

the MENTAL HEALTH & 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.

BRISBANE

Friday 29 May 2015 • 9.00am-5.00pm
UQ Centre, University of QLD

OR

GOLD COAST

Friday 4 Sept 2015 • 9.00am-5.00pm
Basil Sellers Theatre, Bond University

INTERACTIVE MUSIC • SPECIAL SESSIONS • LECTURES • BRIEF UPDATES



Prof Freda Briggs AO
Child Safety Expert
Strategies for Preventing and Responding to Cases of Child Sexual Abuse



Rosie Batty
Australian of the Year, Domestic Violence Campaigner
Tackling Domestic Violence



Paul Dillon
Educator, DARTA
E-Cigarettes, Sheesha & Novel Forms of Smoking



Angie Wilcock
Education Consultant
Gorgeous to Grumpy – Motivating Early Teens



Dr Tim Soutphommasane
Race Discrimination Commissioner
Racism: How Should We Respond?



Andrew Fuller
Psychologist
Willpower, Impulse Control and Success in Life

WHAT IS GENERATION NEXT?

A social enterprise dedicated to the protection and enhancement of the mental health and wellbeing of young people. Our seminars empower participants with the knowledge and skills needed to help our young people achieve total wellbeing.

EDUCATION POINTS

- 6.5 CNE points, ACN Approved
- AASW Points applied for • PD 6 Hours



INTERACTIVE MUSIC

“Loved it and thoroughly enjoyed the day. I will be back next year! Thank you very much!”

PROGRAM

REGISTRATION FROM 8.00am
SEMINAR: 9.00am – 5.00pm
EACH LECTURE 30 – 40min

TOPIC	SPEAKER	CITY
Early Childhood Relationships and Brain Development	Judy Bailey	B
Preventing and Responding to Cases of Child Sexual Abuse	Prof Freda Briggs AO	B & GC
Positive Psychology Strategies to Reduce Depression in Adolescents	Dr Justin Coulson	GC
MORNING TEA & RESOURCES EXHIBITION		
E-Cigarettes, Sheesha & Novel Forms of Smoking	Paul Dillon	B
Willpower, Impulse Control and Success in Life	Andrew Fuller	GC
Introduction to Autism Spectrum Disorders	Michelle Garnett	GC
LUNCH – OPTIONAL PERCUSSION WORKSHOP		
The Power of Presence – Interactive Music	Tim Orgias & InRhythm	B & GC
Strategies to Deal with Online Abuse	Julie Inman Grant & Susan McLean	B
Racism: How Should We Respond?	Dr Tim Soutphommasane	B
Wellbeing: What Do Young People Want?	Kerry Stirling	GC
AFTERNOON TEA & RESOURCES EXHIBITION		
Tackling Domestic Violence	Rosie Batty	B & GC
Gorgeous to Grumpy – Motivating Early Teens	Angie Wilcock	B & GC
Kids, Consumerism and Materialism	Chris Zinn	B & GC
Disordered Eating and Body Image	Dr Simon Wilksch	B & GC

B – Brisbane **GC** – Gold Coast

BRISBANE 29 MAY 2015
GOLD COAST 4 SEPT 2015

WHO SHOULD ATTEND

- Teachers, Principals, Student Welfare, Leaders
- Nurses, Doctors, Psychologists, Counsellors, OT
- Social & Youth Workers, Pastoral Care, Police, Parents
- Schools, Youth Organisations, Clinics, Churches, Sporting Clubs

EDUCATION POINTS

- 6.5 CNE hours, ACN Approved
- Teachers: This seminar may contribute up to 6 hours to your annual professional development requirements. See www.generationnext.com.au for more details

REGISTRATION INCLUDES

Program, lecture notes and satchel, morning tea, lunch, afternoon tea, attendance certificate, access to stakeholders' and resources exhibition.

VENUE TRANSPORT & PARKING

Brisbane: UQ Centre, Building 27, University of QLD, Union Rd, St Lucia. **Gold Coast:** Basil Sellers Theatre, Building 6, University Centre, Bond University. Both venues are accessible by public transport, and parking will be available onsite. Please see www.translink.com.au.

- Gold Coast Cabs 131 008
- Yellow Cabs 131 924

INTERACTIVE SESSIONS

THE POWER OF PRESENCE



Explore the power of the communion in presence through music and rhythm and its potential applications with young people. There will be a session for the whole audience and an optional lunchtime session involving percussion instruments.



SPECIAL SESSIONS

Find out the most up to date information about youth mental health support services direct from the source! Featuring presentations from Lifeline, MindMatters, and a special update on cybersafety from Twitter!



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

● Brisbane ● Gold Coast

Strategies for Preventing and Responding to Cases of Child Sexual Abuse ● ●



Prof Freda Briggs AO, Child Safety Expert, University of South Australia

Freda will discuss the scale of child sexual abuse nationwide, what is known about offenders, and strategies that can help children stay safe. She will also discuss the effects of abuse, how young children communicate trauma, and how to recognise and appropriately respond to cases of child sexual abuse.

Willpower, Impulse Control and Success in Life ●



Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead

The ability to exercise restraint and delay gratification is a powerful predictor of success. Andrew will discuss strategies to develop willpower and impulse control in children and thus better position them to lead successful lives.

Positive Psychology Strategies to Reduce Depression in Adolescents ●



Dr Justin Coulson, Author

This highly interactive, engaging presentation examines how four easy-to-apply empirically validated positive psychology strategies can reduce depression in teens and help them lead fulfilling, happy lives.

Wellbeing: What Do Young People Want? ●



Kerry Stirling, Educator and Education Program Developer, CEO, Good Grief

Kerry will explore the desirable features of any wellbeing program in schools, and how this needs to be situated in a multi-disciplinary and integrated view of children and young people.

Kids, Consumerism and Materialism ● ●



Chris Zinn, Consumer Campaigner, Founder, Determined Consumer

There is a causal link between low self-esteem and materialism. How can we help kids get the best of our consumer society and avoid the real costs of having too much?

Gorgeous to Grumpy – Motivating Early Teens ● ●



Angie Wilcock, Education Consultant, Author and Teacher, High Hopes Educational Services

Young people aged 10-15 are 'neither children, nor adults'. This is a critical period in adolescent development and Angie will discuss basic principles and practical strategies to connect with and motivate, challenge and engage this group in learning and in life.

Tackling Domestic Violence ● ●



Rosie Batty, Australian of the Year 2015, Domestic Violence Campaigner

One in four children in Australia are exposed to domestic violence, with behavioural, cognitive and emotional development implications. Rosie will discuss ways to recognise behavioural symptoms of such exposure and how to support young people experiencing the effects of domestic violence.

Racism: How Should We Respond? ●



Dr Tim Soutphommasane, Race Discrimination Commissioner

What impact does racism have on mental health and wellbeing? Tim will explore current community attitudes and describe a number of strategies that can be implemented in schools and organisations to challenge prejudiced attitudes.

Strategies to Deal with Online Abuse ●



Julie Inman Grant, Director of Public Policy, Australia & Southeast Asia, Twitter and Susan McLean, Cybersafety Expert

Cyber harassment affects about 20% of young people in Australia. Julie and Susan will provide practical advice to help young people stay safe online and in their use of social media platforms.



E-Cigarettes, Sheesha & Novel Forms of Smoking ●



Paul Dillon, Educator, DARTA

Australia has one of the lowest rates of daily tobacco smoking in the world. Recently however 'sheesha' smoking is becoming increasingly popular and 'e-cigarettes' and 'vaping' are challenging how we think of smoking. Paul examines these novel forms of smoking and their possible impact on the health and wellbeing of young people.

Introduction to Autism Spectrum Disorders ●



Michelle Garnett, Clinical Psychologist, Founder, Minds & Hearts Clinic

Autism can be difficult to detect in very young children and knowing when to refer a child for an evaluation is crucial. Michelle will speak about the five 'red flags' for autism, the best referral pathway, and how to help families access support.

Early Childhood Relationships & Brain Development ●



Judy Bailey, Writer and Broadcaster

This session explores the latest neuroscience research on how our early relationships change the architecture of the brain, and their far-reaching implications for our wellbeing and the kind of adults we become.

GENERATION NEXT

www.generationnext.com.au

(tick box)

<input type="checkbox"/> BRISBANE	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 3 Apr)	\$175	<input type="checkbox"/> \$199
EARLY BIRD (Until 1 May)	\$199	<input type="checkbox"/> \$220
STANDARD (After 1 May)	\$220	<input type="checkbox"/> \$250
GROUP (3+) Discount #	\$150pp	<input type="checkbox"/> \$150pp

The Mental Health & Wellbeing of Young People 2015

Brisbane 29 May • Gold Coast 4 September

<input type="checkbox"/> GOLD COAST	ONLINE	FAX, MAIL OR PHONE
EARLY BIRD (Until 7 Aug)	\$160	<input type="checkbox"/> \$180
STANDARD (After 7 Aug)	\$180	<input type="checkbox"/> \$199
GROUP (3+) Discount #	\$150pp	<input type="checkbox"/> \$150pp

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 (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: "Generation Next Australia Ltd" All Prices are in Australian Dollars (AUD) inclusive of GST.

Card Number _____ Expiry ____ / ____

Name on Card _____ Signature _____

RETURN YOUR REGISTRATION FORM & PAYMENT TO **GENERATION NEXT** PO BOX 500 BURWOOD NSW 1805 or FAX 1300 797 792

