Building on Strong Foundations
Perinatal mental health clinical practice into the future

Book of proceedings

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Welcome

The ‘Building on Strong Foundations’ symposium is a proud partnership between Fiona Stanley Hospital and King Edward Memorial Hospital. Both hospitals provide unique services for families in Western Australia, each boasting a publicly-funded, eight-bed Mother and Baby Unit, along with specialised clinical care to support the mental wellbeing of mothers, fathers and babies. The symposium organising committee is comprised of staff from both organisations and we are excited to have this opportunity to showcase the outstanding perinatal mental health work undertaken within our state.

The organising committee would also like to thank our supporting partners, the Centre of Perinatal Excellence (COPE) and the Gidget Foundation. Key staff from these organisations have kindly travelled from interstate and we are grateful they could join us to share their work and broaden our sights to the national context of perinatal mental health.

We hope you enjoy the day.

The Symposium Organising Committee, Fiona Stanley Hospital and King Edward Memorial Hospital
## Symposium Program

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<td>8.00</td>
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| 8.30  | **Welcome**<br>8.30 – Introductions and house-keeping – Professor Megan Galbally  
        8.32 – Welcome – Paul Forden (A/Chief Executive, South Metropolitan Health Service)  
        8.35 – Welcome to Country – Doreen Nelson  
        8.45 – Official opening – Hon. Simone McGurk MLA, Minister for Child Protection; Women’s Interests; Prevention of Family and Domestic Violence; Community Services |
| 9.00  | **Dr Nicole Highet** – Latest developments in perinatal mental health: building a sustainable future  
        Chair: Leanda Verrier |
| 9.40  | **Professor Andrew Whitehouse** – Very early identification and intervention for autism: How close are we to the new frontier?  
        Chair: Brendan Jansen |
| 10.20 | **Professor John Newnham AM** – Preventing Preterm Birth: The Western Australian model  
        Chair: Professor Megan Galbally |
| 11.00 | Morning tea                                                             |
| 11.25 | Concurrent sessions – Be early to secure your seat as capacity may be limited. Please also stay for the duration of both presentations.  |
|       | Lecture theatre G.2 (please clear room by 12.30 sharp)  
        Chair: Dr Rebecca Anglin  
        11.25 – **Chris Cooper RM** – Working with fathers  
        11.55 – **Jayne Kotz RN/RM CHN** – Baby Coming You Ready: An innovative, culturally secure approach to assessment for Aboriginal parents |
|       | Lecture theatre G.3  
        Chair: Sue Somerville  
        11.25 – **Dr Catherine Campbell** – Through the Looking Glass: Complexities of trauma for mothers and their babies born very preterm  
        11.55 – **Dr Monique Robinson** – Depression and stress in pregnancy: How do they affect later child development? |
<p>| 12.25 | Lunch                                                                   |</p>
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| 12.55 | **Professor Rhonda Marriot** – Ngangk Yiri – Our Aboriginal Families: Healthy and Resilient  
Chair: Dr Julia Feutrill                                                          |
| 1.35  | **Winthrop Professor Vera Morgan** – Exposure to obstetric complications at birth and risk for psychotic illness in later life: a developmental life course perspective  
Chair: Rachel O’Connell                                                           |
| 2.15  | **Afternoon Tea**                                                                                                                                 |
| 2.40  | **Professor Megan Galbally** – Understanding the relationship between maternal depression and child outcomes: insights from the MPEWS study  
Chair: Donna Kristianopulos                                                        |
| 3.20  | **Judi Barrett-Lennard** – A fortunate life  
Chair: Terri Smith                                                                 |
| 3.35  | **Dr Vijay Roach** – Perinatal mental health: How the consumer taught the obstetrician  
Chair: Terri Smith                                                                 |
| 4.00  | **Closing comments and farewell**  
4.00 – Closing comments and evaluations – Leanda Verrier  
4.10 – Acknowledgements and farewell – Associate Professor Graeme Boardley  
(A/Executive Director, Women and Newborn Health Service)                            |
| 4.25  | **Close**                                                                                                                                     |

**A note about special dietary requirements**

Some people indicated special dietary requirements in their registration. For those to whom this applies, you will find your food on a separate table during break times.

If you are unsure what you have requested, please check with staff at the registration desk.
Presenters

Dr Nicole Highet
Founder and Executive Director of the Centre of Perinatal Excellence (COPE), Nicole was the former Deputy CEO and National Perinatal Advisor of beyondblue between 2001-2013. Her role in the perinatal area specifically included oversight of the National Research Program, advocacy and the implementation of Australia’s $85M National Perinatal Depression Initiative (NPDI). Other areas of specialisation within the perinatal field include consumer research, national community awareness campaigns, clinical guidelines and resource development, digital screening and research and advocacy to inform and guide policy and best practice.

Professor Andrew Whitehouse
Andrew Whitehouse is the Angela Wright Bennett Professor for Autism Research at the University of Western Australia and Telethon Kids Institute, where he leads a large team that use a wide range of methodologies to investigate the early identification and intervention of children with Autism Spectrum Conditions, including molecular genetics, neuroscience, endocrinology, behavioural experiments and clinical trials. He is also the Chief Research Officer of the Autism Cooperative Research Centre.

Professor John Newnham AM
John Newnham is Professor of Obstetrics at The University of Western Australia (UWA) and is a sub-specialist in Maternal Fetal Medicine. He is Head of the UWA Division of Obstetrics and Gynaecology based at King Edward Memorial Hospital and Chief Scientific Director of the Women and Infants Research Foundation.

Chris Cooper RM
Chris works as a midwife and nurse at King Edward Memorial Hospital. He also facilitates the Dad2dad antenatal classes for the bump WA.
Jayne Kotz RN/RM CHN
Jayne is an endorsed Nurse Practitioner in primary health care, a midwife, child health nurse and researcher. She has worked extensively with women and children throughout remote and rural Australia across the NT, WA and Victoria; in Tanzania and Vanuatu, and in corrective services. She has a commitment to social justice, equity of access and community development principles in health care delivery. Among other community participatory health research projects she co-coordinated the development and validation of the Kimberley Mums Mood Scale as an alternative to the EPDS for use in the Kimberley.

Dr Catherine Campbell
Catherine is a clinical psychologist with special interest in perinatal mental health and parent-child relationships from infancy to adolescents. Currently, Catherine works across public, private and research settings with very preterm infants, children with various mental health struggles and developmental disabilities as well as with expectant mothers of high-risk pregnancies. She has 15 years’ experience offering developmental and neurocognitive assessments to assist families and schools meet the needs of children with complex presentations.

Dr Monique Robinson
Dr Monique Robinson completed PhD and MPsyCh (Clinical) degrees at UWA. Monique is an NHMRC Early Career Fellow at Telethon Kids Institute working in the field of perinatal, child and adolescent mental health. Monique’s primary research focus has been on maternal lifestyle factors during pregnancy that influence behavioural development throughout childhood, including stress.

Professor Rhonda Marriot
Winthrop Professor Vera Morgan

Professor Vera Morgan is Head of the Neuropsychiatric Epidemiology Research Unit and Deputy Director of the Centre for Clinical Research in Neuropsychiatry at The University of Western Australia, and Operational Epidemiologist for North Metropolitan Health Service Mental Health. She has a special interest in studying schizophrenia and other psychotic disorders. Her cross-disciplinary approach to the study of psychosis melds epidemiological, psychiatric and sociological perspectives on aetiology and course to help unravel its complex nature and improve outcomes for affected people.

Professor Megan Galbally

Professor Megan Galbally is a Consultant Psychiatrist and Foundation Chair in Perinatal Psychiatry an appointment across Murdoch University, University of Notre Dame and King Edward Memorial Hospital. Megan is a board member of the International Marce Society and Section Chair of the Perinatal and Infant Psychiatry Section within Royal Australian and New Zealand College of Psychiatrists. Megan is the Chief Investigator of three longitudinal, prospective studies examining the effects of maternal depression and antidepressant treatment on child developmental outcomes. Megan has also developed specific services in perinatal mental health including an Antenatal clinic for Women with Schizophrenia and Bipolar at Mercy Hospital for Women.

Judi Barrett-Lennard

Judi Barrett-Lennard is a Peer Worker and Gestalt Psychotherapist. She has been involved in the development and delivery of perinatal mental health support services and programs in WA since 2010. In her role as Perinatal Mental Health Program Coordinator and Facilitator for Womens Health and Family Services, her work is defined by her lived experience.

Dr Vijay Roach

Vijay Roach is an obstetrician and gynaecologist working in private and public practice in Sydney, Australia. He is the Vice-President of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists, Lecturer at the University of Sydney and Chairman of the Gidget Foundation, a not for profit organisation, whose mission is to promote the importance of emotional wellbeing in pregnancy and for new parents. He is married with five children.