

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.

ALL NEW
2017
PROGRAM

ADELAIDE
Friday 28 July – 9.00am-5.00pm
Adelaide Town Hall



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EXCITING SPEAKERS • IMPORTANT ISSUES • INTERACTIVE MUSIC



Dr Claire Kelly
Mental Health First Aid
Conversations We Should Be Having with Teens about Mental Health



Paul Dillon
Educator, DARTA
Supporting a Young Person in Their Decision Not to Use Alcohol or Drugs



Prof Jennie Hudson
Psychologist
Anxiety Disorders in Young People



Mark Le Messurier
Teacher and Counsellor
The Values of Social and Emotional Literacy



Melissa Abu-Gazaleh
CEO, Top Blokes FNDN
Managing Anger & Aggression: A Practical Approach



Andrew Fuller
Psychologist
Preventing Depression in Young People

WHAT IS GENERATION NEXT?

A social enterprise providing education and information to protect and enhance the mental health of young people. Our objective is to raise community awareness of mental illness through increasing mental health literacy, reducing associated stigma and positively influencing individual and community behaviour to improve the mental health of young people.

“ The seminar was fantastic. My brain is still buzzing! Full of ideas and options to incorporate. ”

EDUCATION POINTS

- **Teachers:** This seminar may contribute up to 6 hours towards your annual professional development.
- **Nurses:** 6 CPD hours, ACN Approved
- **Social Workers:** 8 CPD hours, AASW Approved

See generationnext.com.au for more information.

PROGRAM

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

TOPIC	SPEAKER
Managing Anger & Aggression: A Practical Approach	Melissa Abu-Gazaleh
Supporting a Young Person in Their Decision Not to Use Alcohol or Drugs	Paul Dillon
Gamblification in Gaming: Tricks Used to Financially Exploit Kids	James Driver
MORNING TEA & RESOURCES EXHIBITION	
Preventing Depression in Young People	Andrew Fuller
The Changing Environment of eSafety and the Importance of Digital Intelligence	Greg Gebhart
LUNCH & RESOURCES EXHIBITION	
Rhythm for Social-emotional Learning (Whole Audience)	Holyoake Drumbeat
Anxiety Disorders in Young People	Prof Jennie Hudson
Conversations We Should Be Having with Teens about Mental Health	Dr Claire Kelly
AFTERNOON TEA & RESOURCES EXHIBITION	
Nurturing a Healthy Mind: Common Sense Strategies for Wellbeing	A/Prof Michael Nagel
The Values of Social and Emotional Literacy	Mark Le Messurier

Program subject to change without notice. For the most up to date program and a list of speakers, visit www.generationnext.com.au.

ADELAIDE 28 JULY 2017

WHO SHOULD ATTEND

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

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REGISTRATION INCLUDES

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

VENUE TRANSPORT & PARKING

Adelaide Town Hall – 128 King William St, Adelaide 5000.
Paid parking is available. The closest car park is Topham Mall UPark on 52-54 Waymouth Street.
Adelaide Town Hall is easily accessible by public transport.
Please visit www.adelaidemetro.com.au to plan your trip.

INTERACTIVE SESSIONS

RHYTHM FOR SOCIAL-EMOTIONAL LEARNING



Explore the power of rhythm and drumming as tools to promote wellbeing, build positive relationships and enhance social skills. There will be a session featuring Holyoake's DRUMBEAT and DRUMBEAT Quest, a rhythmic adventure game exploring themes such as peer pressure, bullying, mental health and more!

SPECIAL SESSIONS

Find out the most up to date information about youth wellbeing and mental health support services direct from the source, including featured presentations on evidence-based and effective social and emotional learning programs.

FREE ONLINE RESOURCES

- f facebook.com/gennextcommunity
- 🐦 @GenNextVoice
- 📺 youtube.com/c/GenerationNextCommunity

Preventing Depression in Young People



Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead

We know that prevention is always better than cure, but what does the science say when it comes to depression? This presentation considers evidence-based strategies to build resilience and equip young people with social and emotional skills that can help safeguard against the onset of depression.

Supporting a Young Person in Their Decision Not to Use Alcohol or Drugs



Paul Dillon, Educator, DARTA

We are seeing growing numbers of young Australians who decide not to drink alcohol, or delay their drinking until they are older. In a culture where alcohol consumption is not only socially accepted but socially expected, it is a resilient young person who can make a decision not to drink and 'stick to their guns'. This presentation examines how those around them can best support their decision.

Anxiety Disorders in Young People



Prof Jennie Hudson, Psychologist and Director, Centre for Emotional Health

If we want to raise healthy adults then we need to focus on raising emotionally healthy children. Anxiety disorders are the most common mental disorders and emerge the earliest. This presentation explores the development of anxiety, treatment options and how to best support young people.

The Changing Environment of eSafety and the Importance of Digital Intelligence



Greg Gebhart, Senior Education Trainer, Office of the eSafety Commissioner

With a rapidly changing online environment, it is vital that we equip young people with skills to make positive choices. This presentation demonstrates how to cultivate digital intelligence to help youth stay safe, positive and responsible online, as well as presents creative models for effective education around online issues such as cyberbullying.

Managing Anger & Aggression: A Practical Approach



Melissa Abu-Gazaleh, 2016 NSW Young Australian of the Year, Founder, Top Blokes Foundation

Young people are often stereotyped as angry and aggressive, but how true is this? This presentation explores the relationship between anger and the mind, provides practical tips to manage it and demonstrates how young people can channel anger for a purpose to make a difference in the community.

Gamblification in Gaming: Tricks Used to Financially Exploit Kids



James Driver, Psychotherapist and Founder, NetAddiction NZ

The world of videogames and gambling are increasingly overlapping, with game developers often using various tricks to financially exploit young people. Free-to-play games are often designed to 'train' young people to engage in various forms of gambling. This presentation provides a better understanding of the creeping gamblification of games, how we can intervene and strategies to help young people better manage this issue.

Conversations We Should Be Having with Teens about Mental Health



Dr Claire Kelly, Manager, Youth Programs, Mental Health First Aid Australia

Adults are often wary of discussing mental health with teenagers. Many have internalised pervasive myths about risks associated with talking about mental health. Others just do not feel confident that they can communicate well with them when it comes to sensitive topics. This presentation highlights practical and simple tools which will help you to talk effectively about mental health to the young people in your life.

Nurturing a Healthy Mind: Common Sense Strategies for Wellbeing



A/Prof Michael Nagel, Researcher and Author, University of Sunshine Coast

Neuroscience has provided us with a radically new understanding of how the brain grows and develops. Worryingly, it has also been used to perpetuate a number of myths about building 'better brains'. This presentation focuses on debunking these by looking at contemporary research into how the brain matures and develops, how nurture impacts on nature, and the implications of this as we use common sense strategies for enhancing wellbeing and overall development.

The Values of Social and Emotional Literacy



Mark Le Messurier, Teacher and Counsellor

Social and emotional literacy is now expected to be taught in every Australian school with the same commitment we have traditionally taught academic skills. Yet, not all schools have embraced this – how do you teach it, and why should you anyway? This presentation uses 'What's the Buzz?', a program available in more than 60 countries to demonstrate the significance of social and emotional education, how it can be taught, and its impact on the wellbeing of young people.

GENERATION NEXT

www.generationnext.com.au

The Mental Health & Wellbeing of Young People 2017 Adelaide

REGISTRATION FORM

FRIDAY 28 JULY

ADELAIDE

	ONLINE ONLY	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 9 June)	\$199	<input type="checkbox"/> \$199
EARLY BIRD (Until 7 July)	\$215	<input type="checkbox"/> \$225
STANDARD (After 7 July)	\$240	<input type="checkbox"/> \$250
GROUP (3+) Discount — For bookings of 3 or more, must be made in a single transaction.	\$150pp	<input type="checkbox"/> \$150pp

I am a Teacher Psychologist Counsellor Nurse Social Worker Youth Worker Parent Other _____

Dietary Choice Gluten Free Vegetarian Vegan

*denotes required information

TO ENSURE YOU RECEIVE YOUR DELEGATE ENTRY TICKET, PLEASE PROVIDE YOUR HOME ADDRESS BELOW

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ALL CORRESPONDENCE (e.g. TAX INVOICE, CONFIRMATION OF REGISTRATION, SUPPLEMENTARY EDUCATIONAL MATERIALS) WILL BE SENT BY EMAIL
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