

the MENTAL HEALTH & WELLBEING of YOUNG PEOPLE CON

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

All speakers will deliver their lectures LIVE & IN PERSON!

CANBERRA
Friday 8 June – 9.00am-5.00pm
The Playhouse – Canberra Theatre Centre



Andrew Fuller
Psychologist,
Mindmatters Ambassador
Suicide and Self Harm



Susan McLean
Cybersafety Expert
Cyberbullying —
Practical Strategies



Dr John Irvine
Psychologist & Teacher
Dealing with
Dysfunctional Families



Dr Rick Kausman, GP
Director Butterly
Foundation
If Not Dieting,
Then What?



Dr Wayne Warburton
Psychologist
Violent Video
Games and Violent
Behaviour



Melinda Tankard Reist
Author and Activist
Porn and its
Impact on
Young People

FEEDBACK FROM PREVIOUS SEMINARS

"A terrific seminar and every speaker was dynamic and to the point."

"I will tell all my colleagues about what a great event it was and how they can get to the next one"

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

WHO SHOULD ATTEND

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

EDUCATION POINTS APPLIED FOR

- PD 6 Hours • 6.5 CNE Pts, RCN
- 6 Pts, APS • **AASW 16 pts (APPROVED)**



PROGRAM

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

TOPIC	SPEAKER
Dealing with Dysfunctional Families and Dis-engaged Parents	Dr John Irvine
Re-understanding the Developing Brain	Assoc Prof Michael Nagel
Porn and its Impact on Young People	Melinda Tankard Reist
MORNING TEA	
Cyberbullying — Practical Strategies	Susan McLean
Violent Video Games and Violent Behaviour	Dr Wayne Warburton
LUNCH	
If Not Dieting, Then What?	Dr Rick Kausman
Helping Young People Thrive and Flourish	Prof Michael Bernard
Meditation in Schools for Better Mental Health	Dr Ramesh Manocha
AFTERNOON TEA	
Whole School Approaches to Mental Health	Jill Pearman
Suicide and Self Harm	Andrew Fuller
THIS PROGRAM WAS CORRECT AT TIME OF PRINTING AND IS SUBJECT TO CHANGE WITHOUT NOTICE.	

YOU ARE INVITED

Leading mental health experts have declared a “state of emergency” in youth mental health. In response Generation Next and Healthed have brought together this unique multi-disciplinary education day. It will feature a wide variety of leading experts who will present authoritative, up to date, practical information. Your participation in this event will provide you with knowledge and skills to help our young people achieve and maintain their emotional, social, mental and physical wellbeing.

Dr Ramesh Manocha MBBS BSc PhD

REGISTRATION INCLUDES

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

PROFESSIONAL DEVELOPMENT

EDUCATION POINTS APPLIED FOR

- PD 6 Hours
- 6.5 CNE Pts, RCN
- 6 Pts, APS
- **AASW 16 pts (APPROVED)**



CANBERRA 8 JUNE 2012

VENUE TRANSPORT & PARKING

Parking for the Playhouse is best accessed via London Circuit behind Canberra Museum & Gallery.

TAXI

- Canberra Cabs Ph: 13 22 27
- Cabxpress Ph: 02 6260 6077

BUS & TRAIN

The Playhouse is located within a 3min walk from the Canberra City Interchange. Please visit www.action.act.gov.au for further details.

HOTELS

- Medina James Court Ph: 02 6240 1234
- Canberra Rex Hotel Ph: 02 6248 5311
- Capitol Executive Apartments Ph: 02 6243 8333

Porn and its Impact on Young People



Melinda Tankard Reist, Author & Activist

Young people are exposed to pornography at increasingly younger ages. This has led to changes in sexual behaviour and significant alterations in the way that young people engage in relationships. As a result they are becoming not only viewers and consumers of porn, but, through phenomena such as sexting – creators and distributors as well. How do we help young people minimise the harms?

If Not Dieting, Then What?



Dr Rick Kausman, Butterfly Foundation

Young people, especially girls, often use dieting. Yet dieting has the potential to cause significant harm both emotionally and physically. Importantly, Dr Rick will discuss alternative ways that adults, adolescents and children can be the healthiest they can be, and as a result of that, achieve and maintain a healthy attitude toward their eating habits and self esteem.

Suicide and Self Harm



Andrew Fuller, MindMatters Ambassador

Many schools and other organisations will go through the experience of having one of their young people attempt or complete a suicide. All people – not just mental health professionals – can help young people experiencing suicidal thoughts by providing emotional and practical support. This talk will focus on practical advice about warning signs, intervention strategies, triggers, myths and facts.

Cyberbullying — Practical Strategies



Susan McLean, Cybersafety Expert

Young people now have access to technologies whose power exceeds their level of maturity, often resulting in cyber-bullying. This presentation will feature the latest research. A special focus on what professionals and their organisations can do to increase safety, reduce litigation and enhance “cyber-wellness”.

Helping Young People Thrive and Flourish



Prof Michael Bernard, Uni of Melbourne

While there has been a great deal of emphasis on negative social-emotional issues faced by young people we also need to assist young people in how to enhance positive emotions and behaviours. Love of learning, curiosity, enthusiasm, engagement, a desire to help others and their communities a better place are essential for young people to thrive and flourish. This presentation will focus on the latest

research and practical strategies with regard to this new area of understanding.

Violent Video Games and Violent Behaviour



Dr Wayne Warburton, Psychologist

Children’s brains wire up at a furious rate, and thus powerful influences like video games can have a lasting impact on the way they think, feel and behave. Contrary to popular opinion, the jury is not out. The findings are now clear and consistent. Excessive exposure to violent video games is linked with aggressive behaviour. This talk will conclude with some practical advice to professionals who work with children – things you can do on ‘Monday morning’ that will make a difference.

Dealing with Dysfunctional Families



Dr John Irvine, Psychologist

A major issue that many of us encounter when trying to assist a young person whom we are concerned about is that they are often living in a family environment that is contributing to or even causing their problems. Whether it is disengaged parents or poorly functioning family units it can be very challenging trying to work out how best to improve the environment at home and get the key people on board. This presentation will focus on developing a better understanding and practical strategies.

Whole School Approaches to Mental Health



Jill Pearman, National Coordinator, Mindmatters

The creation of an ethos of resilience and wellbeing is important for young people and school communities to flourish. A Whole School Approach involves multiple strategies that have a unifying purpose and reflect a common set of values. All stakeholders, parents, students, staff and the community work together to create a protective environment that promotes mental health, resilience and wellbeing on both the social and emotional levels.

Re-understanding the Developing Brain



Assoc Prof Michael Nagel, University of the Sunshine Coast

In the past several years our understanding of the brain has been revolutionised. Rather than a static organ, the young person’s brain is constantly and dynamically changing. By understanding this new perspective we can more effectively understand and engage young people. This presentation focuses on contemporary research into how the brain develops, and the implications this may have on how we teach,

GENERATION NEXT

www.generationnext.com.au

The Mental Health & Wellbeing of Young People 2012 - CANBERRA

REGISTRATION FORM

Friday 8 June

CANBERRA	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 8 March)	\$199	<input type="checkbox"/> \$199
EARLY BIRD (Until 8 May)	\$215	<input type="checkbox"/> \$225
STANDARD (After 8 May)	\$240	<input type="checkbox"/> \$250

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

Dietary Choice Gluten 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 (EG 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 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.

