



## Black Dog Institute Conference

### Child and Adolescent Bipolar Disorder:

#### Issues and Controversies in the Detection and Management of

#### Bipolar Disorder in Young People

8 October 2009

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### Speaker Profile

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**Dr Tanya Hanstock** – Senior Clinical Psychologist for Greater Southern Area Health service and Riverina Headspace, and Co-founder of the first Juvenile Bipolar Disorder clinic in Australia: The Bipolar Program (TBP) in the Hunter New England Area Health Service. In 2007 Dr Hanstock collaborated on a preliminary study examining omega-3 supplementation in juvenile bipolar disorder (JBD). She has published a number of journal articles in the area of JBD and regularly presents on this topic.

**Topic: Omega-3 supplementation in juvenile bipolar disorder: is it effective?**

**Richard Hayes-Marshall** – Prestigious and numerous roles and titles in theatre arts both in the national and international arena. 'Informed Supporter' of the Bipolar Education Program with the Black Dog Institute.

**Topic: An 'expert patient': controlling the disorder with medication and lifestyle management  
Interview with Professor Gordon Parker**

**Professor Philip Hazell** – Director of Rivendell Child, Adolescent and Family Mental Health Services in Concord, Sydney, conjoint academic appointments with the Universities of Sydney and Newcastle, completed undergraduate medical training with University of Otago in 1980 and trained in general psychiatry and child psychiatry in Adelaide. From 1989 to 1998 Lecturer/Senior Lecturer in Psychiatry with the University of Newcastle, and then until 2006 Clinical Director of the Child and Youth Mental Health Service, Hunter New England Mental Health Service, Awarded a PhD in 1997.

**Topic: The effectiveness and risks of antipsychotic drugs in paediatric bipolar disorder.**

**Stephen Hirneth** – Clinical psychologist based at The Bipolar Program, a clinic specialising in treating Juvenile Bipolar Disorder, based at the Newcastle Child and Adolescent Mental Health Service. Stephen has previously worked at Nexus, a child and adolescent inpatient psychiatric unit, and at PAS, an early psychosis service. Stephen is also a PhD candidate at the University of Sydney, researching longitudinal outcomes in juvenile bipolar disorder.

**Topic: The role of schools in the detection of bipolar disorder in children.**

**Dr Carolyn Kefford** – MBBS., FACPsychMed., Diploma in Shared Care Psychiatry (Eating Disorders), General Practitioner for almost 40 years, Lecturer at Sydney University, Northern Clinical School, Chair of Youth Health Research Interest Group (YHRIG), Facilitator for Black Dog Institute, Advisory Board member for Centre for Advancement of Adolescent Health (CAAH).

**Topic: The role of GPs in the management of young people with bipolar disorder**

**Dr Iain MacMillan** – Clinical Director at the Black Dog Institute and Conjoint Senior Lecturer UNSW, Iain trained in Cambridge, Norwich and Newcastle-upon-Tyne, where he developed his interest in mood disorders. He has worked as a Consultant in Norwich, UK, and Western Australia, and moved to New South Wales in 2009 to take up the post of Clinical

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Director at the Black Dog Institute. He has been involved in research into MRI scanning and deep white matter hyperintensities in Bipolar Disorder, and treatment and outcomes in early psychosis. He helped to develop the MRC-funded ISREP (Improving Social Recovery in Early Psychosis) trial with Professor David Fowler in Norwich, and was convenor for the Bipolar Clinical Research Group of the Mental Health Research Network in the UK. Iain is a Fellow of the Royal College of Psychiatrists of the UK, a Fellow of the International Society for Affective Disorders and a Member of the International Society for Bipolar Disorders and the International Early Psychosis Association.

**Conference Co - Chair**

**Professor Philip Mitchell** – Philip Mitchell is Scientia Professor and Head of the School of Psychiatry at the University of New South Wales, Convenor of Brain Sciences UNSW, Chair of the NSW Mental Health Priority Taskforce, Consultant Psychiatrist, Prince of Wales Hospital and Black Dog Institute, Sydney, Guest Professor, Shanghai Jiaotong University, and Board Member of the Anika Foundation.

**Topic: What do high-risk studies tell us about the childhood and adolescent characteristics of those who will go on to develop bipolar disorder?**

**Professor Gordon Parker** – Prof. Gordon Parker is Scientia Professor of Psychiatry, University of New South Wales and Executive Director of the Black Dog Institute, Sydney. He has had a number of responsibilities for the Royal Australian & New Zealand College of Psychiatrists, including being Editor of the Journal and Chair of the Quality Assurance Committee. He is an active researcher, principally focusing on mood disorders, and in 2004 received a Citation Laureate Award as the Australian Scientist most highly cited in the field of 'Psychiatry/Psychology'.

**Conference Co - Chair**

**Dr Peter Parry** – Consultant Child & Adolescent Psychiatrist, Senior Lecturer at Flinders University. Peter is a child & adolescent psychiatrist at Marion CAMHS in Adelaide, associated with Flinders Medical Centre and affiliated with Flinders University where he has academic status as senior lecturer. He has worked in both community CAMHS and inpatient child & adolescent psychiatry including three years as director of the main inpatient unit in South Australia. His main interests are developmental psychology, assessment in child & adolescent psychiatry, mindfulness based CBT and parenting programs. He has co-authored two papers and three letters concerning "paediatric bipolar disorder" and has commenced a PhD on that topic entitled "PBD: a culture bound syndrome of the USA?"

**Topic: Paediatric bipolar disorder: issues and controversies**

**Professor Joseph Rey** – Joseph Rey has worked with children and adolescents with mental health problems and their families for more than 30 years and was the Director of the Rivendell Adolescent Unit in Sydney for 12 years. He has published more than 100 papers in refereed journals on a variety of topics relating to mental disorders in the young as well as multiple book chapters. Recently he has edited a book on the treatment of child and adolescent depression. He is Professor of Psychiatry at Notre Dame Medical School Sydney, and Honorary Professor, Discipline of Psychological Medicine, University of Sydney.

**Conference Co - Chair**

**Dr Jean Starling** – Child and Adolescent Psychiatrist, Head of the Department of Psychological Medicine at the Children's Hospital, Westmead, and a clinical senior lecturer in the Disciplines of Psychological Medicine and Paediatrics and Child Health at the University of Sydney.

**Topic: Distinguishing between early onset bipolar disorder and other conditions, including ADHD and chronic trauma.**

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Confirmed speakers at 1 September 2009