

is often delegated to First Year Experience Coordinators. However, a growing body of qualitative and quantitative evidence indicate that resilience is an accumulation of learning to cope with adversity starting in childhood and developing over time, learning how to problem solve, make thoughtful decisions and learning from mistakes. Evidence suggests that acceptance is the strongest contributor in resilience. The ability to experience guilt, embarrassment and feelings of shame are likely to be significant for students in transition from high school to university. It is therefore important to understand the factors that contribute to resilience to immunize new students to university life. In contrast greater life adversities of mature age students provides realistic expectations of the challenge ahead. Research has indicated that factors such as first in family, low self efficacy, experiences of racism and being of low socio-economic status are risk factors for low resilience and higher drop-out rates. In contrast students with prosocial friendships, professional support, stable family life, high self-esteem, and who are able to self-regulate are more resilient to the stressors of university. Students presenting with personality factors such as persistence, cooperativeness, average levels of reward dependence and the willingness to embrace challenges, do better at university. For things to improve should there be a whole of community response to prepare students?

The frail forgotten

Lisa Macnaughton, Margarita Karpathios & Amanda Cooms

Across Australia the number of elderly frail patients utilising the hospital system is increasing at a faster pace than bed access. Often, medically stable but waiting in hospital for an appropriate discharge location. This cohort of individuals are at risk of depression either pre-existing and often exacerbated during admission will end up with a diagnosis during admission. Shame, hopelessness and loss of control over any decision leads to the disempowerment and stigma as age influences decisions about treatment. Dare be eccentric and have your capacity questioned. These are just a few of the day-to-day experiences of social workers working within the Gerontology culture, needing to advocate for patients who are diagnosed with mental health conditions.

Method: Chart reviews were conducted on a number of patients who were waiting for an outcome post recovery as to their ability to return home or needing a higher level of care such as residential aged care facility (RACF). Information was further gathered through social workers working with the individuals and team meetings to establish key issues impacting on this group of individuals to look at challenging the systems and to try to engage a number of important stakeholders to tackle these challenges as a whole-of-community.

Objective: The review identified a number of issues impacting on this group of individuals including: disengagement, weight loss, withdrawal from socialising, feelings of vulnerability, stigma, the challenge of having mental health review patients on a regular basis, medication regimes changed (to manage the geriatric diagnosis), loss of voice of the individual as they try to navigate these systems.

Importance: The aim of the project in identifying early individuals who are at risk is to optimise early intervention and advocacy. As well as, to look at changing practices across the health service to influence procedures

Towards a Better Understanding of the Psychiatric Assistance Dog Team Doctor, Janice Lloyd

James Cook University, Australia

A psychiatric assistance dog is a specific type of service dog that is trained to assist its handler who has been diagnosed with a mental health condition such as post-traumatic stress disorder, schizophrenia, depression, anxiety, or bipolar disorder. In 2011, the not for profit organisation 'mindDog' was set up in Australia to assist people living with mental health issues to procure, train and certify psychiatric assistance dogs to help them in their daily lives.

Literature searches reveal that little is known about the demographics of people who own psychiatric assistance dogs, the type of dogs used or the functions the dogs provide. An understanding of the relationship between owners and their dogs may help inform the appropriate choice of dog, training and use of assistance dogs for people living with mental health issues to better support their needs.

Psychiatric assistance dog owners registered with 'mindDog' (clients) were invited to participate in an anonymous on-line survey to explore these matters. Preliminary findings suggest psychiatric assistance dogs perform a plethora of roles that support the needs of a broad range of people, including adults in higher education. These general findings can be used to inform clients and medical doctors, who play a pivotal role in their patients' application process for a 'mindDog', about how the dogs may be of assistance

New Access

**Stevie Kuhn, Isabelle Ramsey
Centacare, North Queensland, Australia**

Rural and remote communities often face immense barriers when accessing mental health services in their regions. This is mostly due to issues such as isolation, financial burdens, lack of services including trained professionals, and the absence of psychoeducation delivered to the community. Due to these barriers, a vast number of community members in these areas feel isolated and in some cases, fall through the cracks. This results in individuals developing more complex mental health issues or reaching

a state of crisis. What is the way forward for these individuals?

In recent years, a lot of emphasis has been put onto the importance of early intervention implementation in our communities. One way that this has been done is by the development of New Access. NewAccess is an early intervention program aimed at providing accessible, free and quality services to those who are suffering from mild to moderate levels of anxiety and depression. NewAccess actively seeks to get participants involved in their own recovery and places an importance on psychoeducation as well as empowerment for the individual and thus, building community resilience. Building resilience among individuals is an important part in paving the way in developing stronger communities. Becoming healthy, socially connected and prepared, make stronger individuals and in turn, more resilient communities.

NewAccess is a program that was developed by beyondblue and the CBT Institute. Within the North West Queensland Region, New Access has partnered with the Northern Queensland Primary Health Network and is delivered by Centacare North Queensland. It is the collaboration of these organisations that allow much needed evidence based interventions to become more readily available to our regions.

Plenary Speaker, 4pm

Cultural Resilience in Higher Education

Sam Wild

Queensland University of Technology & Awakening cultural Ways, Australia

The health and wellbeing of Aboriginal and Torres Strait Islander students is paramount in order to ensure equality in performance and educational outcomes. Cultural considerations and social and emotional framework will be discussed in consideration to cultural resilience, mental health and wellbeing. The discussion will explore Samantha's personal experiences of higher education and the opportunities for education has created in advocacy and public health practice for Aboriginal and Torres Strait Islander mental health and suicide prevention work.

Plenary Speaker, 4.25pm

5 time tested daily practices for positive mental health

Angajan M. K.

Life Mastery Foundation, South Africa

To provide short and effective daily practical exercises to maintain positive mental health.

This presentation aims to outline simple yet effective daily practices to take control of one's mental health; whilst in dynamic action. Our mind goes with us wherever we