

# Spectrum Annual Conference

From Risk to Recovery: Working with persistent suicidality in BPD and/or complex trauma

Friday 27<sup>th</sup> March 2026 9:00am - 4:30pm



## Program

| Time             | MC  | Title  |
|------------------|---|--|
| 8:15 - 9:00 am   | Dr Mithira Nithianandan<br>Acting Executive Clinical Director, Spectrum | <b>Registration</b>  |
| 9:00 - 9:05 am   |   | <b>Welcome, Acknowledgement of Country, and opening of conference</b><br>Toni Gutschlag, Executive Director, Mental Health & Clinical Support, <i>Eastern Health</i>   |
| 9:05 - 9:10 am   |   | <b>Introduction</b><br>Denis Hovic, Program Director, Statewide Services, <i>Eastern Health</i>  |
| 9:10 - 9:15 am   |   | <b>Recognition of Lived Experience - A poem recital</b><br>Ruth Deane, Consumer Peer Worker, <i>Spectrum</i>   |
| 9:15 - 10:00 am  |   | <b>Keynote Speaker: Science and practice of suicide prevention in BPD</b><br>Prof Brin Grenyer, President of ISSPD and Director of Project Air Strategy, <i>University of Wollongong</i>   |
| 10:00 - 10:45 am |   | <b>Keynote Speaker: Research evidence in relation to suicide prevention in BPD - Australasia</b><br>A/Prof Jillian Broadbear, Head of Research and Innovation, <i>Spectrum</i>   |
| 10:45 - 11:05 am |   | <b>Keynote Speaker: Suicide prevention and clinical leadership</b><br>A/Prof Sophie Adams, Office of the Chief Psychiatrist, <i>Victorian Department of Health</i>   |
| 11:05 - 11:30 am |   | <b>Morning Tea</b>   |
| 11:30 - 12:00 pm |   | <b>Keynote Speaker: Risk and relationship - Open hearts in public mental health</b><br>Dr Dom Baetens, Clinical Program Director of Mental Health and Addiction, <i>St Vincent's Hospital</i>  |
| 12:00 - 1:00 pm  |   | <b>Panel Discussion - Lived Experience</b><br>'How can healthcare providers and family/carers best support people with BPD during a suicidal crisis?'<br><b>Panel Chair:</b> A/Prof Sathya Rao, Executive Clinical Director, <i>Spectrum</i>                             |
| 1:00 - 1:50 pm   |   | <b>Lunch</b>   |
| 1:50 - 2:50 pm   | Cathryn Pilcher<br>Associate Clinical Director, Spectrum                | <b>Panel Discussion - Clinical</b><br>'What features are needed in an ideal mental health system to support best practice in suicide risk management for BPD?'<br><b>Panel Chair:</b> Kristen Stanner, Program Director Mental Health & Wellbeing, <i>Eastern Health</i> |
| 2:50 - 3:05 pm   |   | <b>Treatment for people who experience persistent suicidal thoughts; utilising an MBT Framework</b><br>Dr Julian Nesci, Senior Clinical Psychologist / Clinical Specialist, <i>Spectrum</i>  |
| 3:05 - 3:20 pm   |   | <b>Treatment for people who experience persistent suicidal thoughts; utilising a DBT Framework</b><br>Marianne Weddell, Senior Clinical Psychologist / Clinical Specialist, <i>Spectrum</i>  |
| 3:20 - 3:50 pm   |   | <b>Afternoon Tea</b>   |
| 3:50 - 4:10 pm   |   | <b>Working through risk to recovery in BPD - A reflection of Spectrum's experiences during the last 27 years</b><br>A/Prof Sathya Rao, Executive Clinical Director, <i>Spectrum</i>  |
| 4:10 - 4:30 pm   |   | <b>Audience Q&amp;A and Closing Address</b>  |