

## 2023 Annual Educational Symposium Program

### Mental Health & Diabetes: Strong Minds, Healthy Futures

Friday, 3<sup>rd</sup> November 2023 – Menzies School of Health Research

<b>8:00am – 8:30am</b> Registration		
8:30am – 8:45am	Welcome to Country	Larrakia Nation
8:45am – 9:00am	Welcome & overview	A/Prof Renae Kirkham & Sian Graham
9:00am – 9:30am	Psychosocial Determinants of Diabetic Kidney Disease in Youth with Type 2 Diabetes; Findings from the Canadian iCARE Cohort	A/Prof Allison Dart & Jackie McKee
9:30am – 10:00am	Knowledge to Action: addressing social determinants of health to promote social & emotional wellbeing	Tina Brodie
<b>10:00am – 10:30am</b> Morning Tea		
10:30am – 11:00am	Sharing personal experiences of diabetes & mental health	Neil Wilkshire, Ben Mack & Norlisha Bartlett
11:00am – 11:05am	Video: Strong Minds, Healthy Futures	Robert Naylor & Ben Mack
11:05am – 11:20am	Q&A: Lived experience speakers	Neil Wilkshire, Ben Mack & Norlisha Bartlett
11:20am – 11:40am	Panel discussion: Social & emotional wellbeing experts	Josie Povey, Leitisha Jackson, Penny Reu & Tayloraye Bailey
11:40am – 11:55am	The role of structural inequities in diabetes outcomes	Sian Graham & Prof Louise Maple-Brown
11:55am – 12:10pm	Supporting healthy lifestyles for First Nations women & communities through co-design: lessons & early findings	Dr Diana Mackay & Tara Dias
12:10pm – 12:45pm	Official launch of video resources: Diabetes in Pregnancy & Youth Type 2 Diabetes	Dr Matt Hare, Dr Angela Titmuss & Peggy Tom
12:45pm – 1:00pm	Racial microaggressions & interculturality in remote Central Australian Aboriginal healthcare	Dr Mary Wicks
<b>1:00pm – 2:00pm</b> Lunch & Networking		
2:00pm – 2:10pm	Governance of Aboriginal & Torres Strait Islander data policy: Health Studies Australian National Data Asset (HeSANDA)	Dr Jemima Beissbarth
2:10pm – 2:20pm	Progressing the NT Diabetes Summit Road Map	Dr Sean Taylor & Prof Louise Maple-Brown
2:20pm – 3:50pm	<b>Research Implementation &amp; Translation</b> Diabetes Partnership research updates ( <a href="#">see back page</a> ) Mental health perspectives Panel discussion	Partnership Team Cecilia Gore Cecilia Gore, Dr Sean Taylor, Ben Mudaliar, Nathan Garrawurra & Dr Matt Hare
<b>3:50pm – 4:00pm</b> Closing Comments		

2:20pm – 3:10pm

## Diabetes Partnership research updates

Session overview and Partnership research highlights

A/Prof Renae Kirkham

### Understanding the intergenerational burden of cardiometabolic conditions

PANDORA

Dr Anna Wood

Using data linkage to understand the Diabetes epidemic:

Dr Matt Hare

- I-HiNT: Intergenerational Health in the NT
- IMPACT Diabetes NT: IMProving evidence Around Contemporary Therapies for Diabetes in the NT
- CRISP: Cardiovascular Risk in IndigenouS People (on behalf of Dr Liz Barr)

### Prevention projects

Merne Mwerre Artweye Areye-ke

A/Prof Renae Kirkham

### Implementation projects

Diabetes in Pregnancy (Models of Care & Co-Design)

Dr Diana MacKay

Youth-onset type 2 diabetes (Audit & Co-Design)

A/Prof Renae Kirkham  
& Dr Angela Titmuss

## Mental Health Resources & Contact Details

### 1. DoHA First Nations mental health and wellbeing support webpage

<https://www.health.gov.au/news/first-nations-mental-health-and-wellbeing-support>

### 2. Healing Foundation's Community Self-Care:

<https://healingfoundation.org.au/community-self-care-resources/>

### 3. The new WellMob website 'self-care' tab:

<https://wellmob.org.au/e-health-topics/training-resources/self-care/>

### 4. HeadSpace

Call **1800 650 890**, 9am – 1am AEST, 7 days a week

Or chat online at <https://headspace.org.au/online-and-phone-support/>

### 5. Lifeline

Call **13 11 14**, text **0477 131 114**, 24 hours

Or chat online at <https://www.lifeline.org.au/crisis-chat/>

## WiFi Internet Connection

**WiFi Networks:** eduroam or CharlesDarwinStudents

**Username:** [T026762@students.cdu.edu.au](mailto:T026762@students.cdu.edu.au)

**Password:** Menzies12345

## Feedback Survey



Please complete the survey, thank you!