CARN Child & Adolescent Research Network CONFERENCE 2021

THE UNIVERSITY OF AUCKLAND Te Whare Wānanga o Tāmaki Makaurau NEW ZEALAND | MEDICAL AND HEALTH SCIENCES

CLICK HERE TO JOIN **WELCOME**

WELCOME SESSION 5:30-6:30

5:30pm Pōwhiri

Welcome: Dr. Ron Goodey (Rotary) & Housekeeping: Dr. Hiran Thabrew & Dr. Melanie Woodfield

6pm Professor Sally Merry Reflections on a Career in Child and Adolescent Mental Health Research. (Chair: Professor Trecia Wouldes)

CLICK HERE TO JOIN **STREAM 1**

Eating Disorders 6:45-8:00

Chair: Nicki Wilson (EDANZ)

Keynote: Professor Phillipa Hay

Eating Disorders: Different strokes for different folks

- Who Gets Admitted with an Eating Disorder? Ethnicity trends in young people admitted to Starship Children's Hospital over the past 13 years. **Dr. Andrew Inglis**
- Considering Alternative Treatment Models for Adolescent Anorexia Nervosa. **Dr. Marion Roberts**
- Self-compassion as an Approach for Disordered Eating Behaviours among Adolescents with Type 1 Diabetes. **Anna Boggiss**

Youth Health and Suicide 8:00-9:30

Chair: Associate Professor Sarah Hetrick

- It Takes a Village – A new app to support young people experiencing self-harm and suicidal ideation **Dr. Hiran Thabrew**
- Suicide prevention **Dr. Sarah Fortune**
- Health and Wellbeing of High-risk Pasifika Youth in the Justice Sector. **Associate Professor Julia Ioane**
- Āhurutia te pā harakeke: Protecting our youth from family violence and suicide. **Dr. Emily Cooney**
- Getting the best out of e-therapies for young people. **Dr. Matt Shepherd**

CLICK HERE TO JOIN **STREAM 2**

Parenting and Child Health 6:45-8:00

Chair: Dr. Suzanne Stevens

Keynote: Dr. Jamie Lachman

From thousands to millions: Harnessing digital and hybrid approaches to provide evidence-based playful parenting support for families during the COVID-19 pandemic

- How Can Parents Support Children's Emotion Regulation to Prevent the Intergenerational Transmission of Mental Health Difficulties? **Dr. Amy Bird**
- What Works and for Whom in a Psychiatric Mother Baby Unit? **Dr. Tanya Wright**
- Can Mindfulness Reduce Stress, Anxiety and Depression in NICU Parents? Findings of a systematic review. **Kristin Ginsberg**

Wellbeing and Prevention 8:00-9:30

Chair: Dr. Anna Serlachius

Keynote: Professor Jessica Deighton

School and Community-based Approaches to Supporting Children's Mental Health and Wellbeing

- An update on HABITs: implementation of a digital ecosystem for youth mental health. **Dr. Sarah Hopkins**
- Your Body Is Your Home: Fostering Positive Health Outcomes with the Intuitive Eating Framework. **Katie Babbott**
- Developing and Testing a Wellbeing App to Support Young People During the COVID-19 Pandemic. **Dr. Anna Serlachius**