

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
2017
PROGRAM**

PERTH
Friday 2 June – 9.00am-5.00pm
Winthrop Hall, UWA



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EXCITING SPEAKERS • IMPORTANT ISSUES • INTERACTIVE MUSIC



Prof Jennie Hudson
Psychologist
Anxiety Disorders in
Young People



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



INTRODUCING
Conversations
with Resilient
Young People



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



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



*An
Interview with
Bee Orsini by
Andrew Fuller*

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.

Discount registrations online www.generationnext.com.au

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
The Dismantling of Girls' Wellbeing: Issues and Solutions	Maggie Hamilton
Media Violence & Domestic Violence: Obvious and Not-so-obvious Impacts	Dr Wayne Warburton
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	
Supporting a Young Person in Their Decision Not to Use Alcohol or Drugs	Paul Dillon
Conversations with Resilient Young People: Bee Orsini	interviewed by Andrew Fuller

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

PERTH 2 JUNE 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

Winthrop Hall, The University of Western Australia.
Limited paid parking available on-site. Public transport is recommended. See www.transperth.wa.gov.au for timetables and other information.

- Swan Taxis 13 13 30
- Black & White Cabs 133 222

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



facebook.com/gennextcommunity



[@GenNextVoice](https://twitter.com/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.

Conversations with Resilient Young People: Bee Orsini interviewed by Andrew Fuller



Your Past Doesn't Have to Dictate Your Future

Bee is a young Australian passionate about harnessing resilience, leadership and purpose for positive social change. To date, she has reached over 55,000 students across Australia. Bee was a teenager who had left an unsafe home – she was homeless, couchsurfing and often ending up in self-destructive situations. In conversation with Andrew Fuller, Bee will reflect on her lived experience of homelessness and poor mental health, what it took to 'bounce back', and the lessons learnt. Their conversation is a powerful discussion on resilience, mindsets and how support and intervention at the right time can make a fundamental difference for young people.

The Dismantling of Girls' Wellbeing: Issues and Solutions



Maggie Hamilton, Author and Researcher

It's a complex time to be a girl right now. Why the fear of missing out, the obsession with social media? Why are girls' lives focused on 'managing their brand' and what does this demand of them? This presentation explores the reasons behind girls' lack of self-esteem, their increasing sexualisation, and ways to help them reclaim their sense of choice, dignity and self-worth in a culture of self-hate.

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.

Media Violence and Domestic Violence: Obvious and Not-so-obvious Impacts



Dr Wayne Warburton, Deputy Director, Children and Families Research Centre

This presentation examines the impact of media with misogynistic and gendered violence approving messages – including video games, music and pornography – as well as the more subtle media influences on young people's attitudes. It provides strategies for resisting these influences and highlights how media in turn can be used to combat, rather than enable, domestic violence.

GENERATION NEXT

www.generationnext.com.au

The Mental Health & Wellbeing of Young People 2017 Perth

REGISTRATION FORM

FRIDAY 2 JUNE

PERTH	ONLINE ONLY	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 31 March)	\$175	<input type="checkbox"/> \$199
EARLY BIRD (Until 12 May)	\$199	<input type="checkbox"/> \$220
STANDARD (After 12 May)	\$220	<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
STUDENT LEADERS (YR 11-12) — EMAIL ONLY <input type="checkbox"/> \$50pp Email completed form with copy of student ID to info@generationnext.com.au		

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

Dietary Choice ☐ Gluten Free ☐ Vegetarian ☐ Vegan # PLEASE ATTACH COPY OF STUDENT ID

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

*denotes required information

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 ____ / ____ CCV _____

Name on Card _____ Signature _____

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

