

Queensland Perinatal and Infant Mental Health Symposium

9 – 10 Nov 2023



Nurturing Families: Strengthening Families in the Peripartum

Hosted by Gold Coast Health Lavender Mother-Baby Unit, Mater Catherine's House for Mothers, Babies and Families, Gold Coast Primary Health Network, Benevolent Society, Infant-Parent Counselling and Consultancy Service, Act for Kids, and Queensland Centre for Perinatal and Infant Mental Health.



The Symposium

The Queensland Perinatal and Infant Mental Health Symposium brings together the best local and national speakers to upskill those interested in perinatal and infant mental health. This year's theme centres on supporting the mental health of the whole family unit.

This two-day professional development event offers a unique perspective on perinatal and infant mental health care across governmental and non-governmental agencies, all around Queensland, and throughout the different stages of recovery.

The first day includes in-person workshops, and the second day consists of hybrid plenary sessions with renowned speakers.

Suitable for: All those working with families in the perinatal period, including consumers, carers, peer workers and students are also welcome. Breastfeeding is permitted.

Special access requests and for further information:

Please contact QLD_PIMH@health.qld.gov.au or 07 5687 7064

Symposium Packages

Day	Type	Format	Included Catering	Early Bird by Sept 31	Standard Rate from Oct 1
Thursday	Full Day Workshop	In-Person	Morning Tea, Lunch, Afternoon Tea	\$110	\$160
Thursday	Welcome Function	In-Person	Canapes at the Aviary	Free	Free
Friday	Plenary Sessions	In-Person	Morning Tea, Lunch, Afternoon Tea	\$110	\$160
Friday	Plenary Sessions	Online*	-	\$60	\$60

*Recordings available after Symposium

Registration closes Thursday, 2nd November COB

Sponsorship Packages are found on Page 18.



Venue and Parking

The Symposium will be held at Southport Sharks, Corner Olsen and Musgrave Ave, Southport, 4215. Free parking on site.

Alternatively, closest tram is Gold Coast University Hospital G:Link Station.



Recommended Accommodation

Mantra at Southport Sharks
www.southportsharks.com.au/hotel

Thank You to our Sponsors



Workshop Timetable

DAY 1

Thursday, 9 November

The following workshops are full-day workshops, offered face-to-face. They include Morning Tea from 10.00 – 10.15am, Lunch from 11.45am – 12.15pm and Afternoon Tea from 1.45 – 2.00pm.

7.30 – 8.30am

REGISTRATION

8.30am – 3.30pm

WORKSHOP 1 FROM SMALL THINGS BIG THINGS GROW

A deep dive into the Acorn program (40 places only)

8.30am – 3.30pm

WORKSHOP 2 ENHANCING OUTCOMES THROUGH BODY-IMAGE

Opportunities for enhancing physical and mental health outcomes through body-image-informed practice in pregnancy and postpartum care

3.30pm – 5.30pm

WELCOME FUNCTION AT THE AVIARY (MANTRA AT SHARKS)

Free Event



Sessions Timetable

DAY 2

Friday, 10 November

7.30 – 8.30am

TRADE STALLS AND REGISTRATION

Including Books@Stone, Lavender Mother-Baby Unit, Catherine's House for Mothers, Babies and Families

8.30 – 8.45am

ACKNOWLEDGEMENT OF COUNTRY

8.45 – 9.00am

LIVED EXPERIENCE JOURNEY

9.00 – 10.00am

DR CLAIRE MCALLISTER QUEENSLAND HEALTH

Rainbow Families - Optimising Care for LGBTQIA+ parents and their infants in the peripartum

10.00 – 10.15am

MEREDITH REID QUEENSLAND HEALTH

Strengthening outcomes for LGBTIQ+ families in the early years

10.15 – 10.30am

DR SUSAN ROBERTS, ALESHIA ELLIS, DR GRACE BRANJERDPORN QUEENSLAND HEALTH

Eating disorders in the peripartum: Co-designing and evaluating an online module

10.30 – 11.00am

MORNING TEA

11.00am – 12.00pm

PROFESSOR SHARON DAWE

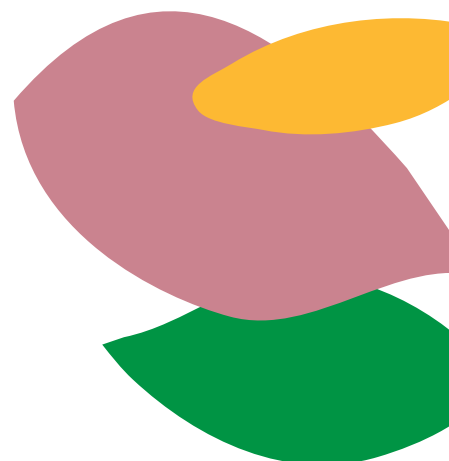
GRIFFITH UNIVERSITY

Parenting, emotional regulation and substance use: Investigating the process of change

12.00 – 12.15pm

SAMANTHA PAYNE PINK ELEPHANTS

A Pregnancy Loss Circle of Support



Sessions Timetable

DAY 2

Friday, 10 November

12.15 – 12.30pm

JENNY ADDY

PERINATAL ANXIETY AND DEPRESSION AUSTRALIA (PANDA)

Strengthening Young Families in the Perinatal Period;
PANDA's Intensive Care and Counselling Telehealth
Program

12.30 – 1.15pm

LUNCH

1.15 – 2.15pm

DR KOA WHITTINGHAM UNIVERSITY OF QUEENSLAND

MotherCare: Building online resources for mothers
of infants one study at a time.

2.15 – 2.45pm

DR CHARULATHA MANI UNIVERSITY OF TASMANIA

Song and Story for Perinatal Wellbeing:
Upscaling Sing to Connect

2.45 – 3.00pm

KATE MORSE, DR ANASTASIA BRAUN

QUEENSLAND HEALTH

Building connections and collaborative
care – A statewide Perinatal and
Infant Mental Health (PIMH)
telepsychiatry service (e-PIMH)

3.00 – 3.15pm

SARAH DAVIES-ROE QUEENSLAND HEALTH

Nurturing Families in Rural Remote Qld -
Establishing an integrated collaborative
model of care for Perinatal and Infant Mental
Health in Torres and Cape HHS

3.15 – 3.30pm

DR CONSTANZE SCHULZ MATER HOSPITAL

Perinatal Psychology at Catherine's House –
Evaluation of a service



Workshop Presenters



Sally Chance

From small things big things grow - A deep dive into the Acorn program

Sally Chance is a dance practitioner and Acorn dance worker. For the past fifteen years her work has been dedicated to the cultural, social and emotional lives of children aged three years and younger. Sally's work with the Acorn program uses dance play to support the critical first relationship between mother and baby.

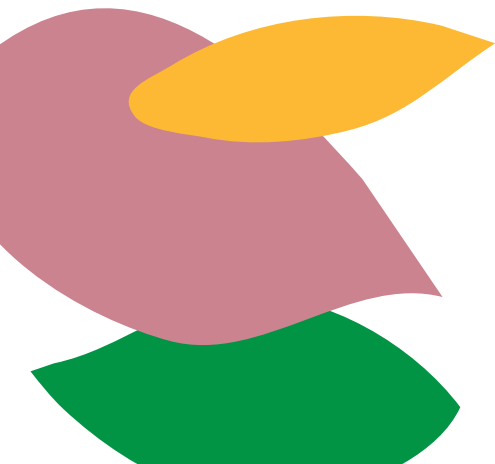
Lee Collins is a social worker and Acorn's Family Support Practitioner. She spent fifteen years with Anglicare South Australia working in a range of programs, including Staying Attached, the Acorn program and Sacred Little Ones, Acorn's sister group dedicated to First Nations families.

The Workshop

The Acorn Program is a holistic, multi-disciplinary, evidence-based intervention designed to provide an opportunity for mothers with mental health difficulties to come together in groups with their infants aged from birth to three years and be supported in their relationship. In this dyadic context, and with the emphasis on how Acorn activities are mutually experienced by mothers with their children rather than taught by mothers to their children, Acorn supports and enhances the mother-infant relationship itself. One of the characteristics of Acorn is that it offers three integrated components - Dance Play, Journaling and Therapeutic Letters - within one group program. The workshop will immerse participants in these components and discuss how each provides a different type of opportunity for mothers to witness, experience, hear about, reflect on and gradually understand how to be in warm, playful, reciprocal relationship with their children.

For more information and videos, please click here:

- meb4three.org.au
- <https://meb4three.org.au/acorn>



Workshop Presenters



Dr Zali Yager

Enhancing outcomes through body-image

Dr Zali Yager is an internationally-recognised expert in the body image space, known for figuring out ‘what works’ to help people feel better about their bodies.

Zali is an Adjunct Associate Professor in the Institute for Health and Sport at Victoria University, with a background in health and physical education. She has been involved in the development of almost every evidence-based body image school program around the world, and a consultant on two EU-funded Erasmus+ projects - Body Confident Mums and Body Confident Sport.

In 2021, Zali was awarded one of 10 Westpac Social Change Fellowships. She received a Creswick Fellowship to spend time at Harvard and Northeastern University in 2018, and a Leverhulme Fellowship in 2011 to complete her postdoctoral work at the Centre for Appearance Research in the UK.

Zali co-authored the Embrace Kids book with Taryn Brumfitt from the Body Image Movement, and was the body image expert advisor on the EMBRACE KIDS film. She is also a Mum of 3 (10, 8, 8) and ridiculously passionate and driven by the desire to create a safer body image environment for the next generation.

The Workshop

Pregnancy is a time of significant bodily changes for women. For the first half of the day, this workshop will include an overview of the latest research and evidence around body image in pregnancy, and patient stories relating to their experiences of their growing, changing bodies and talk through the link between body dissatisfaction in pregnancy, gestational weight gain, and postpartum depression. Practical recommendations for body confident practice in pregnancy will be outlined, including a sensitive and non-stigmatising processes for weighing women in pregnancy where this is necessary. Participants will engage in role play of expectation management regarding bodily changes suitable for antenatal clinic visits, and engage in some brief, evidence-based tools and strategies to improve body image that could be embedded in antenatal classes in order to improve pregnancy outcomes, and enhance the physical and mental health of mothers and babies.

In the second half of the day, the workshop will focus on the postpartum period. The postpartum period presents significant challenges for women’s adaptation to their new bodies, and identities. Supporting women to accept and appreciate their bodies and appearance at this time is critical in promoting and maintaining optimal mental and physical health outcomes in the transition to motherhood. In this workshop, the research regarding body image in the postpartum period will be outlined. Participants will engage in evidence-based tools and strategies to improve body image, mental health, and adjustment to motherhood, suitable for embedding in new parent programs. Practical guidance regarding how to talk about bodies, weight, and health in clinical practice will be provided, and participants will use this in practical ways during the session.

Session Speakers



Dr Claire McAllister

Dr Claire McAllister is a Child & Adolescent and Consultation Liaison Psychiatrist who works at the QLD Children's Gender Service and the QLD Children's Hospital Consultation Liaison Psychiatry Service. She has an interest in perinatal and infant mental health, and was fortunate enough to work in the 0-4 CYMHS team as a new fellow. She now translates these skills to the hospital environment, providing support to physically ill infants and their parents at QCH. Claire is passionate about supporting the health and wellbeing of the LGBTQIA+ community, and proudly identifies as bisexual. Her other professional interests include eating disorders, neuropsychiatry, and functional disorders.

Rainbow Families: Optimising Care for LGBTQIA+ parents and their infants in the peripartum

The term "Rainbow Family" is used to describe a same-sex, gender diverse, or LGBTQIA+ parented family. All new and expecting parents deserve inclusive and culturally competent perinatal support, based on the knowledge that LGBTQIA+ individuals in parenting roles are not abnormal, but rather, are part of the spectrum of diversity in families. Research consistently shows that both parents and children in Rainbow Families do generally well, with no differences in wellbeing or developmental outcomes when compared to parents and children in the general population. We know that those families who live in supportive environments are more likely to thrive, however, minority stressors such as stigma and discrimination have negative effects on wellbeing of LGBTQIA+ parents and their children.

Rainbow Families can encounter challenges in accessing safe and inclusive care across perinatal services including fertility, antenatal, birth, child health and mental health. Even outside of overt discrimination, homophobia and transphobia, LGBTQIA+ individuals often carry the burden of educating health care providers and repeatedly advocating for their needs. This can lead to low health care utilisation to avoid these exhausting interactions. This presentation will explore the unique challenges faced by LGBTQIA+ parents in the peripartum, and highlight how health professionals, particularly mental health professionals, can create safe and affirming practices to improve outcomes for Rainbow Families.

Session Speakers



Professor Sharon Dawe

Sharon Dawe is a Professor in Clinical Psychology at Griffith University, Australia and an Adjunct Professor at the Australian Centre for Child Protection, UniSA and a Visiting Fellow at Oxford University, UK. She has been working as a researcher and clinician in the field of substance misuse and mental health for over 30 years at the Institute of Psychiatry, University of London (UK), National Drug and Alcohol Research Centre, UNSW and currently Griffith University. As a research-intensive professor, she is involved in a range of research projects including evaluation of the Parents under Pressure program (www.pupprogram.net.au), assessment and diagnosis of young children with FASD, and the investigation of the impact of childhood trauma on parenting and child outcomes. Sharon is passionate about improving the outcomes for children living in adverse circumstances by supporting parents to manage difficult life situations.

Parenting, emotional regulation and substance use: Investigating the process of change

Improving family functioning and outcomes for young children in families with a multitude of problems – such as parental substance misuse, mental health problems, and parental childhood maltreatment - is essential if we are going to change an intergenerational pattern of adversity. Parents with extensive substance use histories face enduring problems with self-regulation and early childhood adversity. These add complexity to one of the most challenging jobs in the world: raising young children.

It is not surprising then, that traditional approaches to improving family functioning that predominantly involve teaching parenting skills is increasingly recognised as insufficient in complex families. The capacity to regulate emotions, and develop inhibitory control is both a predictor and a consequence of substance misuse. Combined with enduring adversity, parenting of young children can easily become insensitive and at times, hostile. In this presentation I will provide an overview of one of the Parents under Pressure (PuP) program with a focus on the development of emotional regulation strategies.

The PuP program was developed specifically for families facing multiple adversities. The two central tenets of the PuP program are a focus on emotional regulation and the enhancement of safe and nurturing caregiving relationships within the family. PuP has been delivered by over 400 nongovernment and government agencies in Australia and the UK. There is a growing evidence base for effectiveness of the PuP program across a range of populations that demonstrate improvement for families engaging in the PuP program. Notably, however, not all families show improvement. Thus extending the evaluation of whether PuP is effective, to a more nuanced analysis of determining who may respond best to PuP (moderator analyses) and causal mechanisms drawing from the PuP program logic (mediator analyses) is essential for further development of the program and informs future tailoring of this and other interventions.

Session Speakers



Dr Koa Whittingham

Dr Koa Whittingham is a senior research fellow at The University of Queensland and a registered psychologist with specialisations in both clinical and educational/developmental psychology. Her research focuses on three key interests: (1) parenting, (2) neurodevelopmental disabilities and (3) acceptance and commitment therapy (ACT) and compassion focussed therapy (CFT). She is particularly passionate about the application of ACT and CFT to parenting. Koa is the author of *Becoming Mum*, a self-help book for the transition to motherhood grounded in ACT and the first author of *Acceptance and Commitment Therapy: The Clinician's Guide to Supporting Parents*.

MotherCare: Building online resources for mothers of infants one study at a time

MotherCare is an ongoing program of research with the aim to build evidence for brief, online resources for mothers of infants grounded in compassion-focused therapy (CFT) and acceptance and commitment therapy (ACT) and tested in online randomised controlled trials (RCTs). In addition, the MotherCare research program includes a focus on understanding the relationships between birth, breastfeeding, maternal mental health and the mother-infant relationship. To date, mothers ≤ 24 months post-birth living in Australia and New Zealand have been recruited into three separate studies, with a fourth study in progress. Together, this program of research has documented the impacts of psychological flexibility and self-compassion in mothers of infants, and demonstrated the effect of brief, online resources grounded in compassion-focused therapy (CFT) and acceptance and commitment therapy (ACT) on maternal mental health, self-compassion, psychological flexibility, and breastfeeding satisfaction. Alongside targeted interventions, light-touch, universally deliverable interventions are an important part of care in the perinatal period.

Session Speakers



Dr Charulatha Mani

Dr Charulatha Mani is an award-winning Indian-Australian singer and medical ethnomusicologist. Founder of Sing to Connect, a government funded research and engagement project that examined the role of lullabies and stories in the health and wellbeing of migrant and refugee mothers, Dr Mani is Lecturer in Creative Arts and Health at the University of Tasmania. Sing to Connect was delivered in partnership with midwifery at Logan Maternal and Child Health Hubs has been featured in the Queensland Clinical Excellence Showcase for 2021-22. The peer-reviewed articles from the program can be accessed at www.sing2connect.com/research-outcomes.

Song and Story for Perinatal Wellbeing: Upscaling Sing to Connect

The evidence-base from the South-East Queensland based engagement and research program “Sing to Connect” developed by Dr Charulatha Mani and midwifery at Logan Maternal and Child Health Hubs has generated much interest across several hospitals and community centres supporting culturally and linguistically diverse (CALD) women in their pregnancy and birthing experiences across Australia. The need for such programs is urgent today with global migration on the rise and with priority populations remaining poorly understood in the mainstream healthcare system. The cultural backgrounds of CALD women are well communicated through their own songs in their language. For instance, lullaby singing and sharing can be a coping mechanism, a signifier of identity and belonging, a trip down memory lane, and a bonding tool all at once. The power of story and song that Sing to Connect communicated will be presented with examples, followed by a discussion/roadmap on how such grassroots programs can be upscaled as a customised service and drive social change and wellbeing across the healthcare and health communication sectors here in Australia on a systemic level.

Short Presentations



Meredith Reid

Strengthening outcomes for LGBTIQ+ families in the early years

The following presentation will provide an overview of how the broader social context impacts on families from an LGBTIQ+ background. It will also explore a range of LGBTIQ+ informed practices which could strengthen outcomes for both parents and infants at this critical time of development. LGBTIQ+ families may face multiple levels of discrimination which impact on their transition to and ongoing parenting. Although research shows that LGBTIQ+ children overall have comparatively good outcomes across areas of development it is often the parents who must shield their children from the adverse experiences resulting from stigma.



Dr Susan Roberts, Aleshia Ellis, Dr Grace Branjerdporn

Eating disorders in the peripartum: Co-designing and evaluating an online module

Pregnancy can be an extremely challenging time for women with eating disorders, both psychologically and physically. Having a current or previous eating disorder may result in maternal and infant complications. Perinatal maternity services offer an opportune time for detecting and treating women with eating disorders. However, maternity staff frequently feel ill-equipped with recognising and responding to eating disorders in the peripartum. This presentation goes through the online learning module that has been developed to promote eating disorder skills and knowledge for health professionals working with women in the peripartum.

Short Presentations



Samantha Payne

A Pregnancy Loss Circle of Support

Pink Elephants CoFounder and CEO will present on the need for more support for women and their partners who have experienced early pregnancy loss. Sam will unpack the global research and Pink Elephants-led domestic research that highlights without support women are experiencing long-term poor mental health outcomes. Miscarriage is a traumatic event for many that can impact a parent for many years to come through experiences such as subsequent pregnancies and even the early days of parenting. Whilst we'll highlight the evidence for the need we'll ensure a clear referral pathway to different support is mentioned and different support modalities and outcomes communicated.



Jenny Addy

Strengthening Young Families in the Perinatal Period; PANDA's Intensive Care and Counselling Telehealth Program

The Intensive Care & Counselling (ICC) Program provides medium term counselling, referral, service navigation and engagement support to families in the perinatal period, in Queensland and Victoria. Service users can access the ICC program via a referral from their health provider or by directly accessing the Perinatal Anxiety & Depression Australia (PANDA) helpline. The service is delivered via phone and e-mail and is therefore accessible for people who live outside of metro regions as well as people who experience barriers in accessing face to face services due to adverse experiences. This presentation outlines the ICC service model and details the benefits and outcomes of the ICC model specifically for young parents.

Short Presentations



Dr Anastasia Braun

Building connections and collaborative care – a statewide Perinatal and Infant Mental Health (PIMH) telepsychiatry service (e-PIMH)

This presentation will provide an overview of the telepsychiatry service called e-PIMH including. e-PIMH Telepsychiatry is a service using video to provide secondary advice around the social and emotional wellbeing of babies, young children and their parents/ carers. e-PIMH works closely with the local service providers to ensure the best possible support for parents and families with babies and young children.



Sarah Davies-Roe

Nurturing Families in Rural Remote Qld - Establishing an integrated collaborative model of care for Perinatal and Infant Mental Health in Torres and Cape HHS

This presentation will explore the development of an integrated, collaborative and culturally safe perinatal and infant mental health service that contributes to health equity priorities and works to improve the mental health and wellbeing of parents, infants and young children living in some of the most remote communities in Queensland. Torres and Cape Hospital and Health Service (TCHHS) is the largest provider of public healthcare services across the most northern remote areas of Queensland.

Short Presentations



Dr Constanze Schulz

Perinatal Psychology at Catherine's House – Evaluation of a service

The perinatal psychology team at the Mater Hospital (South Brisbane) was established in October 2020 and is now an integral part of Catherine's House, Queensland's largest perinatal and infant mental health centre. This presentation will summarise the development of our service which is offering brief psychological interventions to women accessing maternity care at the Mater. We will provide details of our model of care and present case vignettes to illustrate how this translates into clinical practice. Given this year's theme of the symposium there will be an emphasis on working with vulnerable populations.



Terms and conditions

Cancellations

Registration cancellations must be sent in writing by email to **QLD_PIMHSYM@health.qld.gov.au**

These changes will not be accepted over the phone.

Refunds

Registration cancellations received up to 30 days prior to the event will receive a full refund, less a \$20.00 handling fee.

Registration cancellations received less than 30 days and up to 14 days prior to the event will receive a 50% refund.

No refunds will be given for registration ticket cancellations received within 14 days of the event; however, a substitute delegate may be nominated within 7 days.

Audio/visual consent

Participants agree to be photographed and filmed by attending the event. For those do not desire to be photographed or filmed, please refrain from being in front of the camera.



Sponsorship Packages

Tier	Inclusions (Friday 10th Nov)	Cost (ex GST)
Platinum	<ul style="list-style-type: none"> Your logo on flyer Showcased on PowerPoint throughout conference 5 min speaking slot Exhibitor stand / trade stall before conference, during morning tea, during lunch and during afternoon tea 	\$2500
Gold	<ul style="list-style-type: none"> Your logo on flyer Showcased on PowerPoint throughout conference Verbally thanked during introduction for sponsorship Exhibitor stand / trade stall before conference, during morning tea, during lunch and during afternoon tea 	\$1500
Silver	<ul style="list-style-type: none"> Exhibitor stand / trade stall before conference, during morning tea, during lunch and during afternoon tea Verbally thanked during introduction for sponsorship 	\$550
Bronze	<ul style="list-style-type: none"> Exhibitor stand / trade stall before conference, during morning tea, during lunch and during afternoon tea 	\$250



Further Details

- Set-up for the trade stall can commence by 7am
- Likely for 150 face-to-face attendees
- 1 x trestle table and 1 x chair to be provided by Symposium
- Contact QLD_PIMHSYM@health.qld.gov.au to pay via invoice