

**Women's and Children's Health Network (WCHN)  
Perinatal and Infant Mental Health Services -  
Helen Mayo House Annual Conference 2016**

# **The many faces of mental health issues for families with infants**



**University of South Australia,  
City West Campus, Adelaide**

**8.30am – 4.45pm  
Tuesday, 8 November 2016**



**Government  
of South Australia**

SA Health

## Invitation

### **Varied illnesses, varied cultures, varied viewpoints and many different family relationships.**

Helping families facing mental health issues is often very challenging. Helping families as they become mothers/fathers/grandparents with many differing cultural (sometimes conflicting) views is challenging, rewarding and exciting. Joining mental health and parenting can cause multiplying complexities!

Our conference will provide avenues for examining many relevant themes. Shirley Young will open the conference with the topic 'what cultural approaches are appropriate when working with Aboriginal families?' Zakiyyeh Muhammed from Family Haven will later share with us her wide expertise working with families from a multitude of refugee and asylum seeker backgrounds, many of whom have been greatly traumatised.

Working with families and family relationships is part of the ongoing theme. Patricia O'Rourke from the Women's and Children's Hospital will share the fruits of her PhD – how to look at mothers in their first hours and days with their newborn infants, followed by Dr Sophie Havighurst from the University of Melbourne and how to work with families with toddlers when it hasn't gone so well a little down the track. There are opportunities to hear these speakers more intensively in small groups as well as at plenaries.

In the afternoon Dr Nick Kowalenko from the Institute of Psychiatry in NSW expands on fathers in families, whilst Professor John Condon returns to our conference, this time on the theme of grandparents – helpful and reluctant. Dr Jackie Amos, a highly experienced child psychiatrist, will share her work on shame in families, a theme which emanates from her work with mothers and infants over 20 years with Child and Adolescent Mental Health Services (CAMHS), and Angie Willcocks will work with Dr Liz Coventry to provide an expert overview of helping anxious postnatal mothers.

CAMHS staff will present on a range of topics, including borderline personality disorder and an adaptation of Dialectical Behaviour Therapy (DBT) to help mums with this condition (Chris Yelland and Sharron Hollamby), Mindful Practices for parents (Lynly Mader), Resilience in perinatal women (Neil Underwood), helping very compromised mother-infant relationships (Dr Rebecca Hill) and I will share with you some of my ideas after 30 years of practice in the area.

I encourage you to sign up for the conference today. This is a great opportunity to hear from experts in the field and build networks with other professionals. Lunch is also included in the cost of registration, and a short film made at SA Film Studios "Tell her everything", which is about severe postnatal depression will be screened. Staff at Helen Mayo House had input into this film.

### **Anne Sved Williams**

Medical Unit Head, Helen Mayo House

## Invited keynote speakers

**Shirley Young** is an Aboriginal woman descending from the Nukunu people. She is the mother of two children aged 25 and 27. Her Honours in Social Work was completed with a thesis focused on the social and emotional wellbeing of Aboriginal people entitled "Sista, this is making me sick". In the 20 years since that time, Shirley has worked in a variety of Aboriginal and mainstream positions, including home support to families, training and development. Her current position is with Northern Child Adolescent and Family Services as an Aboriginal Child Adolescent Mental Health Consultant. Shirley has developed an interest in the early years and has completed her Introductory Certificates in Infant Mental Health and Perinatal Mental Health, and is interested in supporting non-Aboriginal staff to understand the importance of culture whilst working with Aboriginal children, mothers, families and communities.

**Patricia O'Rourke** is a Child Psychotherapist and Psychodramatist with wide experience working in Australia and New Zealand. Her special interest is child protection and early intervention with infants and their families. She currently is the Advanced Clinical Practitioner and Coordinator of the Infant Therapeutic Reunification Service, Department of Psychological Medicine, Women's and Children's Health Network. Patricia is completing her PhD at the University of Adelaide and works as a consultant supervisor in private practice.

## Invited keynote speakers (cont'd)

**Associate Professor Sophie Havighurst** is a child clinical psychologist at Mindful, Department of Psychiatry, The University of Melbourne. She completed her degree in clinical psychology at the University of Canterbury in New Zealand before moving to Australia to complete a PhD at the University of Melbourne with Professor Margot Prior and Professor Ann Sanson. This provided her with the theoretical, methodological, and practical foundations for Tuning in to Kids®, an emotion-focused evidence-based parenting program that she developed with co-author, Ann Harley. Tuning in to Toddlers is a program variant for parents of younger children and is currently being evaluated in a randomised controlled trial. A/Prof Havighurst is the Principal Investigator on the Tuning in to Kids® research program and a program author. She also teaches child and adolescent mental health practitioners and works as a clinical psychologist in private practice.

**Dr Nick Kowalenko** provides advice to state and national bodies about fathering and perinatal and infant mental health education and service development. He is Chair, Faculty of Child and Adolescent Psychiatry, RANZCP and Deputy Chair of Emerging Minds, promoting workforce development with the Children of Parents with a Mental Illness (COPMI) initiative for health professionals and the Early Childhood Education Care (ECEC) sector. He is president of Tresillian Family Care Centres Council in Sydney. He teaches the Masters in Perinatal and Infant Mental Health at the NSW Institute of Psychiatry. His research interests and publications are on infant and toddler outcomes after parental mental illness, infant and early childhood screening, infant outcome measurement and family focussed practice.

**Zakiyyah Muhammad**, Principal Consultant and Founder, and Director of SA Pregnancy and Parenting Counselling Services which began in July 2014. For the previous 10 years she has been employed within both SA Health and DECD in a variety of capacities ranging from community work to managerial roles. Zakiyyah has walked alongside some of the most vulnerable members of the global community over the last 20 years; women and their families who had been victims and survivors of domestic and family violence, prostitution, alcohol and drug related problems, rape, abuse, refugees and asylum seekers, those who had experienced FGM, those afflicted with PTSD and also those who had been pregnant, birthed and parented in some of the most difficult situations imaginable.

Zakiyyah's passions are studying and living within a social justice framework. This has led to her obtaining a wide range of qualifications to enhance her holistic practice including naturopathic and teaching qualifications gained while in the UK to her Masters of Social Work from Flinders University, Perinatal Non-Clinical Mental Health Counselling through the Australian Psychological Society, and her Doula qualifications from The Australian Doula College, also Diploma in Massage and Aromatherapy from Birmingham College.

**Themis Chryssidis** who co-founded Sprout Cooking School and Health Studio in 2011, was born in Adelaide, South Australia. He is a dedicated and passionate dietitian and health professional, who is determined to help as many people improve their health as possible. He has a Bachelor of Psychology, a Masters of Nutrition and Dietetics and is also a qualified personal trainer. Over many years working in the health and fitness industry, and at his dietetic practice at Sprout Health Studio, Themis has helped countless people change their lives. He specialises in overweight and obesity, Type 2 Diabetes, eating disorders, gastrointestinal disorders and irritable bowel syndrome (IBS).

Themis promotes healthy, nutritious and delicious eating - whether you're trying to lose weight, gain weight or simply ensure your diet is balanced, sustainable and fits in with your lifestyle, and he strongly believes that positive attitudes and healthy habits have a major impact on healthy lifestyles. In 2016, he released his first cook book "Quick.Easy.Healthy" along with Callum Hann.

Themis currently works closely with the Dietitians Association of Australia (DAA) and Flinders University Nutrition and Dietetics, and is a DAA media spokesperson. He is passionate about health and all things food, and loves to share his passion and knowledge with others who are keen to learn. In his spare time Themis enjoys running, going to the gym, watching and playing all sports, cooking, reading, enjoying a glass of wine and of course eating!

## Workshop presenters

**Dr Jackie Amos** is a Senior Child and Adolescent Psychiatrist, Child and Adolescent Mental Health Services. Dr Amos has been working with vulnerable families exposed to inter-generational child maltreatment for over 24 years. She has worked with Child and Adolescent Mental Health Services in Dunedin, New Zealand, Southern Adelaide Child and Adolescent Mental Health Services and as a private psychotherapist treating adult survivors of early, chronic, interpersonal trauma. Much of her work has been with clients presenting with child protection concerns. Her clinical experience has informed the ongoing development of a dyadic therapy for this population which is being refined through a theory-driven research program, drawing on evolutionary theory, attachment theory, and theories of trauma and dissociation.

**Professor John Condon** is Professor of Psychiatry at the Faculty of Health Science at Flinders University of South Australia. His doctoral research involved the development of instruments to assess paternal and maternal emotional attachment both antenatally and postnatally. Over the past 20 years, he has received funding from the National Health and Medical Research Council for investigations of the determinants of antenatal and postnatal attachment; adolescents' idealised attitudes to pregnancy and parenthood; the impact of the transition to fatherhood on male mental health; and adolescent pregnancy prevention through interventions targeting males. Currently, he is chief investigator on a longitudinal investigation of the mental health implications of the transition to grandparenthood. He is a past President of the Australian Society for Psychosomatic Obstetrics and Gynaecology, and the Australasian Marce Society.

**Dr Liz Coventry** is a consultant psychiatrist with Perinatal & Infant Mental Health Services - Helen Mayo House and has a special interest in perinatal psychiatry.

**Dr Rebecca Hill** is a consultant psychiatrist with Perinatal & Infant Mental Health Services - Helen Mayo House. She has been working in the field of perinatal psychiatry for 10 years, beginning during her psychiatry training at the University of Arizona, USA. Prior to commencing with Helen Mayo House, Rebecca worked at the Werribee Mercy Mother Baby Unit in Melbourne for 5 years, and completed the Graduate Diploma of Infant and Parent Mental Health at the University of Melbourne in 2012. Rebecca's work with mothers with mental illness and their families is informed by the fields of attachment theory, psychodynamic concepts including the importance of reflective function in parents, and infant-parent psychotherapy.

**Sharron Hollamby** is a Senior Social Worker, Perinatal & 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, domestic violence and adult mental health. Sharron provides training for FamiliesSA, DisabilitySA and HousingSA on the impact of domestic violence on children, and has worked for two years as the domestic violence consultant to the Strong Families, Safe Babies Team as a part of FamiliesSA High Risk Infant strategy. Sharron has an interest in working with children and infants who have experienced trauma and/or abuse.

**Lynly Mader** is an Infant Mental Health Therapist, Perinatal & Infant Mental Health Services, Women's and Children's Hospital. 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.

**Mandy Seyfang** is the Senior Occupational therapist with the Department for Education and Child Development, where her work focuses on supporting staff who work with vulnerable, at risk children and families in Children Centre settings. Children's centres are based in metropolitan and country sites across South Australia. They bring together multidisciplinary teams to support families to provide the best opportunities for babies and young children through a range of programs. Mandy's background is in mental

## Workshop presenters(cont'd)

health where she additionally trained as a family therapist and within infant mental health. She worked for many years for the University of SA, lecturing in counselling and group work and she completed her Masters exploring the occupational role of parenting. At present, Mandy's key area of interest is ways of building emotional regulation in babies and toddlers and their caregivers and to this end she has developed with co-workers a number of training opportunities for Children Centre staff and families in this area.

**Neil Underwood** is a Clinical Practice Consultant of Perinatal and Infant Mental Health, Women's and Children's Hospital. Neil is associate clinical lecturer at the University of Adelaide school of nursing, and a visiting lecturer in the Master's program of counselling and psychotherapy.

**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.

**Angie Willcocks** is a psychologist with particular interest and expertise in working with new parents, supporting them as they negotiate the often challenging time of becoming a mum or dad. This time of life often brings up issues related to anxiety, depression, trauma, relationship issues, and grief, as well as the 'normal' issues of parenting including role adjustments and sleep deprivation. Angie's Masters of Counselling Psychology from Macquarie University, Sydney, emphasised approaches using resilience and positive psychology and inspired her passion for supporting parents in the transition to parenthood. Angie co-authored the popular book 'The Sensible Sleep Solution: A guide to your baby's sleep in the first year', with Dr. Sarah Blunden. In 2016, she started a PhD looking at nutrition and perinatal mental health at the University of South Australia.

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

## Conference Program

<b>8.00am Registration and arrival tea/coffee/water</b>		
<b>PLENARY 1: Many cultures, many ages, many issues CHAIRPERSON: Dr Kate Jarvis (Rm: BH2-09)</b>		
8:30am	Introduction	Chris Ciancio
8:40am	Kaurna acknowledgement	Shirley Young
8:45am	Working in culture	Shirley Young
9:30am	The start of that mother-infant relationship!	Patricia O'Rourke
10:00am	Tuning into toddlers	Assoc.Prof. Sophie Havighurst
10:30am	NPDI CaFHS Report Launch	Dr Heather Mattner, Chris Ciancio
<b>10:35am Morning tea – West Bar and courtyard</b>		
<b>11:00am Concurrent Workshops (I)</b>		
<b>1a</b>	DBT and babies: Ways of modifying Dialectical Behaviour Therapy for mothers with Borderline Personality Disorder to incorporate infant related issues	Chris Yelland and Sharron Hollamby
<b>2a</b>	What works best for me in working with mothers (and babies) <i>(Professionals only may attend)</i>	Dr Anne Sved Williams
<b>3a</b>	Incorporating mindful practices into parent support programmes	Lynly Mader, Mandy Seyfang, Raechel Joyce TBC
<b>4a</b>	Anxiety in the postnatal period <i>(Professionals only may attend)</i>	Dr Liz Coventry, Angie Willcocks
<b>5a</b>	Tuning into toddlers – the TOTS programme	Assoc.Prof. Sophie Havighurst
<b>6a</b>	The earliest moments with the infant - DVD	Patricia O'Rourke
<b>12:30 – 1.30pm Lunch - West Bar and courtyard</b>		
<b>1:15pm: "Tell her everything": an SA made movie about postnatal depression available in Room BH2-09</b>		
<b>1.30pm Concurrent Workshops (II)</b>		
<b>1b</b>	Strategies for promoting family mental health to reduce the impact of PND	Dr Nick Kowalenko
<b>2b</b>	Taking action to reduce disorganized attachment: brief infant-parent therapy for mothers with mental illness	Dr Rebecca Hill
<b>3b</b>	Unseen, unheard and invisible: Working with shame in mother-infant relationships	Dr Jackie Amos
<b>4b</b>	The Earliest Moment with the Infant - DVD	Patricia O'Rourke
<b>5b</b>	Grandparents babysitting little kids - when is enough enough?	Prof. John Condon
<b>6b</b>	Promoting resilience in mothers from pre-conception onwards	Neil Underwood
<b>3:00pm Afternoon tea – West Bar and courtyard</b>		
<b>PLENARY II: More faces, and different bodies too! Chairperson: Dr Ros Powrie (Room BH2-09)</b>		
3.15pm	Dad's mental health matters when baby comes first	Dr Nick Kowalenko
3.45pm	Pregnancy and birth: Developing a client centred cultural competence in pregnancy and birth	Zakiyyah Muhammed
4:15pm	Food for thought: Developing healthy habits with a healthy home environment	Themis Chryssidis
<b>4.45pm</b>	<b>CLOSE</b>	

## Registration

Submit to: Tina Bull

Phone: (08) 708 71047

Fax: (08) 708 71060

Email: tina.bull@sa.gov.au

## Cost

- > Full day: \$250.00
- > 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 6 or more for full fee paying registrations.

## Registration policy

Cost of registration is GST inclusive.

Cancellations received before Monday, 31 October 2016 will be refunded, less an administration fee of \$50.

Cancellations made after that date will not be eligible for a refund, although registrations are transferable. Cancellations must be made in writing to Tina Bull at Helen Mayo House.

## Registrant details

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

Please note: Our conference does NOT provide indemnity for you or your attendance at the conference. You may want to check with your workplace if their insurance will cover you. Please note that by signing the registration form, you confirm you have insurance.

Signature: \_\_\_\_\_

Date / /

<p><b>If you are part of a group booking please provide details of key contact.</b></p> <p>Name of key contact: ..... Phone: .....</p> <p>Organisation: ..... Email: .....</p> <p>Authorised signature: ..... Date: .....</p>
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**Workshop attendance:** Please list your first three preferences (in order of preference).

11:00am <u>Concurrent Workshops (I)</u>	1.30pm <u>Concurrent 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:

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## Payment details

Select one of the following:

- Employed by SA Health - Specify department: \_\_\_\_\_
- I work for another government agency – Specify agency: \_\_\_\_\_
- I work for a non-government agency
- Other, please specify: \_\_\_\_\_

### **FOR NON SA HEALTH EMPLOYEES**

Once you have returned this form and your attendance has been accepted, a tax invoice will be generated and sent to the person or organisation you have indicated below as being responsible for payment.

### **FOR SA HEALTH EMPLOYEES**

If your organisation has agreed to pay for the course, please tick 'organisation' and complete the Journal Transfer Authorisation Form in this brochure . If multiple employees have applied to attend this course from your department, could you please place them on the one form. We will attempt to have your invoice paid via a journal transfer, however SA Health will not process transfers between networks of less than \$1,000. If a journal is not possible, we will contact you and raise an invoice for you to pay, reimbursement from your network should then be sought.

<b>PROVIDE BILLING DETAILS FOR THE INDIVIDUAL OR ORGANISATION PAYING INVOICE</b>			
Bill to: <input type="checkbox"/> Individual/student		Bill to: <input type="checkbox"/> Organisation (for nonSA 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:	<b>Mobile:</b>
Email:		Email:	

**Women's and Children's Health Network**

72 King William Road, North Adelaide SA 5006

## Journal Transfer Authorisation Form

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:  <b>Helen Mayo House, either by</b> <b>Fax: (08)70871060 or</b> <b>Email: tina.bull@sa.gov.au</b>		<b>Sub-Total</b> \$
		<b>GST</b> \$
		<b>Total</b> \$

### 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

The University of South Australia City West Campus has lifts, stairs and wheelchair access. The Campus will be well signposted for directions to the conference venue, or alternatively a Campus map is available on the UniSA website at <http://www.unisa.edu.au/Campus-Facilities/Maps-Tours/City-West-campus/City-West-campus-map/>.

## Car parking / transport

There is no car parking on the UniSA Campus grounds for the public.

Public car parks available in the surrounding areas include:

- > Adelaide Convention Centre Car Park  
Early bird: \$11.00/day (Enter between 5:30–9:30am; exit between 2:30-6:30pm)
- > Light Centre Car Park, 149 Currie Street  
Early bird: \$14.00/day (Enter between 5:30–9:30am; exit between 2:00-7:00pm)
- > Wilson Parking, City West Car Park - 189-207 Hindley Street  
Early bird: \$18.00/day (Enter between 5:30–9:30am; exit same day)

Alternatively on non-event days, the Adelaide Entertainment Centre operates a Park 'n' Ride facility.  
<http://www.theaec.net/ConcertsEvents/VenueInfo/Parking.aspx>

The Adelaide Metro's website also provides useful information on public transport.

## For more information please contact:

Tina Bull

Administration Assistant, Helen Mayo House

Child and Adolescent Mental Health Services

Women's and Children's Health Network

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