Mental Health MiniLUCA MELBOURNE

Thursday 10th October 2024

TAL

Level 12, 500 Bourke Street Melbourne

1:00pm – 7:00pm

AGENDA

1:00 pm

REGISTRATION
Level 12, 500 Bourke Street, Melbourne

1:30 pm

Mental Health Forum panel discussion facilitated by
Carmel Twist, ALUCA Board Director

2:30 pm

The intersection of Mental Health and Physical Health

Dr Pramodh Nathaniel, RGA

3:35 pm

AFTERNOON TEA
Networking and connecting

4:05 pm

Responding to the Youth Mental Health Crisis.
Professor Patrick McGorry, AO, Executive Director at Orygen

5:05 pm

Closing Address

Amanda McKernan, ALUCA CEO

5.15 pm

NETWORKING DRINKS
Enjoy canapes and drinks with time to connect with industry colleagues

7:00 pm

END OF FORUM

ALUCA CPD POINTS: **3 TECHNICAL** and **0.5 CUSTOMER**

ALUCA

AGENDA

1.00 pm   REGISTRATION

1.35 pm   Mental Health Forum panel discussion

Mary Magallanes, General Manager Claims, MLC,
Speaker TBC
Host: Carmel Twist, ALUCA Board Director

The last twelve months have presented many challenges to the Life insurance industry and are continuing to do so in 2024 and beyond. We all have the common goal of playing an important role in safeguarding individuals' financial well-being and we face new challenges relating to Australia's evolving mental health (MH) landscape. MH is a major cause on life insurance disability related claim benefits and impacts many Australians.

This special opening Mental Health panel discussion has been designed to discuss the current industry challenges specific to mental health and how we currently mitigate them, but also look to the future so we can navigate these changes - ensuring risk mitigation that is informed, but compassionate and fair, and to continue to offer meaningful protection for customers who are at the heart of all that we do. They will also touch on how the younger generation of today is impacted as they are our future insurance customers. There will be time for questions and answers.

2.35 pm   The Intersection of Mental and Physical Health

Dr Pramodh Nathaniel, Chief Medical Officer, RGA

In a time of unprecedented change and societal shifts as seen by the exponential explosion in technology, an increase in mental health challenges, shifting behaviours and want of meaning, organisations need to re-think how they view mental and physical health. For the Life Insurance industry, it's imperative.

In this special session with Dr Pramodh Nathaniel, Chief Medical Officer from RGA, he will explore the evolving understanding of the fascinating relationship that exists between the mind, body and emotions and the complex ways they interact and influence each other. Gain new insights from this important session and learn how our physical and mental health are intertwined and the implications of this for the life insurance area. There will also be time for questions and answers
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ALUCA CPD POINTS: 3 TECHNICAL and 0.5 CUSTOMER

4.05 pm Responding to the Youth Mental Health Crisis

Professor Patrick McGorry, AO, Executive Director, MD, BS, PhD, FRCP, FRANZCP, FAA, FASSA, FAHMS, Orygen

In Australia, youth mental health conditions increased 50 per cent between 2007 and 2021. Psychological distress among young people jumped from 18.4 per cent to 42.3 per cent between 2011 and 2021. These trends are replicated around the world and have created two questions that urgently require a response. *One*, what is driving the increase and *two*, what can we do to respond?

In this closing session, join Prof Pat McGorry AO, a world leading youth mental health psychiatrist and researcher, to understand more about the social and economic megatrends driving the mental health crisis. How mental health systems and services need to be reformed to meet the increasing demand and ensure young people are supported to remain engaged in the social and community structures that protect their current and future wellbeing including education and employment, so we can better understand how we can stay ahead of the curve with insights for the life insurance market in Australia

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5.15 pm   NETWORKING DRINKS and CANAPES

7.00pm CLOSE

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