Mental Health, Parenting, Recovery: an Interdisciplinary Panel Discussion

Webinar date: 26 June 2014
Webinar time: 7:15 – 8:30 pm AEST

Webinar panellists

Dr Mary Jessop (psychiatrist)

Dr Mary Jessop is a child and adolescent psychiatrist working in the private and public sector. She has been involved in a number of initiatives to improve access to services for Children of Parents with a Mental Illness (COPMI) and their families. This has included developing a service framework, providing training in family focused interventions, and resource development.

Dr Jessop is a therapist in the online training “Family Focus” developed by National COPMI. She is also a certified trainer in “Let’s Talk About Children” a brief family focused intervention developed by Prof Tytti Solantaus.

Ms Angela Obradovic (social worker)

Angela Obradovic is the Chief Social Worker/Family Work Development Coordinator for the Northern Area Mental Health Service, an adult public mental health service in Victoria, Australia. She is a member of the Australian National COPMI Initiative Reference Group.

Angela has a long-standing commitment to improving the responsiveness of adult mental health services to parent consumers and their dependent children and has been active in COPMI/FaPMSI advocacy and workforce development for the past 20 years.

Recently she has been involved in training, implementing and evaluating the evidence based intervention ‘Let’s Talk about Children’ in Victoria and is a partner in the Victorian Mental Illness Research Fund Grant Project “Developing an Australian-First Recovery Model for Parents in Victorian Mental Health and Family Services.”
Ms Amanda Waegeli (Independent Mental Health Recovery Consultant and Peer Recovery Specialist)

Amanda is an Independent Mental Health Recovery Consultant, Trainer, Peer Recovery Specialist and parent with lived experience. Amanda has presented at a variety of international conferences and was a senior recovery trainer with the Richmond Fellowship of Western Australia.

Previously, Amanda held the post of State Co-ordinator of the Hearing Voices Network of WA and has over nine years’ experience working within the mental health sector of WA. Amanda has developed innovative services to support families where a family member experiences mental distress, voices, visions and other unusual perceptions.

Ms Lisa Whiting (psychologist)

Lisa is a clinical psychologist who conducts individual therapy for a wide range of adult psychological problems that vary in complexity. She uses a variety of techniques, particularly including ACT, CBT and strengths-based strategies. Lisa works in the rural region of the Far South Coast NSW at the Red Door Health Clinic in Bega, as well as the Katungul Aboriginal Medical Service in both Bega and Narooma.

Webinar facilitator
Ms Vicky Cowling (OAM) (clinical social worker and psychologist)

Vicki Cowling is a clinical social worker and registered psychologist working as an independent practitioner in child and family mental health. Vicki has worked with children and families in government and non-government settings, including public child and adolescent mental health services, in Victoria and New South Wales.

She has also held positions in the field of mental health promotion, and has conducted research concerning children of parents with mental illness and their families. This work has led to the publication of several articles and edited books, the most recent being *Infants of Parents with Mental Illness.*