

the MENTAL HEALTH & N WELLBEING of YOUNG PEOPLE

Leading experts deliver up to date, authoritative information. A practically oriented, multi-disciplinary approach to common issues impacting the wellbeing of young people.

All new
2013
program

SYDNEY

Friday 31 May – 9.00am-5.00pm
Wesley Conference Centre – Pitt St, Sydney



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Drumming for Wellbeing – Hands-on • Meditation – Crash Course • Young People Tell Their Stories



Assoc Prof Michael Nagel
Teacher and Researcher
Stress and the Brain



Assoc Prof Jane Burns
Psychologist
Resilience Resources Online



Maggie Hamilton
Author and Researcher
The Corporate Takeover of Childhood



Dr Glenn Cupit
Senior Lecturer
Healthy Media Consumption – Practical Strategies



Prof Debra Rickwood
Headspace
Helping Young People in a Mental Health Crisis



Andrew Fuller
Psychologist
High Impact Conversations with Young People



DRUMMING FOR WELLBEING WITH INRHYTHM

WHAT IS GENERATION NEXT?

A Social Enterprise dedicated to protecting and enhancing the mental health and wellbeing of young people and their community. Empowering participants with the knowledge and skills to help our young people achieve and maintain their emotional, social, mental and physical wellbeing.

EDUCATION POINTS APPROVED

- PD 6 Hours
- 6.5 CNE Pts, RCNA
- 6 Pts, APS
- 16 Pts, AASW



Discount registrations online www.generationnext.com.au

“It was wonderful to learn in such a funny and stimulating way. The power of humour!”

PROGRAM

REGISTRATION FROM 8.00AM
SEMINAR: 9.00AM – 5.00PM
EACH LECTURE APPROX 40MIN

TOPIC	SPEAKER
Resilience Resources Online	Assoc Prof Jane Burns
Healthy Media Consumption – Practical Strategies	Dr Glenn Cupit
High Impact Conversations with Young People – Creating a Lot of Change in a Short Period of Time	Andrew Fuller
MORNING TEA & RESOURCES EXHIBITION	
The Corporate Takeover of Childhood	Maggie Hamilton
Helping Young People in a Mental Health Crisis	Prof Debra Rickwood
LUNCH – OPTIONAL DRUMMING WORKSHOP [30MIN]	
Drumming and Percussion for Wellbeing (Whole Audience)	Tim Orgias and InRhythm
Stress and the Brain	Assoc Prof Michael Nagel
Protecting Children Against Online Predators	Det Sgt Stuart Butler
Meditation Crash Course – Learn a life skill in 10 minutes	Lene Jeffrey/Sue Nickson
AFTERNOON TEA & RESOURCES EXHIBITION	
Child Beauty Pageants	Collett Smart
Staying Safe on Facebook in Australia	Susan McLean

SYDNEY 31 MAY 2013

WHO SHOULD ATTEND

- Teachers, Educators, Psychologists, Doctors
- Nurses, Social & Youth Workers, Leaders & Counsellors
- Schools, Youth Organisations, Sporting Clubs, Clinics, Churches

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REGISTRATION INCLUDES

Program, lecture notes and satchel; morning, afternoon teas and lunch; attendance certificate; access to stakeholders and resources trade exhibition.

VENUE TRANSPORT & PARKING

Wesley Conference Centre – 220 Pitt Street, Sydney. Public parking is available directly under the Wesley Conference Centre. Entry by Piccadilly Plaza, 133 Castlereagh Street.



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INTERACTIVE SESSIONS

DRUMMING FOR WELLBEING



Explore the impact of drumming and percussion on mood and its potential applications with young people. There will be a session for the whole audience and an optional session during lunch involving large drums.



MEDITATION CRASH COURSE

Learn a simple, enjoyable meditation technique with scientifically proven benefits. An essential life skill to build resilience and reduce stress – both for you and the young people you care for.

STORIES FROM YOUNG PEOPLE

Hear first-hand experiences from young people about their experiences of mental health and wellbeing challenges and how they have coped with the assistance of programs, resources and professionals who care.

High Impact Conversations with Young People



Andrew Fuller, Psychologist, The Resilience Institute and MindMatters

In the age of distractibility, we often only get one chance to engage young people in conversations that create powerful change. In over 30 years of working with vulnerable young people Andrew has learned what does and doesn't work. In this session he outlines his favourite methods and also talks about how these can be adapted for young men and young women.

Resilience Resources Online



Assoc Prof Jane Burns, Psychologist, Young and Well CRC

With over 95 percent of young Australians online every day, the internet provides a powerful setting for delivering help to young people where and when they need it, in a space where they feel comfortable. Jane will describe a number of resources now available for young people to use.

Staying Safe on Facebook in Australia



Susan McLean, Cybersafety Expert

You are rarely going to read a positive story about social media, particularly Facebook. What is the reality? Can it be used safely? What do you need to know? Learn not only to protect yourself but those young people you teach or care for. What about Facebook Poke? What is this new app that kids are using as a 'safe' way to send a sexy text? Be informed and empowered, not scared and unsure. Social networking is here to stay!

Protecting Children Against Online Predators



Det Sgt Stuart Butler, Taskforce Argos, Queensland Police

Get a factual insight into the world of the online Child Sex Offender. Be prepared to be confronted by some shocking Australian case studies which show how online predators operate and target children on the internet. Stuart will help you understand how some simple security measures can be effective in reducing the risk to children when they are online.

The Corporate Takeover of Childhood



Maggie Hamilton, Author and Researcher

Corporations now use the same techniques as sexual predators to gain the hearts, minds and spending power of our kids. Discover the methods they're now using to get to our young people, to ensure they spend up big. What are the consequences for this new generation? And how can we turn this exploitation of our children around?

Helping Young People in a Mental Health Crisis



Prof Debra Rickwood, Head of Clinical Leadership and Research, Headspace

What are the crises affecting today's young people and why do we need to actively reach out to help them through these tough times? Debra describes a number of effective, innovative ways to support young people's mental health and wellbeing that we should all know about.

Healthy Media Consumption – Practical Strategies



Dr Glenn Cupit, Senior Lecturer, Child Development, deLissa Institute

Electronic media can have a very positive influence but it can also be misused with unhealthy results on mind and body. It's important to recognise and encourage the signs of healthy use; and also identify and address unhealthy patterns of usage. Glenn will provide established strategies to shift childrens' media usage in a positive direction.

Child Beauty Pageants



Collett Smart, Psychologist and Teacher, Collective Shout and Family Smart

Child beauty pageants are a new and concerning development in Australia. Pageant organisers use a number of arguments about the benefits to justify their events – but do they stack up? Many professionals and researchers are concerned about the effect these events have, not only the psychological and emotional development of children that participate but also on the wider community in which they occur and are promoted. It's time to get informed!

Stress and the Brain



Assoc Prof Michael Nagel, Teacher and Researcher, School of Science and Education, University of Sunshine Coast

In the last decade there has been a growing body of research literature focusing on 'stress' and its effects on humans. Historically much of what has been written regarding stress has not had the insights now available through neuro-scientific research which identifies a worrying connection between stress and developmental difficulties. This presentation examines how stress impacts on the human brain and the implications of this for young people.

GENERATION NEXT

www.generationnext.com.au

The Mental Health & Wellbeing of Young People 2013 Sydney

REGISTRATION FORM

FRIDAY 31 MAY

SYDNEY	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 19 April)	\$175	<input type="checkbox"/> \$185
EARLY BIRD (Until 17 May)	\$185	<input type="checkbox"/> \$199
STANDARD (After 17 May)	\$199	<input type="checkbox"/> \$250

I am a Teacher Psychologist Counsellor Nurse Social Worker Parent Youth Worker Other _____

Dietary Choice Gluten Free Dairy Free Vegetarian Vegan

*denotes required information

TO ENSURE YOU RECEIVE YOUR DELEGATE ENTRY TICKET, PLEASE PROVIDE YOUR HOME ADDRESS BELOW

Title * _____ Given Name * _____ Surname * _____

Organisation _____ Email * _____

Home Address * _____ State * _____ Postcode * _____

Work Ph * _____ Work Fax * _____ Mobile _____

ALL CORRESPONDENCE (e.g. TAX INVOICE, CONFIRMATION OF REGISTRATION, SUPPLEMENTARY EDUCATIONAL MATERIALS) WILL BE SENT BY EMAIL
REGISTRATION WILL ONLY BE CONFIRMED ONCE PAYMENT HAS BEEN RECEIVED

Payment (tick box) Visa Mastercard Cheque \$ _____ Total _____

Cheques are to be made payable to: "Healthed Pty Ltd" All Prices are in Australian Dollars (AUD)

Card Number _____ Expiry ____/____

Name on Card _____ Signature _____

RETURN YOUR REGISTRATION FORM & PAYMENT TO **HEALTHED** PO BOX 500 BURWOOD NSW 1805 or FAX 1300 797 792

Program is subject to change without notice. Events will proceed subject to demand. In the case of the event being cancelled due to low interest delegates will be refunded in full.

