

2026

Perinatal & Early Childhood Mental Health ECHO

FREE
EDUCATION

This program is for providers who want to improve the mental health care for their patients. Led by Dr Vibhay Raykar (Infant and Child Psychiatrist) and Dr Raju Lakshmana (Perinatal Psychiatrist) and facilitated by GV Health perinatal and child mental health specialists, the program is designed to expand the capacity to care for mental health in the Goulburn Valley region. One hour sessions include a brief education session by a specialist in the field, followed by a case presentation and discussion.

Using real-time, interactive video, providers:

- Learn new approaches and skills
- Participate in-depth clinical case consultation
- Receive feedback and recommendations

What is Project ECHO®?

Extension of Community Healthcare Organisations (ECHO) is an "all teach, all learn" approach to knowledge sharing in rural and underserved communities, moving knowledge rather than people to achieve better health outcomes.

WHEN:	Monthly online sessions held on the 3rd Tuesday of each month from 12.30-1.30pm via Zoom
WHO:	Any health or welfare provider
COST:	Free
REGISTER:	Lisa.pearson@gvhealth.org.au

17-Feb-26	Creative Beginnings: Music and Creative Arts Therapies in Infant and Perinatal Well-being	Dr Emma van Daal, Prof Doc TAP, Centre for Infant Wellbeing and Ms Lauren Salib Registered Music Therapist (RMT) Neonatal Intensive Care Unit Music Therapist (NICU MT), Neurologic Music Therapist LA Therapy —IPEACH
17-Mar-26	Informed Decisions: Understanding Sexual Health and Reproductive Options	Ms Kate Moroney, Nurse Practitioner, Women's Health, GV Health
21-Apr-26	Together in Mind Group Program	Hannah Oliver Nurse Practitioner Candidate, Perinatal Emotional Health, Mental Health Services, Mildura Base Public Health
19-May-26	Music Therapy in NICU - Every Note Counts	Ms Lauren Salib RMT AMTA, Neonatal Intensive Care Unit Music Therapy Program Expansion and Research, Registered Music Therapist, Neonatal Music Therapist, LA Therapy
16-Jun-26	Early Signs of Neurodivergence in Children, Assessment, and Navigating the System	Tracy Dunkley, Coordinator - Neurodevelopmental Psychiatry Clinic, Infant, Child & Youth Mental Health, GV Health
21-Jul-26	Substance Use in the Perinatal Period	Dr Stephanie Tabner, General Practitioner and Advanced Trainee in Addiction Medicine, Goulburn Valley Alcohol and Drug Service, GV Health

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18-Aug-26	ADHD, Stimulant Medication and Developmental Milestones of Babies	Dr Carolyn Breadon, Consultation Liaison Psychiatry Clinical Lead, Austin Health
15-Sep-26	Parental Sleep and Insomnia during Perinatal Periods	Dr Sumedha Verma, PhD, Clinical Psychologist, Founder and Clinical Psychology - Deep Sleep Health. Adjunct Research Fellow - Monash University
20-Oct-26	Neurodevelopmental Aspects of ADHD Why Psychosocial Supports?	Dr Emma Sciberras, Clinical Psychologist and Neurodevelopmental Coordinator/ Autism Coordinator, Peninsula Health
17-Nov-26	The Cross Border Experience – Models of Care as a cross-border (Vic and NSW) Service - Albury Wodonga Health	Dr Fernanda Weyne. Consultant Psychiatrist, Albury Wodonga Health
16-Dec-25	Mentalisation Based Therapy and Its Use in the Perinatal Space	Dr Ruvanya Illesinghe, Consultant Psychiatrist, Infant, Child and Youth Psychiatry, GV Health