

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

MELBOURNE

Friday 10 May – 9.00am-5.00pm
Greater Union Cinemas, Melbourne Central



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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



Paul Dillon
Educator
Drugs, Alcohol and Young People



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



Andrew Fuller
Psychologist
High Impact Conversations with 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!”

Discount registrations online www.generationnext.com.au

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
Drugs, Alcohol and Young People – Current Trends and Issues	Paul Dillon
MORNING TEA & RESOURCES EXHIBITION	
High Impact Conversations with Young People – Creating A Lot of Change in a Short Period of Time	Andrew Fuller
The Corporate Takeover of Childhood	Maggie Hamilton
LUNCH – OPTIONAL DRUMMING WORKSHOP [30MIN]	
Drumming and Percussion for Wellbeing (Whole Audience)	Tim Orgias and InRhythm
Stress and the Brain	Assoc Prof Michael Nagel
Helping Young People in a Mental Health Crisis	Prof Debra Rickwood
Meditation Crash Course – Learn a life skill in 10 minutes	Lene Jeffrey/Sue Nickson
AFTERNOON TEA & RESOURCES EXHIBITION	
Whole School Approaches to Resilience and Mental Health	Jill Pearman
Staying Safe on Facebook in Australia	Susan McLean

MELBOURNE 10 MAY 2013

WHO SHOULD ATTEND

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

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- 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

Greater Union Cinemas, 131 Russell St, Melbourne.
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



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.

High Impact Conversations with Young People



Andrew Fuller, Psychologist, The Resilience Institute and MindMatters

In the age of distractibility, we often only get one chance to engage young people in conversations that create powerful change. In over 30 years of working with vulnerable young people Andrew has learned what does and doesn't work. In this session he outlines his favourite methods and also talks about how these can be adapted for young men and young women.

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.

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!

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?

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.

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.

Stress and the Brain



Assoc Prof Michael Nagel, Teacher and Researcher, School of Science and Education, 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. Historically much of what has been written regarding stress has not had the insights now available through neuro-scientific research which identifies a worrying connection between stress and developmental difficulties. This presentation examines how stress impacts on the human brain and the implications of this for young people.

GENERATION NEXT

www.generationnext.com.au

The Mental Health & Wellbeing of Young People 2013 Melbourne

REGISTRATION FORM

FRIDAY 10 MAY

MELBOURNE	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 29 March)	\$175	<input type="checkbox"/> \$185
EARLY BIRD (Until 26 April)	\$185	<input type="checkbox"/> \$199
STANDARD (After 26 April)	\$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.

