12th Biennial Asia Pacific International Mental Health Conference

Recovered Futures
People | Practice | Partnership | Policy

Brisbane Queensland Australia
24, 25, 26 October 2016

Thinking about the future today

Delegate Information Pack

Hosted by

Major Sponsors

Supported by

QLD Mental Health Commission
We respectfully acknowledge the Turrbal and Jagera Traditional Owners of the land on which this event is taking place and Elders both past and present. We also recognise those whose ongoing effort to protect and promote Aboriginal and Torres Strait Islander cultures will leave a lasting legacy for future Elders and leaders.

THANK YOU TO OUR SPONSORS

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![Amergin](image)

![eMHprac](image)

![HESTA](image)

![VisiCase](image)

Concurrent Session Sponsors

Tuesday 15:40
‘Advocating mental health reform’
Plaza Terrace Room

Wednesday 13:40
‘Mental health & suicide’
P1 Room

The conference committee would like to formally acknowledge the generous support from the Estate of the late Betty Davies and the National Disability Conference Initiative 2016–17 (under the Disabilities and Carers Programme), for providing thirty-six national and international applicants with full or partial scholarships to attend the conference.
ABOUT ASPAC

The 12th Biennial Asia Pacific (AsPac) International Mental Health Conference brings together progressive thought leaders in mental health and related sectors to share experiences and contribute to an open forum to discuss what works and develop hopeful and effective recovery solutions for people and their families. AsPac is designed to challenge our thinking through inclusive dialogue and debate and cross-cultural learnings.

The Richmond Fellowship Asia Pacific (AsPac) Forum was established in 1994 at the inaugural Asia Pacific Conference in Brisbane. The Forum consists of independent sister organisations throughout the region in India, Hong Kong, Sri Lanka, Nepal, Macau, New Zealand, Western Australia, Tasmania, Australian Capital Territory and Queensland. A key purpose of the Forum is to auspice the Asia Pacific International Mental Health Conference where members take turns to host the conference. Recent conferences have been held in Sri Lanka (2014), Western Australia (2012), Tasmania (2010) and India (2008).

### Conference Dates

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<td>Pre Conference Workshops</td>
<td>Monday 24th October</td>
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<td>Welcome Reception</td>
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### Conference Contacts

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**Conference Deputy Project Lead**  
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Don’t forget to visit the conference website for any additional up to date information at www.aspacmentalhealth16.com.au
The following information provides delegates with all you need to know about engaging and navigating around the conference with ease.

If you have any concerns or enquiries throughout the event please speak to a volunteer or the conference contacts below.

Registration & Information Desk

The registration and information desk is located on the Plaza level of the BCEC. The opening hours of the registration desk are:

- **Monday 24th October**: 8am – 6pm
- **Tuesday 25th October**: 8am – 5pm
- **Wednesday 26th October**: 8am – 5pm

All delegates must sign in prior to entering the conference to receive their name tag and satchel. All lost name tags should be reported to the registration desk.

Program Times

The level of interest in the conference has meant a full program, requiring times to be adhered to.

We ask delegates to be in their seats prior to the commencement times for the plenary and concurrent sessions. Please note the Welcome to Country by the Nunukal Yuggera Dance Group will commence at 9am.

Concurrent Sessions

Each concurrent session is self-contained and not designed for moving between rooms and individual presentations.

We request delegates are respectful to presenters by taking your seat by the starting time and remaining in the room for the duration of the chosen session.

Name Tags

Delegates will need to ensure name tags are worn at all times. You will have your own unique QR code printed on the back of your name tag that allows you to scan and share contact information with other delegates.

Welcome Reception

The welcome reception will be hosted on the Monday evening as a networking event in the Sky Room terrace. Drinks and canapes will be provided along with musical entertainment from string quartet Bentley Strings. Welcome reception tickets are included in the full conference registration. Additional tickets can be purchased through the conference website.

Conference Features

**Hope Tree**

The ‘Hope Tree’ will be in blossom at the conference on Tuesday and Wednesday.

The Hope Tree is designed for people to share personal hopes and be inspired by those of others. The ‘hopes’ will be captured on personal cards, prompted with the statement, ‘My hope for the future’. You are encouraged to contribute to the Hope Tree as many times as you would like.

**Video Booth**

The Video booth is a feature of the Conference. You are invited to record your response to the question ‘What does Recovered Futures mean to me?’
Catering and Dietary Information

Morning tea, afternoon tea and lunches will be served on the Plaza Level (level 2). If you have advised special dietary requirements, please see BCEC staff during the breaks.

Please see the conference program for tea and lunch times.

No food or drink is to be brought into the venue, except with permission of both the conference convenor and BCEC.

Internet

Complimentary Wi-Fi is available. To connect your device please follow these steps

1. Choose wifi network (SSID): RecoveredFutures
2. Enter the password aspac2016

Mobile Phones & Devices

Please ensure all mobile phones and electronic devices are turned to silent during conference sessions.

Presenters Room

The Presenters Prep Room is located in P5 of the Plaza Level (level 2). Delegates presenting at the conference are required to upload their PowerPoint presentation no later than 2 hours before their presentation in the prep room.

Presenters who have uploaded their Presentation Folder prior to the conference are still required to ‘check in’ with the technicians in the Presenters Prep Room at least 2 hours before their presentation.

Session Feedback & Evaluation

Session feedback and evaluation forms are available through the conference app and website. Delegates can request a printed copy from the registration desk.

CPD Endorsement & Evaluation

The conference is endorsed by the Australian Association of Social Workers (AASW). Endorsement Reference Number: AASW160805. An official AASW Endorsed CPD Activity Feedback Form is available on the conference app and website.

QR Scanner

A QR or Quick Response code is a machine-readable label that contains information about the item to which it is attached. You will have the opportunity to scan QR codes of other delegates to share contact and professional information. To start scanning a QR code, download the conference App and select the QR scanner feature. Place your phone above the QR code and your scanner will automatically scan the code and display the information. Please don’t hesitate to ask for assistance.
Brisbane Convention & Exhibition Centre

The Conference will be held at the Brisbane Convention & Exhibition Centre (BCEC).

Recently voted World’s Best Convention Centre 2016, The BCEC proudly sits against a backdrop of 20 years of hosting successful events. Positioned on Grey Street and within short walking distance to recommended accommodation option, Rydges Southbank (adjacent to centre) Mercure Brisbane and Ibis Brisbane. BCEC is set against a picturesque backdrop of central Brisbane on the city’s popular South Bank parklands. With proximal cultural, dining and entertainment attractions, coupled with a riverside location, BCEC offers a stunning backdrop to this significant Mental Health Conference.

Located in the heart of Brisbane city and set along the southern banks of the Brisbane river, South Bank is Brisbane’s premier lifestyle and cultural destination. Visitors can discover the 17 hectares of lush parklands, world-class eateries, stunning river views and marvel at Queensland diverse range of modern, contemporary and indigenous art collections.

BCEC Best Access

Parking

Car park 1 on Merivale Street is the most convenient parking for access to the Plaza level.

Airtrain

Catch the Airtrain from Brisbane’s international and domestic airports to South Brisbane station. Tickets are available for this service from the BCEC Information Desk or you can pre-book at the Airtrain website.

Bus

The Cultural Centre Station on Melbourne Street and the South Bank Busway Station cnr of Colchester and Tribune Streets are closest to BCEC. Translink manage the Brisbane City bus services, for more information on routes and to plan your journey visit the Translink website.

Citycats

CityCats operate everyday and stop at the South Bank River Terminal on the Clem Jones Promenade. The inner-city ferry travels between the CBD, North Quay and Kangaroo Point, stopping at South Bank Terminal 1 and 2. Visit the Translink website for timetable and pricing information.

Taxi

Taxi ranks are located outside the main entrance to the Centre on Merivale Street. There is a taxi drop off located at the Convention Centre Grey Street entrance.

Trains

The South Brisbane Railway Station, adjacent to the Convention Centre on Grey Street or South Bank Railway Station are the most convenient stations to the Brisbane Convention & Exhibition Centre.

Timetable and pricing are available at the Translink website.
Are you traveling from interstate or from overseas? Here is some information to help with organising your trip to make the most out of Brisbane city.

South Bank
South Bank is Brisbane's premier lifestyle and cultural destination. Located on the southern banks of the Brisbane River, its 17 hectares of lush parklands, world-class eateries, stunning river views and hundreds of delightful events all year round make it the perfect place to explore and unwind. There is free Wifi Available 24/7 within the South Bank Parklands Precinct.

The South Bank Visitor Information & Booking Centre can help you with:
- Reservations and sales for accommodation, tours, cruises and transfers, plus theme park ticket sales;
- Event information and general enquiries;
- Free maps and brochures;
- Information on restaurant and dining options at South Bank;

Places of interest
- Gallery Of Modern Art (GOMA)
- Queensland Museum
- Southbank Parklands/River Walk
- Queensland Performing Arts Centre (QPAC)
- State Library Queensland (SLQ)
- The Wheel of Brisbane
- The Epicurious Garden (located in Southbank Parklands)

Brisbane City
Brisbane City offers a discovery in every direction. Home to over 1000 stores, including the largest range of flagship boutiques in Queensland, it is the state’s premier shopping destination.

The Brisbane CBD is also a food and drink lovers paradise, with everything from burger joints and riverside bistro's, to laneway bars and hidden cafes. Besides shopping and eating there’s The City Sounds free music program, countless events, a cinema, a casino, parks, galleries, performance spaces and even a bowling alley.

The Queen Street Mall contains a large variety of boutique, retail and food outlets with access from the Victoria Bridge.

Places of interest
- Queens Plaza (Shops and foodcourt)
- Myer Centre (shopping and cinemas)
- The Wintergarden (shops, eateries, bowling alley)
- Treasury Casino and Hotel Brisbane
- City Hall – King George Square
- Eagle Street Pier river walk
- Botanic Gardens and QUT University
- Roma Street Parklands
- Kangaroo Point Cliffs

Tourist Information
The South Bank Visitor Information & Booking Centre is open daily and located at Stanley Street Plaza, between Max Brenner and The Snowplough Inn.
P: 07 3156 6366
Open daily 9am–5pm

The Brisbane City Visitor Information and Booking Centre is located in the heritage-listed Regent Theatre at 167 Queen Street Mall.
P: 07 3006 6290
Open daily 9am–5pm
WHAT’S ON

Saturday 22 October
- **Brisbane Fashion Weekend 2016**
- **Powerhouse Farmers Markets** 6am–12pm
- **The Collective Markets** 10am–9pm
- **2016 West End Festival**
- **Feel Good Program** – Free Fitness Classes in South Bank Parklands
- ‘Singing in the Rain’ Theatre ProductionQPAC

Sunday 23 October
- **Brisbane Fashion Weekend 2016**
- **The Collective Markets** 9am–4pm
- **2016 West End Festival**
- ‘Singing in the Rain’ Theatre ProductionQPAC

Monday 24 October
- **2016 West End Festival**
- **Feel Good Program** – Free Fitness Classes in South Bank Parklands
- ‘Singing in the Rain’ Theatre ProductionQPAC

Tuesday 25 October
- **2016 West End Festival**
- **Feel Good Program** – Free Fitness Classes in South Bank Parklands
- ‘Singing in the Rain’ Theatre ProductionQPAC

Wednesday 26 October
- **Brisbane City Farmers Markets** 8am–6pm
- **2016 West End Festival**
- **Feel Good Program** – Free Fitness Classes in South Bank Parklands
- ‘Singing in the Rain’ Theatre ProductionQPAC
Delegates who have extra time in Brisbane may wish to visit some of Queensland’s stunning tourist attractions at the Gold Coast, Sunshine Coast or greater Brisbane.

The Gold Coast is located on the edge of the Asia-Pacific rim, stretching along 57km of stunning coastline and beaches. It is an approximate one hour drive south from Brisbane and can be accessed via bus and train.

Destinations at the GOLD COAST include:
- Movie World, Sea World, Wet ‘N’ Wild and Paradise Country
- Tamborine Mountain or O’Reilly’s Rainforest
- Dreamworld, White Water World or Skypoint
- Currumbin Wildlife Sanctuary
- Surfers Paradise and other Gold Coast beaches

The Sunshine Coast is located 100km north of Brisbane and spans approximately 60km of coastline and hinterland. You can visit the sunshine coast via train, bus or by driving.

Destinations at the SUNSHINE COAST include:
- Australia Zoo
- Underwater world
- Aussie World
- Sunshine Coast beaches such as Noosa Heads and Caloundra
- Sunshine Coast Hinterland
- Delegates wishing to explore greater Brisbane can visit VisitBrisbane.com.au website and consider the variety of unique, historical and superb sites and attractions Brisbane has to offer.
Climate
Brisbane is a subtropical paradise, blessed with wonderful, warm sunshine throughout the year with the perfect climate for life in the great outdoors.
Brisbane is the perfect location for visitors to enjoy a range of activities – sport, picnics in parks, bush walking, water sport and other relaxing forms of recreation. On warm, clear days you can take day trips to numerous intriguing destinations in and around Brisbane, while on perfect nights dine alfresco-style and take in the great river views and overlook the city skyline from Mt Coot-tha.
For the latest conditions, visit the Bureau of Meteorology site and follow the Queensland links.
Delegates are encouraged to wear sun protection when out sight-seeing. Wear a shirt, hat, sunglasses and good sunscreen, even on cloudy days. Reapply sunscreen regularly if spending the whole day outdoors. Drink plenty of fluids to prevent dehydration.
As a side note: October is also a good month to catch the beautiful Jacaranda trees in flower. With its stunning purple flowers that carpet Brisbane streets and parks, it really is a sight to see.

Electricity
Electricity in Australia is 220-240V AC 50Hz. The sockets are three pin and you may need an adaptor. Universal outlets for 240V or 100V shavers are found in most leading hotels. Multi-voltage appliances as well as adapters are readily available in department stores and luggage shops.

Shopping
Most stores in Brisbane are open seven days per week with evening shopping in the Brisbane CBD open till 9.00pm on Fridays and 9.00pm in suburban areas on Thursdays. South Bank markets are conveniently located in South Bank parklands opposite the Conference venue and are open Friday nights from 5pm to 10pm, Saturdays from 11am to 5pm and Sundays from 9am to 5pm.

Taxes
A Goods and Services Tax (GST) of 10% applies to all consumer goods and is included in retail prices. Overseas visitors may be able to claim a refund of the GST through the Tourist Refund Scheme (TRS). Further information available here.

Tipping
Tipping is acceptable in Australia. It is not compulsory.

Travel and Health Insurance
It is strongly recommended that you take out insurance policies to cover medical and travel expenses. If necessary, consult your travel agent.

Water Quality
The water in Australia exceeds the standards for safe drinking water set by the World Health Organization. It is safe to drink water straight from the tap, unless signed otherwise.
GETTING AROUND BRISBANE

Public Transport
Brisbane’s integrated public transport system provides delegates with a city-wide network of road, rail and river options. Integrated ticketing via Translink across trains, buses, CityCats and Ferries, allows for streamlined delegate travel. Look out for the FREE red Ferries and FREE city loop bus services that offer a great way to hop on/off and explore the city. Plan your journey on public transport using the Translink Journey Planner or Google Maps.

www.translink.com.au

Ticketing
The Go Card is the electronic ticket for South East Queensland transport. It is valid for all translink bus, train and ferry services. Go cards must be purchased before boarding a TransLink service. Paper tickets are also available at ticketing machines.

Airtrain
The Brisbane Airtrain is a fast and economical way to travel between Brisbane Airport and the City. The journey takes approximately 23 minutes on the train and will cost you approximately $16 one way. For discount on tickets, book online.

Driving
Depending on traffic, it is a 25–30 minute drive to the Southbank precinct from Brisbane Airport. There are a number of car rental companies at the Brisbane Airport.

City Cycle
City Cycle is an ecofriendly and simple way to get around and explore Brisbane. Daily subscriptions are available and the first 30 minutes of any journey is free. Stations are located throughout Brisbane. For more information or to sign up, click here.

Taxi
A taxi will cost approximately $60 from the airport to South Bank, prices subject to change.

Black & White Cabs
- Taxi/ Maxi Cab: 133 222
- Business Class: (07) 3860 9999
- Wheel Chair taxi: 1300 658 222

Yellow Cabs
- Executive Service 13 3100
- Maxi/ Taxi 13 6294

UBER
Uber is a low cost, online, no cash taxi dispatch service. Riders are able to choose a ride and set a location for pick up. You are able to see your driver’s picture and vehicle details and can track their arrival on the interactive map. The fare is automatically charged to your credit card and you are able to provide anonymous feedback about your trip to ensure every ride is a 5 star experience. Download the app to get started or sign up online.
If you have booked accommodation through our registration process, you will need to provide a form of ID and your booking confirmation to check in. If you have misplaced this confirmation, please contact the conference secretariat (P: 0432 897 023 | E: secretariat@aspacmentalhealth16.com.au).

**Rydges South Bank**

Rydges South Bank hotel has a wide range of attractions on its doorstep and is adjacent to the Brisbane Convention & Exhibition Centre. Rydges South Bank offers the closest and most conveniently located accommodation for delegates and guests.

- **Check in:** 2pm / **Check out:** 10am
- **Location:** 9 Glenelg St, South Brisbane QLD 4101
- **Parking:** $40 per night per vehicle
- **Ph:** (07) 3364 0800
- **Website**

For direction from Rydges South Bank to the BCEC click [here](#)

**Mercure Brisbane**

Mercure Brisbane is just steps from the CBD and a 20 minute stroll to the Brisbane Convention Centre, with spectacular views of the Brisbane River and South bank Parklands.

- **Check in:** 2pm / **Check Out:** 10am
- **Location:** 85-87 N Quay, Brisbane City QLD 4000
- **Parking:** $36 per day (24hrs)
- **Ph:** (07) 3237 2300
- **Website**

For directions from the Mercure hotel to the BCEC click [here](#)

**Ibis Brisbane**

Ibis Brisbane has all the key features for a comfortable business or leisure stay and its convenient location means guests are only a short stroll from all that the city has to offer and a 20 minute stroll to the Brisbane Convention Centre.

- **Check in:** 2pm / **Check Out:** 10am
- **Location:** 27-35 Turbot St, Brisbane City QLD 4000
- **Parking:** Public parking (rates applicable)
- **Ph:** (07) 3237 2333
- **Website**

For directions from the Ibis hotel to the BCEC click [here](#)
Car park entry is from Merivale and Grey streets. Street entry is from Grey Street (next to Olio Cafe, take elevators or lifts to Plaza Level) or from the corner of Merivale and Glenelg streets (take lifts or elevators to plaza level).
Delegates understand and agree to the following:

**Refund and Cancellations**

Full refunds for cancellation will apply for cancellations before 12 September 2016, less a $150 service fee.

Cancellations received between 13 and 26 September 2016 will receive a 50% refund on the registration fees.

No refunds will be issued from the 26th of September 2016.

Non-payment does not constitute cancellation.

**Smoking Policy**

Smoking is not permitted within the Brisbane Convention and Entertainment Centre. The Tobacco Products Regulation Act 1997 prohibits smoking in all enclosed workplaces, enclosed public places and enclosed shared areas.

Please see the BCEC or conference staff for designated smoking areas.

**Security**

As the Event is not open to the public, the risk exposure to thefts should be at a minimum. Delegates should however remain vigilant and secure their valuables and personal items.

**Privacy**

The Privacy Act 2001 provides that delegates must consent to their name, organisation and city/country details only [we will also include email address, phone number and twitter handle] being distributed to conference delegates and sponsors. If you DO NOT wish for your details to appear in the conference participant list please indicate so on the registration form or contact the conference secretariat.

**Copyright, photography and filming**

a) For promotional purposes, there will be a professional photographer and video production taking place during the Event. Delegates who do not wish to be filmed or recorded should advise the Event Manager by email at susan.hawkins@rfq.com.au

b) All delegates acknowledge that the material presented at an event is copyrighted and cannot be re-used without the written express permission of the organiser.

c) All unauthorised photography and the recording or transmitting of audio or visual material, data or information is expressly prohibited.

d) Delegates consent to filming, sound recording and photography of the event as an attendee and consent to the use by the Organiser of any such recording or photography anywhere in the world for promotional and other purposes.

**Insurance**

Registration fees do not include insurance of any kind. It is strongly recommended that delegates take out their own general travel insurance. It is suggested that the insurance policy cover loss of fees/deposit, airfares, accommodation charges, medical expenses, loss or damage to personal property and repatriation expenses. The Conference Organising Committee and Conference Secretariat do not take responsibility for any delegate failing to insure.
CONFERENCE APP

Don’t forget to download the free conference APP for all you need to know about getting around the conference with ease!

Key Features include:
- build your own program
- session reminders
- engage and connect with AsPac delegates via messaging
- live polling, discussions and questions
- complete feedback and evaluation forms
- view delegate list

To download the app search ‘AsPac MH Conference’ in your device app store or scan the QR code to the right (access code MHC16)
About RFQ
Richmond Fellowship Queensland (RFQ) is a well-respected not for profit company and leading provider of psychosocial mental health recovery services, serving the community for 40 years.
Richmond Fellowship was founded in Richmond, England, in 1959 and became a worldwide mental health movement. RFQ is a member of the Richmond Fellowship Asia Pacific Forum and Richmond Fellowship Australia (RFA).
RFQ builds on its traditional values and strong mission focus with progressive thinking, advanced research and best practice service delivery. RFQ is committed to influential and lifelong learning and is proud of its relationships with six universities.

For more information contact:
Conference Secretariat
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