

Borderline personality disorder in youth and early intervention

Monday 23 July 2018, 7:15 pm – 8:30 pm AEST



Professor Andrew Chanen

Psychiatrist, Vic

Andrew Chanen is Head of Personality Disorder Research at Orygen, the National Centre of Excellence in Youth Mental Health, and a Professorial Fellow at the Centre for Youth Mental Health at The University of Melbourne. He is also Director of Clinical Services at Orygen Youth in Melbourne, Australia.

Andrew's clinical, research and knowledge translation interests, lie in prevention and early intervention for severe mental disorders, principally personality disorder, along with mood and psychotic disorders.

He established and directs the Helping Young People Early (HYPE) program - a clinical, research and knowledge translation program investigating understanding of, prevention and early intervention for severe personality disorder, particularly borderline personality disorder in youth. HYPE has been recognised with several awards for advancing healthcare.

Andrew currently receives grant funding from the National Health and Medical Research Council (NHMRC), has over 120 scientific publications and a forthcoming book, *Early Intervention for Borderline Personality Disorder*, published by Cambridge University Press. Andrew serves on several editorial boards and expert mental health groups, including the NHMRC BPD Guideline Development Group.

He is a past president of the International Society for the Study of Personality Disorders (ISSPD) and the recipient of the 2017 award for Distinguished

Achievement in the Field of Severe Personality Disorders from the Borderline Personality Disorder Resource Centre and Personality Disorder Institute, New York.



Dr Louise McCutcheon

Psychologist, Vic

Dr Louise McCutcheon is a clinical psychologist and Senior Program Manager in the Research & Translation Division of Orygen, the National Centre of Excellence in Youth Mental Health and has a senior clinical role at Orygen Youth Health, North Western Mental Health in Melbourne. She is also an honorary research fellow at the Centre for Young People's Mental Health, The University of Melbourne.

Dr McCutcheon jointly founded the award-winning Helping Young People Early (HYPE) program, an early intervention program for borderline personality disorder in young people. She coordinated the HYPE clinical program for 12 years, and established the HYPE service development and training program, where she assists mental health services to implement early intervention programs for BPD. She is regularly invited to present on BPD in young people and is a member of the Global Alliance for the Prevention and Early Intervention for BPD (GAP).

She has coordinated the clinical implementation of a range of research projects in the HYPE program, and has been an associate investigator on more than three randomised controlled trials (RCTs) of treatment for young people and family interventions. Her research interests include emotion processing, functional recovery, developing effective family interventions, and working with

trans and gender-diverse young people with BPD features.

She developed the first Cognitive Analytic Therapy training program in Australasia, and was the founding chair of the Australian & New Zealand Association of Cognitive Analytic Therapy (ANZACAT). She is regularly invited to speak internationally about using CAT with young people and is chair elect of the International Cognitive Analytic Therapy Association (ICATA).



Susan Preece

Carer, Vic

Susan Preece has the lived experience of being a carer and is a Family Peer Support Worker at Orygen Youth Health - offering support to family members/carers of young people - including those with BPD - in the inpatient unit and community clinics.

Susan has been involved with the Making Sense of BPD sessions designed for families of young people at Orygen, and this year will be the Peer Moderator of a Moderated Online Social Therapy (MOST) called Kindred, which supports families of young people with BPD.

She was the first COPES (Carers Offering Peers Early Support) worker in the Eastern Region co-managed by Eastern Health and Mind, becoming the Carer Educator at Mind. She believes passionately in hope and recovery in mental health.



Carissa Wright

Consumer, WA

Carissa Wright is an active mental health advocate and lived experience speaker.

Carissa's involvement with mental health organisations includes lived experience speaking for Suicide Prevention Australia and Consumers of Mental Health Western Australia. She is a contributing author for a mental health website - "The Mighty" - for which she shares her experience with borderline personality disorder.

Carissa is currently involved in co-designing a BPD program in Perth, WA, and recently finished an internship in with the BPD organisation Emotions Matter in the USA.

Carissa has an ability to connect with diverse audiences. The descriptive delivery of her story provides the listener with greater insight into the experience of a commonly misunderstood disorder, helping demystify mental health issues. Her message of hope is at the core of her personal story, encouraging others in her position to not give in to stigma and reach out for the help they need.



Facilitator: Dr Lyn O'Grady

Psychologist, Vic

Lyn O'Grady is a community psychologist with a range of professional experience in the community, education and health sectors. She is a registered supervisor of psychology interns. Her most recent work has related particularly to the mental health and wellbeing of children, young

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Panel

people and families. This interest has extended in recent times to understanding suicidality and she has completed her Masters of Suicidology at Griffith University.

Lyn has worked with parents in parenting programs, individually at the community level and in schools for over 20 years and managed a number of community-based projects. Lyn also worked as a school psychologist in the western metropolitan region of Melbourne. At a systemic level, she currently works as the manager of strategic projects at the Australian Psychological Society (APS).

