

# *the* MENTAL HEALTH & *NOT* 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.



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## CANBERRA

Friday 7 June – 9.00am-5.00pm  
LLEWELLYN HALL, ANU

**ALSO IN**  
**SYDNEY**  
AUG 2

EXCITING SPEAKERS • IMPORTANT ISSUES • THE LATEST RESEARCH • PRACTICAL STRATEGIES



**Dr Jane Tracy**  
**Medical Practitioner**  
Nurturing Resilience  
in Young People with  
Disability



**Dr Gill Hicks AM MBE**  
**Founder of M.A.D for  
Peace, Survivor London  
Terrorist Bombings 2005**  
From Trauma to  
Strength



**Andrew Fuller**  
**Psychologist**  
Conversations with  
Troubled Young  
People – Practical  
Advice



**Greg Gebhart**  
**Office of the Children's  
eSafety Commissioner**  
eSafety Education  
Essentials for  
Everyone



**Dr Kristy Goodwin**  
**Digital Wellness Expert**  
Managing Attention  
Span in the Age of  
Digital Distractions



**Matt X**  
**Preventing Violent  
Extremism Consultant**  
Choosing Not  
to Hate

## WHAT IS GENERATION NEXT?

We are a not-for-profit 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 5 hours towards your annual professional development
- **Nurses:** 6 CPD hours, ACN Approved
- **AASW** Points Applied For



SEE BACK  
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# MAIN PROGRAM

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

| TOPIC                                                                            | SPEAKER                                                              |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Managing Attention Span in the Age of Digital Distraction                        | Dr Kristy Goodwin                                                    |
| eSafety Education Essentials for Everyone                                        | Greg Gebhart                                                         |
| A Developmental Approach to Nurturing Resilience in Young People with Disability | Dr Jane Tracy                                                        |
| MORNING TEA & RESOURCES EXHIBITION                                               |                                                                      |
| Choosing Not to Hate                                                             | Matt X                                                               |
| From Trauma to Strength                                                          | Dr Gill Hicks AM MBE                                                 |
| LUNCH & RESOURCES EXHIBITION                                                     |                                                                      |
| Conversations with Troubled Young People – Practical Advice                      | Andrew Fuller                                                        |
| TBA.                                                                             | See <a href="http://generationnext.com.au">generationnext.com.au</a> |
| AFTERNOON TEA & RESOURCES EXHIBITION                                             |                                                                      |
| TBA.                                                                             | See <a href="http://generationnext.com.au">generationnext.com.au</a> |
| TBA.                                                                             | See <a href="http://generationnext.com.au">generationnext.com.au</a> |

Program may be subject to change without notice. For the most up to date program, visit [www.generationnext.com.au](http://www.generationnext.com.au).

## CANBERRA 7 JUNE 2019

### 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

### EDUCATION POINTS

- **Teachers:** This seminar may contribute up to 5 hours of TQI accredited professional development at Proficient Teacher Level.
- **Nurses:** 6 CPD hours, ACN Approved
- **Social Workers:** AASW Points Applied For

### REGISTRATION INCLUDES

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

### VENUE TRANSPORT & PARKING

Llewellyn Hall, ANU School of Music Building, 100 William Herbert Place, Canberra, ACT, 2600. Limited paid parking available onsite. Please see <http://www.action.act.gov.au/> for information and timetables to plan your trip.

- Canberra Elite 13 22 27 • Cabxpress 1300 222 977

### THE GENERATION NEXT HANDBOOKS ESSENTIAL READING FOR ANYONE WORKING WITH YOUNG PEOPLE



- ✓ Addresses current, relevant and high priority issues
- ✓ Practical and easy to read with details on where to find unique additional resources, provided directly by the authors
- ✓ A comprehensive collection from some of Australia's most respected practitioners

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### FREE ONLINE RESOURCES



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[generationnext.com.au/resources/blog](https://generationnext.com.au/resources/blog)

## From Trauma to Strength



**Dr Gill Hicks AM MBE, Author,  
Founder of M.A.D for Peace,  
Survivor London Terrorist Bombings 2005**

Trauma can affect people in many ways. This presentation will showcase the power of the human spirit to triumph over trauma. Be inspired while gaining a greater set of tools to encourage and develop young people's ability to navigate change, and gain an appreciation for their personal ability to thrive.

## Conversations with Troubled Young People – Practical Advice



**Andrew Fuller, Child and Adolescent  
Clinical Psychologist, Inyahead**

Conversations change and save lives. The art of conversation is our primary tool for connecting with others, feeling understood, changing perspectives, stating beliefs and defining and redefining our identity. This presentation covers how to understand identity development and the change process towards more adaptive identities, initiate and continue a conversation with a troubled young person, professional/duty of care considerations and when to refer to higher levels of expertise.

## Managing Attention Span in the Age of Digital Distractions



**Dr Kristy Goodwin,  
Digital Wellness Expert**

Banning technology isn't the solution. Instead, we need to teach our kids how to manage technology in healthy and helpful ways. In this practical session Dr Kristy will equip classroom teachers and health professionals working with kids with research-based practical strategies to help kids manage their attention (without telling them they need to give up their smartphone, or stop using the iPad).

## A Developmental Approach to Nurturing Resilience in Young People with Disability



**Dr Jane Tracy, Medical Practitioner and  
Director of the Centre for Developmental  
Disability Health, Monash Health**

Resilience and optimal health are core pillars in the foundation of a good life for us all. People who live with disability face particular challenges in building their resilience and maintaining good physical and mental health. This seminar will present some key strategies to optimise health, as well as a developmental model that informs the identification of practical, everyday strategies to support young people with different abilities develop the resilience they need to live a great life.

## Choosing Not to Hate



**Matt X, Preventing Violent Extremism  
Consultant, Government and Non-  
Government Organisations**

As a young person, Matt was involved with a racist gang, but a life-changing moment altered his path and now Matt's mission is to break cycles of hate and violence in our society. This presentation uses the power of personal narratives to make a difference in young people's lives and change perspectives. Be uplifted and up-skilled in addressing bullying, violence and hate by using narratives and stories to help adjust hateful attitudes and empower young people to make positive choices.

## eSafety Education Essentials for Everyone



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

Technology is playing an increasing role in everyone's life – from infancy through to the senior years. Keeping safe online is essential and with every age group there are different exposures. This presentation will take you through a journey of online risks, including internet management for early years, strategies for dealing with challenging behaviours in primary years, online social pressures during the teenage years and image-based abuse considerations for adults.



# Friday 7 June 2019

More topics and speakers to be announced,  
see **generationnext.com.au** for updates.



## THE GENERATION NEXT HANDBOOKS ESSENTIAL READING FOR ANYONE WORKING WITH YOUNG PEOPLE

- ✓ Addresses current, relevant and high priority issues
- ✓ Practical and easy to read with details on where to find unique additional resources, provided directly by some of Australia's most respected practitioners
- ✓ All proceeds go towards funding Generation Next not-for-profit initiatives

**\$34.99** EA + \$9.99 P&H

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## REGISTRATION FORM

### CANBERRA FRIDAY 7 JUNE 2019

|                                                                                                                                                                                                           | ONLINE ONLY | FAX, MAIL OR PHONE               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------------------------------|
| SUPER EARLY BIRD (Until 22 March)                                                                                                                                                                         | \$179       | <input type="checkbox"/> \$199   |
| EARLY BIRD (Until 10 May)                                                                                                                                                                                 | \$199       | <input type="checkbox"/> \$229   |
| STANDARD (After 10 May)                                                                                                                                                                                   | \$250       | <input type="checkbox"/> \$285   |
| GROUP (3+) Discount — 3 or more, must be made in a single transaction.                                                                                                                                    | \$160pp     | <input type="checkbox"/> \$160pp |
| STUDENT LEADERS (YR 11-12) — <b>EMAIL ONLY</b> <input type="checkbox"/> \$50pp Email completed form with copy of student ID to <a href="mailto:info@generationnext.com.au">info@generationnext.com.au</a> |             |                                  |
| BOOK ORDER: <b>VOL 1. GROWING HAPPY, HEALTHY YOUNG MINDS</b> QTY [    ] <b>VOL 2. NURTURING YOUNG MINDS</b> QTY [    ]                                                                                    |             |                                  |

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

**\*required information**

Title\* \_\_\_\_\_ First Name\* \_\_\_\_\_ Surname\* \_\_\_\_\_

Organisation \_\_\_\_\_

Email\* \_\_\_\_\_

Home Address\* \_\_\_\_\_

\_\_\_\_\_ State\* \_\_\_\_\_ Postcode\* \_\_\_\_\_

Work Phone \_\_\_\_\_ Mobile\* \_\_\_\_\_

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

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 \_\_\_\_\_

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

Program is subject to change without notice. **Generation Next** ABN: 54 141 575 037. Registration will only be confirmed once payment has been received.  
**CANCELLATION:** See [www.generationnext.com.au](http://www.generationnext.com.au)

For more information visit the website [www.generationnext.com.au](http://www.generationnext.com.au) & subscribe to our very popular newsletter

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