



# FORUM

*Making a Connection, Making a Difference*

*24 May 2018*

*Tailrace Centre, Launceston*

|         |  |  |
|---------|--|--|
| 9:00am  | Registration                                       |  |
| 9:30am  | Opening  |  |
| 9:35am  | Welcome to Country                                 |  |
| 9:45am  | Minister's Address                                 | <i>Minister for Health, Michael Fergusson</i>  |
| 9:55am  | Session 1 – Men and Suicide                        |  |
|         | - <i>My Story*</i>                                 |  |
|         | - <i>Men and Mental Health</i>                     | <i>Zac Seidler, University of Sydney</i>   |
| 10:50am | Suicide Prevention – The National Picture          | <i>Matthew Tukaki, Chair, Suicide Prevention Australia</i>                                   |
| 11:10am | Recognition of Tasmanian LIFE Award Recipients     |  |
| 11:15am | Morning Tea  |  |
| 11:35am | Suicide Prevention in Older Adults                 | <i>Prof Brian Draper, University of NSW</i>  |
| 12:20pm | Suicide Prevention in CALD                         | <i>Prof Nicholas Procter, University of SA</i>   |
| 1:05pm  | Lunch  |  |
| 2:00pm  | Concurrent Workshops                               |  |
|         | - Community capacity building                      | <i>Prof Nicholas Procter, University of SA</i>   |
|         | - Pause before sharing personal stories of suicide | <i>Tracy McCown, Manager of the Lived Experience Program at Suicide Prevention Australia</i> |
| 3:30pm  | Afternoon Tea                                      |  |
| 3:45pm  | Closing Address                                    | <i>Dr Michael Kelly, Chair, Tasmanian Suicide Prevention Community Network</i>               |
| 4pm     | Forum Close  |  |

*\* Session 1 will be introduced by personal stories which may trigger an emotional response from audience members.*

*If any of the sessions throughout the day raise concerns for you, please seek out one of the marked counsellors within the audience, who are available to assist.*

***Zac Seidler, Man Island Project, University of Sydney***

Zac Seidler is a registered psychologist and PhD candidate at The University of Sydney. Zac is the Lead Investigator on the Man Island Project, aiming to explore and improve men's engagement in psychological treatment with the aim of reducing the staggering male suicide rate. His research so far has seen the first exploration into the factors influencing men's help-seeking intention, uptake and engagement with mental health services. Zac has a keen interest in what keeps men coming back to treatment and how to adapt your practice to be gender-sensitive to achieve the best outcomes with hard to treat clients. Zac has worked clinically with men of different ages and presentations from adolescents with early psychosis to older HIV+ men struggling with adjustment. Zac is a consultant for a number of companies including Top Blokes who run groups for school-aged boys and has appeared in Vice and The Guardian for his work.



***If you are interested in working with Zac to develop your skills in working with men, Zac has kindly agreed to run a pre-forum workshop on Wednesday 23 May, 1-4pm. Registration is available through the Forum registration process.***

***Professor Brian Draper, University of New South Wales***



Brian Draper is an old age psychiatrist and Conjoint Professor, School of Psychiatry, University of NSW, Sydney, Australia. He is Clinical Lead, Department of Aged Care Psychiatry, Prince of Wales Hospital, Randwick. He recently completed 2 terms as Board Member of the International Psychogeriatric Association; past Chair of the Faculty of Psychiatry of Old Age, RANZCP and was foundation Chair of its Advanced Training Committee. He is Associate Editor of the journal 'Suicide and Life Threatening Behavior'; Scientific Advisor, American Foundation for Suicide Prevention; and a member of LifeSpan Research and Advisory Committee. He has published over 350 scientific articles on clinical aspects of dementia and cognitive disorders in the community, hospitals and residential aged care, late life suicidal behaviour, alcohol and substance use, depression, carer stress and professional development.

***If you are interested in working with Brian to develop your skills in working with older people, Brian has kindly agreed to run a pre-forum workshop on Wednesday 23 May, 1-4pm. Registration is available through the Forum registration process.***

***Professor Nicholas Procter, University of South Australia***

Professor Nicholas Procter is Chair: Mental Health Nursing and leader of the Mental Health and Suicide Prevention Research Group, Sansom Institute for Health Research, University of South Australia. He is a former member of the writing team for Australia's National Suicide Prevention Strategy (LiFE Framework) and the Steering Committee for the Commonwealth Ombudsman's Own Motion Investigation into Suicide and Self Harm across the Australian Immigration Detention Network. More recently (2013-2015), Professor Procter played a leading role in the development of *Engaging with the Suicidal Person*, a resource jointly produced by UniSA and SA Health as part of SA's Shared Learning in Clinical Practice Initiative. Professor Procter has also been a chief investigator on over A\$6m of grant funding over the past five years. He has completed advanced training in violence triage with the *International Association for Forensic Mental Health Services* and training as a Psychological Autopsy Investigator with the *American Association of Suicidology*.



***Nicholas will offer a workshop to further examine community capacity building in suicidality as part of the forum program on Thursday 24 May. Registration for this workshop will be available on the day.***

***Tracy McCown, Manager of the Lived Experience Program, Suicide Prevention Australia***



Tracy has worked in various health-related not-for-profit organisations over the last 10 years, always with a strong focus on the wellbeing of the individual. Tracy joined SPA in May 2013. Her role as Manager of the Lived Experience Program, in addition to her own lived experience of suicide, brings empathy and compassion for all who identify as having a lived experience of suicide. In this role she is passionate about strengthening the voice of lived experience, supporting individuals and organisations to make mutually beneficial connections and empowering communities to drive change.

***Join Tracy in a workshop to explore and reflect on the concept of sharing your personal lived experience story. This interactive workshop will cover:***

- ***Why lived experience is important***
- ***What does it mean to share safely***
- ***Things to consider before sharing***
- ***What are the risks of sharing – for self and for others***
- ***Pathways to storytelling***

***Tracy's workshop will take place as part of the forum on Thursday 24 May. Registration for this workshop will be available on the day.***