

## **Spectrum 2021 Research Forum**

### **Presenter Profiles**

#### ***EASTERN HEALTH SPEAKERS***

**Adjunct Professor David Plunkett, Chief Executive, Eastern Health** has many years of executive and senior management experience in both the Public and Private Health Sectors. David commenced his health career as a Registered Nurse. He joined Eastern Health in 2002 and held various roles, including Chief Nursing and Midwifery Officer and Executive Director Acute Health, all leading to his current role of Eastern Health Chief Executive, held since September 2016. Eastern Health is large public healthcare service, with multiple sites and more than 10,500 staff, located in the Eastern suburbs of Melbourne. In the last financial year, and during the COVID pandemic, Eastern Health provided over 1.375m episodes of care. David holds a Master of Business Administration and is a Graduate of the Australian Institute of Company Directors and until recently, was a surveyor with the Australian Council on Healthcare Standards. David is a member of the Eastern Metropolitan Partnership, the Lilydale Revitalisation Board and is a Fellow and current Board Director of the Australian College of Nursing.

**Adj. Clin. A/Prof. Alison Dwyer, Executive Director – Research/Chief Medical Officer (CMO)** has over 12 years' experience in medical services management roles at major tertiary health services. Roles have included Chief Medical Officer at Northern Health, Medical Director Quality, Safety and Risk Management at Austin Health and Director Medical Services at Royal Melbourne Hospital. Alison is also a current Board Director of Peninsula Health, is Chair of the Quality and Safety Committee. Alison is the current Chair of the Medical Administrative Workforce Planning Group for the Royal Australasian College of Medical Administrators, and has a strong involvement in the training of medical administration registrars as a current Supervisor, Preceptor and Examination Censor. Alison is also a current ACHS Surveyor, with strengths in clinical governance and medical engagement in quality and safety. Alison has a strong passion for ensuring the right organisational supports are in place to assist medical staff to provide high-quality care. Her research interests have focused on junior medical staff well-being, engaging medical staff in quality and the role of the Medical Administrator in health services.

## ***SPECTRUM SPEAKERS***

**A/Prof Jillian Broadbear** is the Head of Research & Innovation at Spectrum Personality Disorder Service. She holds a PhD in Biopsychology from the University of Michigan and spent many years working in the substance abuse field conducting pre-clinical and clinical research. After returning to Australia, Jillian took up an academic role at Monash University, convening the Bachelor of Behavioural Neuroscience and continuing her psychopharmacology research. She was fortunate to learn about a research opening at Spectrum eight years ago and has never looked back! Jillian is passionate about conducting research that can be used for education and advocacy, to improve our understanding and the resourcing of services to assist everyone whose lives are affected by personality disorder.

**Associate Professor Sathya Rao** is a psychiatrist and the Executive Clinical Director of Spectrum Personality Disorder Service. He is the Vice President of the Australian BPD Foundation. He is also an adjunct clinical associate professor at Monash University. Dr Rao is involved in clinical research and has published research papers, contributed chapters and co-authored books on borderline personality disorder. He was a member of the NHMRC Clinical Practice Guidelines development committee, 2012. He has taught clinicians across Australia and was the head of psychiatry training program of Victoria for the RANZCP previously. He is involved in treating complex personality disorder patients and provides second opinions and secondary consultations for complex clinical conditions associated with personality disorders. He was the recipient of the 2020 Meritorious Award of the Victorian Branch of RANZCP.

**Dr Fiona Donald** is a clinical psychologist at Spectrum within the Acceptance and Commitment Therapy (ACT) and Mentalization Based Treatment (MBT) teams. Fiona has a particular interest in the lived experience of BPD treatment and has published on the experience of recovery from consumer and clinician perspectives and on self-compassion and its relationship with recovery.

**Dr Dervila Gec** is a senior clinical psychologist and accredited MBT practitioner. She has experience in working with complex clients in community mental health and forensics settings. At Spectrum she works on the MBT team and the Complex Care team. Prior to this Dervila worked on developing and coordinating the Spectrum Intensive Group Program (IGP).

**Dr Lukas Cheney** is a consultant psychiatrist at Spectrum. He has training in Dialectical Behaviour Therapy and Mentalization Based Therapy and has a keen interest in research to improve our understanding of personality and associated disorders. In his work at Spectrum, Dr Cheney is involved in the most complex cases of personality disorder from across Victoria and to mental health services seeking consultation around Australia. Dr Cheney is a strong believer in a stepped care model of treatment for personality disorder and the idea that, with the right knowledge, any mental health clinician can engage therapeutically with a person living with personality disorder.

**Dr Mithira Nithianandan** is a consultant psychiatrist at Spectrum Personality Disorder Service. As part of her work at Spectrum, Mithira has a particular interest in working with BPD in primary care.

**Dr Aghareed Al-Qassab** has recently started at Spectrum Personality Disorder Service, Eastern Health as a Research Fellow. Prior to that, she has been engaged in a distinguished research and teaching career in Population Oral Health. Since commencing at Eastern Health, she has been working closely with Spectrum’s Head of Research & Innovation (A/Prof Jillian Broadbear) and Executive Clinical Director (A/Prof Sathya Rao), in the development of medium and long-term strategic research directions that will benefit the personality disorder field. A key aspect of her role is as project manager for the Spectrum Service Evaluation Program. The Program is designed to assess treatment efficacy, shape treatment processes, and report wide-ranging outcomes that support clinical research and publication.

**Dr Pari Heidari** has started at Spectrum Personality Disorder Service, Eastern Health in mid-2019 as a Research Officer. Pari has been awarded her PhD from the School of Nursing and Midwifery, Faculty of Medicine, Nursing and Health Sciences at Monash University. Since commencing at Eastern Health, she has been working on many projects mostly engaging in research tasks including conducting surveys, data analysis and publishing. She is working closely with Spectrum’s Research Lead, A/Prof Jillian Broadbear.

**Rita Brown** worked for nearly for 40 years as a pharmacist before embracing a career change to advocate for people impacted by BPD. Rita’s passion is to work with and advocate for the needs of carers while also remaining sensitive to the needs of people with BPD and clinicians and other workers. Rita is currently the Carer Consultant for Spectrum the Personality Disorder Service and draws on her lived experience as a family member of someone with BPD to advocate for the needs of families and friends within Spectrum, other services and the wider community. She is a volunteer, founding and current President of the Australian BPD Foundation. Rita regularly facilitates peer to peer interactive workshops for carers run through Spectrum and presents at conferences and forum throughout the state and nationally. In addition she has contributed to numerous state and national consultations and submissions.

### **KEYNOTE PRESENTERS**

**Professor Suresh Sundram** is Chair and Head, Department of Psychiatry, School of Clinical Sciences, Monash University, Director of Research, Mental Health Program. Monash Health and Director of Research, Cabrini Asylum Seeker and Refugee Health Hub, Cabrini Outreach in Melbourne, Australia. He has been involved for seventeen years in asylum seeker mental health. Suresh is an expert consultant on asylum seeker and refugee mental health to the UNHCR and has provided similar expert advice to the: UN; UN Commission on Human Rights; Australian Human Rights Commission; Australian Department of Home Affairs; US State Department; the Governments of Papua New Guinea, Republic of Nauru, and Sri Lanka; and numerous non-government organisations. Suresh has established pro bono health services for asylum seekers, most recently with Cabrini, the Cabrini Asylum Seeker and Refugee Health Hub providing primary care and specialist mental health services in the state of Victoria. Suresh has published and presented nationally and internationally his research work in the mental health of asylum seekers and refugees with multiple national and international collaborators.

**Professor Brin Greyner OAM** is Senior Professor of Psychology at the University of Wollongong and Director of the Project Air Strategy for Personality Disorders, in partnership with NSW Health. He is an internationally recognised leader in the science and treatment of personality disorders. He was recently voted President-Elect of the International Society for the Study of Personality Disorders (ISSPD). In 2019 he was visiting scholar, McLean Hospital, Harvard University Medical School and gave the invited lecture on World Mental Health Day. He was the invited "Master Clinician" keynote speaker at the ISSPD congress in Vancouver 2019. Over 2011-2021 he is listed in the world top 1% (top 0.21%) of experts in the field of Borderline Personality Disorder. He and his team have been awarded over 50 grants totalling more than 18 million in funding, he has published over 175 journal articles, chapters, books and monographs. He is active in clinical practice through Northfields Psychology Clinic, and consults widely on patient care issues across NSW, Australia and Internationally.

### ***INVITED SPEAKERS***

**Dr Helen Mildred** is a Senior Lecturer in the post graduate psychology courses at Deakin University, and a senior clinical psychologist at Eastern Health Child & Youth Mental Health Service. She has clinical and research interests in the mental health of disaffiliated young people, people with symptoms of borderline personality disorder, adolescent violence, and self-injury. In addition to nearly 30 years of client work in public mental health, she has been extensively involved in the training of over 200 clinical psychologists, and produced 26 publications.

**Dr Nitin Dharwadkar** is an Accredited Psychiatrist at the Melbourne Clinic. He is an Adjunct Senior Lecturer in the Department of Psychiatry at the Central Clinical School, Monash University. Additionally, Dr Nitin Dharwadkar is a Foundation Member for the Faculty Forensic Psychiatry and The Royal Australian and New Zealand College of Psychiatrists (RANZCP). Nitin is an IME & Impairment Assessor for WorkSafe Victoria, Impairment Assessor for WorkCover Authority of NSW, SIRA-NSW and Workcover Tasmania, and Impairment Assessor for Comcare,

**Professor Josephine Beatson** is a Consultant Psychiatrist and Psychoanalytic Psychotherapist who has worked in the field of Personality Disorders over many years. She is particularly interested in how early childhood experiences influence personality development in the direction of health or pathology and in what psychotherapeutic treatments are able to achieve through treatment of these disorders. Jo has supervised, taught and published widely in this area and is regarded as one of Australia's foremost authorities in the field.

**Dr Hemalatha Jayaram** is a Senior Clinical Psychologist and Academic with Aged Persons Mental Service, Eastern Health. She has worked across acute inpatient settings for over 15 years. As part of her private practice work, was running the Psychotherapy Clinic for Older Adults at St George's. Hema is also an Adjunct Research Fellow with Swinburne University providing teaching and clinical supervision for the Wellbeing Clinic for Older Adults for over a decade. Hema has contributed to research and publications with particular interests in Personality Disorders and Suicidal Behaviours in Older Adults. Hema sits on a number of committees including the Centre for Mental Health Learning (CMHL) and continues to work closely with Spectrum.

**Dr Francine Moss** is an old age psychiatrist who has worked as a clinician in a variety of settings for over 20 years. She is the Director of the St Vincent's Aged Persons Mental Health Programme and the Victorian Director of Advanced Training for Old Age Psychiatry. She has a particular interest in BPD in older adults.

**Associate Professor Hope** is a Consultant Psychiatrist, with extensive clinical and academic experience. She currently holds the Academic Chair for Psychiatry at Eastern Health and is the Deputy Director of the Centre for Education and Research at Delmont Hospital. Professor Hope has taught psychiatry, medicine and surgery across two universities and has lectured extensively in psychopharmacology. Her research interests include outcome measurement, health services research, suicide prevention and person centred pharmacological care. Professor Hope is also the psychiatrist for the Box Hill Emergency Department and runs her own private practice.