YOU ARE INVITED TO
A workshop, facilitating:

Communities Shaping Resilience

MENTAL HEALTH AND DRUGS IN OUR COMMUNITY

Dr Matt Coleman (Consultant Psychiatrist)
The Inter-Relationship Between Meth and Alcohol

Bheena Sewnarain
Strategies to Assist with Mental Illness

Susannah Wells
Why Does Lifestyle Affect Mental Illness?

What Local Resources Do We Have?
Facilitated Mapping Exercise

• Demystify myths
• Provide clear information about some of the most commonly occurring presentations
• Provide advice on strategies that may be useful in addressing

Tuesday 7th February 2017
5:00pm – 9.00pm
Town Hall, Rose St MANJIMUP

Please register for this catered event: admin@pathwayssouthwest.org.au

This is a free professional development event
Dr Mathew Coleman

Dr Mathew Coleman is currently the Consultant Psychiatrist in the Great Southern with WACHS, Addiction and Child Psychiatrist, and Senior Clinical Lecturer with the Rural Clinical School, University of WA.

Responding to interest from the community on issues around methamphetamine use, the Shire of Manjimup has organised a presentation by Addiction Psychiatrist Dr Mat Coleman. Dr Coleman is an experienced presenter, who has spoken previously in Albany, to booked out events on the topic of methamphetamines and addiction. The feedback on Matt’s Albany events has been incredibly positive and we are delighted that Mat agreed to come to Manjimup to speak at another Community Event. Through Mat’s qualification in addiction psychiatry, we can learn how ICE can affect you physically and mentally and how best we, as a community, can respond.

Dr Coleman with Kelly Ridley published in *The Royal Australian and New Zealand College of Psychiatrists*, on ‘The epidemiology of amphetamine type stimulant-related admissions in Albany, Western Australia: 2008–2013’. The objective of this paper was to: Explore the epidemiology of amphetamine type stimulant (ATS)-related admissions over six years in a regional centre, and to observe changes over time and compare demographics to national trends.

Bheena Sewnarain

Registered Nurse and Credentialed Mental Health Nurse

Bheena is an intrinsically motivated individual with a positive attitude to work and life. Bheena has worked in a variety of health settings - General Nursing; Midwifery; Psychiatric Nursing; Education and Management and has a special interest in Co-occurring disorders, Sensory-motor psychotherapy, Mindfulness, and Nutrition and Mental Health. Currently employed by Dept. of Health, Bheena maintains professional links and contributes to the professional issues affecting Mental Health. Having a strong commitment to community and humanity, Bheena is a volunteer peer educator with the Council Of The Aging (COTA) and a volunteer facilitator with ‘Alternatives to Violence’.