



COURTYARD MARRIOTT SURFERS PARADISE RESORT GOLD COAST • QUEENSLAND • AUSTRALIA



17-20 October 2002

2002

Annual Gold Coast International Mental Health Conference

Perspective on Young Adults Mental Health
- Transitions From Adolescence to Young Adult
and



Annual Psychiatry and Psychology Clinical Skills Update - Moods, Anxiety and Depression

Final Program and Book of Abstracts



GRIFFITH UNIVERSITY



THE UNIVERSITY OF
MELBOURNE



THE UNIVERSITY OF QUEENSLAND



THE UNIVERSITY OF SYDNEY

THINK



BOND UNIVERSITY



Queensland Government
Queensland Health

PROGRAM OVERVIEW

THURSDAY 17 OCTOBER

Annual Psychiatry and Psychology Clinical Skills Update - DAY 1

1500 – 1600 **Registration**

THURSDAY PROGRAM - WORKSHOP ON CLINICAL DEPRESSION

- 1700 – 1715 **Workshop Welcome**
Graham D. Burrows - UM & Philip Morris - UQ
Chairman - Graham D. Burrows - UM
Co-chair - Philip Morris - UQ
- 1715 – 1800 **Current Understanding of the Biopsychosocial Approach**
Graham D. Burrows - UM & Robert Schweitzer - QUT
- 1800 – 1845 **Contemporary Pharmacotherapy of Depression**
Trevor Norman - UM
- 1845 – 1930 **Current Trends in Psychotherapy for Depression**
Robb Stanley - UM & Peter Bosanac - UM
- 1930 – 2015 **Evidence for the Combined Approach**
Panel Discussion
- 2015 – 2030 **Discussion**
- 2030 **WELCOME RECEPTION**

FRIDAY 18 OCTOBER

Annual Psychiatry and Psychology Clinical Skills Update - DAY 2

FRIDAY PROGRAM - MOOD, STRESS ANXIETY AND DEPRESSION

- 0900 – 0915 **Introduction to the Symposium**
Graham D. Burrows - UM & Philip Morris - UQ
Chairman - Trevor Norman - UM
- 0915 – 1000 **The Role of Stress in Affective Disorders**
Caroline McGrath - UM & Graham D. Burrows - UM
- 1000 – 1045 **Biological Mechanisms for the Impact of Stress**
Trevor Norman - UM
- 1045 – 1115 **MORNING TEA**
- 1115 – 1200 **Affective Disorders & Comorbidity with Anxiety**
Graham D Burrows - UM
Chairman - Caroline McGrath - UM
- 1200 – 1245 **Affective Disorders & Comorbidity with Alcohol and Drug Abuse**
Nic Paoletti - UM & Philip Morris - UQ
- 1245 – 1330 **LUNCH**
- 1330 – 1500 **Comorbidity Workshop - Treatment of Other Comorbid Conditions**
Panel Discussion
Chairman - Graham D. Burrows - UM
Chairman - Graham D. Burrows - UM
- 1500 – 1545 **New Pharmacotherapy Treatments for Depression**
Isaac Schweitzer - UM
- 1545 – 1615 **AFTERNOON TEA**
- 1615 – 1700 **Community Programmes to Enhance the Effectiveness of Treatment**
Partnerships In Health & The a+ Program
Chairman - Robb Stanley - UM
- 1700 – 1730 **Discussion and Conclusion**

BU - Bond University, GU - Griffith University, IHS - Indigenous Health Service, IMHS - Integrated Mental Health Services, QIMR - Queensland Institute for Medical Research, QUT - Queensland University of Technology, UM - University of Melbourne, UQ - University of Queensland, US - University of Sydney.

This program is correct at time of printing, but the organisers reserve the right to alter the program if and as is deemed necessary.

SATURDAY 19 OCTOBER**Annual Gold Coast International Mental Health Conference - DAY 1****WORKSHOPS**

0900 – 1030	From Adolescence to Adulthood: Managing Anxiety Disorders Nick Kowalenko - US & Ann Wignall - US	Family Therapy Peta Briner - UQ
1030 – 1100	MORNING TEA	
1100 – 1230	Interpersonal Therapy for Life Stage Transitions Paul Rushton - IMHS	Indigenous Youth at Risk - Identity and Cultural Reclamation - YABAR - CIRP Paul Dodd - IHS & Leon Petchkovsky - IMHS
1230 – 1330	LUNCH	

PLENARY SESSIONS

1330 – 1400	'Out of the Blues' Prevention and Promotion for Youth Mental Health Graham Martin - UQ	Chairman - Philip Morris - UM
1400 – 1430	Searching for Genes for Anxiety & Depression Nick Martin - QIMR	
1430 – 1500	Conduct Disorders, Cruelty to Animals and Young Adult Violence Paul Wilson - BU	
1500 – 1530	AFTERNOON TEA	
1530 – 1600	Youth Suicide Diego De Leo - GU	Chairman - Paul Rushton
1600 – 1630	Social and Emotional Communication Training with Asperger's Syndrome - Transition from Adolescence to Young Adult Michelle Garnett - GU	
1630 – 1700	Brief Intervention for Substance Abuse in Young Adults David Kavanagh - UQ	

SUNDAY 20 OCTOBER**Annual Gold Coast International Mental Health Conference - DAY 2****PLENARY SESSIONS**

0900 – 0945	Bodies, Hearts and Minds: The Scope of Youth Health George Patton - UM	Chairman - Melanie Zimmer- Gembeck
0945 – 1020	Challenges in the Diagnosis and Treatment of Depression in Young Adults Joe Rey - US	
1020 – 1050	Early Intervention in Youth Mental Health Pat McGorry - UM	
1050 – 1120	MORNING TEA	
1120 – 1150	Bipolar Disorder in Young Adults Isaac Schweitzer - UM	Chairman - Philip Morris - UQ
1150 – 1220	Psychosocial Rehabilitation in the Recovery of Young People: Priorities Challenges and Barriers Robert King - UQ	
1220 – 1230	Summary Philip Morris - UQ and Gretchen Hitchins	

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1 THE ROLE OF STRESS IN AFFECTIVE DISORDERS

C.McGrath and G.D. Burrows

The impact of stress on human health and behaviour has received renewed interest in recent years. It is now recognised that although stress is often a necessary part of normal human functioning, exposure to extreme or prolonged stress may lead to the development of significant physical and psychological problems. Exposure to prolonged stress has been associated with physiological hyper arousal, impaired problem solving and passivity, impaired efficiency and psychological disorders such as anxiety and depression. Individuals vary widely in their response to stress. Situational factors, (such as work overload or under load), personal factors (available coping skills, lifestyle issues, locus of control beliefs, past experiences) and stress response considerations (genetic vulnerabilities), all have an impact on an individuals response to stress and the possible development of psychological illness. The purpose of this presentation is to provide an overview of the association between stress and the development of affective disorders and stress management techniques.

2 FROM ADOLESCENCE TO ADULTHOOD: MANAGING ANXIETY DISORDERS

Nick Kowalenko & Ann Wignall

Anxiety disorders are the most common mental health problem affecting young people yet are often under-diagnosed and under-treated. Anxiety disorders have a major impact on academic and social development, employment and relationships. The workshop will focus on identifying the common anxiety disorders presenting in adolescents and young adults, co-morbid complications and appropriate treatment and management options. This will include a practical overview of adolescent-friendly cognitive behavioural therapy and the role of psychopharmacology for a range of anxiety disorders.

3 FAMILY THERAPY

Peta Briner

The transition from adolescence to young adulthood has changed in some significant aspects in recent decades. At the same time as there is a sense of 'lengthening dependency', a period of 'protected childhood' seems to have lessened. Against this background, young people and parents may struggle with this transition with resultant escalations and disappointments. This presentation will utilise case examples to:

- 1) identify issues and patterns for young people and their families, and
- 2) consider and critique family therapy interventions and process.

Audience participation will be welcomed.

4 INTERPERSONAL THERAPY FOR LIFE STAGE TRANSITIONS

Paul Rushton

Developmental stressors constitute major challenges for people, and are fertile ground for the development of psychological distress. Consequently, there is a need for interventions that not only address these changes but do so in a way that does not inappropriately pathologise them. Interpersonal Psychotherapy (IPT) is a brief, structured, evidence based psychotherapy that was initially developed for the treatment of adult depression. It has since been modified for a variety of conditions including adolescent depression, bulimia and substance abuse. As IPT is an interpersonally oriented psychotherapy the focus is on improving people's interpersonal functioning rather than addressing their symptom formation. The four problem areas of IPT (Role Transitions, Interpersonal Sensitivity, Interpersonal Disputes, and Grief) are central to many of the difficulties experienced in adolescence and young adulthood. This introductory workshop will provide a brief overview of IPT, and highlight how IPT can be optimised for the management of transitions from adolescence to adulthood.

5 INDIGENOUS YOUTH AT RISK – IDENTITY AND CULTURAL RECLAMATION – YABAR – CIRP

Paul Dodd & Leon Petchkovsky

Young Aboriginal Boys At Risk Cultural Identity Reclamation Program

(YABAR - CIRP) pilot was conducted in July and August 2001. The 19 participants ages ranged from 8 years old through to 16 years of age, with the majority of the participants coming from either mixed Aboriginal and Non Aboriginal marriages or single parent families from low socioeconomic areas. All had shown negative behavioural patterns, including suicidal ideation, misbehaviour either at home or school, low self-esteem, poor academic results and a lack of identity or knowledge and understanding in regards to their own Aboriginality. The major objective of the program was to raise self-esteem and to reaffirm young Aboriginal males at risk, sense of worth and identity through culturally appropriate activities that facilitate cultural reclamation and self-identity. The first phase of the pilot was conducted over a 9-day cultural camp in 3 different campsites across South East QLD and North East NSW, with the second phase undertaken in New Zealand. A child and youth social worker was engaged to assess and evaluate participants and conduct workshops with the participants, during the camp and post camp, as required. Both clinical and cultural changes have been identified and documented in a number of reports as well as through video evidence. The presentation will provide an overview of what cultural and clinical activities were undertaken, how they were conducted, clinical case studies and outcomes and an interactive workshop with some of the participants along with a video presentation.

7 "OUT OF THE BLUES": PREVENTION AND PROMOTION FOR YOUTH MENTAL HEALTH
Graham Martin

Abstract unavailable at present. Will forward immediately upon receipt.

8 SEARCH FOR GENES FOR ANXIETY AND DEPRESSION
Nick Martin

There is ample evidence from twin studies that genetic factors predispose to the common psychiatric diagnoses of anxiety and depression. Furthermore, these genetic influences are largely shared in common with the personality trait neuroticism. We have used an extreme discordant and concordant sib pair design (EDAC) to search for linkage with QTLs influencing anxiety and depression. Over 10,000 sib pairs from twin families were screened for neuroticism and 600 extreme pairs were selected for genome scan. Maximum likelihood multivariate variance components approaches were used to detect QTLs linked to markers from the genome scan (using full multipoint information), in addition to nonparametric approaches. Our study suggests linkage at sites on several chromosomes which appear to be replicated in similar EDAC linkage studies in the Netherlands and England.

9 CONDUCT DISORDER, CRUELTY TO ANIMALS AND YOUNG ADULT VIOLENCE
Paul Wilson

Many mental health workers working with children or juveniles do not either have the training in psychological testing techniques or the time to recognise significant indicators of future serious violent offending. The research literature suggests that after prior violence, Conduct Disorder (CD) is one of the strongest indicators of serious young adult violence. One component of CD, cruelty to animals, appears to be a significant pointer or "red flag" of serial killing and, it is suggested, of other forms of major interpersonal violence. Either concurrently with CD or as a major indicator of anti-social behaviour in it's own right, cruelty to animals deserves more attention from both a research and assessment perspective.

10 YOUTH SUICIDE
Diego de Leo

After approximately three decades of alarming increases in suicide rates among those aged 15-24 years, a number of western countries are now experiencing a reversed trend. During the last decade, suicide rates in young males have decreased by just over 20% in USA, by 27% in England and Wales, and by 32% in Australia. Both Australia and New Zealand have witnessed a decline in male youth suicide in the absence of a parallel decrease in suicide among those aged 25-34 years and 35-44 years, a fact that has raised speculations about the possible presence of a cohort effect. Many hypotheses were advanced to explain the increases in youth suicide over the previous three decades, with particular attention given to the augmented patterns of alcohol

and drugs consumption. However, there is little reason to suggest that the consumption of alcohol and drugs has decreased or that its impact has diminished in the present cohort of youngsters. Hence, this hypothesis is not consistent with current suicide trends. In response, the International Association for Suicide Prevention has recently assembled a task force of experts, headed by Professor David Shaffer (USA), to explore alternative hypotheses to explain current trends. This presentation will examine some of the possible explanations for shifting suicide rates, together with a critical assessment of current preventative programs. Particular emphasis will be placed on suicide in Australia's young indigenous people, a problem of extreme public health importance.

11 SOCIAL AND EMOTIONAL COMMUNICATION TRAINING WITH ASPERGER'S SYNDROME: TRANSITION FROM ADOLESCENCE TO YOUNG ADULT
Michelle Garnett

Asperger's Syndrome is now gaining broad recognition with the reported incidence trebling in the last 5 years. Clinicians are not uncommonly faced with adolescents and young people in their practice who may have both Asperger's Syndrome and a mental health disorder. The aims of this talk are: (1) to overview the defining features of Asperger's Syndrome, (2) to describe the developmental trajectory and needs for a person with Asperger's Syndrome in their transition from adolescence to young adulthood, (3) to examine the issues that may bring someone with Asperger's Syndrome to a mental health clinic, and (4) to provide some guidelines for the practitioner about what to do.

12 BRIEF INTERVENTION FOR SUBSTANCE ABUSE IN YOUNG ADULTS
David Kavanagh

Adolescence and young adulthood are the periods of greatest substance use. Immediate problems from this use include risks from driving and being a victim or perpetrator of crime, but there may be little warning of long-term effects. Substance use is often related to environmental circumstances, at least at first. The current focus and evidence that substance use is variable may lead young people to minimise problems or concerns about their use. Brief intervention needs to focus on areas of current concern or current experience, and address issues relating to drug refusal, social acceptance and alternative pleasurable activities if it is to be acceptable, credible and effective. Examples of effective and ineffective programs are discussed using studies from the published literature.

13 BODIES, HEARTS AND MINDS: THE SCOPE OF YOUTH HEALTH
George Patton

Abstract unavailable at present. Will forward immediately upon receipt.

14 CHALLENGES IN THE DIAGNOSIS AND TREATMENT OF DEPRESSION IN YOUNG ADULTS.
Joe Rey

Major depression in adolescents often is not recognised in many instances and is often untreated or poorly treated. This paper examines how this can be improved by presenting the results of several studies describing data on prevalence of depression among young people, diagnostic practices and results of psychological and pharmacological treatments, as well as a review of the NH&MRC guidelines.

15 EARLY INTERVENTION IN YOUTH MENTAL HEALTH
Pat McGorry

Bio and abstract unavailable at present. Will forward immediately upon receipt.

16 BIPOLAR DISORDER IN YOUNG ADULTS
Abstract: Isaac Schweitzer

Bio and abstract unavailable at present. Will forward immediately upon receipt.

17 PSYCHOSOCIAL REHABILITATION IN THE RECOVERY OF YOUNG PEOPLE: PRIORITIES, CHALLENGES AND BARRIERS
Robert King

Young people experience a wide range of emotional challenges and are susceptible to major psychiatric disorders, especially mood disorders and anxiety disorders. In most cases, effective treatment is available but in many cases it is not accessed because of both structural obstacles and the perceptions young people have of mental health services. Even when treated, significant mental illness in a young person may have a high level of impact on social development. The success of early intervention is directly linked to rapid recovery of social roles. The success of a mental health service is therefore related not just to the quality of clinical intervention but also to the capacity to provide an effective pathway to ordinary social life. This presentation identifies and discusses current approaches to recovery in mental health services for young people and makes recommendations for further advances.

SUMMARY
Professor Philip Morris and
Dr Gretchen Hitchins

Dr Gretchen Hitchins and Professor Philip Morris will summarise the morning's presentations with respect to the important "take home" points for general practitioners and mental health services dealing with young adult patients.