



Australian Association for
Infant Mental Health

Australian Capital Territory Branch President Report

Annual General Meeting 8 August 2019

1. Improve professional and public recognition

ACT AAIMH welcomed a new President, Secretary and Treasurer to the Committee this year as well as new Committee Member, Dr Jarrod Holst. These new Members bring their own connections to AAIMH and we have welcomed some new faces in our Network Meetings as a result.

2. Educate members and other professionals who work with infants and their families

The ACT Branch has held three Network Meetings for Members, friends and colleagues of ACT AAIMH. Our theme this year was a Case Presentation Series focusing on various aspects of clinical work in Infant Mental Health. The meetings were held at the QEII Centre in Curtin and I would like to thank Nathalia for her work in advertising and logistically arranging these meetings.

The presentations were:

March 2019 –Mental Health in Refugee Families by Dr Jarrod Holst. Dr Holst is a Child and Adolescent Psychiatrist who has moved to Canberra to work in Private Practice and also spends some time at Companion House.

May 2019 – Reproductive Technology in Infant Mental Health by Danielle Kerr. Dannielle is a Clinical Psychologist working in the ACT Perinatal Mental Health Consultation Service.

July 31 – Challenges, barriers and successes of the Circle of Security Parenting Program for Incarcerated Fathers by Lucas Horciu. Lucas is a Social Worker at the Tuggeranong Child and Family Centre.

A final Network Meeting is scheduled for October 2019. We are considering a panel discussion

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INFANT MENTAL HEALTH

We have enjoyed a good attendance rate at Network Meetings this year and hope this translates to more members for the ACT Branch.

3. Promote and disseminate research

The ACT Branch would like to develop this further by regularly sending links to our members of new research in the arena of Infant Mental Health. We would encourage members to send our Secretary anything of interest that we can pass on.

4. Advocate in the interests of infant mental health

Dr Hilary Holmes has been instrumental in approaching Judith Rees of the Stefanou Foundation who has agreed to hold a video conference with members of ACT AAIMH and representatives from key ACT Government Departments. The focus on this video conference will be to discuss the feasibility of implementing 'For Baby's Sake' in the ACT.

5. Develop professional competencies, standards and recognition

As a result of the recommendations made by the working group last year, National AAIMH are taking the next step in the development of professional. Competencies, standards and recognition in the field of Infant Mental Health.

The ACT Branch are seeking a representative for the subcommittee. We would like this subcommittee to be truly multidisciplinary to ensure it represents the many disciplines of AAIMH Members.

6. Liaise with national affiliated and international colleagues

As mentioned above, ACT branch is liaising with Judith Rees of the Stefanou Foundation.

Anna Huber, AAIMH ACT Branch Vice President is a representative on the WAIMH Committee.

7. Enhance good governance

ACT Branch have been focusing this year on the transfer to our new treasurer and on changing financial institutions in light of difficulties with this and the recent change in AAIMH's company status and name. We hope to have this resolved by the National AGM in September.

8. Suggestions for the future

- Create a standing agenda item for reviewing the constitution

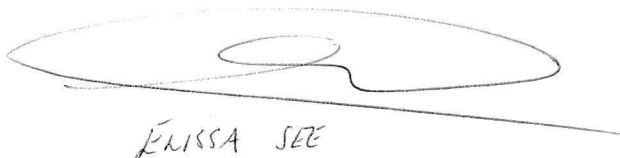
- Create a standard agenda item for discussing recruitment of new members and succession planning
- Create a standing agenda item for reviewing advocacy activities in the local community.

With regards to recruitment of new members and succession planning, the ACT Branch could:

- Adopt a system whereby two members are invited to committee meetings every two to three months to observe. This would be done with a view to having a more informed member base who may wish to become committee members.
- Offer a financial incentive for members to bring colleagues or friends to training courses run by the ACT Branch. For example, a two for one offer on the training fee or a discounted price for groups.

Of importance in moving forward is recognition of the small size of the ACT branch and being aware of what we can and can't do with the number of people available to undertake Branch activities. Across all states and territories, AAIMH's ability to implement and support training and other Branch activities relies completely on volunteers. We need to build a membership base that is diverse and large enough to share workload and to run training and activities we deem appropriate for AAIMH.

Membership Report: The ACT Branch has 7 members.



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