

Woodward Conference Centre, 10th Floor,  
185 Pelham Street, University of Melbourne  
Parkville Vic 3052



victorian refugee  
health network

Saturday, 8.30am - 5.00pm, 4<sup>th</sup> August 2018

## GENERAL PRACTICE REFUGEE MENTAL HEALTH FORUM

### PROGRAM FACILITATOR DR JOANNE GARDINER

SESSION ONE	TOPIC	PRESENTER
8.30am	<b>Welcome</b>	<b>Dr Joanne Gardiner</b> , General Practitioner, Cohealth, GP Counsellor, Foundation House
8.40am – 9.10am (20 min presentation, 10 min questions)	<b>Setting the scene: settlement policy and health service systems</b>	<b>Philippa Duell-Piening</b> <b>Coordinator</b> , Victorian Refugee Health Network
9.10am – 9.40am (20 min presentation, 10 min questions)	<b>Community Insight</b>	(TBA) Community member/bi-cultural worker
9.40am - 10.45am (45 min presentation, 20 minutes questions)	<b>Cross cultural mental health assessment and approaches to care</b>	<b>Dr Prem Chopra</b> , Consultant Psychiatrist, Victorian Foundation for Survivors of Torture

### 10.45 AM - 11.15 AM MORNING TEA

#### CONCURRENT WORKSHOP SESSIONS 11.15AM – 12.45PM

WORKSHOP ONE	WORKSHOP TWO	WORKSHOP THREE
Approaches to counselling in general practice <b>Dr Joanne Gardiner</b>	Working with survivors of torture  <b>Dr Ida Kaplan</b> , Direct Services Manager at the Victorian Foundation for Survivors of Torture	Assessment and responses to family violence (TBA)

### 12.45 PM – 1.30 PM LUNCH

#### CONCURRENT WORKSHOP SESSIONS 1.30 PM – 3.00PM

WORKSHOP FOUR	WORKSHOP FIVE	WORKSHOP SIX
Children and adolescent mental health (TBA)	Asylum seeker mental health (including impact of prolonged detention) <b>Dr Ida Kaplan</b>	Psychiatric aspects of refugee mental health care including the assessment and management of risk <b>Dr Prem Chopra</b>

## 3.00 PM - 3.30 PM AFTERNOON TEA

3.30pm – 4:00pm  
(10 min presentation, 20 min activity)

Vicarious trauma: does it apply to us?

**Dr Ida Kaplan**

### PANEL DISCUSSION

### QUESTION

### PANELIST

4.00pm – 5.00pm

“What does good mental health care of people from refugee backgrounds look like in primary care?”

**Dr Joanne Gardiner**  
**Dr Ida Kaplan**  
**Dr Prem Chopra**  
**Community Member (TBA)**

Each Panelist is given 5 minutes to response to the question.

Then the floor will then be opened for the audience to engage in a lively debate

### FORUM'S AIM

Following this professional development participants will have a greater be ability to:

- Discuss the clinical and social issues that people who are refugees and those seeking asylum may face and use relevant guidelines to support their management.
- Describe strategies to communicate with people who are refugees and those seeking asylum.
- Explain a range of options for the effective management of mental health issues and risks experienced by people who are refugees and those seeking asylum.
- Find key resources and supports that are available for people who are refugees and those seeking asylum.
- Access resources to promote self-care and identify signs of burn out.

### ACCREDITATION INFORMATION

This activity will be accredited with the RACGP for 40 Category 1 QI&CPD points.

- To receive QI&CPD points participating GPs must complete a predisposing and reinforcing activity and complete an evaluation form following attendance at the program.
- The predisposing activity will be emailed to you within the week after you register.



This activity will also be accredited with ACRRM (total points TBC)

To [register](#) and find out more go to <http://refugeehealthnetwork.org.au/general-practice-refugee-mental-health-forum/>

**Contact Details** [osmans@foundationhouse.org.au](mailto:osmans@foundationhouse.org.au)

\*\* Program correct at time of printing/publishing and maybe subject to change

### FORUM PARTNERS

