

Run Sheet

Thursday 26 November 1400-1520 AEDT

Session 7

Chairs:

Brendan Wood

Speakers:

Helen Benassi
Samantha Falon
Monique Crane
Aaron Tracey

Panel:

No panel

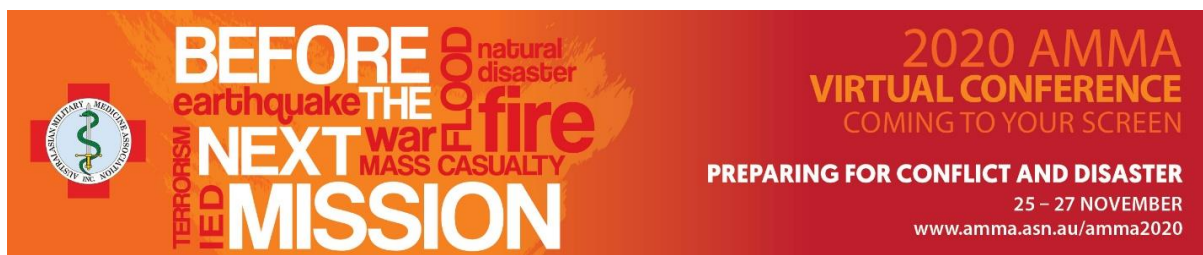
Reminder to chairs / speakers – please log into the OnAIR system 30 minutes prior to the scheduled start time. You will be welcomed by the operator; and placed in the Green Room as outlined during the rehearsals.

Brief Opening script (For Chairperson)

- Thank the audience for joining the session today, **two presenters have withdrawn. This session will end at 1500.**
- Reminder to viewers - Please use the Live Q&A tab to ask any questions to our speakers. After each presentation there will be a Q&A session.
- Trouble-shooting – if as viewers you are having difficulty with the session, please click on the red “Live Support” button in the top right of the screen to speak to our live support team.
- Thank the audience for joining the session today. Remind **AMMA members** that the AGM will take place on Friday 27 November at 1630 and encourage them to join.
- Introduce the first speaker (refer below for biographical information)

Brief Closing Script (For Chairperson)

- Thank you for joining us.
- This is the last session of the day. Join us tomorrow at 1000 for the concurrent sessions.



15 mins presentation + 5mins Q&A

Presentation type	Length	Time	Presenter	Layout	Powerpoint	Recording
Holding slide/countdown	30 Sec			Single		Yes
Welcome from chair	1min	1400-1401	MAJ Brendan Wood	Single	No	LIVE
Concurrent	20mins	1400-1420	Helen Benassi	Single		Yes
Cut to chair – introduce the next presenter						
Concurrent	20mins	1420-1440	Samantha Falon Dr Monique Crane	Single		
Cut to chair – introduce the next presenter						
Concurrent	20mins	1440-1500	MAJ Aaron Tracey	Single		Yes
Cut to chair – thank all presenters						

Bios of speakers

1400-1420

E-MENTAL HEALTH IN THE WILD: ONLINE HELP-SEEKING IN THE ADF

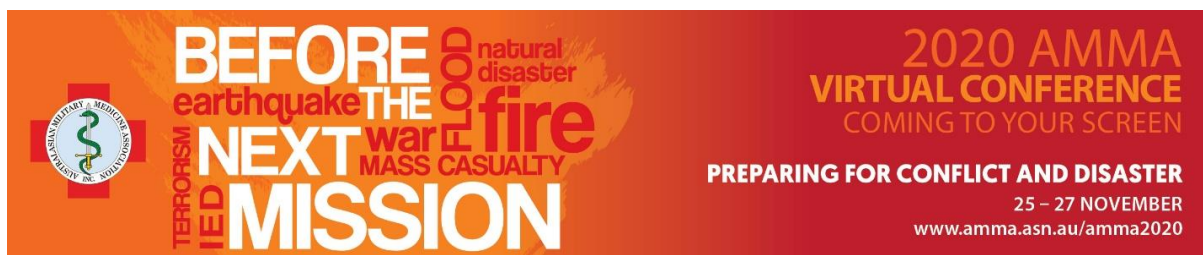
Helen Benassi is a psychologist and researcher, and Sir Roland Wilson Scholar. During her career, Helen has been responsible for the coordination of strategic mental health research within the Department of Defence. She was an investigator on the Longitudinal ADF Study Evaluating Resilience and the Transition and Wellbeing Research Programme as well as the first ever study to examine the prevalence of mental disorder in the ADF in 2010. She has worked in roles spanning mental health policy, screening, surveillance, unit climate, epidemiology and personnel selection research. Helen is currently Acting Director of the newly created Directorate of Health Research within Joint Health Command. She is passionate about the role of research evidence in policy and practice, and is focused on building a solid framework to support the translation of health research within Defence.

1420-1440

COPING INSIGHTS EMERGING FROM SELF-REFLECTION ON STRESSORS IN OFFICER CADETS

Samantha Falon is a registered psychologist who is currently undertaking a PhD and Master of Organisational Psychology at Macquarie University under the supervision of Dr Monique Crane. She holds student membership with the Australian Psychological Society and the College of Organisational Psychologists. Her research interests include the link between occupational resilience and performance, preventative approaches to workplace mental health, and evidence-based training and development programs.

Samantha's doctoral research investigates the critical roles of self-reflection on daily stressors and coping during the development and consolidation of resilience in military personnel. As part of this research program, Samantha has collaborated with the Royal Military College to investigate this research question and establish a high quality, evidence-based resilience training framework in the military context.



1440-1500

THE BROADLY INCOMPETENT MEDICAL OFFICER: OUTDATED MODELS DENUDING ARMY CAPABILITY

Major Aaron Tracey commenced his Army career in 1999, initially as an Aeronautical Engineer in RAEME, serving in a variety of aviation and non-Army group units. Following an instructional posting at the Australian Defence Force Academy in 2009, he commenced medical studies, posting to Close Health, where he has remained since 2016.

His operational experience includes serving as a linguist in Iraq, OP RESOLUTE, and domestic support to the civilian community during multiple natural disasters in North Queensland. He has supported aviation operations in PNG and during multiple major exercises, and has completed the Aviation and Underwater Medicine courses, in addition to being a AME qualified medical officer

Major Tracey is a Fellow of the Royal Australian College of General Practice, holds a Diploma in Child Health, and is completing a Masters degree in Traumatology. He currently serves as the Senior Medical Officer at 2 Close Health Company in Townsville. His interests include military retrieval, training systems, and combat health support.

1500-1520

COVID-19: A PUSH TO TELEHEALTH AND DIGITAL HEALTH SERVICE OFFERINGS

Dr Stephanie Hodson is the National Manager for Open Arms – Veterans & Families Counselling (Open Arms) and has been with Open Arms since 2016. Stephanie is a veteran herself, serving for 23 years in the Army. Stephanie has led Open Arms in the crucial rebranding from VVCS to Open Arms, collaborating with the RSL to promote and deliver free mental health training for the veteran community, creating a 24/7 national call centre to streamline client intake and provide crisis assistance, and leading the largest national Community & Peer Program - utilising lived experience to promote recovery and engage with veterans and their families.

Helen Benassi is a psychologist and researcher, and Sir Roland Wilson Scholar. During her career, Helen has been responsible for the coordination of strategic mental health research within the Department of Defence. She was an investigator on the Longitudinal ADF Study Evaluating Resilience and the Transition and Wellbeing Research Programme as well as the first ever study to examine the prevalence of mental disorder in the ADF in 2010. She has worked in roles spanning mental health policy, screening, surveillance, unit climate, epidemiology and personnel selection research. Helen is currently Acting Director of the newly created Directorate of Health Research within Joint Health Command. She is passionate about the role of research evidence in policy and practice, and is focused on building a solid framework to support the translation of health research within Defence.