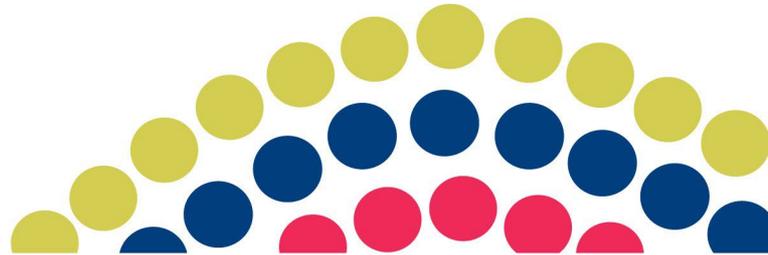


# Perinatal and Infant Mental Health Services Helen Mayo House Annual Conference



## The First 1000 Days for Everybody – Connecting, Decolonising, Innovating 21-22 November, 2022

**Adelaide Convention Centre  
Riverbank Rooms 6-8  
North Terrace, Adelaide**



For more information :  
**Tina Bull**  
**Helen Mayo House**  
**Telephone (08) 708 71047**



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**Government of South Australia**

Women's and Children's  
Health Network

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### Invitation

Welcome to the 2022 Helen Mayo House Perinatal and Infant Mental Health Annual Conference! We are delighted once again to meet with you on Kurna land at the magnificent Adelaide Convention Centre, on the banks of Karrawirra Pari/ River Torrens on Kurna land. With the theme "***The First 1000 Days for Everybody – Connecting, Decolonising, Innovating***", we will gather a host of interesting and thought-provoking speakers in Plenary and Break-out Sessions to enrich your knowledge and your work. We expect to meet face-to-face with livestream options also available.

Our Keynote Lecture in the Morning Plenary is being delivered by the program leads of *Baby Coming you Ready?*, a brilliant tech-assisted rubric developed in Western Australia to embed culturally safe, person-led perinatal care for First Nations families. They will follow this up with an extended workshop on Day 2, in an interactive multimedia presentation that will provide a hands-on exploration of this program. This will equip clinicians with immediate techniques and skills to use, which could later be built upon to implement the full program in SA health care settings. On Day 1 the Afternoon Plenary will be co-hosted with the South Australian Branch of the Australian Association for Infant Mental Health (AAIMH), serving as their local, face-to-face event for the AAIMH National Biennial Conference. Their theme this year is "*Choosing infant wellness to grow the new world*". You can expect fascinating keynote talks, to be followed in the evening by a dinner and the Branch AGM for AAIMH members. Both members and non-members are welcome. Details TBA.

### Livestream Option

We hope and expect to be able to gather in person, while also offering a **livestream option** for Day 1 for those who cannot do so. Please note, the livestream will take place only from the main Plenary room, so only one break-out session option will be available to livestream participants in the morning and afternoon sessions – information about which break-out session will be livestreamed will be available closer to the date of the Conference. Face to face registration only will apply to Day 2 as the workshop is not conducive to livestreaming

### COVID-19 Disruptions

In the event of COVID-19 related changes to the program, we will advise you of the options as soon as possible, including refunds if you prefer not to take part in a virtual conference.

We look forward to seeing you there.

*Dr Rebecca Hill*

*On behalf of the conference organising committee*

<b>8.00am Registration and arrival tea/coffee/water</b>		<b>Riverbank Foyer</b>
<b>PLENARY I</b>		<b>Riverbank Rms 6-8</b>
8:30am	<b>Introduction:</b> <i>Dr Rebecca Hill, Medical Unit Head, PIMHS</i>	
8:35am	<b>Welcome to Country:</b> <i>Rosemary Wanganeen</i>	
8:50am	<b>Official Opening</b>	
9:00am	<b>Decolonising Healthcare – are we ready, willing and able?</b> <i>Jayne Kotz / Trish Ratajczak</i> <ul style="list-style-type: none"> <li> Explanation of decolonisation</li> <li> Baby Coming You Ready - overview of addressing the decolonisation</li> <li> Provide a definition of cultural safety</li> <li> Conscious and unconscious bias</li> </ul>	
10:00am	<b>Culturally and Linguistically Diverse Families: New perspectives</b> <i>Zakiyyah Muhammad, Director and Principal Psychotherapist - Accredited Mental Health Social Worker, Family Haven SA</i>  <p>Zakiyyah has developed a resource to support Service Providers to be better informed around Multicultural communities and Infant Mental Health in the first 1000 days. What was developed was approximately 5hrs of visor footage speaking to 5 communities around their understanding of Infant Mental Health. This was in their own language with the use of Interpreters from their own communities. So Syrian - Arabic speaking, Spanish speaking, Pashtun community, Bhutanese community and Burmese community. ***This presentation will include a 10 minute video clip of some of what was covered so the audience get a taste of what took place overall***</p>	
<b>10:45am Morning Tea</b>		<b>' Mostly Books' Pop up Stall</b>
		<b>Riverbank Foyer</b>
<b>11:05am – 12:30pm Concurrent Breakout Sessions (I)</b>		<b>Riverbank Rms 6-8</b>
1A	<b>Mind in Labour, Mind in Life: A Mindful Birthing Program</b> <i>Dr Ros Powrie, Consultant Psychiatrist, PIMHS Liaison team, WCH</i>	
2A	<b>Perinatal Schema Therapy</b> <i>Dr Aparna Ladipeerla, Consultant Psychiatrist</i>	
3A	<b>Grief and Loss within the Context of Premature Birth, Medical Diagnosis Palliative Care</b> <i>Lynly Mader, Occupational Therapist/Infant Mental Health Therapist, PIMHS Liaison Team, WCH</i> <i>Caroline Williamson, Psychologist/Infant Mental Health Therapist, PIMHS Liaison Team, WCH</i>  Sponsored by the Mental health Practitioners Network  <a href="#">Link to MHPN website FYI</a>	
4A	<b>Lived Experience of Postnatal Depression – Natalie Trainor</b> This interactive presentation will see Natalie’s “catastrophic” story reimaged. She will ask the audience to assist in the unravelling of her story via a problem-based learning approach, while creatively embedding her lived experience as both a patient at Helen Mayo House and her role as a working health professional. She will then take the opportunity to offer actionable steps towards preventing 1 in 5 Australian women falling through the cracks.  <b>Surrogacy in Australia – When having a baby takes a village – Lee and Anna</b>	

11:05am – 12:30pm Concurrent Breakout Sessions (I) cont'd		Riverbank Rms 6-8
5A	<p><b>Abstract presentations:</b> <i>A selection of shorter talks from submitted abstracts</i></p> <ul style="list-style-type: none"> <li>✦ <b>Experiences of women from Syria and Afghanistan - Engaging in health care in the first 1000 days</b> <i>Amelia Winter, Research Assistant, PIMHS-Helen Mayo House</i></li> <li>✦ <b>Perinatal help - Seeking for psychological distress</b> <i>Nicole Williams, Clinical Psychologist, Private Practice, SA</i></li> <li>✦ <b>Together we recover</b> <i>Janine Kalisch, Western Perinatal Support Group Nurse, CALHN</i> <i>Cheryl Lowe, Perinatal Mental Health Specialist, CALHN</i></li> <li>✦ <b>What can the National Workforce Survey for parent, family and child mental health tell us about workforce capability in infant mental health</b> <i>Claire Marsh, Senior Research Officer, Emerging Minds</i></li> <li>✦ <b>The Staying Attached Program – An overview</b> <i>Gemma Sandeman, Child, Youth and Family Practitioner, Staying Attached, Anglicare</i></li> </ul>	
12:30 – 1.15pm Lunch		Riverbank Foyer
PLENARY II :		Riverbank Rms 6-8
Co-hosted with the SA Branch of the National Australian Association for Infant Mental Health (AAIMH)		
1:15pm	<p>A panel of speakers addressing the question:</p> <p><b>A Baby's Learning Life: how can we promote the best educational outcomes from the start? – the who, what, when, where, how</b></p> <p><i>Chaired by Tessa Kong, SA Branch President of AAIMH with a panel of experts</i></p> <p>This will be followed by workshop <b>1B "When does early education begin and how -Towards a joint statement by stakeholders to advocate and inform policy for better outcomes for early learners"</b>. The plan is to develop a statement that can be forwarded to the Royal Commission on Early Childhood Education and Care.</p> <p> <a href="#">Link to AAIMH website FYI</a></p>	
3:00pm Afternoon Tea		Riverbank Foyer
3:20pm – 4:45pm Concurrent Breakout Sessions (II)		Riverbank Rms 6-8
1B	<b>When does early education begin and how -Towards a joint statement by stakeholders to advocate and inform policy for better outcomes for early learners</b> AAIMH	
2B	<b>Infant Massage for Connection</b> <i>Nurse Kyla, Registered Nurse, Helen Mayo House Nursing</i>	
3B	<b>When Everything's Busted Apart: Ways of understanding the impact of trauma in the perinatal period</b> <i>Dr Liz Coventry, Consultant Psychiatrist, PIMHS - Helen Mayo House</i>	
4B	<p><b>Abstract Presentations:</b> <i>A selection of shorter talks from submitted abstracts</i></p> <ul style="list-style-type: none"> <li>✦ <b>Newpin Australia - Courage to change together</b> <i>Leisha Olliver, Service Manager, Uniting Communities</i></li> <li>✦ <b>Showing up for your Kids – parents navigating the child protection system</b> <i>Nadia Berginetti, CEO, The Reilly Foundation Inc</i></li> <li>✦ <b>Heard and not seen – bringing the voice of the unborn infant to Family Group Conference</b> <i>Jaye Osborne, Ngartuitya Family Group Conferencing Coordinator (Perinatal work)</i> <i>Relationships Australia (RASA)</i></li> <li>✦ <b>Caregiver sensitivity – parents from the child's perspective</b> <i>Karen Craggs, Senior Coordinator, Safer Start West and Inner North (RASA)</i></li> </ul>	
4.45pm Close		Riverbank Foyer

**Decolonising Healthcare – What? Why and How?**

**8.30am Registration and arrival tea/coffee/water**

**Riverbank Rms 6-8**

**Baby Coming You Ready?**

*Jayne Kotz Senior Research Fellow/Project Lead Baby Coming You Ready Project, NGANGK YIRA INSTITUTE FOR CHANGE, Cultural Solutions for Aboriginal Families' Futures*

*Trish Ratajczak Senior Research Officer Midwife Baby Coming You Ready Project NGANGK YIRA INSTITUTE FOR CHANGE, Cultural Solutions for Aboriginal Families' Futures*

**A brilliant tech-assisted rubric developed in WA to embed culturally safe, person-led perinatal care for First Nations families.**

**This workshop involves an interactive multimedia presentation that will provide a hands-on exploration of this program. This will equip clinicians with immediate techniques and skills to use, which could later be built upon to implement the full program in SA health care settings.**

9:00am	<ul style="list-style-type: none"> <li>✚ Overview of the day</li> <li>✚ Introduction to <i>Baby Coming You Ready</i> program and digitised rubric</li> <li>✚ Set up mentimeter logins</li> </ul>	
10:10am	<b>Morning Tea</b>	<b>Riverbank Foyer</b>
10:30am	<p><b>The Deep Dive into Trauma Informed Care - Interactive session</b></p> <ul style="list-style-type: none"> <li>✚ Unpacking types of traumas</li> <li>✚ The phantom of unresolved grief and its bid for attention</li> <li>✚ What to do when unresolved trauma 'it <i>isn't my role</i>'</li> </ul>	
12:00noon	<b>Lunch</b>	<b>Riverbank Foyer</b>
12:45pm	<p><b>Motivational Interviewing-Interactive Session</b></p> <ul style="list-style-type: none"> <li>✚ What is it motivational Interviewing (MI)?</li> <li>✚ Motivation to make change in the perinatal context</li> <li>✚ Creating a conceptual framework for MI                             <ul style="list-style-type: none"> <li>○ Using Brief interventions and</li> <li>○ Stages of Change</li> </ul> </li> </ul>	
2:30pm	<b>Afternoon Tea</b>	<b>Riverbank Foyer</b>
2:45pm	Recap of the Workshop	
<b>3.30pm Close</b>		<b>Riverbank Foyer</b>

Women's and Children's Health Network  
 72 King William Road, North Adelaide SA 5006  
 ABN: 64 021 748 126

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**Registration Fees**

<b>Day 1: Monday 21 November 2022</b>			
Registration type	Early bird In person <i>Closes COB 24/10/22</i>	Full rate In person	Livestream option
General admission	\$300	\$330	\$200
Fulltime Students	\$125	\$165	\$100
Groups (6+)	\$267	\$297	\$180
<b>Day 2: Tuesday 22 November 2022</b>			
Full Day	\$200	\$220	No livestream option
Fulltime Students	\$125	\$145	No livestream option
Groups (6+)	\$158	\$178	No livestream option
<b>Full conference (both days)</b>			
General admission	\$450	\$500	No livestream option
Fulltime Students	\$200	\$250	No livestream option
Groups (6+)	\$405	\$450	No livestream option
<p><b>Livestream Option for Day 1</b>                      Please note, the livestream option will take place only from the main Plenary room, so only one break-out session option will be available to livestream participants in the morning and afternoon sessions – information about which break-out session will be livestreamed will be available closer to the date of the Conference. <b><u>Livestream Option is not available for Day 2.</u></b></p> <p><b>COVID-19 Disruptions</b>                      In the event of COVID-19 related changes to the program, we will advise you of the options as soon as possible, including refunds if you prefer not to take part in a virtual conference.</p>			

## Keynote Speakers



**Jayne Kotz** (PhD, RNP, MW, CHN) is a Senior Research Fellow (PhD) at Ngangk Yira Institute for Change at Murdoch University in Western Australia. With over 35 years of experience working in community health settings, her career path includes clinical practice, research, health promotion and community development, policy planning, management, and advocacy. As a Nurse Practitioner/midwife Jayne has worked along First Nations peoples in their communities across rural and remote Western Australia, Victoria, the Northern Territory, Tanzania, Vanuatu, and in corrective service setting. The past 15 years has been focused on Culturally respectful approach to researching and codesigning supportive strategies to improve maternal and infant health and wellbeing for First Nations peoples. This includes the *Kimberley Mums Mood Scale* and *Baby Coming You Ready*.



**Trish Ratajczak** is Palawa woman from Lutruwita (Tasmania) with connections to descendent Mannalargenna chief of the Pairrebeene/Trawlwoolway Clan. Trish is a research officer at Ngangk Yira Institute for Change at Murdoch University in Western Australia co-lead for the *Baby Coming You Ready* program. She is a registered clinical midwife of 13 years in the tertiary setting and has been a strong advocate and educator for upcoming health professionals on Aboriginal health and culturally security for the past 13 years in the universities in Western Australia. She is also an early childhood educator and is committed supporting positive impact and change with Community at every opportunity.



**Zakiyyah Muhammad** is an accredited Mental Health Social Worker / Expert In Complexity / Psychotherapist / Pregnancy and Parenting Attachment Consultant / Cultural and Linguistically Diverse Training Facilitator. Zakiyyah has journeyed 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 Post Traumatic Stress Disorder 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 experience and qualifications which enhance her holistic practice. Zakiyyah has recently developed the My Baby's Mind resource to support health professionals to better understand and support Multicultural families with babies under three years of age.

## Breakouts Sessions



**Dr Liz Coventry** is a consultant psychiatrist with Perinatal and Infant Mental Health Services - Helen Mayo House. She has been working in this field since 2013 when she assisted in setting up Helen Mayo House's Peek A Boo Clinic. She has completed Advanced Certificates in Child and Adolescent Mental Health and also in dynamic psychotherapy. She has also completed a Graduate Diploma in Infant Mental Health from Edith Cowan University. She has an interest in dyadic and individual long-term psychotherapy, with a particular focus on trauma and bodywork.

Breakouts sessions cont'd



**Dr Aparna Ladipeerla** is a Psychiatrist. She started her career in Psychiatry in 1999. She moved to Adelaide in December 2005 with her then 5-month-old twins, and she enrolled into the fellowship program soon after.

After working for 10 years in the Rural and Remote Mental Health Service (Country Health SA), Aparna moved toward new territories. As her teens explored High School challenges, she explored other mental health landscapes. She is now a Senior Psychiatrist at the Eastern Community mental health team, Tranmere and at the SAIDHS South Australian Intellectual Disability Health Service. She is also a Senior lecturer at the University of Adelaide and does regular teaching.

Despite being a generalist, Aparna has retained a strong interest in perinatal mental health. Her paper - Reflections on Aboriginal Perinatal Mental Health, Mothers, babies, families, and community- A South Australian Trainee Experience, was published in the journal –Australasian Psychiatry in June 2015. This paper reflects on the experience she had, working alongside an aboriginal birthing team in Pt Augusta, Ceduna, Murray Bridge and Adelaide. This rich experience gave her an insight into the complexities for mothers of Aboriginal background.

Aparna has been keen to learn and adapt to the complexities and needs of her patients, especially in areas of attachment issues/ trauma sequelae. She has delved into Narrative therapy and has been training in Schema therapy. She finds the model adaptive to the complex patient needs. She finds that the process is rewarding for patient and clinician. She hopes to introduce the concepts and constructs- some broader and some specific to Perinatal mental health.



**Lynly Mader** is an Occupational therapist with the Perinatal and Infant Mental Health Services Liaison Team at Women's and Children's Hospital. She has over 30 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 diagnosis of ill health within the infant or disordered feeding behaviours.



**Nurse Kyla** is a Registered Nurse with the Perinatal and Infant Mental Health Team at Helen Mayo House. She has over 30 years' experience working in various healthcare settings including paediatrics, midwifery and mental health. Whilst working in aged care, Kyla was employed as a 'Massage Nurse' and worked with residents weekly to address chronic pain issues. This inspired her to study to be a remedial massage therapist. Areas of further education in the massage area have included antenatal/postnatal and infant massage. Kyla has also worked at meditation and yoga retreats, providing relaxing massage.

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### Breakouts sessions cont'd



**Dr Ros Powrie** is a senior Perinatal and Infant Psychiatrist with the Perinatal and Infant Mental Health Services Liaison Team at Women's and Children's Hospital. For the last 10 years she has co-taught mindfulness based programs for pregnant women and Mindful self care programs for staff. She is a founding member of AAIMH- SA Branch and former SA President and National Board member. She has over 20 years clinical and teaching experience in perinatal and infant mental health.



**Natalie Trainor** is a Speech Pathologist and voice therapist with experience supporting adults with complex communication, voice and swallowing disorders, in acute, rehabilitation, community and private practice settings. She is passionate about every individual feeling heard, seen and understood, and is the proud mother of two young children, August 4 years and Lottie 21 months.



**Caroline Williamson** is a Psychologist with the Perinatal and Infant Mental Health Consultation and Liaison Service at Women's and Children's Hospital. Caroline previously worked as a parent-infant therapist with the Child and Family Health Service, and a Clinical Psychologist in Adult Mental Health services in the UK. At present, an area of focus for Caroline is on promoting infant mental health in the neonatal intensive care unit (NICU) and supporting parents and parent-infant attachment with pre-term or medically vulnerable babies.



**Lee** (she/her) is a Social Worker who lives in Adelaide with her husband and three children. Lee grew, nurtured then birthed her maternal cousin's baby, as a surrogate in June 2019.



**Anna** is a part time high school senior Math teacher, is married with two children in Adelaide, and birthed as a surrogate in September 2020 for two Dads. She has been closely involved in the Australian surrogacy community for some years now, has conducted research with surrogates, has been involved in government enquiries on surrogacy reform and provided talks at annual surrogacy conferences. Anna is responsible for the day-to-day administration of Surrogacy Australia's Support Service (SASS) and now runs regular free webinars for the community.

## General Information

### Enquiries

Tina Bull, PIMHS - Helen Mayo House  
Ph: 08 7087 1047 / Fax: 08 708 71060  
Email: [HelenMayoHouse@sa.gov.au](mailto:HelenMayoHouse@sa.gov.au) / [tina.bull@sa.gov.au](mailto:tina.bull@sa.gov.au)

### Registration is on-line via Eventbrite (via google chrome): [click on link](#)

An option to be invoiced is available for registrants who do not have credit card facilities. Please contact Tina Bull for Registration Form

If you work for an SA Health and your Department is funding your registration, please contact Tina Bull for a Journal Transfer Registration Form

### Cancellations

- > Cancellations after Monday 14<sup>th</sup> November : No refund. Registrations are transferable
- > However, in the event of COVID-19 related changes to the program, we will advise you of the options as soon as possible, including refunds if you prefer not to take part in a virtual conference.

### Registration Desk

Located in the Riverbank Foyer at the Adelaide Convention Centre and will be open for registrants to sign in and collect a name badge from 8:00am on both days.

### Name Badge

Admission to Conference plenaries, breakout groups, morning and afternoon tea and lunch is by name badge only.

### Catering

Morning and afternoon teas, lunches and tea/coffee on arrival will be served in the Riverbank Foyer. Name badges must be worn to verify that you have registered and paid.

### Dietary

Should you require any special dietary needs, please specify on the Order Form section on Eventbrite

### Book Purchases

Annie from 'Mostly Books' at Mitcham will be setting up a Pop Up Book Store: Monday 21<sup>st</sup> November at the Riverside Foyer from morning tea. EFTPOS will be available

### Information Booths at the Conference



**Emerging Minds** will be hosting an information booth for both days of the conference. The Emerging Minds team are happy to chat to you about their free online learning and workforce development resources, including *new* resources on infant mental health, or check out the website and start learning today [www.emergingminds.com.au](http://www.emergingminds.com.au)



**Villagehood Australia** will be hosting an information booth for both days of the conference. Founder, Dinah Thomasset will be available to chat to you about the combination of programs that this registered charity officers.

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 provides useful information on public transport: <https://adaildemetro.com.au/>

If you require accommodation, visit:

<https://www.adelaidecc.com.au/visiting/travelling-to-adelaide>