

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.



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PERTH

Friday 31 May – 9.00am-5.00pm
OCTAGON THEATRE, UWA

**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 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



SEE BACK
PAGE

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
Helping Young People Through Family Separation	Fiona McCallum
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
The Power of Empathy and Communication	Jonny Shannon
AFTERNOON TEA & RESOURCES EXHIBITION	
Anxiety and Mental Health Issues in School Communities	Sherenne Foale
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.

PERTH 31 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

Octagon Theatre, 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

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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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.

The Power of Empathy and Communication



Jonny Shannon, Mental Health Advocate

Most bullying in Australia starts as a joke or teasing; most bullying continues because of offence or unresolved issues. In this presentation Jonny will show by focusing on social skills, communicating and understanding the other person we can break the cycle of bullying and feel empowered in the process.

Anxiety & Mental Health Issues in School Communities



Sherenne Foale, WA State Manager, Headspace in Schools Be You

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

PERTH FRIDAY 31 MAY 2019

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EARLY BIRD (Until 10 May)	\$199	<input type="checkbox"/> \$229
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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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Home Address* _____

_____ State* _____ Postcode* _____

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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