



# Richmond Fellowship Tasmania – Asia Pacific Regional Conference AsPac 2010



Photographic Acknowledgments: Tourism Tasmania © Colin McFarlane and Don Stephens

*Hope • Recovery • Future*

## INTERNATIONAL MENTAL HEALTH CONFERENCE

17 – 19 NOVEMBER 2010

WREST POINT, HOBART, TASMANIA

### Invitation to submit

#### A Psychosocial Approach to Mental Health

The Conference Organising Committee is pleased to invite you to submit your Abstract to the AsPac 2010 Conference hosted by Richmond Fellowship Tasmania and supported by beyondblue: the national depression initiative. It will be held at the Wrest Point Hotel and Conference Centre, Hobart.

Scientific research has given us a far greater understanding of the intricate balance between mind and body and a growing understanding of holistic medicine, together with the recognition that our mental and physical health is closely linked.

Recovery from a physical ailment is expected; so too can it be from a mental ailment. The consequences for both may mean that recovery is not immediate but demands a certain personal responsibility. Concerns about the relationship between these two aspects of wellbeing are part of the motivation of Richmond Fellowship in facilitating this Conference, seeking an over-arching approach to mental health policy that looks well into the future.

The theme of this conference is *Hope • Recovery • Future*. Its purpose is to explore the range of issues that impinge on the psychosocial well-being of everyone.

With the present emphasis on economic growth which is used as an indicator of how well a country is doing, policy makers have been warned about confusing economic activity with well-being. To achieve economic growth many in the workplace suffer undue stress which engenders harm to the emotional system. Bhutan, a tiny Himalayan Kingdom, measures its gross national happiness – no major economy has followed suit! This year the French President Sarkozy suggested countries should include happiness in their statistics for growth. Good personal communication, relationships, contentment, happiness – all are fundamental to our well-being. Where do we stand?

In our society today there are many negative issues that impinge on our well-being and are of concern to our communities, and yet which governments seem to be either not aware of, or do not pay sufficient attention to.

The purpose of this conference is to explore a wide range of issues in order to encourage effective policy directions which are designed to enhance and improve the well-being of all concerned, both state-wide and nationally. This entails recognition of the vital roles played by both an individual's sound mental and physical health.

#### Conference Host



Richmond Fellowship  
Tasmania

#### Abstracts and workshop ideas are invited around the following broad sub-themes:

- Policy making
- Children/Youth
- Recovery
- Early intervention
- Carers
- Other...

Abstracts from the areas of Justice, Youth, ATOD Services and Social Inclusion are actively encouraged.

#### Important Dates

Abstracts Due	28 May 2010
Acceptance Emailed	05 July 2010
Provisional Program	July 2010

#### Supported by:



#### Conference Design Pty Ltd

228 Liverpool Street 7000 Hobart, TAS

E: [anna@cdesign.com.au](mailto:anna@cdesign.com.au)

W: [www.cdesign.com.au](http://www.cdesign.com.au)

P: 03 6231 2999

F: 03 6231 1522



CONFERENCE DESIGN

Call for Abstracts



## Abstract Submission

We welcome submission of abstracts relevant to the Conference themes. Priority will be given to papers that offer critical or reflective comment other than purely program descriptive oral papers. The theme for 2010 is *Hope • Recovery • Future*. This theme recognises that these words are intertwined and inter-dependent on each other; without one the other will fail to thrive. This is true of a person's or community's or nation's health and well-being and we hope to explore these factors throughout the conference. Do we have the right? Is there a missing link? How can we do better? Who does it well? What does the future hold? These and many more questions will be explored by a diverse range of local, interstate and international speakers, whose focus will be on supporting individuals and communities to take control and responsibility for their mental well-being. The conference programme calls for papers which advocate at all levels within service providers and government for policy and attitudinal change to assist Tasmania and Australia to lead the way in promoting best practice in the field of mental health and recovery. We welcome you to join us in exploring the future and what this may hold. Consumers, carers, service providers and policy makers are invited to attend and contribute to what will be a stimulating and thought-provoking conference. We promise to ask many questions and ask you to assist with discovering some of the answers or options which are out there.

Learning objectives (answers to be included within the abstract)

- What will people in the audience gain or learn from attending your presentation?
- How does this topic relate to the Conference theme?
- Can the presentation be linked and relate to the wider community?

## Presentation Formats

We wish to encourage productive discussion, interaction and networking. This can be achieved through formal oral presentation followed by short discussions. Workshops, round table discussions and debates can provide greater levels of interaction between audience and presenters. Each session will have a nominated chair.

## Oral Presentations

Oral presentations will be 20 minutes long, including 5 minutes for questions.

## Seminars

Seminars will be 60 minutes long, including 15 minutes for questions.

## Workshops

Workshops will be 45 minutes long. They will focus on a particular issue or topic relevant to the Conference theme and maximise audience participation. This is not a paper – at least half the time must be devoted to question and answer time or to group interaction.

## Posters

Posters will be displayed for the duration of the conference. Each poster will be allocated a 1 metre wide x 2 metres high panel and the poster must fit within this area. The program will promote informal contact between poster presenters; a designated poster time will be programmed to provide the opportunity for the presenter to display new research/ evaluation results, service advances, new program features or work in progress.

## Submission Procedure

### Prepare your abstract

To be considered for presentation your abstract must include:

- A descriptive presentation title of up to twelve words. Use upper and lower case in the title, not only upper case.
- The names, organisations, suburbs, states and email addresses (optional) for each author. Indicate the presenting author in bold.
- The abstract should be approximately 200 words in simple text without tables or subheadings. It should include a statement of the aims of the presentation.

Register your abstract on the website

[www.cdesign.com.au/aspac2010](http://www.cdesign.com.au/aspac2010)

Go to the Presenters' Zone to register your contact details and the abstract title. You can enter multiple presentations.

### Upload your abstract

At the end of the registration process you will be asked to upload your Microsoft Word document.

## Presenters Registration

All presenters will be required to register for the Conference and pay the appropriate registration fee. Presenters also need to meet their own travel and accommodation costs.