



Government of Western Australia
WA Country Health Service

PROUDLY BROUGHT TO YOU BY WA COUNTRY HEALTH SERVICE



WA Rural and Remote

Mental Health
CONFERENCE 2025

Breaking Barriers:
Tackling Stigma and Promoting Mental
Health Awareness in Rural Communities

Tuesday 4 November 2025 to Friday 7 November 2025

Abbey Beach Resort, Busselton

Wednesday 5 November 2025

7.00am

Yoga
Beachfront Garden, Abbey Beach Resort

PLENARY

9.25am

Kaya! Welcome to the WA Rural and Remote Mental Health Conference 2025

Master of Ceremonies
Ingrid Cumming

Acknowledgement to Country
Ingrid Cumming

Welcome address
Jeff Moffet – WA Country Health Service

Acknowledgement of Lived Experience
Mark Pigott – WA Country Health Service



Wednesday 5 November 2025

PLENARY

10.00am	Keynote: Powering positive mindsets – Redefining strength Brayden Ainsworth
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10.45am	Morning Tea, Trade Exhibition and E-Poster Presentations
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CONCURRENT SESSIONS

TIME	Plenary	Abbey 4	Abbey 5
11.15am	From insight to impact: Embedding lived experience into clinical care Rachel Pittaway and Jess Bretnall WA Country Health Service - Bunbury	Transforming Aboriginal perinatal care using baby coming you ready? Nicola Dsouza and Dezrae Miller Ngangk Yira Institute for Change	Navigating trauma, grief, stigma; building resilience through education and advocacy to better understand suicide bereavement Colleen Carlon Edith Cowan University Jacquie Tarrant St John of God Social Outreach
11.55am	<i>5-minute changeover</i>		
12.00pm	Breaking barriers: Youth mental health in the regions Eloise Kreutz Headspace Busselton Rebecca McLevie Blue Leaf Initiative	Challenging stigma with citizen capital Lyn Mahboub and Julie Netto Curtin University	The Broome needle & syringe exchange program Mackenzie Dodds and Jarrah Philips WACHS – Kimberley Mental Health and Drug Service
12.45pm	Lunch, Trade Exhibition and E-Poster Presentations		

CONCURRENT SESSIONS

TIME	Plenary	Abbey 4	Abbey 5
1.30pm	Breaking barriers with improv: Unlocking communication and connection Nadia Adams WA Country Health Service	StandBy What do I say? What do I do? Hayley Harris Standby WA and Anglicare WA <i>This is an extended session, once in this room it will continue on – 90 minute duration</i>	Small towns, big hearts: creating safe spaces for LGBTQ+ wellbeing Clare Paine Busselton Pride Alliance Alannah de Munck Freedom (WAAC)
2.10pm	5-minute changeover		5-minute changeover
2.15pm	Dual diagnosis Stephen Bright Mental Health Commission		<i>This is an extended session, once in this room it will continue on – 90-minute duration</i>
3.00pm	Afternoon Tea, Trade Exhibition and E-Poster Presentations		

PLENARY

3.30pm	Keynote: Step into courage Heidi Anderson
4.30pm	Close of Conference – Day 1
5.30pm	Soccer Match Beachfront Garden, Abbey Beach Resort
6.30pm	Open Mic Night Tonic by the Bay, 11 Holgate Road



Thursday 6 November 2025

7.00am

Meditation and Ocean Dip
Beachfront Garden, Abbey Beach Resort

PLENARY

9.00am

Kaya! Welcome to day 2 of the WA Rural and Remote Mental Health Conference 2025

Master of Ceremonies
Ingrid Cumming

Acknowledgement to Country
Ingrid Cumming

Acknowledgement of Lived Experience
Louisa Warburton-Rees – WA Country Health Service

9.20am

Keynote: Blue Tree Project: The power of storytelling
Kendall Whyte OAM

10.20am

Morning Tea, Trade Exhibition and E-Poster Presentations

Thursday 6 November 2025

ABSTRACT SESSIONS

TIME	Plenary	Abbey 4	Abbey 5A	Abbey 5B
10.50am	Art for inclusion: Turning stigma into superpower: A bipolar artists path to advocacy Ross Vaughan Art for Inclusion	Feasibility randomised controlled trial of peer led behavioural activation for farmers with mood problems Martin Jones Edith Cowan University	Needs driven innovation within CAMHS: Paediatric Consultant-Liaison in a rural hospital Savio Sardinha WA Country Health Service – Goldfields and Griffith University Queensland Katherine Illich WA Country Health Service – Goldfields	Bridging the gap: The role of the mental health nurse practitioner in rural primary care Gary Greenwald Edith Cowan University
11.15am	<i>5-minute changeover</i>			
11.20am	Suicide and school talk Kristie Rolfe Infant Child and Adolescent Mental Health Service (ICAMHS)	Supporting LGBTIQ+ youth in regional WA Brooke Taylor WAAC	Building stronger foundations: The Geraldton perinatal and infant mental health (PIMH) workforce project Brooke Maddestra and Jenna Thornton Pregnancy to Parenthood	4me & men everywhere - empowering wheatbelt men: A co-designed mental health campaign driving connection, action, and lasting change Jo Drayton Holyoak
11.45am	<i>5-minute changeover</i>			
11.50am	The emergence of Mental health Intelligence Agent (Mia) developed by the University of Sydney Ross Vaughan Art for Inclusion	Promoting wellbeing in rural and remote health workplaces Nicole Jeffrey-Dawes CRANaplus	Expanding accessibility of ECT in rural and remote settings Chelsea Minett and Angela Nevill WA Country Health Service	Culturally sensitive implementation of safewrads, enhancing mental health care for Aboriginal inpatients at Mabu Liyan Lisa Shields WA Country Health Service
12.15pm	Lunch, Trade Exhibition and E-Poster Presentations			



Thursday 6 November 2025

PLENARY

12.55pm

Keynote: Working together for change: Men's mental health and shared responsibility
Sean Hewitt

CONCURRENT SESSIONS

TIME	Plenary	Abbey 4	Abbey 5A	Abbey 5B
1.50pm	TikTok triage: The effects of social media on general practice presentation Anna Cartwright and Adelaide Crossing WA Country Health Service	Fostering character development in teenage boys David Barton MenAble	Family response to addiction – why families need to be heard Josephine Hill Keipa Boodja Aboriginal Corporation	No Session
2.30pm	Afternoon Tea and Trade Exhibition			
2.55pm	Feelings about my body and eating: A world-first screening tool for eating disorders in Aboriginal youth Bronwyn Raykos and Lisa Collard WA Country Health Service	Breaking barriers in perinatal psychology: Supporting neurodivergent parents and infants in rural communities Amiee-Jade Pember Neurobloom Perinatal Learning Hub	Reducing barriers to community based mental health education in the Great Southern region Kaitlin Hahn Palmerston	The impact of stigma and discrimination on people who use drugs Jodie Savage Peer Based Harm Reduction WA
3.40pm	Keynote: The hidden diagnosis: The toxic triangle of workplace cultures Susan Hetrick			
4.40pm	Close of Conference – Day 2			
6.00pm	Conference Dinner KYST, 1 Foreshore Parade <i>Complimentary Shuttle to the dinner available</i>			



Friday 7 November 2025

PLENARY

8.45am	Kaya! Welcome to the final day of the WA Rural and Remote Mental Health Conference 2025
	Master of Ceremonies Ingrid Cumming
	Acknowledgement to Country Ingrid Cumming
	Acknowledgement of Lived Experience Mark Pigott – WA Country Health Service
9.05am	Keynote: Adversity to influence Courtney Ugle
10.05am	Close of conference and final remarks Paula Chatfield – WA Country Health Service
10.30am	Farewell Morning Tea

Contact us

For further information, please contact the Events Team:

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