

# the MENTAL HEALTH & N WELLBEING O of YOUNG PEOPLE W

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

**PERTH**  
Friday 5 April – 9.00am-5.00pm  
Winthrop Hall, The University of Western Australia

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



**Mark Le Messurier**  
Teacher  
Dyslexia, Behavioural  
Problems and  
Depression



**Assoc Prof Jane Burns**  
Psychologist  
Resilience Resources  
Online



**Collett Smart**  
Psychologist & Teacher  
Child Beauty  
Pageants



**Dr Glenn Cupit**  
Senior Lecturer  
Healthy Media  
Consumption –  
Practical Strategies



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



**Steve Biddulph**  
Psychologist & Author  
The War on Girls



DRUMMING FOR WELLBEING WITH INRHYTHM

## WHO SHOULD ATTEND

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

## EDUCATION POINTS APPROVED

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

“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 – The Positive Internet	Assoc Prof Jane Burns
Dyslexia, Behavioural Problems and Depression	Mark Le Messurier
Protecting Children Against Online Predators	Det Sgt Stuart Butler
<b>MORNING TEA &amp; RESOURCES EXHIBITION</b>	
Child Beauty Pageants	Collett Smart
The War on Girls	Steve Biddulph
<b>LUNCH – OPTIONAL DRUMMING WORKSHOP [30MIN]</b>	
Helping Young People in a Mental Health Crisis	Prof Debra Rickwood
<b>Drumming and Percussion for Wellbeing</b>	Tim Orgias and InRhythm
Whole School Approaches to Resilience and Mental Health	Jill Pearman
<b>Meditation Crash Course – Learn a life skill in 10min</b>	Kitty Armstrong, RN
<b>AFTERNOON TEA &amp; RESOURCES EXHIBITION</b>	
Fetal Alcohol Syndrome, Learning and Behavioural Problems	Dr Raewyn Mutch
Healthy Media Consumption – Practical Strategies	Dr Glenn Cupit

## PERTH 5 APRIL 2013

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

### VENUE TRANSPORT & PARKING

Winthrop Hall, The University of Western Australia.  
Car parks available on-site and require a pay and display ticket between 8am to 5pm.



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## INTERACTIVE SESSIONS

### DRUMMING FOR WELLBEING



An optional session during lunchtime where participants can use large drums and explore the impact of several rhythms and strategies on mood and its potential applications with young people.



### 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.

## The War on Girls



Steve Biddulph, Psychologist and Author

For some reason girls' mental health has plunged downwards in the last ten years. Steve examines the five critical stages of girlhood, and how to make each stage go well. Compelling case studies of girls and their families overcoming life affecting challenges will be provided. Steve will outline what parents and professionals must do to empower the girls of today.

## 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.

## 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.

## Healthy Media Consumption – Practical Strategies



Dr Glenn Cupit, Senior Lecturer, Child Development, deLissa

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.

## 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.

## Whole School Approaches to Resilience and Mental Health



Jill Pearman, National Program Manager, 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.

## Dyslexia, Behavioural Problems and Depression



Mark Le Messurier, Teacher, Learning Disorders Expert

The connection between learning disorders and risk of mental illness, anti-social behaviours through to involvement in the criminal justice system is now well established. It's not just about education but also mental health and community health as well. Mark will describe when to suspect and how to assist young people with a learning disorder, and how to reduce the mental health and social risks associated with it.

## Child Beauty Pageants



Collett Smart, Psychologist and Teacher, Collective Shout, 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!

## Fetal Alcohol Syndrome, Learning and Behavioural Problems



Dr Raewyn Mutch, Consultant Paediatrician, WA Department of Health

The evidence for the negative effects of alcohol on the fetus is growing. With that there is an increasing recognition that fetal alcohol syndrome is more widespread than previously suspected, affecting people in all sections of the community. Learn about the impacts of alcohol consumption during pregnancy, the features of fetal alcohol syndrome, the special mental health and learning needs of children with this under-recognised disorder and the implications for our society as a whole.

GENERATION NEXT SPONSORS INCLUDE: Headspace & Healthed. CANCELLATION: See generationnext.com.au for details. Healthed Pty Ltd ABN 83 124 561 922

# GENERATION NEXT

www.generationnext.com.au

## The Mental Health & Wellbeing of Young People 2013 Perth

### REGISTRATION FORM

FRIDAY 5 APRIL

PERTH	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 15 February)	\$175	<input type="checkbox"/> \$185
EARLY BIRD (Until 15 March)	\$185	<input type="checkbox"/> \$199
STANDARD (After 15 March)	\$225	<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 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.

