

Child Mental Health and Wellbeing Conference 2025

Turning Insight into Action- Shaping Tomorrow Together

Hosted by Head to Health Kids Queensland- Gold Coast

DATE: Tuesday 28 October 2025 | LOCATION: Robina Tafe | TIME: 8:30am-4pm

TIME	AGENDA	FORMAT	SPEAKER
ARRIVE 8:30am 30 mins	Registration and Coffee		
1.1 9:00am 5 mins	Welcome to the day/ address the room	SPEAKER	MC- Julian Archer Paediatrician, Head to Health Kids, Gold Coast HHS
1.2 9:05 am 10 min	Welcome to Country	SPEAKER	YRACA- Uncle John
1.3 9:15 am 10 min	Acknowledgement of Lived Experience	SPEAKER	Vivianne Kissane OAM CEO Peach Tree Perinatal Wellness
1.4 9:25 am 25 min	Keynote Speaker <i>Setting the scene from a statewide perspective- working together to address Mental Health and Wellness needs of children.</i>	SPEAKER	Sharon Ward Director, Children and Young People Strategy and Partnerships Unit Mental Health Alcohol and Other Drugs Queensland Health
1.5 9:50am 15 min	Childhood Adversity, the Brain and Mental Health	SPEAKER	Professor Justin H G Williams Medical Director for Innovation, Evaluation and Research Gold Coast Mental Health & Specialist Services
1.6 10:05am 25 min	Towards More Accessible and Effective Evidence- Based Care for Children, Young People and Families 1. Helping More Young Children Sleep: The development of the Lights Out program 2. FAST-CBT for Child OCD and Phobias: multi- technology, parent training in exposure therapy	MINI SYMPOSIUM	1. Professor Caroline Donovan , Griffith University Centre for Mental Health 2. Professor Lara Farrell , Griffith University Centre for Mental Health
10:30am 30 min	Morning Tea		
2.1 11:00 am 45 min	1. Life-Fit-Learning: a three-step mental health and wellbeing system of care for children and adolescents 2. Supporting families using the Parents under Pressure program: Translating evidence into clinical practice.	MINI SYMPOSIUM continued	1. Professor Allison Waters , Griffith University Centre for Mental Health 2. Professor Sharon Dawe Griffith University Centre for Mental Health
2.2 11:45 pm 30 min	Id or ID and what's so bad about the "c" word? Exploring culture through identity and Social and Emotional Wellbeing	SPEAKER (First Nations)	Kerry Russell Social Worker- Griffith University

TIME	AGENDA	FORMAT	SPEAKER
12:15pm 45 mins	LUNCH		
3.1 13:00pm 30 mins	The evolution of delivering Head to Health Kids on the Gold Coast	SPEAKER	Head to Health Kids Queensland Gold Coast Team
3.2 13:30pm 45 mins	A family's journey through Head to Health Kids	SPEAKER	Head to Health Kids Queensland Gold Coast Team
14:15pm 30 mins	Afternoon Tea		
4.1 14:45pm 60 mins	Community Collaboration in Action <ol style="list-style-type: none"> 1. Benevolent Society 2. The Scholars Programme 3. The Motherhood Group 4. PCCS 5. Family Interaction Program 	SPEAKER	<ol style="list-style-type: none"> 1. Emma Norman 2. Melanie Excell 3. Tracey Tyley 4. Cynthia Stanton 5. Tanya Hawes
4.2 15:45pm	Closing Remarks & Thank You		MC- Julian Archer Paediatrician, Head to Health Kids, Gold Coast HHS