

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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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 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
How the Internet is Affecting Youth Wellbeing	Greg Gebhart
A Developmental Approach to Nurturing Resilience in Young People with Disability	Dr Jane Tracy
Anxiety in Young people – Practical Support Strategies for School Communities	Kristen Douglas
MORNING TEA & RESOURCES EXHIBITION	
Green Space and the Power of Nature Play for Shaping the Developing Brain	Dr Rachael Sharman
Helping Young People Through Family Separation	Fiona McCallum
LUNCH & RESOURCES EXHIBITION	
From Trauma to Strength	Dr Gill Hicks AM MBE
Choosing Not to Hate	Matt X
AFTERNOON TEA & RESOURCES EXHIBITION	
Managing Attention Span in the Age of Digital Distractions	Dr Kristy Goodwin
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.

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:** 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

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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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.

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 session Dr Kristy will equip classroom teachers and health professionals with research-based practical strategies to help kids manage their attention (without telling them they need to give up their devices).

Choosing Not to Hate



Matt X, Preventing Violent Extremism Consultant

This presentation uses the power of personal narratives to make a difference in young people's lives and change perspectives. Be uplifted and upskilled in addressing bullying, violence and hate by using narratives and stories to help adjust hateful attitudes and empower young people to make positive choices.

Helping Young People Through Family Separation



Fiona McCallum, General Manager, Good Grief

This presentation will equip participants with a better understanding of the experience of separation and divorce from a young person's perspective as well as evidence-based strategies to provide grief and loss support to help young people to transition well through family change.

Anxiety in Young people – Practical Support Strategies for 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 provide some practical support strategies to teach coping skills designed to reduce stress and anxiety.

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 assist those working with young people.

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

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.

Conversations with Troubled Young People – Practical Advice



Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead

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, how to initiate and continue a conversation with a troubled young person and when to refer to higher levels of expertise.

Green Space and the Power of Nature Play for Shaping the Developing Brain



Dr Rachael Sharman, Senior Lecturer in Psychology, University of the Sunshine Coast

Research demonstrates that by over-sanitising early play experiences, we have done our children more harm than good. In this session, participants will learn about the way in which the developing brain wires itself to the environment in which it finds itself, how access to play in green space improves physical and cognitive development and the importance of unstructured play with the full potential for both risk and reward in social emotional development.



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

MELBOURNE FRIDAY 30 AUGUST 2019

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EARLY BIRD (Until 28 June)	\$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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Email* _____

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_____ 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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