

RESEARCH FORUM:

Fundamentals of Research

TUESDAY April 15th 2014
9.00am-12.45pm

Aerial UTS Function Centre
Level 7, Building 10
235 Jones St, Broadway

community mental health drug and alcohol
RESEARCH NETWORK



Forum Aims:

1. Participants increase their understanding about the purpose and use of research.
2. Participants can identify a range of data collection methods.
3. Participants increase their understanding about consumer participation in research.
4. Drug and alcohol and mental health sector workers have an opportunity to network.

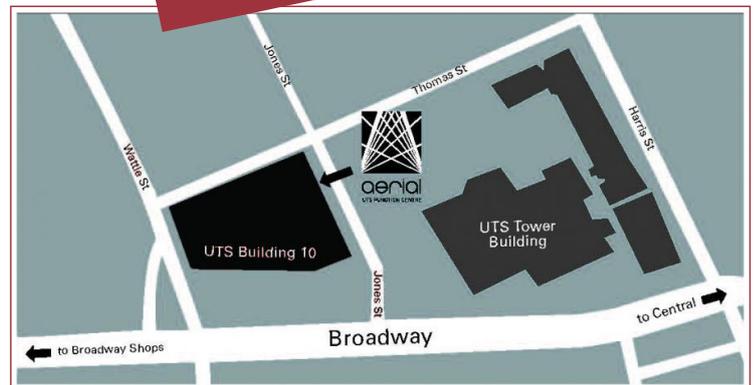
Getting there:

Aerial UTS Function Centre is located a short distance from Central Railway Station and George St buses. On and offstreet parking is available in the area. (Wilson Parking on Thomas St)

Registration:

Registration is essential.
Please forward your completed registration form to info@mhcc.org.au or fax to 02 9810 8145

**THIS IS A
FREE EVENT!**



For more information on the project contact:
Deb Tipper - Project Officer Research Network
E deb@mhcc.org.au **P** 9555 8388 ext 135
W www.cmhdaresearchnetwork.com.au



The Community Mental Health Drug and Alcohol Research Network is a collaborative project between Network of Alcohol and other Drugs Agencies (NADA) and Mental Health Coordinating Council (MHCC)



Research Forum:

Fundamentals of Research

Tuesday April 15th, 2014

9.00am-12.45pm (Registration from 8.45am – refreshments included)

Aerial UTS Function Centre

Level 7, Building 10 - 235 Jones St, Broadway

Registration is FREE and bookings are essential

When completed please email to info@mhcc.org.au or fax to 02 9810 8145

For further information phone 02 9555 8388

Closing date Monday April 7th at 3pm, unless capacity is reached prior.

Delegate Contact Details

First Name: _____

Surname: _____

Organisation: _____

Position: _____

Address: _____

Suburb: _____

State: _____

Postcode: _____

Tel (W): _____

Tel (M): _____

Email: _____

Special Needs:

(eg: disabled

access, audio

loop, dietary

needs/allergies)

IMAGE AUTHORISATION

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Please indicate if you do not agree to the use of your image, should you be visible in photographs or video footage taken at this event:

No, I do not agree

RESEARCH FORUM:

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8.45am

REGISTRATION

9.00-9.20am

Welcome and Introduction

Deb Tipper - Facilitator, Project Officer CMHDARN

9.20-10.00am

Session 1

What is this thing called research???

What makes research different to evaluation?

Why do we need evidence?

What are the key issues to consider?

Annette Micheaux - Director of Social Policy and Strategy at the Parenting Research Centre

10.00-10.40am

Session 2

Research into practice - examples of research in organisations

What was the research question?

Why was this research important?

How did you do it? What did you find out?

Physical Health Research Project:

Stephanie Maraz - Partnership Projects: Development & Coordination, MHCC

Specialist Alcohol and other Drugs interventions for people from

CALD backgrounds:

Rachel Rowe - Senior Research Officer, Drug and Alcohol Multicultural Education Centre

10.40-11.00am

MORNING TEA

11.00-12.00pm

Session 3

Ways of doing research - interactive workshop

What are the different approaches to data gathering?

Qualitative and Quantitative methods - how do I choose?

Dr Angela Dawson - Lecturer in Public Health at the University of Technology

12.00-12.30pm

Session 4

Getting the consumer voice into your research

Why is the consumer voice important?

When do you involve the consumer?

How can you involve the consumer?

Bradley Foxlewin - Deputy Commissioner, Mental Health Commission of NSW

12.30-12.45pm

Concluding Remarks and Evaluation



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Presenters

SESSION 1

ANNETTE MICHAUX

Annette Michaux is Director of Social Policy and Strategy at the Parenting Research Centre (PRC). Her role includes promoting the implementation of evidence-based policy in Australia and coordinating the delivery of our strategic plan. Annette is responsible for ensuring that the policy implications of our research and service development work are promoted to researchers, policy makers and practitioners, and that the PRC plays a leadership role in advocating for effective ways of supporting parents to raise their children well.

Annette has extensive experience in child and family policy, including having served in senior positions at The Benevolent Society, the NSW Child Protection Council, and at the NSW Commission for Children and Young People. She has also worked in front-line child welfare and community development in the UK and Australia. In addition to serving in her role at the PRC, Annette is also secretary of the Australian Social Policy Association and a convenor of the Australian Research Alliance for Children and Youth's Knowledge-Brokering Network.

Annette is also a published author; in a recent publication, she co-edited the book Bridging the 'Know-Do' Gap: Knowledge Brokering to Improve Child Wellbeing with Ann Sanson

SESSION 2

STEPHANIE MARAZ

Stephanie has worked with MHCC since 2003 in a variety of policy roles. She now focuses on - Partnership Projects: Development & Coordination - which supports partnership development between organisations and across sectors to improve service coordination and better health outcomes for consumers.

Stephanie has chaired the Physical Health Industry Reference Group over the past few years which has resulted in a number of initiatives to raise awareness of holistic healthcare and the link between physical health and mental health. She has just project managed the Physical Health Research Project in which physical health related practices currently provided by NSW mental health community organisations were explored and compared to best practice internationally.

RACHEL ROWE

Rachel has been at DAMEC since 2011. Before that, she worked in research and teaching across several Social Science departments, produced and participated in community radio, and provided disability support services in tertiary education. Now she is completing a Masters in Public Health. Drawing on her multidisciplinary experience, Rachel is passionate about research that listens to marginalised voices, investigates the causes and impacts of social inequality, and presents the strengths within communities' and health practitioners' approaches to address a range of complex issues. At DAMEC part-time, she conducts research that supports the provision of culturally sensitive specialist AOD interventions for people from CALD backgrounds, investigates the prevalence and impact of AOD amongst CALD communities, and builds the capacity of CALD communities to understand and address AOD issues as well as AOD services' capacity to provide appropriate services for everyone who needs them.



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SESSION 3

DR ANGELA DAWSON

Angela is a Lecturer in Public Health at the University of Technology, and a member of the CMHDARN Project Reference Group. Angela has over 17 years' experience in the areas of indigenous Australian and international primary health care workforce development, health promotion and health communication.

Angela was engaged in the capacity building of National Malaria Control Programmes in five African countries, a Gates funded project with the Liverpool School of Tropical Medicine and the London School of Hygiene and Tropical Medicine. Angela led the design of post graduate programmes in indigenous community health at the University of Sydney and participated in the development of indigenous health promotion projects in diabetes and harm minimization.

Angela has most recently been a research fellow with the AusAID funded Human Resource for Health Knowledge Hub at the University of New South Wales where she led a programme of work with the Burnet Institute focused on staff engaged in the provision of maternal, neonatal and reproductive health care at community level in the Asia Pacific regions.

SESSION 4

BRADLEY FOXLEWIN

Bradley is a Community Educator, Consumer Researcher and Deputy Mental Health Commissioner with the NSW Mental Health Commission. Bradley is also a member of the CMHDARN Project Reference Group.

On his property with his four horses in southern NSW Bradley Foxlewin feels safe. It is where he returns for restoration, having learned that his health depends on regular time out from the stresses of the wider world.

"I have ongoing challenges that mean I have to look after myself carefully and I access counseling and psychological services," says Bradley who suffers anxiety, dissociation and depression. He alternates one month engaging the world with a month where he regroups at home with his wife and daughter. *"I've created a work/life balance that's suitable for me,"* says Bradley, who leads training courses that educate government and community sector agencies on how to accommodate the needs of people in mental distress.

Bradley Foxlewin has advocated strongly against seclusion and restraint in support of better outcomes for people with mental illness, describing the practices as retraumatizing to people who are likely to experience them as terrifying. Bradley was the Chief Consumer Researcher for the report, What is happening at the Seclusion Review that makes a difference? A consumer led research study, and was instrumental in the ACT government's commitment to reduce incidents of seclusion or restraint in its mental health system.



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