



# ESF Mental Health Showcase

## DAY 1 - MONDAY 28 MARCH 2022

TIME	SESSION
10.30am	<b>Registration, coffee &amp; networking</b>
11.00am	<b>Welcome</b> Siusan MacKenzie, CEO, Emergency Services Foundation
11.15am	<b>Why it is so important for agencies to get it right?</b> Lived experience panel
11.45pm	<b>Examining the evidence for mental health programs – a cross national perspective</b> Dr Don McCreary, Adjunct Professor of Psychology at Brock University Canada & owner of Donald McCreary Scientific Consulting
12.45pm	<b>Lunch</b>
1.30pm	<b>Showcase of initiatives - Dr Sarah Hewat, ESF, Learning Network Program Lead</b> <ol style="list-style-type: none"> <li>1. VicPol - Reflective practice &amp; trauma group, Dr Klairie Wallace</li> <li>2. AV - Peer support dog program, Gina Mammone</li> <li>3. Red Cross - Pre &amp; post deployment checks, Anthony Tregenza</li> <li>4. ESTA - Ops alert program, Stacey Robinson</li> <li>5. Qld Amb - Priority One, Todd Wehr</li> <li>6. FRNSW - Mental fitness model, Mark Dobson</li> <li>7. SES - Managing conflict through team development, Rachel Treeby</li> </ol>
3.00pm	<b>Afternoon tea</b>
3.20pm	<b>Managing excessive workloads - quick wins &amp; proven strategies</b> Dr Tessa Bailey, Principal Consultant, Director, OPUS Centre for Psychosocial Risk
4.45pm	<b>Close</b>
6.30pm	<b>Optional dinner at The Crafty Squire</b>

## DAY 2 - TUESDAY 29 MARCH 2022

TIME	SESSION
8.30am	<b>Arrival coffee &amp; networking</b>
9.00am	<b>Welcome</b> Siusan MacKenzie
	<b>WELLBEING STREAM</b>
<b>TIME</b>	Facilitator Sophie Barrett, Senior Manager VACU, Wellbeing & Support Services, Ambulance Victoria
	<b>PEER STREAM</b>
<b>TIME</b>	Facilitator Kellie Shewring, CEO, VCC Emergencies Ministry
9.15am	<b>Options for program evaluation</b> <ul style="list-style-type: none"> <li>Brad Astbury, Director ARTD Consultants</li> <li>Stacey Jenkins, Charles Sturt University</li> </ul>
9.15am	<b>Development of a best-practice peer support framework</b> <ul style="list-style-type: none"> <li>Assoc Prof. Lisa Dell, Phoenix Australia</li> <li>Annette Balshaw, Wellbeing Coordinator, DELWP</li> <li>Joe Gazis, Clinical Advisor, VicPol Peer Support</li> </ul>
10.00am	<b>Lessons from outside the sector</b> <ul style="list-style-type: none"> <li>Kate Connors, PWC, Systems design audit</li> <li>Lauren Morgan, Australia Post, Work reset program</li> <li>Mark Howard, Institute of Breathing and Sleep, Tackling the issue of fatigue &amp; sleep in a manufacturing environment</li> </ul>
10.00am	<b>A multi-agency peer program - how would that work?</b> <ul style="list-style-type: none"> <li>Matthew Richman, Director, Wellbeing Support, Ambulance Tasmania &amp; Department of Police, Fire and Emergency Management (TAS)</li> </ul>
11.00am	<b>Morning tea</b>
10.45am	<b>Morning tea</b>
11.15am	<b>Emerging trends in workplace wellbeing</b> <ul style="list-style-type: none"> <li>Prof. Jane Burns, Strategic Advisor, Melbourne University</li> </ul>
11.00am	<b>Is there an opportunity to include peers in incident management structures?</b> <ul style="list-style-type: none"> <li>Andrew Crisp, Emergency Management Commissioner</li> <li>Tim Rodgers, CFA Wellbeing Services Advisor</li> </ul>
11.45am	<b>What can peers do in their circle of influence to encourage wellbeing?</b> <ul style="list-style-type: none"> <li>Shannon Hood, National Onsite Services Clinical Manager, Coverage International</li> <li>Mark Smith, Victoria Police, Peer</li> </ul>
12.30pm	<b>Lunch</b>
1.15pm	<b>Showcase of initiatives</b> <ol style="list-style-type: none"> <li>DELWP - Workcentre family days, Peter Cantarella</li> <li>Tasmania Police - MyPulse, Matthew Richman</li> <li>CPSU - Preventing vicarious trauma, Peter Lilleywhite</li> <li>FRNSW - How suicide impacts emergency workers, Tara Lal</li> <li>FRV - Mental health literacy &amp; wellbeing checks, Irina Tchernitskaia &amp; Zane Jenkins</li> <li>CFA - Thrive wellbeing check-in app, Suzanne Leckie</li> <li>ESF - Leading for Better Mental Health, Dr Sarah Hewat</li> </ol>
2.45pm	<b>Afternoon tea</b>
3.05pm	<b>How can we better support those who support us - our family?</b> Prof. Sharon Lawn, Flinders University
4.00pm	<b>What can you teach me?</b> Siusan MacKenzie
4.15pm	<b>Closing comments</b> Dr Narelle Beer, Executive Director, Health and Safety, WorkSafe Victoria
4.30pm	<b>Event concludes</b>