

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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MELBOURNE

Friday 30 August – 9.00am-5.00pm
MELBOURNE CONVENTION CENTRE

NOT-FOR-PROFIT
EDUCATIONAL
SEMINAR

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



Paul Dillon
Educator, DARTA
Keeping Young
People Safer in Party
Environments



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 6 hours towards your annual professional development
- **Nurses:** 6 CPD hours, ACN Approved
- **AASW** Points Applied For



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MAIN PROGRAM

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

TOPIC	SPEAKER
eSafety Education Essentials for Everyone	Greg Gebhart
Keeping Young People Safer in Party Environments	Paul Dillon
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	
Helping Young People Through the Trauma of Family Separation	Fiona McCallum
Conversations with Troubled Young People – Practical Advice	Andrew Fuller
AFTERNOON TEA & RESOURCES EXHIBITION	
TBA.	See generationnext.com.au
TBA.	See generationnext.com.au

Program may be subject to change without notice. For the most up to date program, visit www.generationnext.com.au.

MELBOURNE 30 AUGUST 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

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- **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

Melbourne Convention & Exhibition Centre, Convention Place, South Wharf. The venue is accessible by public transport. Please visit www.ptv.vic.gov.au to plan your trip.

- Silvertop Taxi 131 008 • Taxi Australia 132 227

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

\$34.99ea plus P & H.

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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.

Helping Young People Through the Trauma of Family Separation



Fiona McCallum, General Manager, Good Grief

Divorce and family separation can present many challenges for young people and their support networks. This presentation will equip participants with strategies to provide grief and loss support and to better understand the experience of separation and divorce from a young person's perspective. Participants will learn how children may react and cope to this challenging time, how they can help to normalise change and build resilience, as well as evidence-based strategies for helping them to transition well through family change.

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.

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.

Keeping Young People Safer in Party Environments



Paul Dillon, Educator, DARTA

How do we create and maintain safer and healthier party environments for young people and what barriers exist to achieving better outcomes? This presentation will outline nightlife activity, improve knowledge around strategies and interventions currently available to improve the safety of young people attending music festivals, nightclubs and other party environments and identify the barriers that exist in relation to the rollout of 'harm reduction' strategies and interventions in this context


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.



 **Friday**
30 August 2019

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



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- ✓ 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

MELBOURNE FRIDAY 30 AUGUST 2019

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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* _____

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Work Phone _____ Mobile* _____

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

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CANCELLATION: See www.generationnext.com.au

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