

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.

GOLD COAST

Friday 3 May 2013 • 9.00am-5.00pm
Bond University, Robina

OR

BRISBANE

Friday 17 May 2013 • 9.00am-5.00pm
Southbank Institute of Technology

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



Andrew Fuller
Psychologist
High Impact
Conversations with
Young People
(Brisbane)



Assoc Prof Jane Burns
Psychologist
Resilience Resources
on the Internet
(Gold Coast)



Maggie Hamilton
Author and Researcher
The Corporate
Takeover of
Childhood



Steve Biddulph
Psychologist & Author
The War on Girls
(Gold Coast)



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



Assoc Prof Michael Nagel, Teacher and
Researcher
Stress and
the Brain



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
Dyslexia, Behavioural Problems and Depression	Mark Le Messurier
Whole School Approaches to Resilience and Mental Health	Jill Pearman (Brisbane only)
Resilience Resources on the Internet	Assoc Prof Jane Burns (Gold Coast only)
MORNING TEA & RESOURCES EXHIBITION	
Healthy Media Consumption – Practical Strategies	Dr Glenn Cupit
The War on Girls	Steve Biddulph (Gold Coast only)
High Impact Conversations with Young People – Creating a Lot of Change in a Short Period of Time	Andrew Fuller (Brisbane only)
LUNCH – OPTIONAL DRUMMING WORKSHOP [30MIN]	
Drumming and Percussion for Wellbeing (Whole Audience)	Tim Orgias & InRhythm
Helping Young People in a Mental Health Crisis	Prof Debra Rickwood
Stress and the Brain	Assoc Prof Michael Nagel
Meditation Crash Course – Learn a life skill in 10 minutes	Lene Jeffrey/Sue Nickson
AFTERNOON TEA & RESOURCES EXHIBITION	
Protecting Children Against Online Predators	Det Sgt Stuart Butler
Modern Toys and their Impact on Development and Mental Wellbeing	Dr Wendy Varney (Gold Coast only)
Staying Safe on Facebook in Australia	Susan McLean (Brisbane only)

GOLD COAST 3 MAY 2013

BRISBANE 17 MAY 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 stakeholder and resources trade exhibition.

VENUE TRANSPORT & PARKING

See www.generationnext.com.au for details.



Stay up to date with Facebook
Follow us @
[facebook.com/gennextcommunity](https://www.facebook.com/gennextcommunity)

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 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. Steve will outline what parents and professionals must do to empower the girls of today.

Resilience Resources on the Internet



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. 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 confronting but factual insight into the world of the online Child Sex Offender. 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

Discover the methods corporations are 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?

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. Glenn will provide established strategies to shift children's 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.

High Impact Conversations with Young People



Andrew Fuller, Psychologist, MindMatters

In the age of distractibility, we often only get one chance to engage young people in conversations that create powerful change. In this session Andrew outlines his favourite methods, developed over 30 years of working with vulnerable young people, and how these can be adapted for different situations.

Dyslexia, Behavioural Problems and Depression



Mark Le Messurier, Teacher, Learning Disorders Expert

Helping young people with learning disorders is 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.

Stress and the Brain



Assoc Prof Michael Nagel, Teacher and Researcher, 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. This presentation examines how stress impacts on the human brain and the implications of this for young people's education, health and wellbeing.

Staying Safe on Facebook in Australia



Susan McLean, Cybersafety Expert

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.

Modern Toys and their Impact on Development



Dr Wendy Varney, Researcher, UNSW

Children's toys and play have changed substantially over the last several generations – away from creativity and the development of imagination towards corporate and consumer values. Learn about the implications for mental health and wellbeing.

School Approaches to Resilience and Mental Health



Jill Pearman, MindMatters

The creation of an ethos of resilience and wellbeing is important for young people and their communities to flourish. 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

REGISTRATION FORM

Gold Coast May 3 • Brisbane May 17

<input type="checkbox"/> GOLD COAST	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 22 Mar)	\$175	<input type="checkbox"/> \$185
EARLY BIRD (Until 19 Apr)	\$185	<input type="checkbox"/> \$199
STANDARD (After 19 Apr)	\$199	<input type="checkbox"/> \$250

<input type="checkbox"/> BRISBANE	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 5 Apr)	\$175	<input type="checkbox"/> \$185
EARLY BIRD (Until 3 May)	\$185	<input type="checkbox"/> \$199
STANDARD (After 3 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 (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 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.

