

Collaborative mental health care to support adults on the autism spectrum

Monday 5th June 2017 7.15 – 8.30pm AEST

Webinar panellists

Dr Aline Smith (NSW General Practitioner)

Aline is a GP of over 29 years experience working in a multidisciplinary team at The Village Medical Practice in Summer Hill, Sydney. www.villagemedicalpractice.com.au

Her interests are in the management of complex chronic disease in general practice. She provides "cradle to grave" care for her patients who come from diverse backgrounds. At the practice, she pioneered conducting outreach clinics to treat Boarding House and Group Home residents where the majority of these patients suffer from multi- morbid issues of mental health, intellectual disability and chronic disease like diabetes, epilepsy, COPD, heart disease, etc. Her other interest is in the treatment and management of children and young people with intellectual and physical disabilities.



Her other passion is the training and education of future doctors and the promotion of general practice as a vocation integral to the health and well-being of patients. She is involved in many advocacy roles including contributing to community and professional organisations e.g. Central Sydney GP Network, Central Eastern Sydney PHN, RACGP Disability Network, GP Synergy to name a few. Her other role is as an academic at the University of Notre Dame School of Medicine where she has been appointed Senior Lecturer teaching medical students both in small groups and at the clinic. In 2016, she graduated from the NSW Institute of Psychiatry with the Director's Award with the Master of Mental Health (GP).

Apart from a professional interest in disability, Aline is a mother of young man, 22 years of age who has severe autism spectrum disorder.

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Dr Anna Urbanowicz (QLD Occupational Therapist)

Anna Urbanowicz BSc(OT)Hons PhD is an occupational therapist and post-doctoral research fellow at the Queensland Centre for Intellectual and Developmental Disability (QCIDD), Mater Research Institute - The University of Queensland and the Cooperative Research Centre for Living with Autism. She has worked clinically with children and adolescents with developmental disabilities, including autism spectrum disorder. Her current research focuses on improving health and wellbeing outcomes for autistic individuals living in Australia.



Associate Professor Amanda Richdale (VIC Psychologist Researcher)

Associate Professor Amanda Richdale is a psychologist and founding staff member at the Olga Tennison Autism Research Centre (OTARC), where she is a Principal Research Fellow. Currently, her primary research interests include sleep problems and other comorbid conditions in autism. Amanda has worked in the area of disorders of development, primarily autism, for 30 years. She has been involved with community organisations including Autism Victoria (now Amaze), SPELD, and EPIC Early Intervention Centre, and was a member of the founding (interim) committee of the Australasian Society for Autism Research. She is a member of the APS Interest Group Psychology of Intellectual Disability and Autism, and the APS College of Educational and Developmental Psychologists. Amanda is the project leader for the Autism CRC Australian Longitudinal Study of School Leavers (age 15-25 yrs) with Autism (Autism Cooperative Research Centre); La Trobe University is an Autism CRC essential partner.



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Professor Julian Trollor (NSW Neuropsychiatrist)

Julian leads the longitudinal study of adults with Autism spectrum disorder. Julian is a neuropsychiatrist who holds the inaugural Chair of Intellectual Disability Mental Health at the University of New South Wales (UNSW). He also heads the Department of Developmental Disability Neuropsychiatry within the School of Psychiatry at UNSW.

Julian is involved in diverse research programs including ageing and cognitive decline in intellectual disability, intellectual disability in the criminal justice system, human



rights and healthcare in intellectual disability, and ageing studies in the general population. Julian is also developing and delivering courses in mental health and intellectual disability and works with Government Departments at both State and Federal level to improve capacity to deliver psychiatric services to people with an intellectual disability.

Facilitator: **Dr Lyn O'Grady (VIC Community Psychologist)**

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 people and families. This interest has extended in recent times to understanding suicidality and she is in her final year of the Master of Suicidology at Griffith University.

She 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 more systemic level, she currently works as the National Project Manager at the Australian Psychological Society.



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