

the MENTAL HEALTH & WELLBEING of YOUNG PEOPLE CONFERENCE

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!

SYDNEY

Friday 20 July – 9.00am-5.00pm
Wesley Conference Centre – Pitt St Sydney



Andrew Fuller
Psychologist
Mindmatters Ambassador
Suicide and Self Harm



Susan McLean
Cybersafety Expert
Cyberbullying — Practical Strategies



Steve Biddulph
Psychologist
The Mental Health of Girls



Assoc Prof Michael Nagel
University of the Sunshine Coast
Re-understanding the Developing Brain



Paul Dillon
Educator
Drug and Alcohol Update 2012



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
Drug and Alcohol Update 2012	Paul Dillon
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
The Mental Health of Girls	Steve Biddulph
LUNCH	
If Not Dieting, Then What?	Dr Rick Kausman
Meditation in Schools for Better Mental Health	Dr Ramesh Manocha
AFTERNOON TEA	
Junk Food & Mental Health	Dr Felice Jacka
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)**



SYDNEY 20 JULY 2012

VENUE TRANSPORT & PARKING

The seminar will be held at the Wesley Conference Centre, 220 Pitt Street, Sydney. Public parking is available directly under the Wesley Conference Centre at Secure parking. Entry by Piccadilly Plaza, 133 Castlereagh Street.

TAXI

- Combined Taxi 133 300
- Premier Cabs 131 017

BUS & TRAIN

Wesley Conference Centre is accessible by Bus and Train. Please visit www.131500.com.au for further information and timetables.

HOTELS

- Swissotel – Ph: 1800 121 043
- Sydney Marriott – Ph: 02 9361 8400
- Metro Hotel on Pitt – Ph: 02 9281 6999

Drug and Alcohol Update 2012



Paul Dillon, Drug and Alcohol Research

Covers current and practically important issues concerning alcohol, drugs and young people. Binge drinking and schoolies are key topics. It will include advice on how professionals can effectively communicate with young people and help them successfully negotiate the peer-pressure misinformation, advertising, role models and other social/cultural forces, preventing them from making sensible choices.

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?

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, communicate and assist young people in their development into positive adults.

If Not Dieting, Then What?



Dr Rick Kausman,
GP & Director of 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.

The Mental Health of Girls



Steve Biddulph, Psychologist

Something is happening to girls' mental health, a marked deterioration that is evident to even the casual observer. Some groups of girls are especially at risk, but almost all are being harmed to some degree. We need to shift the culture and its messages, but also address role-modelling and parenting needs quickly and markedly, or our progress towards freedom and happiness for women may falter and go backwards.

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".

Junk Food & Mental Health



Dr Felice Jacka, Epidemiologist

Dr Felice Jacka will present an overview of the recent and compelling evidence from around the globe demonstrating the important role that diet plays in the common mental health problems, depression and anxiety. This very new research is transforming the way these disorders are conceptualised.

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.



www.generationnext.com.au

The Mental Health & Wellbeing of Young People 2012 - SYDNEY

REGISTRATION FORM

Friday 20 July

SYDNEY	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 20 April)	\$199	<input type="checkbox"/> \$199
EARLY BIRD (Until 20 June)	\$215	<input type="checkbox"/> \$225
STANDARD (After 20 June)	\$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.

