

Mind The Gap: #NavigatingHealth

Navigating Mental Health

Chair: Siân Slade, PhD Candidate, Nossal Institute for Global Health, University of Melbourne



Community of Practice: Monday 6 February 12:00 – 1:00pm

Register in advance through: <https://us06web.zoom.us/meeting/register/tZlqdu-ujwGdAy3llsvP2DESXzC3zrQXF>

After registering, you will receive a confirmation email containing information about joining the meeting.

- **Creating a Path to Follow**
- **Delivering Statewide Reform with Focus on Youth Mental Health**
- **Navigating Promotion, Prevention and Early Intervention in Mental Health**
- **System Planning & Design in Mental Health**

Kirstie Edwards



Dr Sam Cassar



Dr Stephen Carbone



Pam Anders



Presentations followed by Q&A



Department of Health

Kirstie Edwards

Founder, A Path To Follow

Motivated by her own lived and professional experiences in mental health and the likelihood that 1 of her 3 children would experience future challenges, Kirstie established A Path to Follow Inc. in 2010. A Path to Follow Inc.'s original purpose was to raise awareness of importance of mental health and funds for related services; with donations made to both SANE Australia and ELMHS at Monash Health. Experiencing the deficiencies in the mental health system, professionally and then through caring for their son, Kirstie consolidated her plans for A Path To Follow Inc. to provide what the current wellbeing service systems were not; customised and flexible living experienced services built on the needs of consumers, not the funding models financing them. In 2019 A Path To Follow Inc. was launched as a small business, providing living/ed peer support for young people and their families. Via their Sporting Peer Program, Youth Peer Support Program and their Family Peer Support And Advocacy Program, A Path To Follow Inc. supports the spectrum of positive wellbeing from prevention, early intervention to personalised recovery support. With recent registration as a Not-for-Profit Incorporated Association, Kirstie is excited to be leading her small team in expanding the reach of their services for families and young people.

Delivering Statewide Reform with Focus on Youth Mental Health

Dr Sam Cassar, Orygen

Sam Cassar (he/him) is an early-career researcher currently working at Orygen | University of Melbourne Centre for Youth Mental Health. Working in the Knowledge Translation division within the newly formed Statewide Models of Care team, Sam's work is focused on developing, implementing and evaluating evidence-informed and stakeholder-based models of care and interventions to meet the needs of specific cohorts of young people and support delivery of the Royal Commission on Mental Health recommendations.

Navigating Promotion, Prevention and Early Intervention in Mental Health

Dr Stephen Carbone, Prevention United

Dr Stephen Carbone is the Founder and CEO of Prevention United a mental health promotion charity focused on promoting mental wellbeing and preventing mental health conditions across the community. Stephen has extensive clinical experience in mental health having worked as a GP in Melbourne's west and northwest suburbs and as a medical officer in Victoria's specialist mental health services. Stephen also has considerable experience in mental health policy having held senior roles in the Victorian Department of Health, headspace, and Beyond Blue. Stephen completed a Master of Public Health qualification in 2017 and has since been focused on combining his clinical expertise and public health knowledge to advance research, practice and policy in the field of mental health promotion through Prevention United.

System Planning & Design in Mental Health

Pam Anders, Senior Executive Director, Mental Health and Wellbeing Transformation, Department of Health

Overseeing the System Planning and Design and the Transformation and Evidence branches, as well as the Clinical Advisor Hub, Pam holds a strategic leadership role across the reform, including the design and development of major service system projects and critical initiatives, such as the establishment of the Victorian Collaborative Centre and Interim Regional Bodies. Pam also provides leadership on new ways of working to ensure the reform, including building culture, capacity and commitment to evidence and co-design into the process. Before joining the Division role, Pam was the Chief Executive Officer of Mental Health Reform Victoria, which was responsible for the Royal Commission Interim Report recommendations.