



# Ten Challenges in Post-Traumatic Mental Health

## Assoc Professor John Pead

John Pead is Associate Professor and Clinical Specialist, Alcohol and Drugs at the Australian Centre for Posttraumatic Mental Health. He is a clinical psychologist with a track record in grant funded research and health services management, policy and planning. He has authored several publications including *New Concepts in Drug Withdrawal* and *Amphetamines and Analogues*. He is a member of the Department of Veterans Affairs, National Mental Health Working Group and the Australian Defence Force's , Alcohol and Drug Advisory Group.

The mental health effects of trauma following workplace injury have been the focus of increasing awareness for OHS professionals and insurers. Employers and third party insurers have a responsibility to ensure that the consequences of such events are managed according to agreed best practices, which are driven by the available research evidence. This presentation will outline 10 challenges associated with managing mental health issues following traumatic events.

Three relate to people's needs, including causation, recovery and early problem recognition. Four relate to best practice interventions, including psychological debriefing and other immediate responses, evidence-based treatment, finding effective health practitioners, and maintaining quality of care. The final challenges relate to outcomes, emphasising physical, social and occupational goals in the context of, rather than separate to, mental health treatment. Solutions for each of these key challenges, together with the evidence for each, will be described.



## DEPARTMENT OF PSYCHIATRY MONDAY COLLOQUIUM

Monday 3 August 2009 / 1North, Main Block,  
Royal Melbourne Hospital, Victoria

Lunch: 1215-1230 Presentation: 1230-1330