



TWO TWO ONE

*Mental health charity*

# MENTAL HEALTH PROFESSIONALS CONFERENCE

NORTHERN TERRITORY

CONFERENCE  
& GALA DINNER

OCTOBER 2024



Learn from high level speakers discussing innovative research, therapeutic intervention and patient care in mental health.

• **Engaging speakers** • **Live demonstrations** • **Networking opportunities**

[www.twotwoonetraining.com/conference](http://www.twotwoonetraining.com/conference)

# 2024 MENTAL HEALTH PROFESSIONALS CONFERENCE

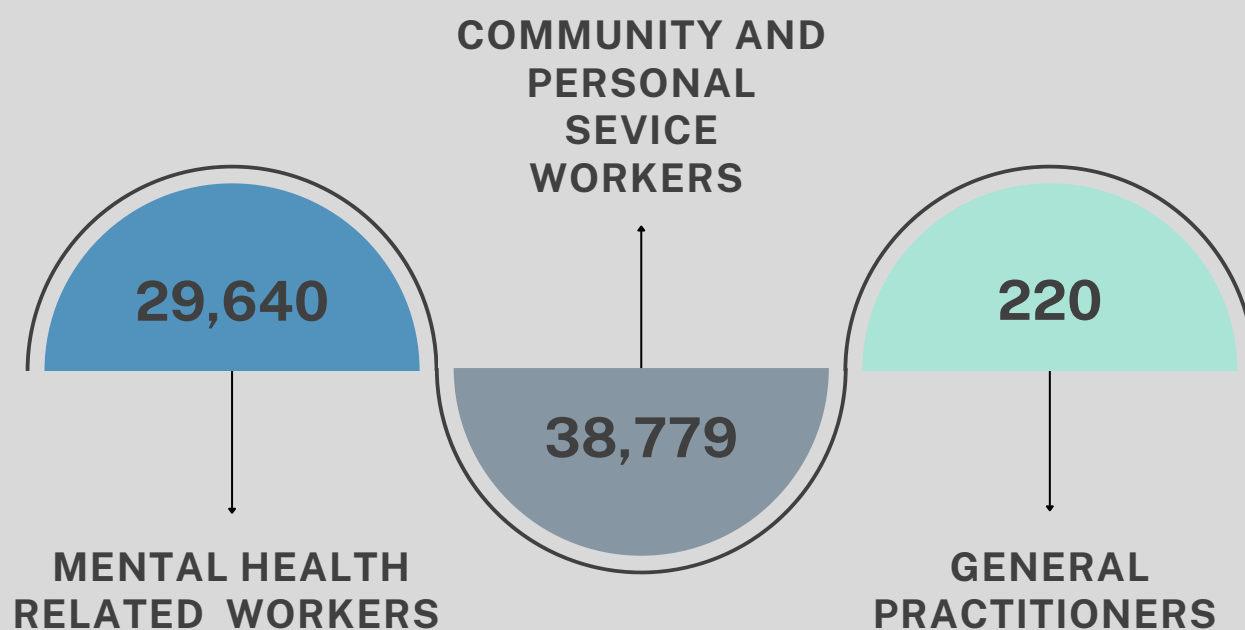
## Inaugural Mental Health Professionals Conference Northern Territory

Providing an opportunity for our valued professionals to feel valued, access professional development locally, to empower the sector and to maintain sustainable employment in the mental health sector.

## WHY THE NORTHERN TERRITORY?

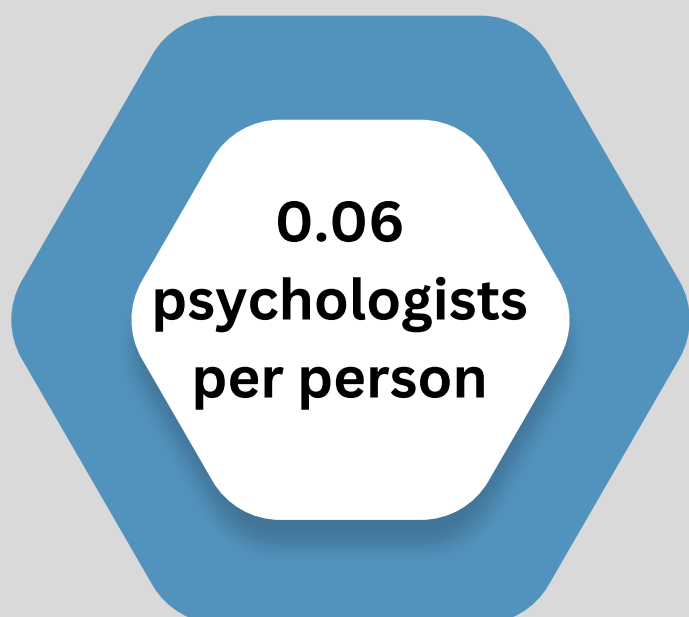
### NT WORKFORCE TO ATTEND

Did you know over 17% of the NT working population works in mental health or community and personal services?!



### LOW RATES OF MENTAL HEALTH PROFESSIONALS

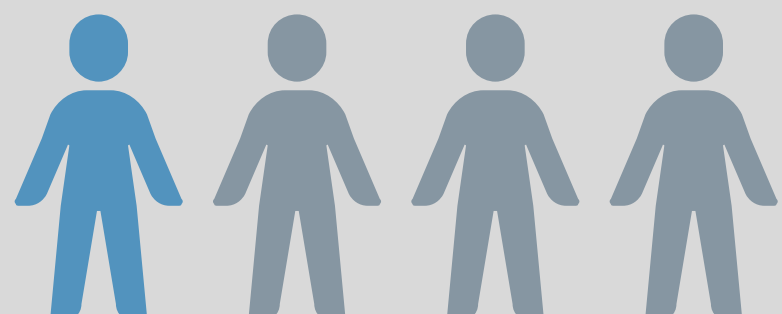
Psychologists in the NT are 6.3 per 10,000 and Australia 53.0 (Health Workforce Dataset, Department of Health 2018)

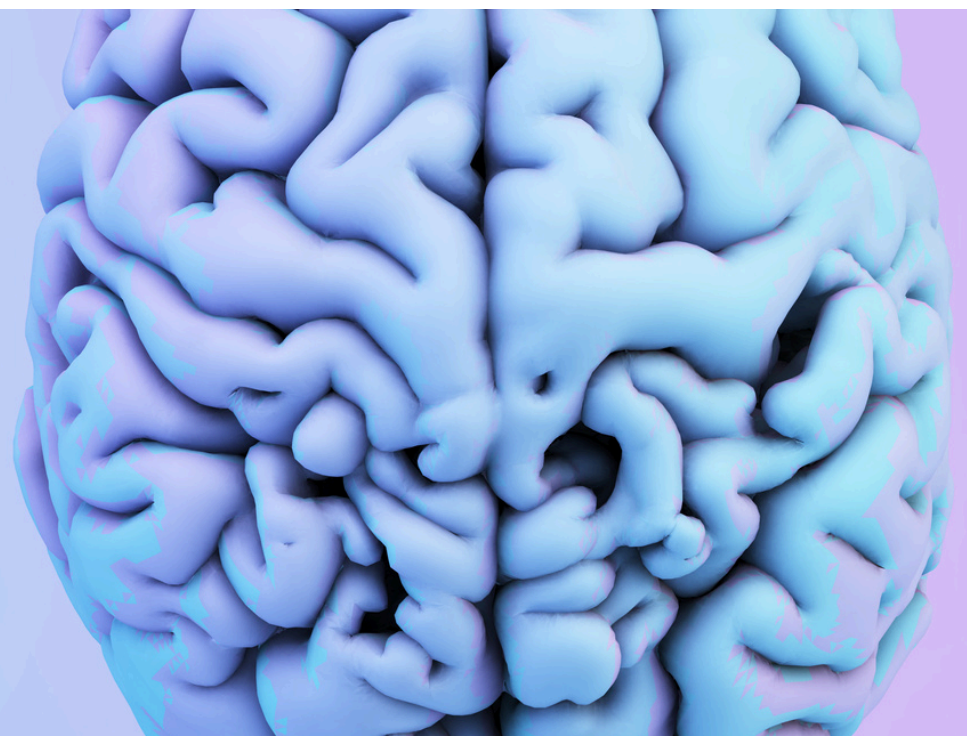


### POPULATION WITH A MENTAL ILLNESS

24% of NT report psychological distress  
Approximately **59,280** of the NT population annually who may need psychological support

Approximate 1 of every 4 people in the NT will experience psychological distress each 12 month period





# TARGETED AREAS OF IMPROVEMENT

**30%**

Increase in Domestic Violence in the last 12 months in the NT.

Veteran Mental health and PTSD

**12,000**

People working in Defence Jobs in the NT.

**RESPECTING OF ABORIGINAL AND TORRES STRAIT ISLANDER CULTURE:**

**32%**

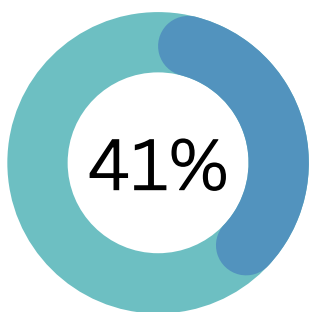
Of the Northern Territory identifying as Aboriginal and Torres Strait Islander (Australian Average 3.2%).

**SUICIDE RATES**

**21 per**

**100,000**

In the NT are almost double compared to the Australian rate of 12.9 per 100,000 (ABS 2021).



**41 out of 100**

The Northern Territory has 41 of the 100 most disadvantaged regions in Australia, and 3 times the national average for Burden of Disease

**Northern Territory has a high population of at risk people for high psychological distress, including factors of:**

- Parents being born overseas.
- Adverse childhood experiences
- Diagnosed mental illness
- Substance use
- Living remote or rural
- Other health conditions

## REFERENCES

Australian Bureau of Statistics, Grow Well Live Well, NT Police, Fire and Emergency Services.

# ABOUT THE CONFERENCE

The 2024 Inaugural Mental Health Professionals Conference Northern Territory will take place in October as a part of Mental Health Week.

**100 health professionals will attend.**

**We expect to see a cross sector of practitioners from private practice, community services, NDIS providers, Not for profit and Northern Territory Health attend.**

**The conference will include high level speakers from across the sector discussing Territory specific needs to will elevate and inspire professionals', topics include:**

- Trauma therapy, movements in the industry
- Suicide in the Northern Territory
- Engagement with veterans and mental health
- Culturally responsive approaches for First Nations Australians
- Understanding neurodiversity
- Complex trauma in the Territory
- Embedding lived experience into practice

As well as brain breaks, training requests and networking

### **Gala dinner and lived experience panel**

- Dinner and networking opportunity
- Lived experience panel discussion

As a part of the conference, a platinum sponsorship would present a unique opportunity to show support for mental health. Mental health is mentioned as leading concern of NT health and the budget with mental health contributing to 16.3% of burden of disease in the NT, and a burden of disease three times the national average. Please see conference details and sponsorship levels below.

# SPONSORSHIP LEVELS

\*all donations are tax deductible

## PLATINUM NAMING RIGHTS \$15,000

- Naming rights to event
- Representative speaking opportunity
- 15 allocated places for staff members
- Free information stall access
- Verbal acknowledgement at start and end of conference of sponsorship
- Social media tile acknowledging support
- Photography with release to be provided for promotional use
- Outcomes report from conference to be presented
- Large Logo on all advertising - print and online

## GOLD MAJOR \$10,000

- Representative speaking opportunity
- 10 allocated places for staff
- Free information stall access
- Verbal acknowledgement at start and end of conference of sponsorship
- Social media tile acknowledging support
- Photography with release to be provided for promotional use
- Outcomes report from conference to be presented
- Large logo on all advertising - print and online

## SILVER \$5,000

- Representative speaking opportunity
- Free information stall access
- Verbal acknowledgement at end of conference of sponsorship
- Social media tile acknowledging support
- Outcomes report from conference to be presented
- Logo all advertising - print and online

## BRONZE \$2,000

- Verbal acknowledgement at end of conference of sponsorship
- Social media tile acknowledging support
- Outcomes report from conference to be presented
- Logo on all advertising - print and online



# WHY TWO TWO ONE MENTAL HEALTH CHARITY?

Two Two One Mental Health Charity provides mental health education and awareness across the Northern Territory. Our aim is to improve Territorian's confidence to support each other, through increased understanding and meaningful conversations, in order to support the growth of mentally healthy communities. Through increasing mental health awareness and encouraging access to early intervention support, research shows the number of people becoming acutely unwell with mental illness would be significantly reduced.

Two Two One Mental Health Charity was founded in 2019 by Sacha King, this year's Northern Territory Local Hero, Australia Day Awards. Two Two One addresses the need for NT specific education, which includes our diverse cultural population, vast geographical distances, varied environments and limited services.

Two Two One provides professional, local and innovative mental health education across the Northern Territory, including:

- Accredited mental health courses, Mental health education, Corporate workshops, Community wellbeing programs, Community mental health awareness events.

Two Two One Mental Health is a high quality and reputable charity that has been running for 5 years and adhered to all reporting and constitutional requirements.

Our Board is responsible for providing leadership and overseeing the overall strategy, governance and performance of the organisation. The strength and effectiveness of our independent, skills based board is thanks to the diversity of its members. They come from every corner of the NT bringing diverse skills, experiences, and backgrounds. The board's composition aligns with Associations NT and the ACNC's requirements as well as the Two Two One Mental Health Charity constitution.

Two Two One is a trustworthy and transparent organisation who manages with integrity. See a copy of our 2023 Conference Report here <https://www.twotwoonettraining.com/resources>  
Image below of previous Two Two One events

