

the MENTAL HEALTH & N WELLBEING O of YOUNG PEOPLE 1

Leading experts deliver up to date, authoritative information. A practically oriented, multi-disciplinary approach to common issues impacting the wellbeing of young people.

**ALL NEW
2014
PROGRAM**

CANBERRA
Friday 6 June – 9.00am-5.00pm
Manning Clark Centre, ANU, Canberra

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LECTURES • RAPID UPDATES • DRUMMING • MEDITATION



INTERNATIONAL GUEST
Assoc Prof Douglas Gentile
Psychologist
Internet Addiction



Dr Tim Soutphommasane
Race Discrimination
Commissioner
Racism, Its Impact on
Mental Health and
Wellbeing



Dr Judith Slocombe
CEO, AMF
Evidence-Based
Anti-Bullying
Strategies



Paul Dillon
Educator, DARTA
Alcohol Culture &
Violence – Can It
Be Prevented?



Assoc Prof Michael Nagel
Teacher and Researcher
The Impact of
Technology on the
Developing Brain



Andrew Fuller
Psychologist
Helping Kids
Through the
Middle Years

WHAT IS GENERATION NEXT?

A social enterprise dedicated to the protection and enhancement of the mental health and wellbeing of young people. Our seminars empower participants with the knowledge and skills needed to help our young people achieve total wellbeing.

EDUCATION POINTS

- This seminar may contribute up to 6 hours towards your annual professional development requirements.

“It was wonderful to learn in such a funny and stimulating way. The power of humour!”



DRUMMING FOR WELLBEING WITH INRHYTHM

PROGRAM

REGISTRATION FROM 8.00AM
SEMINAR: 9.00AM – 5.00PM
EACH LECTURE 30 – 40 MIN

TOPIC	SPEAKER
The Impact of Technology on the Developing Brain	Assoc Prof Michael Nagel
Racism, Its Impact on Mental Health & Wellbeing, & Using Education to Combat It	Dr Tim Soutphommasane
Evidence-Based Anti-Bullying Strategies	Dr Judith Slocombe
MORNING TEA & RESOURCES EXHIBITION	
Anxiety in Young People	Prof Gavin Andrews
Alcohol Culture & Violence – Can It Be Prevented?	Paul Dillon
LUNCH – OPTIONAL DRUMMING WORKSHOP [30MIN]	
Drumming and Percussion for Wellbeing (Whole Audience)	Tim Orgias and InRhythm
Helping Kids Through the Middle Years	Andrew Fuller
Internet Addiction – Is It Real?	Assoc Prof Douglas Gentile
Meditation Crash Course – Learn a life skill in 10 minutes	Kabir Sattarshetty
AFTERNOON TEA & RESOURCES EXHIBITION	
Containing the Ripple Effects of Suicide	Stephanie Wilks
Dyslexia and Learning Disorders	Mark Le Messurier

CANBERRA 6 JUNE 2014

WHO SHOULD ATTEND

- Teachers, Principals, Student Welfare, Leaders
- Nurses, Doctors, Psychologists, Counsellors, OT
- Social & Youth Workers, Pastoral Care, Police, Parents
- Schools, Youth Organisations, Clinics, Churches, Sporting Clubs

EDUCATION POINTS

- 6.5 CPD hours, ACN Approved

This seminar may contribute up to 6 hours towards your annual professional development requirements. Please see www.generationnext.com.au for more details.

VENUE TRANSPORT & PARKING

Manning Clark Centre, Building 26A, The Australian National University. 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

INTERACTIVE SESSIONS

DRUMMING FOR WELLBEING



Explore the impact of drumming and body percussion on mood and its potential applications with young people.

There will be a session for the whole audience and an optional session during lunch involving large drums.



MEDITATION CRASH COURSE

Learn a simple, enjoyable meditation technique with scientifically proven benefits. An essential life skill to build resilience and reduce stress – both for you and the young people in your care.

REGISTRATION INCLUDES

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

Dyslexia and Learning Disorders



Mark Le Messurier, Teacher, Learning Disorders Expert

Young people affected by dyslexic difficulties and other learning disorders often suffer from a loss of confidence, which then can affect them socially, emotionally, and academically.

Those that work with these young people need to be able to identify and assist them with these disorders, and understand the mental health risks associated with it.

Helping Kids Through the Middle Years



Andrew Fuller, Child and Adolescent Clinical Psychologist, inyahead

The middle years of school are a particularly difficult time for young people. Andrew will outline the characteristics defining this period and ways to capitalise on the 'sparkiness' of childhood to integrate learning experiences in order to ensure that our kids are resilient, happier, and more engaged.

Internet Addiction – Is It Real?



Assoc Prof Douglas Gentile, Psychologist, Iowa State University

Science has finally caught up to what parents have suspected – some children (and adults) can become addicted to the Internet and video games. Douglas will detail what it is and show

the scientific evidence about how seriously it should be taken, as well as the warning signs to look out for.

Alcohol Culture & Violence – Can It Be Prevented?



Paul Dillon, Educator, DARTA

Emergency and medical services have been calling for a cultural change – to end Australia's culture of binge drinking. Growing media attention on alcohol-fuelled violence means that governments cannot ignore the

problem any longer. With this seminar, you will appreciate the gravity of the problems caused by alcohol and the seriousness of the actions needed to combat them.

Containing the Ripple Effects of Suicide



Stephanie Wilks, National Capacity Builder of Headspace School Support

When a young person dies by suicide, the impact can be devastating to those who knew them. Stephanie will discuss strategies and practices to aid in a supportive response to

these traumatic events. Suicide postvention support will be a main focus, to give insight to the most important question – how can we try to prevent this from happening again?

Racism, Its Impact on Mental Health and Wellbeing, and Using Education to Combat It



Dr Tim Soutphommasane, Race Discrimination Commissioner, Australian Human Rights Commission

Is racism an issue in Australia? What impact does racism have on mental health and wellbeing? Tim will explore current community attitudes and describe a number of strategies that can be implemented in schools and organisations to promote challenge to prejudiced attitudes. His talk is based on extensive research conducted by the anti-racism branch of the Human Rights Commission.

Evidence-Based Anti-Bullying Strategies



Dr Judith Slocombe, CEO, Alannah and Madeline Foundation

Bullying is an increasingly difficult problem in schools and organisations, particularly amongst young people, and solving the problem is not always straightforward. Judith will describe evidence-based strategies by which this major concern can be tackled more efficiently at an individual level with a whole-community approach.

Anxiety in Young People



Prof Gavin Andrews, Psychiatrist CRUFAD, UNSW, St Vincent's Hospital

Anxiety is a common problem amongst young people but is often unrecognized. Gavin will describe the problem, how it manifests, what are the "red flags" that should make you suspect a young person has anxiety and how best to help them overcome it. By addressing these issues, it young people can be engaged more effectively, thus facilitating optimal learning.

The Impact of Technology on the Developing Brain



Assoc Prof Michael Nagel, Teacher and Researcher, School of Science and Education, University of Sunshine Coast

Increasingly there is growing recognition that technology may be having a profound impact on the developing brains and neuro-circuitry of young people. Mike will unpack some of this information by examining the changing nature of technology, its influence on the brain both positive and negative, and what this might mean for all those who work with young minds.

GENERATION NEXT

www.generationnext.com.au

REGISTRATION FORM

The Mental Health & Wellbeing of Young People

CANBERRA FRIDAY 6 JUNE, 2014

CANBERRA	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 11 April)	\$199	<input type="checkbox"/> \$199
EARLY BIRD (Until 9 May)	\$215	<input type="checkbox"/> \$225
STANDARD (After 9 May)	\$240	<input type="checkbox"/> \$250
GROUP (3+) Discount — 3 or more, must be made in a single transaction.	\$150pp	<input type="checkbox"/> \$150pp

I am a Teacher Principal Deputy Principal CEO Manager Psychologist Counsellor Nurse Social Worker
 Parent Youth Worker Other _____

Dietary Choice Gluten Free Vegetarian Vegan

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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. Events will proceed subject to demand. CANCELLATION: See www.generationnext.com.au Generation Next ABN: 54 141 575 037

