

PREVENTION OF THE COMMON MENTAL DISORDERS

What can we learn from those whom have gone before and where do we go next?

Date: Friday 14th September

Location: Deakin University Waterfront Campus, Geelong - AD6.104 Denny Lascelles Function Room

9.00am - 9.15am Michael Berk - Welcome

9.15am - 10:45am **FIRST SESSION: LESSONS LEARNT** (Chair: Felice Jacka)

9.15am - 9.30am Elizabeth Waters - Prevention of obesity: what has worked and what hasn't

9.30am - 9.45am Steve Allender - Prevention of cardiovascular disease: what can we learn and where to intervene?

9.45am - 10.00am Cathy Mihalopoulos - Prevention of depression: what works and what doesn't

10.15am - 10.45am Panel discussion

10:45am - 11.00am **MORNING TEA**

11.00am - 12.15pm **SECOND SESSION: TARGETS FOR INTERVENTION** (Chair: Nicola Reavley)

11.00am - 11.15am Elise Davis - Promoting mental health in childcare

11.15am - 11.30am Felice Jacka - Diet and lifestyle as modifiable risk factors

11.30am - 11.45am John Toumbourou - Adolescent mental health promotion

11.45am - 12.15pm Panel discussion

12.15pm - 1.00pm **LUNCH (NOT PROVIDED)**

1.00pm - 2.15pm **THIRD SESSION: TARGETS FOR INTERVENTION CONTINUED** (Chair: John Toumbourou)

1.00pm - 1.15pm Andrew Lewis - Prevention of depression in children and adolescents: where to from here?

1.15pm - 1.30pm Nicola Reavley - Workplace-based prevention of common mental disorders

1.30pm - 1.45pm Jane Fisher - Prevention of PND

1.45pm - 2.15pm Panel discussion

2.15pm - 2.30pm **AFTERNOON TEA**

2.30pm - 3.30pm **FOURTH SESSION: TRANSLATION AND IMPLEMENTATION** (Chair: Elizabeth Waters)

2.30pm - 2.45pm Rob Carter - Is prevention cost effective and are governments ready for it?

2.45pm - 3.00pm Ben Coulson - Lessons from advertising: how do we get our message across?

3.00pm - 3.15pm Panel discussion

3.15pm - 3.30pm Tony Jorm - Where to next?

3.30pm **CLOSE**

Contact for further information:

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PLEASE NOTE: Parking at Deakin University Waterfront is limited, however the campus is a very short walk from the Geelong train station.

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