WE OFFER SPECIAL THANKS TO THE IEPA CONFERENCE COMMITTEE FOR THEIR ENCOURAGEMENT AND SUPPORT

AND TO MH-KIDS, NSW HEALTH FOR SPONSORSHIP OF THIS EVENT

Programme

iphYs

International Physical Health in Youth Stream

Keeping the Body in Mind in FEP

IEPA Satellite Symposium

Wednesday Oct 10th, 2012

12pm to 4.30 pm

Garden Room A

Hyatt Regency Hotel, San Francisco

5 Embarcadero Center, San Francisco, CA.

11.45am -12 noon — **Registration**

12-12.30pm — **Lunch**

12.30-2pm — **Presentations**

- Introduction & overview of symposium:
  David Shiers (UK) & Jackie Curtis (Australia)
- "It's not just about how you look, it's about how you feel":
  The lived experience of young people, Bondi, Sydney
- Looking for answers: Lifestyle interventions to improve the physical health of young people suffering from psychosis.
  Mario Alvarez Jimenez, Melbourne
- The Change trial – changing physical health in schizophrenia: rationale & design
  Merete Nordentoft, Denmark
- The Child & Youth Healthy Living Initiative in British Columbia, Canada
  Jana Davidson & Dina Panagiotopoulos, Vancouver, Canada

2pm-3pm — **Discussion:** Proposal-Draft iphYs international consensus guidelines for physical health in FEP (facilitated by David Shiers & Jackie Curtis)

3pm-3.20pm — **Afternoon tea**

3.20-4.30pm — **Future directions:** The next step towards *Healthy Active Lives* for young people with FEP

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Background:

We warmly invite you to this symposium to participate in a working group to create an international collaboration to improve cardiometabolic outcomes in psychosis through an early intervention approach.

In Amsterdam in December 2010 a small number of us gathered over a cup of tea to reflect on the shared excitement of being part of the very first IEPA (international Early Psychosis Association) symposium to keep the body in mind? This conference was the touchpoint for connecting a number of people with similar concerns, strong enthusiasm and a breadth of ideas about how an early intervention paradigm might deter the trajectory towards downstream physical ill-health, as it has successfully done over the last decade for the psychological consequences of psychosis

That Amsterdam meeting was to create a mandate for international collaboration on this issue. Anticipating the next IEPA in San Francisco as an opportune time to bring people together, a number of us met in a symposium in Sydney in November 2011 and formed the beginnings of a working group (minutes available): a small subgroup was actioned to draft a consensus statement; a satellite symposium was planned to discuss and debate this draft and its potential to synergise collective action through a tangible international collaboration. We look forward to taking the next step on October 10th in San Francisco.

We look forward to a collaborative, productive and active symposium.

David Shiers & Jackie Curtis on behalf of the iphYs working group.

Note:
If you are no longer able to attend, could you please let us know this so that we can finalise catering numbers

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