

# the MENTAL HEALTH & N WELLBEING of YOUNG PEOPLE 2019

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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## BRISBANE

Friday 24 May – 9.00am-5.00pm  
UQ CENTRE, UNIVERSITY OF QLD

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  
How the Internet is Affecting Youth Wellbeing



**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** 8 CPD hours Approved



# MAIN PROGRAM

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

TOPIC	SPEAKER
How the Internet is Affecting Youth Wellbeing	Greg Gebhart
Fathers and Daughters	Madonna King
Keeping Young People Safer in Party Environments	Paul Dillon
MORNING TEA & RESOURCES EXHIBITION	
A Developmental Approach to Nurturing Resilience in Young People with Disability	Dr Jane Tracy
Choosing Not to Hate	Matt X
LUNCH & RESOURCES EXHIBITION	
From Trauma to Strength	Dr Gill Hicks AM MBE
Helping Young People Through Family Separation	Fiona McCallum
AFTERNOON TEA & RESOURCES EXHIBITION	
Anxiety and Mental Health Issues in School Communities	Kristen Douglas
Conversations with Troubled Young People – Practical Advice	Andrew Fuller

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).

## BRISBANE 24 MAY 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:** 8 CPD hours, AASW Approved

### REGISTRATION INCLUDES

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

### VENUE TRANSPORT & PARKING

UQ Centre, Building 27, University of QLD, Union Rd, St Lucia. Venue is accessible by public transport, and parking will be available onsite. Please see [www.translink.com.au](http://www.translink.com.au).

- Yellow Cabs 131 924

### 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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### FREE ONLINE RESOURCES

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- [youtube.com/GenerationNextCommunity](https://youtube.com/GenerationNextCommunity)
- [generationnext.podbean.com](https://generationnext.podbean.com)
- [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.

## How the Internet is Affecting Youth Wellbeing



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

Increased digital participation by young people has provided many positives. However, it has also enabled exposure to digital dangers including inappropriate content, excessive use, and image-based abuse. This session will share some of the latest research from the Office of the eSafety Commissioner and highlight a range of resources to help young people.

## Keeping Young People Safer in Party Environments



**Paul Dillon, Educator, DARTA**

This presentation will outline nightlife activity, improve knowledge around strategies and interventions currently available to improve the safety of young people attending these party environments and identify the barriers that exist in relation to the rollout of 'harm reduction' strategies and interventions in this context.

## Fathers and Daughters



**Madonna King, Chair of the Queensland Government's Taskforce on Cyberbullying**

How do we stop a father-daughter relationship from fracturing around adolescence, and how can the relationship be helped if the door to her room is already closed? Fathers and Daughters results from the views of 1300 Australian teen girls, 400 dads, along with principals, psychologists, and parenting experts.

## Anxiety & Mental Health Issues in School Communities



**Kristen Douglas, National Manager, Headspace in Schools**

Educators, parents and mental health workers are reporting an increase of anxiety in children and young people, commencing at an early age. This presentation will assist those who support children and young people to recognise signs of anxiety and other common mental health issues, when to be concerned and provide some practical support strategies to teach coping skills designed to reduce stress and anxiety.

## 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. Be uplifted and up-skilled in addressing bullying, violence and hate by using narratives and stories to help adjust hateful attitudes, change perspectives and empower young people to make positive choices.

## Conversations with Troubled Young People – Practical Advice



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

Conversations change and save lives and are 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, the change process towards more adaptive identities, initiate and continue a conversation with a troubled young person, duty of care considerations and when to refer to higher levels of expertise.

## Helping Young People Through 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 knowledge about how children may react and cope during 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.



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

BRISBANE FRIDAY 24 MAY 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) — EMAIL ONLY <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.

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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)