



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

CREATE CHANGE

Mental Health Symposium

Friday 4 October, 9am-1pm
UQ Centre (Bld 27A), UQ St Lucia



Keynote address



Dr Helen Stallman

Dr Helen Stallman is a Clinical Psychologist and Senior Lecturer at the University of South Australia. She holds a fellowship from The Hospital Research Foundation and is Director of the International Association for University Health and Wellbeing.

Dr Stallman is a specialist in the development and evaluation of interventions aimed to optimise health and wellbeing. Her focus has included suicide prevention, university health and wellbeing, parenting, and e-psychology. Dr Stallman developed the Coping Planning approach to suicide prevention and the Care · Collaborate · Connect suicide prevention training programs.

The quality and impact of Dr Stallman's research has been recognised with a number of awards including HDA Women's Excellence in Research Award for 2019, UniQuest Trailblazer, the Queensland Mental Health Week Achievement Awards - Service/Program category, ANZ Mental Health Services Achievement Award, and the International Education Association of Australia (IEAA) Award for Best Practice/Innovation.

Promoting university health and wellbeing

The emotional wellbeing of university students and staff is dependent on the seven biopsychosocial components of health and wellbeing—healthy environments, developmental competencies, sense of belonging, healthy behaviours, coping, resilience, and treatment of illness. This presentation will review how personal health promoting behaviours combined with university policies and practices have important roles in creating a healthy university. The Care · Collaborate · Connect model will be presented as a model for developing a culture of coping, where staff and students can support others when they are distressed. Finally, issues of measuring university health and wellbeing will be explored.



Deputy Vice-Chancellor, Academic

Professor Joanne Wright

Deputy Vice-Chancellor (Academic), Professor Wright is committed to leading a university culture that promotes mental health as fundamental to high quality learning and teaching, excellence across the student experience, and student satisfaction, success and retention.



Chair of Mental Health Strategy Project Board & MC

Professor Stuart Carney

(Deputy Executive Dean and Medical Dean)

As Chair of the Mental Health Strategy, Professor Carney is leading a range of initiatives that bring students and staff together to promote mental health, develop an inclusive and responsive university culture and provide support to ensure that students and staff have the opportunity to thrive in their studies or work at UQ.

Program

*subject to change

Mental Health Symposium (UQ Centre Bld 27A)		
8.30-9am	Registration (UQ Centre Bld 27A) Tea and coffee available for all registrants	
9-9.30am	Acknowledgement of country and welcome (UQ Centre Bld 27A) Professor Joanne Wright <i>(Deputy Vice-Chancellor, Academic)</i> Professor Stuart Carney <i>(Deputy Executive Dean and Medical Dean, Chair of Mental Health Strategy Project Board & MC)</i>	
9.30-10.30am	Keynote presentation (UQ Centre Bld 27A) Promoting university health and wellbeing Doctor Helen Stallman <i>(University of South Australia)</i>	
10.30-11.00am Morning tea (UQ Centre Bld 27A)		
Sessions open to all attendees	Focus on our people as staff (UQ Centre Bld 27A)	Focus on our people as students (Steele Bld 3 Lecture Theatre 206)
11am-12.15pm	Chair Doctor Dee Gibbon (OAM CSC) <i>(Assoc. Director Workplace Diversity and Inclusion)</i> Themes What can we do to promote mental health and enhance our own individual and workplace wellbeing? Work-life balance: What is it and can we achieve it? The importance of group-based ties for health and well-being Presenters Professor Alex Haslam <i>(UQ School of Psychology)</i> Doctor Stacey Parker <i>(UQ School of Psychology)</i> Doctor Helen Stallman <i>(University of South Australia)</i>	Chair Isabella Scattini <i>(UQU)</i> batyr presentation Giving a voice to the elephant in the room. Driven by young people, for young people Panel discussion Presentation from three students on their lived experience and how they thrived at UQ Presenters Ryan Kidd Ishara Sahama Mila Hanoor Deol
12.30-1pm	Wrap up (UQ Centre Bld 27A) Feedback & summary from the sessions Doctor Dee Gibbon (OAM CSC) <i>(Assoc. Director Workplace Diversity and Inclusion)</i> Isabella Scattini <i>(UQU)</i> Next Steps (UQ Centre Bld 27A) Professor Stuart Carney <i>(Deputy Executive Dean and Medical Dean, Chair of Mental Health Strategy Project Board & MC)</i>	
1-2pm Networking lunch (UQ Centre Bld 27A)		
Additional sessions	1.10-1.30pm	Presentation (UQ Centre Bld 27A) Causes and mitigators of stress among UQ international and domestic students Associate Professor Genevieve Dingle <i>(UQ School of Psychology)</i>
	1.30-2pm	UQ Mental Health Champions Network launch (UQ Centre Bld 27A)
	1-2pm	Student poster installation (UQ Centre Bld 27A) Information stalls (UQ Centre Bld 27A)

Presentation



Causes and mitigators of stress among UQ international and domestic students

Associate Professor Genevieve Dingle
(UQ School of Psychology)

Genevieve is a registered clinical psychologist and Associate Professor in the School of Psychology, UQ. She convenes courses in Psychotherapies, Addiction Science and Practice, and Music Psychology, and is the Tutor Coordinator in the School of Psychology, and former Director of the UQ Psychology Clinic. Genevieve and colleagues' research into the mental health of young people includes a particular focus on music use and social group activities as potential sources of resilience and wellbeing.

Staff session



Chair

Doctor Dee Gibbon (OAM CSC)
(Assoc. Director Workplace Diversity and Inclusion)

Dr Deanne (Dee) Gibbon CSC OAM is the Associate Director of Workplace Diversity and Inclusion at the University of Queensland and an Adjunct Associate Professor in UQ's School of Social Science. She holds a PhD from the University of New South Wales and has published a range of book chapters and journal articles on her areas of expertise; increasing women's representation in non-traditional occupations and operationalising United National Security Council Resolution (UNSCR) 1325, Women, Peace and Security.



The importance of group-based ties for health and well-being

Professor Alex Haslam
(UQ School of Psychology)

Alex Haslam is Professor of Psychology and Australian Laureate Fellow at The University of Queensland. His research focuses on the study of leadership, group, and identity processes in organisational and health contexts. Together with over 200 co-authors around the world, Alex has written and edited 14 books and published over 240 peer-reviewed articles on these topics.



Work-life balance: What is it and can we achieve it?

Doctor Stacey Parker
(UQ School of Psychology)

Dr Stacey Parker is an organisational psychologist and Senior Lecturer at UQ's School of Psychology. She researches, teaches, and consults on work and organisational topics. In particular, her research focuses on how to manage stress and improve performance. Through this work, she aims to help organisations and their employees devise new strategies to work healthier while still being productive.

Student session



Chair

Isabella Scattini
(UQU)

Isabella is one of the Vice-Presidents at UQ Union, and is a Business/Arts student at UQ. Throughout her term in the student union, she has worked with the University to promote and highlight the student voice in mental health decision making and planning at UQ. As a student representative, Isabella has worked to address pressures, utilising UQU's free breakfasts and dinners to engage students in honest discussions.



Presenter

Ryan Kidd
(Mental Health Champions Network member)

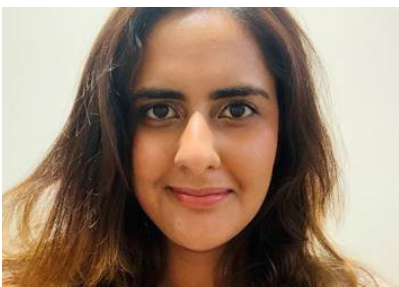
Ryan is a UQ PhD candidate and academic tutor and completed his undergraduate studies at UQ. While at uni, he has experienced mental health challenges personally and as a member of other students' support networks, Ryan believes that all students deserve support and recognition through what can be an extraordinarily stressful and isolating experience.



Presenter

Ishara Sahama
(UQ Student)

Ishara is a fourth year BA Honours student in Urban and Feminist Geography. She will be presenting on common socio-cultural considerations and decisions which students from multicultural backgrounds have to make for their education, performativity and social-work-life balance. The intersectionality of being from different cultural backgrounds and the expectation of academic and extracurricular performativity can have a negative impact on students' emotional and mental wellbeing.



Presenter

Mila Hanoor Deol
(UQ Student)

Currently a second year student undertaking the Doctor of Medicine at UQ, Mila has also completed a double degree with Bachelor of Science (Majoring in Biomedical Science) and Bachelor of Arts (Majoring in Sociology and Psychology). Affiliated via UQMS UQMIND group as their Blue Week Convenor for 2019, Mila has just received news that she will be the Cultural Life Officer for UQMS Management Committee in 2020.



batyr

Giving a voice to the elephant in the room

batyr is a for purpose preventative mental health organisation, created and driven by young people, for young people. We give a voice to the elephant in the room by smashing the stigma around mental ill-health and empowering young people to reach out for support. We help create communities that support young people's mental health and wellbeing.

Stall holders



UQ Sport
(07) 3365 6612
uqsport@uqsport.com.au
uqsport.com.au



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UQ Student Services
(07) 3365 1704
student.services@uq.edu.au
uq.edu.au/student-services



UQ Health Care
(07) 3365 6212
Raewyn.morris@uqhealthcare.org.au
uqhealthcare.org.au



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UQ Counselling
1300 851 998
student.services@uq.edu.au
bit.ly/uqcounselling



UniSuper
1800 331 685
unisuper.com.au/uq



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UQ Psychology Clinic
(07) 3365 6451
psyclinic@psy.uq.edu.au
clinic.psychology.uq.edu.au



UQ Union
07 3377 2200
uqunion@uq.com.au
uqu.com.au



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UQ Wellness
(07) 3365 2341
uqwellness@uq.edu.au



Allianz
131 000
allianzassistancehealth.com.au
allianz.com.au



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Mental Health
mentalhealth@uq.edu.au
about.uq.edu.au/campaigns-and-
initiatives/mental-health



Benestar
1300 360 364
eapcentre@benestar.com
benestar.com



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Diversity, Disability and Inclusion
(07) 3365 1704
inclusion@uq.edu.au
uq.edu.au/student-services/disability



UQ Workplace Diversity and Inclusion
07 3346 0402
ideals@uq.edu.au
staff.uq.edu.au/information-and-
services/human-resources/diversity

Post event networking lunch

Join your fellow delegates for
a catered lunch post event!

Time: 1-2pm

Location: UQ Centre Bld 27A



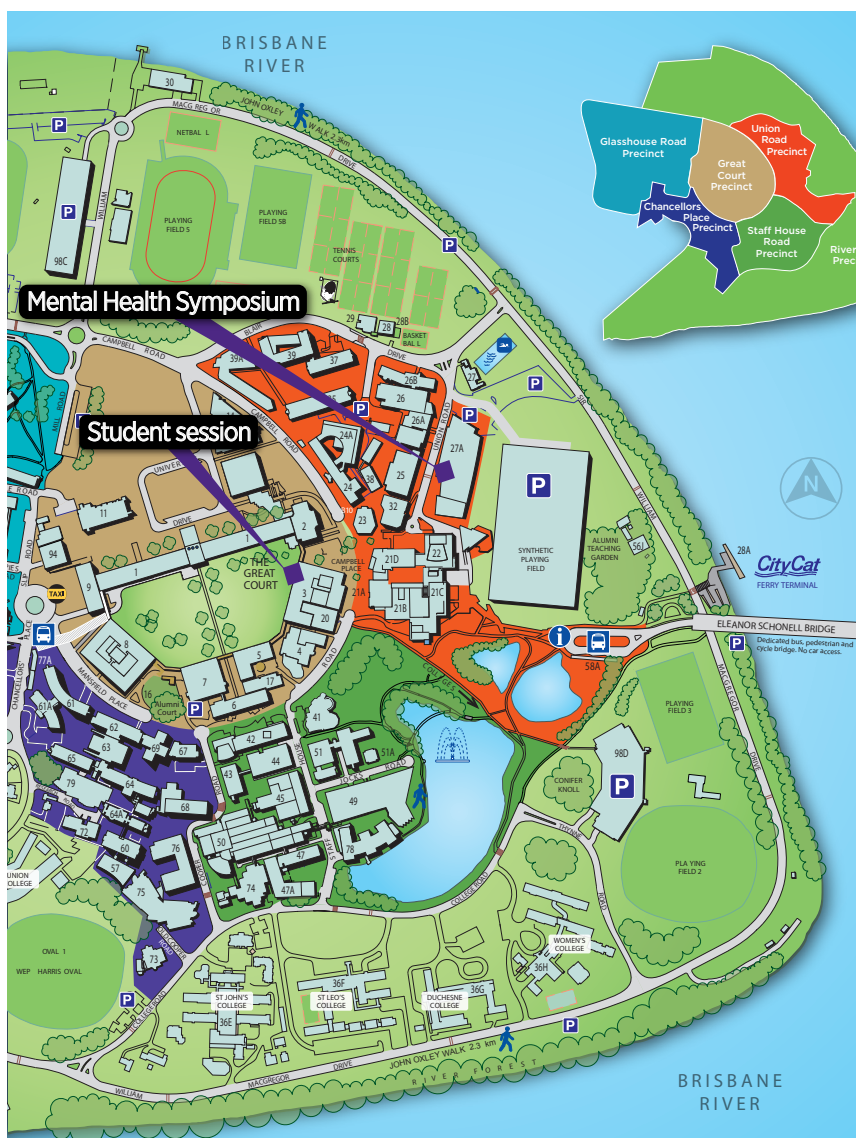
Symposium information

UQ Centre Bld 27A, UQ St Lucia campus

- Registration
- Acknowledgement of country and welcome
- Keynote presentation
- Morning tea
- Staff session
- Wrap up
- Networking Lunch

Steele Bld 3 Lecture Theatre 206

Student session



VISITOR INFORMATION

- Information
- Parking
- BCC Bus Terminal
- Taxi Stand

KEY CONTACT

- Matthew Ebdon
Senior Co-ordinator
Mental Health Projects
07 3443 2625

SECURITY (BUILDING 42)

- SECURITY ENQUIRIES
3365 1234
- EMERGENCIES ONLY
3365 3333

Mental health and wellbeing at UQ

mentalhealth@uq.edu.au
about.uq.edu.au/campaigns-and-initiatives/mental-health



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