

Women's and Children's Health Network
Perinatal and Infant Mental Health Services
Helen Mayo House Annual Conference



**In the eye of the storm:
Trauma and recovery
in perinatal families**

23 November 2018

8:30am – 5:00pm

**Adelaide Convention Centre
North Terrace, Adelaide**



Government
of South Australia
SA Health

Invitation

Welcome to the Helen Mayo House Conference 2018, an event that promises to both intrigue and enlighten clinicians on the topic that we encounter all too often: trauma in families. The traumas that trouble the most intimate aspects of birth, childhood and family life can act like storms that threaten to shipwreck the mother-infant relationship. The ripples touch everyone around the mother and baby, including professionals seeking to guide them to safe harbour. Both families and professionals need a sure compass.

Our conference this year aims to assist in building that compass with the trustworthy tools of evidence-based approaches, wise and experienced educators, and the ability to make meaning and find hope in the face of the storm with which trauma presents us. We are delighted to be joined by Wendy Bunston a senior clinical social worker from Melbourne, who specialises in working with infants, children and their parents impacted by family violence. She will share her insights derived from many years of clinical experience and her award-winning PhD work on infants in domestic violence refuges. We are also honoured to welcome Glenise Coulthard, an Adnyamathanha Woman from the northern Flinders Ranges, and the Manager of Aboriginal Health at the Port Augusta Hospital and Regional Services for over 20 years, who will speak from her broad experience of the challenges and triumphs of building culturally appropriate services for Aboriginal families. In addition to plenary speeches, both Wendy and Glenise will offer workshops for more in-depth exploration of their perspectives. National programs Emerging Minds and the Centre of Perinatal Excellence (COPE) will introduce us to their services. Emerging Minds' infant-parent therapist Mandy Seyfang will extend their introduction further in a morning workshop, while both programs will host information booths at lunchtime.

The afternoon plenary speakers will focus on the experience of mothers, with Julia Dalton, a midwife PhD researcher, sharing information from the Adelaide cohort of a landmark international study, SCOPE (Screening for Pregnancy Endpoints), including the development of a novel app for pregnant women. Lastly, to truly round out our program, and to address what is often the last bastion of shame and secrecy for new parents, we welcome Dr Tonia Mezzini, a leading Adelaide sexual health physician, to talk us through how to assist mothers and their partners to find their way back to healthy sexuality after birth, trauma and other perinatal misadventures.

In addition the conference will feature a selection of workshops run by clinicians from Helen Mayo House and the Women's and Children's Health Network with rich and broad experience in the field.

These will include:

- Senior social worker Sharron Hollamby and clinical psychologist Chris Yelland, developers of Helen Mayo House's unique therapy program for mothers with borderline personality disorder, will present some techniques that work for these women in managing their emotions and connecting with their babies
- Lynly Mader, senior occupational therapist and infant mental health expert will present a workshop on working with families where infants have experienced trauma due to medical treatments
- Dr Patricia O'Rourke, Clinical Lead and Coordinator of the Infant Therapeutic Reunification Service, will provide insights from her extensive background as a child psychotherapist in child protection and other settings
- Tracy Semmler-Booth and Diane Becker, specialist mental health nurses in Helen Mayo House, will offer practical approaches to talking with mothers with perinatal mental health problems, using a combination of case vignettes and video footage
- Sally Watson, a senior therapist with the Infant Therapeutic Reunification Service, will introduce participants in her workshop to a highly effective model of working with troubled families, Attachment and Biobehavioural Catch-up (ABC).

As always the conference will provide a forum to engage with new ideas and to network with colleagues old and new, all in the ideal location of the Adelaide Convention Centre on the picturesque Torrens Riverbank.

Look out also for this year's new book release, "Meltdown Moments" a gorgeously illustrated book for children of mothers with disorders of emotion regulation, authored by our Director Dr Anne Sved Williams and artist Marie Jonsson-Harrison. Copies will be available for purchase, along with those of Wendy Bunston's book, "Helping Babies and Children to Heal after Family Violence".

We hope that you will join us.

Invited Keynote and plenary speakers

Dr Wendy Bunston of WB training and consultancy has worked in the child and family welfare sector for 30 years. She previously managed the multi award-winning Addressing Family Violence Programs in Melbourne's Royal Children's Hospital, Mental Health Service, and as a senior infant mental health clinician and consultant family therapist. Wendy's PhD on the experience of infants in women's refuges won the prestigious 'Nancy Millis' award in 2016. Wendy is the author of multiple international articles, chapters and her recent book, "Helping Babies and Children to heal after Family Violence" was published by UK publishers, Jessica Kingsley Publishers. Her next book on supporting vulnerable babies is due out next year.

Glenise Coulthard is the Manager of Aboriginal Health at the Port Augusta Hospital and Regional Health Services for the past 20 years. She has extensive experience in South Australia's Aboriginal and mainstream health services, and was part of the team that developed the first Aboriginal health unit at Port Augusta Hospital. In 1995 Glenise became the first Aboriginal person on the Board of Directors of the Royal Flying Doctor Service Central Operations to be appointed by members and has held this position for the past 22 years. In 1997 Glenise was awarded a Churchill Fellowship travelling to New Zealand and USA to study 'Aboriginal Child Health Programs'. During 2006/7 Glenise worked closely with Ms. Wendy Thiele and Dr Anne Sved-Williams to develop the 'Connecting Mums Framework' to improve mental health outcomes for Aboriginal infants and their mothers, many of whom were affected by family violence. Many community consultations with remote and regional SA Aboriginal communities were held to develop this framework. The team travelled to Darwin, Katherine and Alice Springs presenting, sharing and shaping this vital resource in a culturally appropriate way. Glenise is passionate about her culture, language, family, country and the health and wellbeing of the Aboriginal community.

Julia Dalton is a Registered Nurse and Midwife having worked within the private and public health sectors in South Australia and Queensland for over 40 years. She is currently employed at the Lyell McEwin Hospital in the Family Clinic and also the Robinson Research Institute at the University of Adelaide as a Research Midwife. She has been involved in research since 2012 with the Health-e Baby Study, examining ways that women like to seek information about pregnancy and childbirth which culminated in the pilot trial of a pregnancy app developed for socially disadvantaged women. Her current research position is with the STOP Study, a validation study for the SCOPE study that is seeking to develop screening tests to predict poor outcomes in pregnancy. Julia's passion for research, particularly for socially disadvantaged women, has inspired her progression from a masters student to a PhD candidate so that her work can make a marked difference in the improvement of perinatal outcomes.

Helen Francis the National to Local Manager for Emerging Minds National Workforce Centre for Child Mental Health has a vast knowledge of Health/Human/Community Services with a combination of over 30 years management experience, identifying service gaps, developing community partnerships advocating for 'joined up solutions to local issues'. With a background in service delivery in Homelessness, Child and family programs, Foster and residential care and Aboriginal services across large rural regions in South Australia. She has extensive experience in child and family mental health, training and development, Action research, community consultation, community development and capacity building initiatives, and 'lived experience' engagement in the process co-design. The last 8 years have focused specifically on workforce development initiatives such as Children of Parents with Mental Illness with Emerging Minds and the Protecting and Nurturing Children: Building Capacity Building Bridges and Child Aware national initiatives while at the Australian Centre for Child Protection at University of SA.

Dr Nicole Highet is the Founder and Executive Director of COPE: Centre of Perinatal Excellence. Nicole has a background in clinical psychology, marketing, campaign development, and advocacy. Following over thirteen years at Beyondblue Nicole founded COPE - the Centre of Perinatal Excellence, in 2013 to provide a dedicated focus on effective and sustainable approaches to best practice in perinatal mental health.

COPE's work involves maintaining national momentum, ensuring support for best practice through new National Guidelines and investment into innovative, measurable, and sustainable approaches to best practice implementation including but not limited to e-screening platforms, online education, e-referral and e-health promotion initiatives.

Marie Jonsson-Harrison is the illustrator of 'Meltdown Moments' written by Dr Anne Sved Williams and published by The Women's & Children's Health Network earlier this year. Marie is a contemporary naïve and outsider artist whose colourful art naturally makes one feel good and happy to be alive. Her humour makes people giggle and laugh about what inspires an artist to paint. She says, 'I hope also to make you think as even though I paint with humour, it is also often with a social comment about the human condition and the world around us'.

Dr Tonia Mezzini is a Sexual Health Physician with a special interest in chronic pelvic pain, vulval disorders, hormonal concerns and transgender health care. She has a Master of HIV, STI and Sexual Health from Sydney University. Tonia consults from Wellend Health, Burnside Hospital and teaches for the Adelaide University Rural Medical School.

Invited Keynote and plenary speakers cont'd

Dr Anne Sved Williams is the Medical Unit Head of Perinatal & Infant Mental Health Services, Helen Mayo House and Clinical Senior Lecturer in Psychiatry, University of Adelaide. She has taught perinatal and infant mental health for an extremely long time. Anne is the author of 'Meltdown Moments'.

Workshop presenters

Diane Becker is a credentialed mental health nurse who has worked in the field of perinatal and infant mental health for over 19 years. She has extensive experience in workforce training and development writing and presenting training programs. She currently tutors in mental health at Flinders University. Diane works in Helen Mayo House inpatient unit.

Sharron Hollamby is a Senior Social Worker with Perinatal and Infant Mental Health Services - Helen Mayo House. Sharron has approximately 20 years' experience as a social worker in South Australia. She has worked across statutory child protection, child and adolescent mental health and domestic violence. Sharron has an interest in working with children and infants who have experienced trauma and/or abuse.

Dom Kleinig is a child mental health workforce consultant at Emerging Minds and a social worker in private practice. He has a background in diverse areas of practice, from community-based group-work and mental health, to addiction, perinatal infant mental health and parenting. Dom is passionate about the psycho-therapeutic work that supports healthy relationships between caregivers and infant children as a key transmission point of intergenerational vulnerabilities as well as strengths to the developing mind. Dom has a major interest in reflective conversations that support, challenge and develop clinicians working with children and young families. Dom's current work with the National Workforce Centre for Child Mental Health is focused on facilitating conversations and supporting organisational changes that expand and deepen the capacity of all clinical and non-clinical staff to respond to the needs of children, no matter the context.

Lynly Mader is an Infant Mental Health Therapist, Perinatal and Infant Mental Health Services. Lynly is an occupational therapist with over 20 years' experience in working with families facing complex issues including mental illness, substance abuse, domestic violence and the intergenerational experience of trauma and abuse. This has involved the assessment of parental capacity and the provision of infant-parent therapy within the context of perinatal mental illness. At present, Lynly's focus is in addressing disruptions to mother and infant-co-regulatory experiences within the first years of life, due to preterm birth or diagnosis of ill health within the infant.

Dr Patricia O'Rourke is a Child Psychotherapist and Psychodramatist with extensive experience working in the public and private sectors in Australia and New Zealand. She has a special interest in child protection, preventative work with infants and their families and reflective supervision. Currently she is Clinical Lead and Coordinator of the Infant Therapeutic Reunification Service, Department of Psychological Medicine, Women's and Children's Health Network, and works as a consultant and supervisor in private practice.




Tracy Semmler-Booth has worked as a mental health nurse, nurse practitioner and midwife in the field of perinatal and infant mental health for over 20 years. Tracy has recently moved from the outpatient field and now works at Helen Mayo House inpatient unit. Tracy is also involved in workforce training and development, and tutors at the University of South Australia.

Mandy Seyfang is a Senior Workforce Consultant for Emerging Minds where she supports workers and organisations in the field of promotion, prevention and early intervention as it relates to the mental health of infants and children. Mandy initially qualified as an Occupational Therapist and then as a family therapist and completed training in infant mental health at the NSW Institute of Psychiatry. She has worked in both public and private health and education services across metropolitan and country South Australia.

Sally Watson is an Accredited Mental Health Social Worker with over 30 years' experience in a variety of settings. For the last 16 years she has worked in the Infant Mental Health field and has participated in a range of attachment based interventions and coding systems. One of these models is the Attachment & Bio-Behavioural Catch Up (ABC) Intervention, developed by Mary Dozier in the US – an attachment based home visiting program developed for working with high risk infants both with their biological parents and foster parents. Sally initially received training in this intervention in 2009 and then at the beginning of 2018, returned to Delaware for an updated training, and is now reliable in coding the In the Moment Comments a key component of the intervention. Sally is also a Licensed Marte Meo Supervisor. Sally currently works at the Women and Children's Hospital in the Infant Therapeutic Reunification Team.

Chris Yelland is a senior clinical psychologist working with Perinatal and Infant Mental Health Services - Helen Mayo House, facilitating group work and individual therapy. Chris has worked in a variety of positions within Child and Adolescent Mental Health Services since 1996.

Conference Program –Friday, 23 November 2018

8.00am Registration and arrival tea/coffee/water		
PLENARY I: Minding Babies		Chairperson : Dr Rebecca Hill
8:40am	Introduction	Sue Ellershaw
8:50am	Official opening	TBA
9:00am	Keynote speaker 1: Infants in refuges	Wendy Bunston
9:45am	The Centre of Perinatal Excellence (COPE)	Dr Nicole Highet
9:55am	Emerging Minds presentation	Helen Francis
10:05am	Keynote Speaker 2: Aboriginal families	Glenise Coulthard
10:50am Morning tea 		
11:15am-12:40pm Concurrent Workshops (I)		
1a	Infants in refuges	Wendy Bunston
2a	Emerging Minds: approaches to trauma	Mandy Seyfang / Dom Kleinig
3a	Working with infants in the child protection space	Patricia O'Rourke
4a	Far from the Tree: Supporting the attachment relationship within the context of medical trauma and diagnosis of complex, special needs in the infant	Lynly Mader
12:40pm Lunch <div>  <ul style="list-style-type: none"> ➤ Author, Anne Sved Williams and artist, Marie Jonsson-Harrison available for book signing of 'Meltdown Moments' ➤ Information booths hosted by Emerging Minds and COPE will be available for you to visit </div>		
1.30pm-3:00pm Concurrent Workshops (II)		
1b	Dialectical-Behavioural Therapy (DBT) for mothers	Chris Yelland / Sharron Hollamby
2b	Aboriginal families	Glenise Coulthard
3b	Talking with troubled mothers	Tracy Semmler-Booth / Diane Becker
4b	Introduction to Attachment and Biobehavioural Catch-up (ABC)	Sally Watson
3:00pm Afternoon tea 		
PLENARY II: Minding Mothers		Chairperson: Dr Liz Coventry
3:15pm	The making of Meltdown Moments: a book for children of mothers with disorders of emotional regulation	Anne Sved Williams / Marie Jonsson-Harrison
3.25pm	A midwife's approach: Strategies to reduce anxiety for improved perinatal outcomes.	Julia Dalton
4:00pm	Sex after Babies: How to help the couple in distress	Dr Tonia Mezzini
4.45pm	CLOSE	

Registration

Submit to: Tina Bull, Helen Mayo House
Phone: (08) 708 71047 Fax: (08) 708 71060
Email: helenmayohouse@sa.gov.au

Cost:

- > Full fee: \$260.00; Late Registration: \$300.00 (received after COB 12/11/18)
- > Includes: Tea/coffee/water on arrival, morning tea, lunch and afternoon tea
- > 50% discount full-time students with valid student ID card – photocopy must be provided.
- > 10% discount for group bookings of six or more for full fee-paying registrations.

Registration policy:

- > Cost of registration is GST inclusive.
- > Cancellations before 12/11/18: refund of fees paid less \$75 administration fee, however, registrations are transferable
- > Cancellations after 12/11/18: no refund, however, registrations are transferable

Registrant details:

Title:	First name:	Last name:	
Phone:	Mobile:	Fax:	
Current position:			
Work place:			
Work address:			
Email address :			

Please note: Indemnity insurance is not provided by the Conference venue or organisers. Please contact your workplace to ensure that you are covered during conference attendance. By signing this form and registering to attend you acknowledge your awareness of this and confirm you are covered by your own workplace.

Signature: _____

Date / /

If you are part of a group booking please provide details of key contact.

Name of key contact:	Phone:
Organisation:	Email:
Authorised signature:	Date:

Workshop attendance: Please list your **first three preferences** (in order of preference).

11:00am <u>Workshops (I)</u>	1.30pm <u>Workshops (II)</u>
(1)	(1)
(2)	(2)
(3)	(3)

Dietary requirements

For catering purposes, please indicate if you have any special dietary requirements:

☐ Gluten free ☐ Lactose intolerant ☐ Vegetarian ☐ Vegan

Any other dietary requirements/comments: _____

Payment details

Select one of the following:

- ☐ Employed by SA Health - Specify department or LHN and Business Unit: _____
- ☐ I work for another government agency – Specify agency: _____
- ☐ I work for a non-government agency
- ☐ Full time student - valid student ID card – photocopy must be provided
- ☐ Other, please specify: _____

Non SA Health Employees:

On return of this form and attendance acceptance, a tax invoice will be generated and sent to the person or organisation you have indicated below as being responsible for payment.

SA Health Employees:

Authorisation from your delegate is required if your Business Unit has agreed to pay for your attendance. If approval is provided, please tick 'organisation', complete the Journal Transfer Authorisation Form in this brochure and return with your registration. If multiple employees have applied to attend this course from your Business Unit, please place them on the one form.

PROVIDE BILLING DETAILS FOR THE INDIVIDUAL OR ORGANISATION PAYING INVOICE			
Bill to: <input type="checkbox"/> Individual/student		Bill to: <input type="checkbox"/> Organisation (for SA Health workplaces)	
Billing name (including prefix):		Name of workplace to be billed:	
		Contact person:	
Postal address: Street or PO Box:		Postal address: Street or PO Box:	
Suburb:		Suburb:	
State: Postcode:		State: Postcode:	
Phone:	Mobile:	Phone:	Mobile:
Email:		Email:	

Women's and Children's Health Network

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You are only required to complete this section if you are an SA Health employee and your organisation is paying for the course.

Name of SA Health/Intra Health or Sub-region:

☐ WCHN Journal (for WCHN employees) ☐ Journal between SA Health Units

PARTICIPANT'S NAME	POSITION TITLE	TOTAL COST (gst excl)
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
This is not an invoice. Charge will be done via journal transfer. Please authorise, fill in the cost centre details, then return for processing to: Helen Mayo House, either by Fax: (08)70871060 or Email: helenmayohouse@sa.gov.au		Sub-Total \$
		GST \$
		Total \$

Authorisation to Debit Cost Centre

LEGACY COST CENTRE	BUSINESS	UNIT	SERVICE	COST CENTRE	PROJECT ID	ACCOUNT	AMOUNT \$

I authorise WCHN to **Debit** the above Oracle RI for the charge noted above.

Authorised name: _____

Authorised signature: _____

Position title: _____

Department/Division: _____

General information

For information on car parking, disability access, public transport and directions from the Adelaide Airport, please go to : <http://www.adelaidecc.com.au/visiting/the-centre/>.

Adelaide Metro also provides useful information on public transport.
<https://adelaidemetro.com.au/>

If you require accommodation, please visit: <https://www.adelaidecc.com.au/visiting/travelling-to-adelaide/>