



SCHOOL-LINK NEWSLETTER

**TERM 1
2009**

**Volume 3
Issue 1**

**NORTHERN SYDNEY
CENTRAL COAST
NSW HEALTH**

From the SCHOOL-LINK COORDINATOR

Contact Details

Helen Astolfi

School-Link Coordinator (HS)

**Gateway Centre,
Suite 1, Level 2
237 Mann St , Gosford 225**

Ph: (02) 4304 7878

Fax: (02) 4304 7800

hastolfi@nscchahs.health.nsw.gov.au

Welcome to the first edition of your school-link newsletter for 2009. I hope you all had a peaceful and relaxing festive season.

The School-Link training that took place in December was well attended and provided an excellent opportunity to build relationships with many of the participants. There were a range of services in attendance and certainly DET was well represented. I look forward to providing more training in 2009, watch this space.

Health as part of the ceremony for the ycentral site.

Guests included the Minister for Health and Minister for The Central Coast, The Hon. John Della Bosca, Federal Member for Robertson, Ms Belinda Neal, Gosford City Mayor, Chris Holstein, the local business community and NSW Health. There were approximately 150 people in attendance with many services providing a range of information at their stalls, check out the photos in the newsletter.

With the beginning of a new year transition to high school can be a difficult time for young people. An updated version of the OutaSite CDROM is now available—contact me if you have not yet received a copy.

During 2008 I met many DET staff at their meetings which I found very helpful. I would therefore like to continue attending appropriate meetings in order to maintain face to face contact. Welcome back for another new year and I look forward to working with you all in 2009.

Cheers Helen

Inside this issue:

Official Launch @ ycentral	2
Party Safely	4
Burnside & RYSS Bullying Project	5
School Mental Health Promotion	6
School-Link Training	7
School-Link (primary) & headspace	8
Chronic Illness Peer Support	9
Commonwealth Carer Respite	10
Capoeira & Multicultural Health	11
MindMatters	12
YMH First Aid & GenQ	13

ycentral had its official launch last year on October 9th. The launch began in Burns Park with an Indigenous smoking ceremony and Welcome to Country, conducted by local Aboriginal leaders Phil Bligh and Gabi Duncan. The event then moved on to **ycentral** to continue with the proceedings.

Young Aboriginal dancers performed to the mesmerizing sounds of the didgeridoo played by Gabi Duncan. Aboriginal, Torres Strait Islander and Australian flags were presented to Deb Howe, Director, Children & Young People's Mental

CIRCULATION

PLEASE DISTRIBUTE to:

CONTRIBUTIONS

If you would like to contribute to the next newsletter, please contact Helen on 0414192875

- | | |
|--|--|
| <input type="checkbox"/> Principal | <input type="checkbox"/> Deputy Principal |
| <input type="checkbox"/> School Counsellor | <input type="checkbox"/> Head Teacher - Welfare |
| <input type="checkbox"/> Head Teacher - PD/H/PE | <input type="checkbox"/> Year Advisors |
| <input type="checkbox"/> Learning Support Team | <input type="checkbox"/> Copy placed in Staff/Comm Room |

Official Launch @ycentral

Welcome to Country & Indigenous Smoking Ceremony



Phil Bligh & Gabi Duncan—Aboriginal Leaders & Consultants, and the **Freeman Brothers**—Aboriginal Dance Troup open the official proceedings with an Indigenous Smoking Ceremony & Welcome to Country beginning in Burns Park



@ycentral opening

Deb Howe (R), Director CYPMH receives Aboriginal, Torres Strait Islander & Australian Flags for ycentral



Above the crowd begins to gather in Burns Park



Sasha Grey provides some live music throughout the opening and **Ben Brown**, Youth Alliance delivers a wonderful heartfelt speech as part of the formal proceedings



The Honorable John Della Bosca, Minister for Health & Minister for Central Coast



@ycentral in cyberspace

Young people use information and communication technology (ICT) to keep in touch with each other, find out information in order to make better informed choices and decisions and to find out what's happening in the community around them. **ycentral**

has acknowledged this with the development of the ycentral website, www.ycentral.com.au

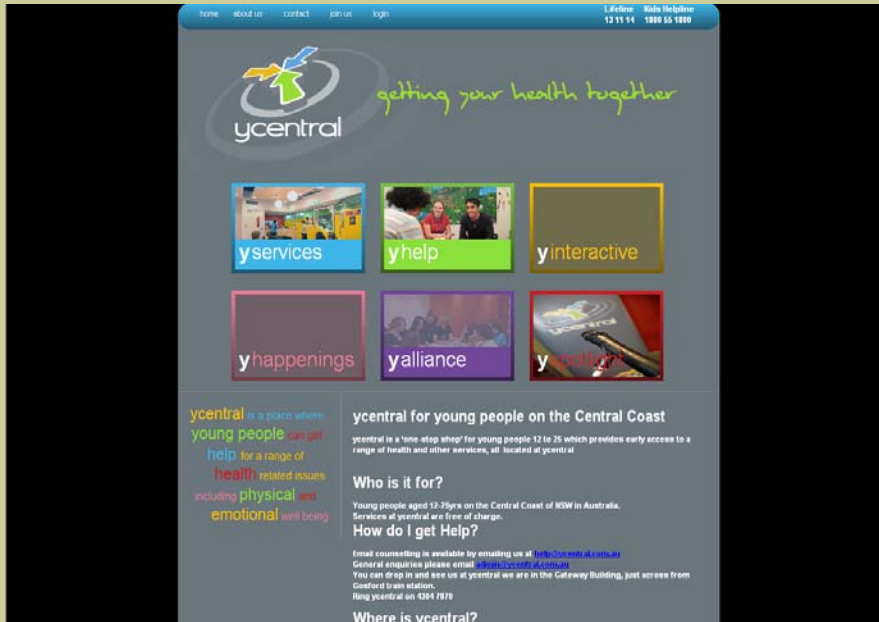
The site includes information about how to access local youth health related services and what they offer, and links to most of the major youth related health and mental health services and programs around Australia. The site also has an email counselling section in the **yhelp link**, where local young people can enquire with any concerns and get a response from a trained youth mental health professional. There is also a Question and Answer section where they can submit any questions about physical/mental health or issues such as relationships and sexual health. **ycentral** has a team of doctors, nurses, counsellors and other health professionals who can assist with these enquiries.

ycentral.com has up to date directories of youth related services so that the site can be a one stop shop for all youth related

information on the Central Coast. The website has a gaming area with "Brain Invasion", a Cognitive Behaviour Therapy education resource that can assist young people with ideas about how to combat depression, anxiety and anger in a gaming environment. This section has links to other websites that use gaming media to engage young people in thinking about mental health and relationship issues, such as <http://www.reachoutcentral.com.au/>

The website as it develops will also be a platform for local youth digital media and advertise local events and happenings. We will be presenting the website to schools in the upcoming year and hope that it will become a valuable service for students in Central Coast schools.

For any enquiries about the website, contact: Marcus on 4304 7878.



PARTY SAFELY

'Don't turn a night out into a nightmare'

A new website to accompany the Commonwealth Government's National Binge Drinking campaign has now gone live - you can get to it by going to: <http://www.drinkingnightmare.gov.au> it includes media clips and other fact sheet resources which are currently only available on line. The key message of the campaign is:

"Don't turn a night out into a nightmare" which highlights some of the violence, injury and humiliation that can come from binge drinking.

The campaign's primary target audiences are teenagers aged 15-17 and young adults aged 18-25 years.

Evidence shows that a high proportion of the alcohol consumed by both adolescent and young adult drinkers is at risky and high risk levels. For these reasons, 15-17 year olds and 18-25 year olds represent important target audiences for a campaign targeting the harms associated with binge drinking.

The secondary target audience is parents of 13-17 year olds. While many parents believe they cannot influence their teenagers' drinking, teenagers look to their

parents to provide guidance and set boundaries of acceptable behaviour with respect to drinking alcohol.

For further information on binge drinking go to the **DrugInfo Clearinghouse** which has a range of resources: The facts about binge drinking www.druginfo.adf.org.au/druginfoclearinghouse/the_facts_about_binge_drinking/the_facts_about_binge_drinking.html

Alcohol www.druginfo.adf.org.au/druginfo/drugs/browse_by_drug/alcohol1.html **Young people and alcohol** www.druginfo.adf.org.au/hidden_articles/banner_pages/teenage_drinking.html

Free resources on alcohol

www.druginfo.adf.org.au/druginfo/free_resourcesfree_resources_browse_by_drug/Alcohol-relatedresources.html

The **Australian Drug Foundation (ADF)** Bookshop also has a range of alcohol-related resources that can be purchased through its website www.bookshop.adf.org.au.

Some Fast Facts

- Four Australians under 25 die due to alcohol related injuries in an average week
- One in two Australians aged 15-17 who get drunk will do something they regret



- 70 Australians under 25 will be hospitalized due to alcohol-caused assault in an average week
- On average, 1 in 4 hospitalisations of people 15-24 happen because of alcohol

What is Secondary supply?

'Secondary supply' generally refers to the sale or supply of alcohol to people under the age of 18 year olds (minors) by adults or other minors. The legal drinking age in most states is 18 years. It is illegal in most states for someone under the age of 18 to drink or buy alcohol, or have alcohol supplied to them by an adult in a licensed venue or public place. There are currently no laws in Australia that makes it an offence for a person under 18 to drink alcohol in a private home.



Burnside—Reconnecting Adolescent Parent Team

The R.A.P.T. service supports young people and their families to develop strategies in order to resolve conflict which may result, or has resulted, in youth homelessness. The major goal is to enable the young person to live at home. However, RAPT also offers a casework referral service to support young people when living at home is not an option.

RAPT is a voluntary service that aims to strengthen family relationships by offering practical and personal support to young people and their families. RAPT assists young people and families with information and support around issues that may be causing tension within their family, or alternatively are stopping the young person and their family from coming together. Through individual casework RAPT offers support and advocacy to young people experiencing conflict at home, they are able to meet with the young person and/or their family in a non-threatening environment such as the family home or other current accommodation, school or youth centre. RAPT also offers educational groups for parents of teenagers to better prepare them for the challenges of adolescence.

During the past year it has been the focus of the RAPT team to initiate partnerships with the High Schools throughout the Central Coast. RAPT workers are now linked to allocated schools where they receive referrals from Head Welfare teachers, Deputy Principals and Year Advisors.

Working within the schools the RAPT team provides flexible access to families either meeting with them at the school or at their homes. RAPT can also provide parent support groups on any topics that are required and groups for young people around any issues relating to family and relationships.

This programme is unique in the way that RAPT focuses on the young person and the family. However if the young person does not want to work with RAPT we are still able to offer short term intervention support to parents and this is also offered to the young person where parents do not want to work with RAPT.

A young person or family member who would like to talk to someone about their family relationships can contact 1800 067 967 where a RAPT worker is available 8.30am to 4.30pm Monday to Friday

Regional Youth Support Services- 'the effects of bullying'



A discussion regarding the effects of bullying



One young resident of the Central Coast – in partnership with *Regional Youth Support Services Inc* – is determined to cast the subject of bullying under the spotlight, confront the apathy, truly reflect the physical and psychological effects and provide a concerted, community stand against bullying.

With the support of RYSS and a grant from Gosford Council, *Bradley Death* from Brisbane Water Secondary College has launched 'Throwing Stones', an awareness program that will be conducted in three phases culminating in a theatrical production based on the problem and issues surrounding bullying.

If there are young students in your school who want their voice to be heard?

So do we.

Email: artstart@ryss.com.au

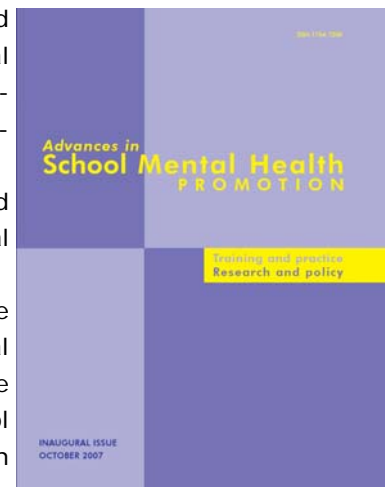
or call Virginia at Regional Youth Support Services Inc. on 4323 2374

School Mental Health Promotion—a snapshot

The Clifford Beers Foundation, in collaboration with the University of Maryland School of Medicine, is pleased to announce the launch of a new academic journal relevant to all those with an interest in school mental health promotion. The inaugural issue of '**Advances in School Mental Health Promotion**' was published in October 2007, with Volume 1 commencing in January 2008.

The journal emphasizes the interconnectedness of research, policy, training and practice and the opportunities to make progress in all these areas through global dialogue, collaboration and action.

Advances in School Mental Health Promotion will be excellent reading for those with a clinical, professional, academic or personal interest in promoting mental health in schools, including administrators, advocates, counselors, health care providers, policy makers, psychiatrists, psychologists, social workers, school principals, sociologists, teachers, youth and families. The inaugural journal can be downloaded for free from the **Communities and Schools Promoting Health** link (see below)



The Clifford Beers Foundation

<http://www.cliffordbeersfoundation.co.uk/>

Communities and Schools Promoting Health

<http://www.safehealthyschools.org/>

Advances in School Mental Health Promotion

<http://www.schoolmentalhealth.co.uk/index.htm>

Advancing School Mental Health Promotion Globally (Weist & Murray)

Weist & Murray (2007) define school mental health promotion as:

Providing a full continuum of mental health promotion programs and services in schools, including enhancing environments, broadly training and promoting social and emotional learning and life skills, preventing emotional and behavioral problems, identifying and intervening in these problems early on, and providing intervention for established problems. School mental health promotion programs should be available to all students, including those in general and special education, in diverse educational settings, and should reflect a shared agenda—with families and young people, school and community partners actively involved in building, continuously improving and expanding them.

Quality is a central construct in school mental health promotion with many facets, including:

- An inclusive approach reaching out to and assisting all interested young people and families, and purposefully overcoming barriers to promotion and intervention
- Building programs in ways that are responsive to student & community needs, while building on strengths
- Focusing on reducing barriers to student learning through student & family friendly programs based on the evidence
- Proactively involving all interested stakeholders, in program development, improvement and growth
- Emphasizing and providing support for systematic quality assessment & improvement & continuous student & program evaluation
- Ensuring the full promotion to intervention continuum
- Ensuring that all efforts are sensitive to the full range of developmental, cultural/ethnic, and personal differences in students
- Building interdisciplinary relationships in schools and strong teams and coordinating mechanisms
- Building strong connections between programs and resources with the school with programs and resources in other community settings

In addition to this strong emphasis on quality school mental health promotion should reflect a purposeful attempt to build a new paradigm in the way mental health is promoted in children and adolescents. The priorities should be environmental improvement and the health of populations of children and adolescents, not solely limited efforts to treat 'psychopathology' in select individuals. Strong efforts are needed to break down disciplinary silos as the work in schools is inherently interdisciplinary (Weist & Murray, 2007).

School—Link Training

The *NSW School-Link Training Program Phase 5: The assessment and management of anxiety disorders in children and young people* is being delivered across NSW during 2008-2009. This training is a key component of the statewide NSW School-Link initiative, an ongoing partnership between the NSW Department of Health and NSW Department of Education and Training aimed at improving mental health outcomes for children, adolescents and their families.

The NSW School-Link Training Program, which began in 2000, has previously addressed adolescent depression, self-harm, cultural and sexuality issues in the mental health and wellbeing of adolescents and coexisting mental disorder and problematic substance use in adolescents.

In this Phase 5 training, focus has shifted slightly to include children as well as adolescents, as anxiety is often first experienced in these earlier years of life.

Anxiety, which includes excessive fears and worries, can have significant impact on the development of children and if left untreated, can continue into adolescence, if their anxiety is not adequately treated.

Anxiety is a mental disorder that can be treated successfully, especially if the treatment begins early in the course of the illness. Treatment may involve a multi-model approach, involving psychological therapy for the child or adolescent and will often include supportive roles for the family and school as well. In some cases, there may also be a role for medication, particularly for older adolescents.

Prevention, early recognition and treatment that is timely and evidence based all have an important role to play in assisting children, young people and their families with these problems. School-Link Training Phase 5: Assessment and management of anxiety disorders in children and adolescents will develop the skills of counsellors and psychologists in schools, TAFE colleges, mental health, juvenile justice and Community services.

NSCCH Mental Health School-Link Coordinator hosted the Phase 5 training which was facilitated by the State-wide Trainers, Anthony Hillin and Rob McAlpine. Approximately 100 professionals attended the 2 x 2 day training workshop. Participants in attendance represented a range of organisations including DE&T, Youth Mental Health and Juvenile Justice.

A summary of the evaluation from both workshops identified the following:

- 100% of participants felt the course would help them deliver a better service to their clients
- 99% of participants were satisfied with the course
- 100% of participants would recommend the course to a colleague
- 100% of participants felt the course was excellent, very good or good at meeting their needs
- 99% of participants felt the course was excellent, very good or good at meeting its aims
- 99% of participants felt the trainer's deliver of the course was excellent or very good

If you would like to know what other school-link training is available in 2009 please contact

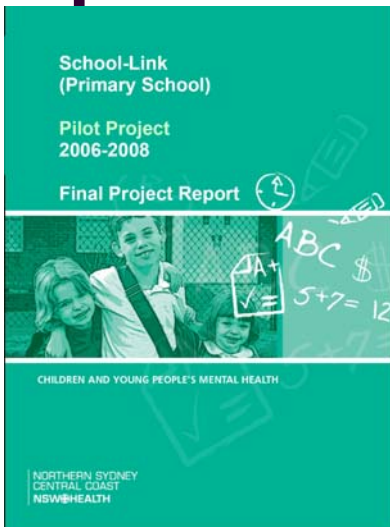
School-link coordinator on 0414192875



School-Link Training workshop held at Terrigal Surf Club December 2008



School—Link (Primary School) Pilot Project 2006-08



The report for the School-Link (Primary School) Pilot Project 2006-2008 is now complete. The pilot project was implemented in 11 primary schools across the Central Coast. The key aim of the pilot project was to raise awareness of mental health issues in the primary school setting. With the support of the Primary School-Link Coordinator a number of strategies were implemented to achieve this aim. The evaluation demonstrated that the project had been well received and there were some significant changes made in knowledge, awareness and perceptions of mental health. The project took a whole of school approach, with strategies targeting all aspects of the school community, including school executive, teaching staff, students and parents.

One of the key successes of the project was the Supporting Kids in Primary Schools (SKIPS) program. This mental health promotion program is targeted at staff and year 5 and 6 students. It aims to reduce prejudice and address the role of schools and teachers in supporting students and families affected by mental illness. The program educates primary school communities about the spectrum of mental health and helps primary schools understand and support children and families affected by mental health issues. 168 staff and 394 students from across 5 of the project schools completed the program. Results were extremely positive. Following the training over 95% of staff reported to have a good understanding of mental health illness after training

compared to 36.1% prior to training, with 90% of staff reporting they had a good understanding of the impact of parental mental illness on a child, following the training, compared with 30% pre training. Further, pre training only 55.7% of students could accurately describe the symptoms of schizophrenia, rising to 91.4% post training.

Other strategies that were well received by the schools included Mental Health First Aid; the Impact of Mental Health Disorders on Learning – Training and manual; and the Welcoming package.

Following a hiatus of the School-Link Primary Coordinator in 2008, the position has now been refilled. The new School-Link Primary Coordinator will commence in February, with the position being funded for 6 months.

If you would like further information about the School-Link (Primary School) Pilot Project 2006-2008 Report, please contact Helen Astolfi, School-Link Coordinator.

School Survey—headspace

The Youth Alliance is a group of young people (16-25) from a diverse range of backgrounds who are employed at **ycentral**, a collocated site, through the **headspace** initiative, to improve the youth friendliness and access to health services for young people on the Central Coast. Since their commencement in May 2008, the Youth Alliance has undertaken training including mental health first aid, communication skills, consultation and community awareness/education.

The **headspace** Youth Alliance want to know about the experience of young people

The team are currently conducting a questionnaire on 'Help Seeking Behaviours' and would love to hear from young people. The questionnaire has been written by young people- for young people; in the hope to learn about what young people do when they aren't feeling so great.

The questionnaire is simple to complete and will be used to help us improve health services on the Central Coast. We don't want to know names or telephone numbers, because we want young people to feel comfortable in telling us 'what it's really like'. The results will be used to better understand how health services can be delivered, tell us what young people don't like about services, and **INFORM A CHANGE!**

So if you see or hear about a questionnaire, please encourage your students to get involved- this is a chance to influence and make changes to services that young people and their friends may use!

Approval has been given by the DE&T however signed and informed consent must be gained from parents and young people as participants. Any further information contact Elise on 4304 7870

Chronic Illness Peer Support (ChIPS)

Why do I get sick?
Or more to the point why me?
Why was I chosen?
Was it because I fit the right description?
Was it to make me stronger?
Is this a test?
Am I passing?
Why do I feel alone?
Why do I have to take medications?
Does it really do anything?
If I wasn't sick, who would I be today?
Does anybody really understand?
Why do I have to live with the pain?
Why do the doctors say they can't do anything more?
Can I really live normally with this?
So many questions.....
Will I ever find the answers?

Louise De Pino
Melbourne ChIPER

Five Tier Model of Participation

Peer Support Group: a small discussion based group running for eight weeks.

ChIPERS (chronic illness peer support, education, recreation and social):

- Ongoing involvement in activities, while maintaining and forming friendships
- Leadership training — a two day program that prepares members with the skills to become group leaders
- Peer leadership — opportunity to co-lead a support group
- Reference committee — a team of ChIPERS who are involved in the overall planning of activities, including socials, fundraising, camps, groups, advocacy and publications.

ChIPS—What is it all about?

ChIPS is a group that recognizes the frustration, anger and isolation that can come from living with a chronic illness. It recognizes that whilst all young people attending the **ChIPS** program live with varying forms of chronic illness, what is most apparent is that all members are young people.



ChIPS recognizes that whilst these young people may have extra priorities to other young people their age, they still want to have fun and form friendships with other young people who understand the limitations and isolation that living with a chronic illness can bring.

ChIPS — peer support program

ChIPS is a peer support program for young people aged 12-24 years living with a chronic health condition (this does not include those with primarily a mental health issue) in the Central Coast region.

The **ChIPS** program runs for one & a half hours per week for 8 weeks. The group will run in a local community centre determined by Youth Health prior to each program.

The topics will vary for each group depending on what the group decides. Some common themes include;

- Social life
- School
- Parents
- Self-esteem
- Independence
- Fears
- Confidence
- Stress

And lot's more.....

'ChIPS is not just about chronic illness. It's about being an adolescent and getting on with life.'

What happens after the ChIPS peer support group?

There are many opportunities for further involvement at varying levels, including attending social events, peer leader training etc. which will be discussed toward the completion of the group.

For further information or to make a referral please contact the Worker on Duty at the Northern Sydney Central Coast Youth Health Service on

4356 9333

Commonwealth Carer Respite Centre

Approximately 748,000 people in NSW provide unpaid care and assistance to others. Twenty percent are primary carers, of those 91% were caring for close family members. Carers can be of any age, with the majority of primary carers being of workforce age. It has been estimated that 1 out of 6 carers are young carers (0-24 years old). Although the carers experience intangible benefits from care-giving, they often face many difficulties and compromise their own quality of life. Carers need to balance their caring role with other family and work responsibilities. The role of carers comprises a range of activities from providing assistance with personal care and household tasks to monitoring symptoms, medication compliance and ensuring provision of health care.



Commonwealth Carer Respite Centre

The Impact of Caring

- Over 50% of carers provide at least 20 hours of care per week
- Carers tend to have lower incomes compared to the general population with a high proportion relying on pensions and government allowances as their primary source of income
- Over 50% have reported a decline in physical health as a result of providing care
- Over 50% felt they had worse mental health and overall health than non-carers
- Almost 60% had experienced negative effects on their life opportunities
- 70% or more of Young Carers stated that their educational opportunities had been negatively affected by their caring responsibilities
- Only 4% of Young Primary Carers between the ages of 15-25 are still at school compared to 23% of the general population aged 15 to 25

Who are Carers?

Carers look after family members or friends who are frail aged, have a disability, chronic condition or mental illness. Carers may be parents, brothers, sisters, friends, or children of any age. Carers may care for a few hours a week, or all day everyday. Some carers are eligible for government benefits, while others are employed or have some other form of income.

What is respite?

Respite is a break from the responsibility of looking after someone. It may be for a few hours, a day, a night or longer. Respite may involve a worker coming into your home to look after the person you care for, or the person you care for may be able to stay out of your home in a residential respite facility.

How do I organise respite?

Call the Carer Respite Centre on **1800 059 059**. This is a free call number from landlines and is open 24hrs, 7 days.

What other services are available?

[Carelink](#) is a free call service that can give you information on community services in your local area. Call 1800 052 222.

[Carers NSW](#) provides an array of information and support services for carers. They can be contacted on 1800 242 636. A free Carer kit is also available in 13 different languages on this number.

Commonwealth Carer Respite Centre

'Linking Carers to Respite'

1800 059 059

CAPOEIRA hits the Central Coast



CAPOEIRA is a dynamic 'non-contact' Afro Brazilian art form that blends martial arts, acrobatics, music and dance in a game full of tradition & ritual. Capoeira is one of Brazil's National Sports and part of school curriculum for most schools in Brazil.

Our structured classes include all these aspects and more!! We cater to all ages and fitness levels. Our academy has been running for 7 years in Sydney teaching within schools/after schools as an evening course, at community colleges and within community groups (including persons with disabilities).

Activities include;

- Weekly classes/activity over a term/year
- Workshops – cultural, historical, performing arts, physical education, traditional instruments and Portuguese singing Language
- Food technology – bringing you the exotic taste of Brazil
- Brazilian cultural show – an educational, fun, interactive show for school assemblies & festivals.

During the weekly classes, we can teach 'routines' that your students can perform for the end of term/year. PLUS with your permission, they can also perform with all our other students at CAPOFEST – a Brazilian Cultural and Grading Festival. As Capoeira is such a visual art form, we would like to arrange a 10 – 15 minute meeting with you including videos etc.



For more information visit the website
www.capoeira.cc or phone Sharon on 0422087972
 or email shazza.g@inorbit.com

NSCCH—Multicultural Health



The **Multicultural Health Service** works in partnership with other workers and community groups to improve the health, well-being and health services in Northern Sydney Central Coast Health (NSCCH) for migrants and refugees.

Services we provide to the community include: Information sessions in community languages on health and health services in partnership with other service providers;
 Community development activities in partnership with small, emerging communities to assist in identifying and addressing health needs;
 Coordination of health screening for newly arrived refugees and humanitarian entrants;
 Assistance to people from culturally and linguistically diverse (CALD) communities to access health services. and referral to health and welfare services.

Other services provided include:

Interpreting Service: We promote the use of the Health Care Interpreter Service to all staff in Northern Sydney Central Coast Health and train staff in using interpreters effectively.

Multilingual Health Information: We advise staff on the production and dissemination of multilingual information on different topics about health and services.

Training: We train staff how to provide accessible and culturally appropriate services to CALD communities. The term **CALD** refers to "culturally and linguistically diverse". The term is used to refer to migrants and refugees who come to Australia from non-English speaking countries, as well as countries where English is widely spoken. The term **NESB** refers to "non-English speaking background" and is used to specifically describe people whose first language is not English and who may require the assistance of interpreters.

Contact NSCCH Multicultural Workers
 Nerilyn Lee on 4320 2972 or Edna Wachter on 4320 3791.



MindMatters

mindmatters@curriculum.edu.au



An Expression of Interest is sought from interested schools to participate in Level 1 Training of MindMatters

MindMatters, is a nationally funded initiative of the Commonwealth Department of Health and Aging to build the capacity of schools to promote social and emotional wellbeing. The key message of MindMatters is 'Teaching **for** Mental Health' - not just teaching about Mental Health. It is not another program 'to get done' in a school, rather it provides a framework using a whole of school approach to celebrate the good things that are already happening, strengthen existing strategies where needed and identify areas for action.

The Level One MindMatters Introductory, 2-day workshop explains the MindMatters approach to developing mental health and wellbeing in schools and classrooms. Schools and relevant agencies are invited to send two or more participants. Participants can expect :

- To understand the importance and relevance of social and emotional health and wellbeing skills for young adolescents within a whole school approach;
- To explore how recognition of the individuality of students and the diversity of their social and cultural backgrounds provides a range of possibilities for schools and agencies to
- develop resilience;
- To discover the range of activities and strategies found within the MindMatters resource and their use in range of classrooms as well as the whole school curriculum;
- To be informed of potential impact of mental illness and how this can be addressed from a school perspective;
- To develop a strategic plan for the next steps with their classroom, school, agency or
- practice.

The **MindMatters** resource which was developed for secondary schools has been in use since 2000. The resource kit and the accompanying professional development program, as well as the website www.curriculum.edu.au/mindmatters, provide background information, classroom activities and a framework for a whole school and whole student approach to promote and protect the social and emotional wellbeing of students, staff and their school community.

Some of the significant

If your school would like to participate in level 1 training or find out more please contact your school-link coordinator

Helen Astolfi,
School Link Coordinator,
4304 7878 or 0414 192 875
hastolfi@nsccha.health.nsw.gov.au



Youth Mental Health First Aid Course

Now available on the Central Coast for youth sector workers in local services, government and non-government organisations and the business sector.



WHY YOUTH MENTAL HEALTH FIRST AID?

Mental Health problems frequently first arise in adolescence and young adulthood. Young people have poorer knowledge about mental health and how to get professional help. They are particularly likely to initially need support from adults to get the appropriate help. To address this need, a specialist Youth Mental Health First Aid course has been developed.

WHAT IS MENTAL HEALTH FIRST AID (MHFA)?

First Aid is the help given to an injured person before medical treatment can be obtained. **Mental Health First Aid** is the initial help given to someone experiencing a mental health problem before professional help is sought.

WHAT IS THE MENTAL HEALTH FIRST AID COURSE?

The Youth MHFA course is a new 14-hour program designed to train adults to assist young people in mental health crisis situations and/or in the early stages of mental health problems. Participants will learn the signs and symptoms of common mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

WHO RUNS THESE COURSES?

Northern Sydney Central Coast Health has Accredited Youth Mental Health First Aid Instructors who run these courses on a regular basis on the Central Coast.

WHO SHOULD ATTEND THESE COURSES?

The course is for youth sector workers on the Central Coast

If your organisation has a minimum of 15 participants, the course can be run for you at your facility on a date that suits or you can book into a course that is available.

**COST: \$35.00pp - Business / Government
\$25.00pp - NSCCH & NGOs**

**For more information or to book in call
4320 3170**

Don't be the last to know!

Get your School-Link newsletter hot off the press!

If you would like your future editions of the School-Link newsletter and any information relevant for schools delivered direct to your personal email, all you need to do is:

Send an email to:
hatolfi@nscchs.health.nsw.gov.au

With "**subscribe to School-Link Newsletter mailing list**" in the Subject bar.

CONTRIBUTIONS

If you would like to contribute to the next newsletter, please contact Helen Astolfi on
Ph: 4304 7878

FYI

GenQ is an Education and Support group for young Gay, Lesbian, Trans, Queer or Questioning people aged 25 and under.



for young Bisexual,

GenQ Gosford

When: 2nd & 4th Thursday of the month open from 3–5.30 @ RYSS, 123 Donnison St Gosford
Contact RYSS 4323 2374



GenQ Wyong

When: 1st Wednesday of the month open from 2.30 to 5.30 @ San Remo Neighbourhood Centre
Contact
Corrina 4390 7888



**Gateway Centre
Suite 1, Level 2
237 Mann St
Gosford 2250**

**Phone: (02) 4304 7878
Fax: (02) 4304 7800
E-mail: hastolfi@nscchs.health.nsw.gov.au**