

# 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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**ADELAIDE**

Friday 26 July – 9.00am-5.00pm  
ADELAIDE TOWN HALL

**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



**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 6 hours towards your annual professional development
- **Nurses:** 6 CPD hours, ACN Approved
- **AASW** 8 CPD hours Approved



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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 Distractions	Dr Kristy Goodwin
How the Internet is Affecting Youth Wellbeing	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	
Helping Young People Through Family Separation	Fiona McCallum
Anxiety & Mental Health Issues in School Communities	David Wild
AFTERNOON TEA & RESOURCES EXHIBITION	
Conversations with Troubled Young People – Practical Advice	Andrew Fuller
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).

## ADELAIDE 26 JULY 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

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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

Adelaide Town Hall – 128 King William St, Adelaide 5000.  
Paid parking is available. The closest car park is Topham Mall UPark on 52-54 Waymouth Street.  
Adelaide Town Hall is easily accessible by public transport.  
Please visit [www.adelaidemetro.com.au](http://www.adelaidemetro.com.au) to plan your trip.

### 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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- [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).

## 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 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.

## 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.

## 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. These negative experiences can reinforce and/or heighten vulnerabilities impacting on wellbeing. This session will share some of the latest research from the Office of the eSafety Commissioner and highlight a range of resources to help assist those working with young people.

## Anxiety & Mental Health Issues in School Communities



**David Wild, SA 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.



## 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

ADELAIDE FRIDAY 26 JULY 2019	ONLINE ONLY	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 31 May)	\$179	<input type="checkbox"/> \$199
EARLY BIRD (Until 28 June)	\$199	<input type="checkbox"/> \$229
STANDARD (After 28 June)	\$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: VOL 1. GROWING HAPPY, HEALTHY YOUNG MINDS QTY [    ] VOL 2. NURTURING YOUNG MINDS 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)

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