



# NEW MALE

NATIONAL MALE HEALTH CONFERENCE

March 2 & 3, 2017

HOLIDAY INN HOTEL PARRAMATTA, SYDNEY

## CONFERENCE PROGRAM

**THURSDAY MARCH 2**

**PRESENT CHALLENGES**

8.00 Registration Desk Open | Coffee on Arrival

9.00 ANDERSON ROOM Welcome to Country Stuart McMinn, Organisational Project Worker, Aboriginal and Torres Strait Islander Community Liaison Worker/  
Aboriginal Project Worker Interrelate

9.15 Keynote Address: *"Don't stop now: Male Health 2017"* Professor John J Macdonald Foundation Chair in Primary Health Care, Director Men's Health Information  
and Resource Centre, School of Science and Health Western Sydney University.

There is a danger that after so much effort from many of us in the male health area and with often lacklustre and uneven responses from government(s), our energies  
might flag. This is precisely the time not to give up but rather the time to seek opportunities to promote male health not only through the health services but through the  
workplace, the school and all other areas which can be seen as vital to the social determinants of male health. Greg Millan: Information on NEW MALE FEEDBACK Process

**9.30 SESSION 1: ANDERSON ROOM: SAY YES TO FAMILY PEACE – PREVENTING FAMILY VIOLENCE AGAINST EVERYONE**

Facilitated by Greg Millan, Director Men's Health Services. Panel: Bettina Arndt, Australian social commentator, journalist and clinical psychologist; Craig Bennett,  
Male Survivor of DV; Dr Louise Dixon, Associate Professor in the School of Psychology at Victoria University Wellington.

**10.30 – 11.00 Morning Tea Break Trade Display**

11.00 – 12.00 Workshop 1 ANDERSON ROOM	11.00 – 12.00 Workshop 2 MARSDEN ROOM	11.00 – 12.00 Workshop 3 MACQUARIE ROOM
<p><b>Men's experiences of victimisation from a female intimate partner: An international perspective</b>  <b>Dr Louise Dixon University of Wellington, New Zealand.</b> This workshop will address the often-overlooked issue of male victimisation from a female intimate partner. International research findings will be presented and the implications of these results for practice and policy will be discussed with the group. Louise Dixon is an Associate Professor in the School of Psychology at Victoria University Wellington, where she is the Director of Forensic Programmes. She specialises in understanding the aetiology of interpersonal aggression in the family with implications for prevention, risk assessment, intervention and policy.</p>	<p><b>LGBTI Anti Violence</b>  <b>Greg Adkins, Executive Director Anti-Violence Project of Victoria Inc</b>                  Greg Adkins is a community leader with extensive experience in health, community health, sexual and reproductive health and through not-for-profit organisations. He heads the Anti-Violence Project of Victoria and steers their strategic work challenging street harassment and prejudice motivated violence. He is a leading advocate for ending the invisibility of family violence impacting same-sex relationships, identified in the recent Royal Commission into Family Violence.</p>	<p><b>A Cultural Framework for Aboriginal and Torres Strait Islander Violence Prevention</b>  <b>Patrick Shepherdson &amp; Steven Torres-Carne, Aboriginal and Torres Strait Islander Healing Foundation.</b>                  This workshop will highlight key learnings from a recent Knowledge Circle facilitated by the Healing Foundation, involving more than 10 key thinkers from around Australia with significant experience supporting ATSI violence prevention initiatives. The Circle identified a cultural framework for understanding and responding to violence in an Aboriginal context, emphasizing the need for strong cultural governance and a genuine commitment to a cultural co-design process to promote collective rather than individual healing.</p>

**Noon – 1.00 pm Lunch Trade Display**

**1 pm SESSION 2: ANDERSON ROOM: STOPPING MALE SUICIDE** Facilitated by Glen Poole, Stop Male Suicide Project. Panel: Pete Shmigel, CEO Lifeline; Gus Worland, Man Up; Dr Kairi Kolves. Australian Institute of Suicide Research and Prevention; Owen Connolly Latrobe Hospital, Victoria.

**3.00 – 3.30 Afternoon Tea Break Trade Display**

3.30 – 4.30 pm Workshop 4 ANDERSON ROOM	3.30 – 4.30 pm Workshop 5 MARSDEN ROOM	3.30 – 4.30 pm Workshop 6 MARSDEN ROOM	3.30 – 4.30 pm Workshop 7 MACQUARIE ROOM
<p><b>“I’m Not Angry, I’m Upset”</b>  <b>Philip Chapman, Male Room, Nelson, New Zealand.</b>                  Drawing on the outcome of a qualitative research project engaging with fathers who had gone through difficult and emotionally damaging separations, this presentation focuses on how these men had not been able to move forward in their journey from the separation. Frustration at the lack of support and services available, as well as anger, guilt, and self-blame surrounded the fathers who much too quickly identified themselves as ‘dead-beat dads’.</p>	<p><b>Soldier On and Contemporary Veterans Suicide</b>                  Darrin Lincoln from Solder On was born and raised in country NSW, joined the NAVY, then 25 years in Corporate Supply Chain roles. With qualifications in Community Service Coordination and Frontline Management, he has spent the last 6 years working and designing programs in the disability and Mental Health areas, focusing on Social Inclusion and improving Social connectedness with in ex-prisoners and Contemporary Veterans.</p>	<p><b>GBTI Suicide Prevention &amp; Mental Health</b>  <b>Andrew Little, Deputy Executive Director National LGBTI Health Alliance.</b>                  This workshop will explore the current state of mental health and wellbeing for GBTI men in Australia, focussing on the work of QLife, the National peer based telephone and web based counselling provider for LGBTI people. You will learn about the different ways GBTI men experience contemporary Australian masculinity and the relationship of these We will explore ways to work effectively</p>	<p><b>ATSI Suicide Yarning Session</b>  <b>Stuart McMinn, Organisational Project Worker, Aboriginal and Torres Strait Islander Community Liaison Worker/ Aboriginal Project Worker, Interrelate</b></p>

Grief became the central issue is grief at the loss of their relationship, from isolation, and grief at having no support networks from either personal or professional contexts. This can and lead to severe depression and in the tragic cases, suicide attempts and completion.

with GBTI men, and how to discuss lived experiences with openness and honesty, including referral pathways to services who specialise in sexuality, gender and bodily characteristics.

#### 4.30 pm ANDERSON ROOM Stop Male Suicide Open Forum Glen Poole

**5 pm Close | Drinks & “Stop Male Suicide” Book Launch** Glen Poole is a men’s health and wellbeing champion from the UK, where he worked with numerous men’s projects and was the national co-ordinator for International Men’s Day and a founding member of the Men and Boys' Coalition. He relocated to Australia in 2015 and founded the Stop Male Suicide project. In 2016, Glen published the book “How You Can Stop Male Suicide” and worked with the peak body for male health, the Australian Men’s Health Forum, to produce the report “The need for Male-Friendly Approaches to Suicide Prevention in Australia”. In 2017, Glen is hosting a series of seminars and training programs on male suicide prevention, in every State and Territory, through the Stop Male Suicide project

#### 6.30 pm Conference Dinner, Hotel Restaurant. Guest Speakers:

**Dr Rob Whitley is the Principal Investigator of the Social Psychiatry Research and Interest Group (SPRING) at the Douglas Hospital Research Center, Canada.** He is also an Assistant Professor in the Department of Psychiatry at McGill University. His three main research interests are recovery, stigma and men’s mental health. He takes a social determinants and human rights approach to his activities, using his research results to push for change in practice and policy. He has published over 100 papers in the field of social psychiatry, and he currently leads numerous government funded projects.

**“Male Suicide: The Silent Epidemic”.** Across the western world, approximately 75% of suicides are made by men. It is often the biggest killer of young men, though there are also rising rates in the 40-60 age group. In this presentation, I will outline underlying factors including (i) economic and employment issues; (ii) divorce and family transitions; (iii) lack of service support. I will end on a high note, discussing (i) support from organizations such as Movember; (ii) cultural trends acknowledging men’s issues as legitimate issues; (iii) decreasing rates in jurisdictions with specific strategies.

**Professor John J Macdonald Foundation Chair in Primary Health Care, Director Men’s Health Information and Resource Centre, School of Science and Health Western Sydney University “The difficulties of talking about male violence”.**

John has been involved for over 15 years in men’s health both in Australia and overseas. He is patron of the Men’s Shed Movement. He was consultant to the Male Health Policy (Australia). In all his work, he promotes a social determinants of health approach to men.

## MANY THANKS TO OUR SUPPORTING ORGANISATIONS



## FRIDAY MARCH 3

## FUTURE SOLUTIONS

8.30 Registration Desk Open | Coffee on Arrival

### 9.00 ANDERSON ROOM SESSION 3: THE FUTURE OF MEN'S HEALTH

**Panel Facilitated by Glen Poole, Stop Male Suicide Project.** Panel: Professor John J Macdonald Foundation Chair in Primary Health Care, Director Men's Health Information and Resource Centre, School of Science and Health Western Sydney University; Professor Jane Pirkis, Director, Centre for Mental Health, University of Melbourne. Ten to Men Australian Longitudinal Study on Male Health Co-Chief Investigator, James Greenshields Co-Founder and Chief Visionary Officer Resilient Leaders Foundation, Jo Williams, The Enemy Within Project.

### 10.30 – 11.00 Morning Tea Break Trade Display

### 11.00 – 11.30 ANDERSON ROOM SESSION 4: IMPROVING ABORIGINAL AND TORRES STRAIT ISLANDER MEN'S HEALTH & WELLBEING.

Panel Facilitated by Stuart McMinn, Organisational Project Worker, Interrelate Panel: Jo Williams, Nigel Millgate, Ben Cheniart

#### 11.30 – 12.30 Workshop 8 ANDERSON ROOM

**Aboriginal Family Wellbeing Program**, Central Coast Primary Care. Nigel Millgate & Ben Cheniart. Nigel grew up in the rural community of Dubbo, Western NSW where his Aboriginal heritage and strong connection to family fostered his identity. I am a proud Garul Gigula man of the Ngemba Tribe, the language my people speak is Wongaibon. Through life experience and education, I have developed a realisation for the significance of quality education, engagement and the need for positive Aboriginal role models in communities. I have been working in Aboriginal communities across Australia for the past 10 years, I am a passionate advocate for youth empowerment and would love to see our Aboriginal youth receive more cultural education. Our presentation will focus on the journey of the family wellbeing program here on the central coast. The Family Wellbeing program is a youth empowerment program that aims to reduce the stats and stigma around suicide & masculinity through cultural education.

#### 11.30 – 12.30 Workshop 9 MARSDEN ROOM

**Our Men Our Health Northern Territory men's healing work**  
Patrick Shepherdson & Steven Torres -Carne ATSI Healing Foundation.  
Steven was born and bred in Darwin, Steven *is a Bardi and Jabbir Jabbir* man from Dampier Peninsula WA who's name in Bard language is *Djumbleboy* and *YoIngu* name in NE Arnhemland is *Bilij Bilij*.  
He is employed as a Portfolio Lead for the ATSI Healing Foundation where he supports the development of healing initiatives and knowledge creation across Northern Australia. Steven has studied Law at UWA from 1995 to 2002 and completed Phase 1 *Mawul Rom* Cross Cultural Mediation Indigenous Knowledge's (CDU). Steven has extensive previous experience in working with different Aboriginal and Torres Strait Islander, Territory, Federal government and mainstream agencies within the Northern Territory and WA, and particularly in his latter years, in the development of youth, men's and community healing processes. Steven has been chairperson of the Broome Men's Outreach service and also a representative on the NT Government Ministerial Indigenous Men's Advisory Council.

#### 11.30 – 12.30 Workshop 10 MACQUARIE ROOM

**The Enemy Within** Jo Williams  
Jo Williams, proud Wiradjuri, 1st Nations Aboriginal man born in Cowra, raised in Wagga NSW, Australia. Joe played in the National Rugby League for South Sydney Rabbitohs, Penrith Panthers and Canterbury Bulldogs.  
The Enemy Within, shows the private side of Joe Williams, the sportsperson, father, fiancé, suicide prevention advocate and community leader.  
Joe talks adversity, dealing with struggle, resilience, improving your attitude by 1%, positive energy & how small steps, lead to something greater. Joe lives his own battles, struggles and setbacks, which culminated in his own suicide attempt in 2012.

## 12.30 – 1.20 Lunch Trade Display

### 1.20 – 2.30 ANDERSON ROOM

#### **HARD SELL**

**Facilitated by Greg Millan, Director Men's Health Services.**

Five Presenters have 10 mins and 5 Powerpoint Slides only to tell us about their exciting work in the men's health and wellbeing field. A great session with

**Australian Defence Force Resilience & Wellbeing Program | Men and Women – The Gift of Difference | "Wounding of the Soul" | Older Men: New Ideas | MENZART**

### 2.30 pm ANDERSON ROOM SESSION 5: WORKING WITH MEN OF THE FUTURE

**Young Men's Health & Wellbeing Session Chair: Melissa Abu-Gazaleh – Managing Director Top Blokes and young Top Blokes**

Melissa is the Managing Director of the Top Blokes Foundation, a social education organisation improving young men's health and wellbeing. Melissa is the 2016 NSW Young Australian of the Year and is an executive director of the NSW Men's Health Forum and a Member of the Advisory Board of the Men's Health and Information Resource Centre. Since establishment, the Top Blokes Foundation has worked with over 10,000 young men, becoming Australia's leading boy's health organisation improving boys mental health and well-being.

With the increasing focus on young men, this session will introduce the current context facing young men and boys mental health and well-being and what we can all do to support young men to build happier, healthier and safer lives. This session will also see a number of Top Blokes program graduates and mentors share their experiences in helping grow boys into Top Blokes.

## 3.00 – 3.30 Afternoon Tea Break

### 3.30 – 4.30 pm Workshop 11 ANDERSON ROOM

#### **Real Choice Real Men Project Parramatta**

Tanya Owen, Community Capacity Building Officer  
City of Parramatta

To start a conversation around positive masculinity and positive alternatives for the modern male identity, the City of Parramatta council ran a workshop with a group of young men in April 2016. Join the presenter in reflecting on the day's process, where the young men explored what it means to be a man in today's world, from the pressures and stereotypes, to the messages they receive from everyone and everywhere around them.

Together, they also identified the kind of world they want to live in, and what choices this requires of them every day to live as real men.

### 3.30 – 4.30 pm Workshop 12 MARSDEN ROOM

#### **Resilient Youth When Elders Go Missing**

James Greenshields Co-Founder and Chief Visionary  
Officer Resilient Leaders Foundation

Instantaneous Gratification, Technology, Entitlement Mentality, home turbulence and an insatiable desire for information have become common place. In our fast-paced world, how do we provide the best platform for our youth to build personal resilience to launch into lives of meaning and purpose.

Elders are key, yet have they gone missing in our society? Why aren't our youth listening to their Elders? How can we better communicate with youth and help them help themselves?

These questions will provide the centrepiece for an interactive look at working with youth and assisting them move through struggle to achievement.

### 3.30 – 4.30 pm Workshop 13 MARSDEN ROOM

#### **Growing boys into Top Blokes**

Roger Carter, Programs Manager, Top Blokes  
With a growing focus on the social barriers impacting boys health, the Top Blokes Foundation uses social education and peer-mentoring principals to improve young male mental health and well-being outcomes. We'll present and demonstrate activities out of our two evidence-based mentoring programs: Junior Top Blokes Mentoring Program (boys aged 14-17) and Building Blokes (young men aged 18-24) and how these programs are challenging boys to improve their attitudes, behaviours, knowledge and skills as they rise up to be Top Blokes.

**4.30 pm - 5 pm Closing Session: Greg Millan & Glen Poole. NEW MALE FEEDBACK Session, Closing Remarks and Announcements**