

# Infant and Child Mental Health Professional Development Webinar Series

## WEBINAR PANEL

### Engaging parents of school-aged children

#### **Mandy Walsh**

Emerging Minds - Child and family partner, and lived experience consumer

Mandy has worked as a primary school teacher in the public and independent education system, since 1999.



Mandy took a career break when she had young children working as a tutor in the School of Education at Notre Dame University and a practicum advisor for beginning teachers.

Married to Julian to whom she has Charlotte (12) and Liam (8), Mandy's first experience of mental illness was post-natal psychosis in 2010 and since that time has received mental health care via a psychiatrist and psychologist.

Mandy is currently teaching part-time as an English Additional Language or Dialect (EALD) teacher, which she enjoys thoroughly.

#### **Nicola Palfrey**

#### **Psychologist**

Nicola Palfrey is a clinical psychologist and researcher who has worked extensively with children, adolescents and



adults who have experienced significant adversity and trauma.

In her current role as Director of the Australian Child & Adolescent Trauma, Grief & Loss Network at the Australian National University (ANU), she is responsible for developing and delivering resources, training and interventions based on the latest evidence to support individuals and families affected by adversity and trauma.

Nicola is the ANU lead for the National Workforce Centre for Child Mental Health, an initiative which supports workforces to identify, assess and support children under 12 years who are at risk of experiencing mental illness.

#### Sarah Seekamp

#### **Occupational therapist**

Sarah has worked for the majority of her career with children and families in primary health care settings. This work has involved partnering with children, parents and educators to build their capacity to support children's physical and emotional development.



In her work Sarah seeks to acknowledge the complexity of parenting while exploring the child's experience of the world as a way of understanding their presentation.

Much of her work is focussed on play and supporting parents to play with their children in ways that encourage positive growth in the child. Sarah currently works in workforce development at Emerging Minds in South Australia.

#### **Facilitator: Dan Moss**

Emerging Minds - Workforce Development Manager

Dan most recently worked as Assistant Director, Performance, Reporting and Evaluation at the Department



for Child Protection. In this role he worked closely with the Early Intervention Research Directorate to explore the social determinants of child disadvantage and child protection involvement.

Previously, Dan worked for Uniting Communities for fifteen years, as a practitioner, supervisor and senior manager in a range of services with children, parents and families dealing with the effects of family violence, child sexual abuse, mental health conditions and drug and alcohol use.

As a practitioner, Dan had a strong interest in narrative and strength-based engagement strategies with children, parent and families. Dan has recently submitted his PhD thesis which includes research on approaches to men's behaviour change programs and a creative writing component.

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