

- Proactive communication
- Community-based groups' challenges and solutions
- Overcoming stigma in rural communities
- The role community plays to promote mental health and wellbeing
- Education and awareness programs to the community
- Volunteer network improving mental wellbeing
- Building resilience & empowering communities

Workforce in Rural & Remote Areas

- Nurses' role, challenges and shortage (dealing with acute mental health)
- Training an Indigenous workforce
- The role of primary care in mental health & suicide prevention
- Ongoing education and training
- Opportunities to further education

Child Wellbeing in Rural Communities

- Effective strategies for reaching and treating mental health challenges in rural children
- Understanding the needs of young people in rural areas
- Holistic approach to support young people accessing help
- Early childhood trauma (identification and understanding) and neural development
- Parental role in recovery
- Overcoming anxiety
- Cyber-bullying and other effects from exposure to online platforms

2020 PRESENTATION TOPICS

Rural and Remote Mental Health Resilience

- Climate change and link to mental health
- Drought response
- Disaster preparedness and response
- Community resilience

First Nations Social & Emotional Wellbeing

- Training an Indigenous workforce
- Services and support for Indigenous communities
- Aboriginal and Torres Strait Islander mental health
- Drug and alcohol addictions
- Role of family and support networks
- Suicide prevention
- Optimising service delivery for Indigenous populations in rural and remote locations
- Racism
- Challenges and solutions for young Indigenous people
- Connecting & designing meaningful solutions with Indigenous people
- Understanding the needs of Indigenous people

All successful authors and organisations are required to accept or decline their position and purchase their registration (discounted presenter rate available).

APPLY NOW

IMPORTANT DATES

Presenter Submissions Close:

Friday 5 June 2020

Notification to Successful Presenters:

Friday 26 June 2020

Presenter Acceptances:

Thursday 2 July 2020

Program Launch:

Wednesday 8 July 2020

Early Bird Pricing Ends:

Friday 11 September 2020



REGISTRATION COSTS

Early bird pricing ends on 11 September 2020

2 day registration member

\$817.00 + GST

2 day registration non-member

\$917.00 + GST

3 day registration member

\$899.00 + GST

3 day registration non-member

\$999.00 + GST

WHAT OTHERS HAVE SAID...

"I found it incredible, it was such a supportive environment to learn and so motivating"

Elesha Fromm, Rural Health Tasmania Inc.

"So much relevant information and access to innovative ways of providing best care for best outcomes for clients in most effective / efficient ways.

Highly recommend."

Jan De Groot, GP Down South

"It was a lovely, warm, connecting experience where participants truly were working to improve conditions for others."

Renee Mill, Anxiety Solutions CBT Psychology Practice

REGISTER NOW

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Custom packages available. Contact us today.

0426 564 660 | partnerships@anzmh.asn.au



CONTACT US

Postal Address

PO Box 329
Ashmore City, QLD 4214
Australia

Phone

(07) 5502 2068

Email

rural@mentalhealthaustralia.org.au

WWW.ANZMH.ASN.AU/RRMH