

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

ADELAIDE
Friday 21 June – 9.00am-5.00pm
Arts Centre, St Peter's Girls School, Stonyfell

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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



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



Paul Dillon
Educator
Drugs, Alcohol and 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

“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
The Corporate Takeover of Childhood	Maggie Hamilton
Whole School Approaches to Resilience and Mental Health	Jill Pearman
Helping Young People in a Mental Health Crisis	Prof Debra Rickwood
MORNING TEA & RESOURCES EXHIBITION	
Resilience Resources Online	Assoc Prof Jane Burns
Dyslexia, Behavioural Problems and Depression	Mark Le Messurier
LUNCH – OPTIONAL DRUMMING WORKSHOP [30MIN]	
Drumming and Percussion for Wellbeing (Whole Audience)	Tim Orgias and InRhythm
Healthy Media Consumption – Practical Strategies	Dr Glenn Cupit
Drugs, Alcohol and Young People – Current Trends and Issues	Paul Dillon
Meditation Crash Course – Learn a life skill in 10 minutes	Sue Nickson
AFTERNOON TEA & RESOURCES EXHIBITION	
Great Expectations	Dan Haesler
Staying Safe on Facebook in Australia	Susan McLean

ADELAIDE 21 JUNE 2013

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



REGISTRATION INCLUDES

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

VENUE TRANSPORT & PARKING

The seminar will be held at Arts Centre, St Peter's Girls School, Stonyfell. Parking is available on Stonyfell Rd and surrounding streets. St Peter's Girls School is accessible by bus and train. Please visit www.adelaidemetro.com.au.



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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.

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?

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.

Drugs, Alcohol and Young People – Current Trends and Issues



Paul Dillon, Educator, DARTA

This presentation will examine the latest trends in alcohol and other drug use by young people with a particular emphasis on the results of the 2011 Australian Secondary Students Alcohol and Drugs (ASSAD) Survey. Key issues of concern will be discussed and evidence-based strategies and resources will be highlighted.

Great Expectations



Dan Haesler, Teacher, Writer, Consultant

In this provocative talk, Dan Haesler will illustrate how even well-meaning parents or teachers can undermine a child's innate desire to learn. He will also explore the impact this can have on their levels of engagement, wellbeing and achievement. Dan will offer some strategies so you can ensure that the kids in your life aren't undermined by your best intentions.

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.

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.

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!

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.

GENERATION NEXT

www.generationnext.com.au

The Mental Health & Wellbeing of Young People 2013 Adelaide

REGISTRATION FORM

FRIDAY 21 JUNE

ADELAIDE	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 10 May)	\$175	<input type="checkbox"/> \$185
EARLY BIRD (Until 7 June)	\$185	<input type="checkbox"/> \$199
STANDARD (After 7 June)	\$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.

