

RURAL RESEARCH FORUM

Strategies for Building Research Capacity in your Workplace

Thursday 3 July

8.45am - 2.45pm

Ballina RSL

240 River St, Ballina

Followed by NADA North Coast Consultation

3.00pm - 5.00pm

community mental health drug and alcohol
RESEARCH NETWORK



Forum Aims:

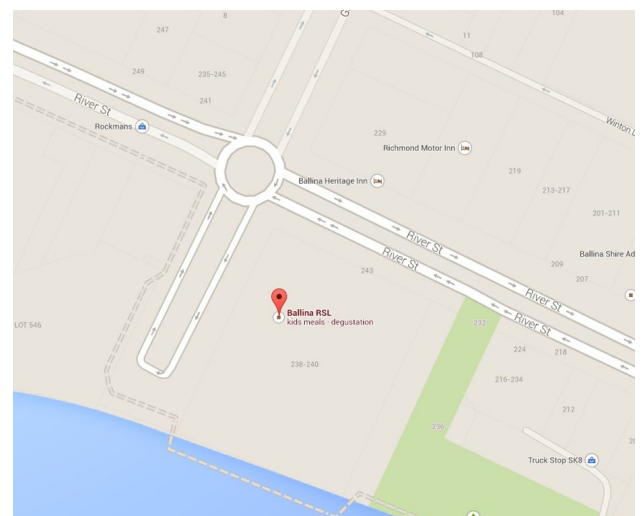
1. Participants increase their understanding about CMHDARN.
2. Participants understand the importance of research capacity building.
3. Participants learn about some key steps in research capacity building.
4. Drug and alcohol and mental health sector workers have an opportunity to network.
5. Drug and alcohol and mental health workers develop their critical analysis skills in relation to research.

Getting there:

On site and street parking available - enter from Grant Street.

Registration:

Registration for this FREE event is essential. Please forward your completed registration form to info@mhcc.org.au or fax to 029810 8145



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)

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8.45am

REGISTRATION

9.00-9.30am

Welcome and Introduction - Understanding CMHDARN

Deb Tipper - Facilitator, Project Officer CMHDARN

9.30-10.30am

Session 1 - Keynote Address

Building Research Capacity in Workers and Organisations

Dr Melissa Haswell-Elkins, Associate Professor, Muru Marri, School of Public Health and Community Medicine, UNSW

10.30-10.50am

MORNING TEA

10.50-12.15pm

Session 2 - Examples From The Field

Using Research To Improve Service Delivery

- Chris Dickson, On Track Community Programs

- Tonia Fitzcosta, Junaa Buwa! Centre for Youth Wellbeing, Mission Australia

12.15-1.00pm

LUNCH

1.00-2.30pm

Session 3 - Workshop

What Makes Research 'Valid'? Key Questions To Ask

Dr Christina Marel and Dr Lexine Stapinski - Post-doctoral Research Fellows at the National Drug and Alcohol Research Centre, UNSW, and members of the NHMRC Centre of Research Excellence in Mental Health and Substance Use (CREMS)

2.30-2.45pm

Concluding Remarks and Evaluation

3.00-5.00pm

NADA North Coast Consultation

Following the forum NADA will be hosting a consultation with its members, and others interested in networking with drug and alcohol services located on the North Coast. The purpose of the consultation is to look at the needs of service providers in the area in reducing drug and alcohol related harms, particularly the networks and partnerships required to support this.



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Dr Melissa Haswell-Elkins

Dr. Melissa Haswell is an Associate Professor in the Muru Marri Unit, School of Public Health and Community Medicine at UNSW. She convenes postgraduate courses in Aboriginal Health and Environmental Health at the School. She has worked extensively in applied research with Aboriginal students, organisations and communities in empowerment, mental health, life promotion and social and emotional wellbeing; including seven years alongside the Remote Area Mental Health Service in Cairns. Key outputs of her work have included the Protocols for the delivery of social and emotional wellbeing and mental health services in remote Indigenous communities, The Social and Emotional Wellbeing of Indigenous Youth: Reviewing and Extending the Evidence and Examining its Implications for Policy and Practice and the Growth and Empowerment Measure. These have had substantial impact on service planning, delivery and evaluation, resource allocation and community empowerment programs.

Tonia Fitzcosta was born in the UK before moving to Africa for the first five years of her life. Tonia returned to the UK where, after graduating from school and college, she trained in Business Studies. She then worked as a tracing agent for Hogan & Co International (UK) with former Criminal Investigation Officers. Tonia left the UK in 2000 and settled in Australia.

Tonia worked for a number of years in Early Childhood Education until completing her Degree in Social Science, majoring in social welfare and counselling. She has been a Senior AOD worker in AOD residential services for the past six years. After gaining valuable experience, Tonia was ready for a change of pace and focus back to young people. She is currently the Clinical Coordinator with Junaa Buwa! Centre for Youth Wellbeing, Mission Australia.

Chris Dickson is a registered psychologist with over 13 years therapeutic experience. As a mindfulness based therapist Chris Dickson has had the privilege to work along side children, adolescence, adults and families within the private, community and corporate sectors. As author of On Track's Community Programs *Just B: Resilience* program and a Zen practitioner, Chris has a passion for creating spaces in which people can learn to better understand themselves

Dr Lexine Stapinski is a Research Fellow at the National Drug and Alcohol Research Centre and a member of the NHMRC Centre of Research Excellence in Mental Health and Substance Use (CREMS). She has a particular interest in the inter-relationship between anxiety and substance use. Lexine is also a registered clinical psychologist, with particular expertise in the treatment of anxiety and alcohol use disorders. In her current role she manages a collaborative project with the Department of Health to develop and disseminate illicit drug resources for Australian teachers, parents and students. More broadly, Lexine is interested in research examining risk factors and effective interventions for alcohol and substance misuse.



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Dr Christina Marel is a Post-doctoral Research Fellow at the National Drug and Alcohol Research Centre, and a member of the NHMRC Centre of Research Excellence in Mental Health and Substance Use (CREMS). She completed her PhD through the UNSW in 2011, examining the regulatory approaches to volatile substance misuse in the Alice Springs Town Camps. Prior to this Dr Marel conducted research examining the effect of alcohol in moderating or exacerbating deviant behaviour among young adult males. Her research interests focus on the treatment of co-occurring substance use and mental health disorders. Most recently, Dr Marel has been coordinating a large scale NHMRC funded 11-year longitudinal study examining the long-term trajectories of heroin dependence and comorbid mental health disorders. The analysis of the 11-year follow-up data is currently underway, and will be used to examine the long-term trajectories of heroin dependence and comorbid mental health disorders. Prior to this, Christina coordinated the development of a suite of information booklets on co-occurring mental health and substance use disorders for clinicians and clients of substance use treatment services.



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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 COB 25 June, unless capacity is reached prior.

Please indicate which session you will be attending:

Research Forum Only

Research Forum and NADA North Coast Consultation (3-5pm)

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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No, I do not agree