

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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CANBERRA

Friday 7 June – 9.00am-5.00pm
LLEWELYN 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
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 constitutes 5 hours of TQI accredited professional development at Proficient Teacher Level
- **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
Managing Attention Span in the Age of Digital Distraction	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 the Trauma of Family Separation	Fiona McCallum
Anxiety and Mental Health Issues in School Communities	Leonie Everett
AFTERNOON TEA & RESOURCES EXHIBITION	
Conversations with Troubled Young People – Practical Advice	Andrew Fuller
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.

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

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- **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

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

\$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.

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 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.

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



Leonie Everett, ACT 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

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) — EMAIL ONLY <input type="checkbox"/> \$50pp Email completed form with copy of student ID to info@generationnext.com.au		
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

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

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CANCELLATION: See www.generationnext.com.au