



SCHOOL-LINK NEWSLETTER

**TERM 2
2009**

**Volume 3
Issue 2**

**NORTHERN SYDNEY
CENTRAL COAST
NSW HEALTH**

From the SCHOOL-LINK COORDINATOR

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CONTRIBUTIONS

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

Ph: 4304 7878

Welcome to the second edition of your School-Link newsletter for 2009. I hope you all had relaxing Autumn holiday.

In this edition of the School-Link newsletter I have featured some information on depression. It is important to have an understanding of depression and to be able to discern between everyday blues and depression. Clinical depression is a serious illness and affects around 5% of Australian adolescents aged 13-17 years in any six-month period.

Gaining understanding of Mental Health issues is extremely important particularly when working with young people. The evidence shows that early intervention into treatment has a far better outcome for the young person. I have included an abstract of an article regarding the importance of early intervention you may like to source through your library. Looking after your own

mental health is also vital so there are also a few tips on self care.

I am currently in the process of organising some School-Link training for term 3 or 4 so watch this space. Mental Health First Aid has expanded and we now have 3 additional trainers specifically trained in Youth Mental Health First Aid here @ ycentral.

headspace @ ycentral continues to be extremely busy with a constant flow of referrals to the Youth Access Team. The services being provided @ ycentral in our collocated site is expanding. We now have drug and alcohol workers, general practitioners providing primary health care services, counselors, Centrelink and a tenants advice service.

There is lots happening in our wonderful community for our young people so take a look through and take advantage of all the programs and services available.

Cheers Helen

CIRCULATION

PLEASE DISTRIBUTE to:

- Principal
- School Counsellor
- Head Teacher - PD/H/PE
- Learning Support Team
- Deputy Principal
- Head Teacher - Welfare
- Year Advisors
- Copy placed in Staff/Comm Room

headspace @ ycentral



headspace central coast is one of 30 sites around Australia which recognises the need to respond in better ways to young people with mental health, alcohol and substance use issues. It aims to provide better access, engagement and enhanced multidisciplinary care for young people across Australia.

Located within ycentral, a 'one stop shop for Youth Mental Health' for young people 12 – 25, headspace provides the "first access" to help.

Whether something isn't quite right, feeling down, sleeping too much or not enough, headspace central coast is a free service located with the Gateway Centre Gosford, allowing easy access from Gosford Train station for young people across the Central Coast.

On site, the service offers doctors, nurses, drug and alcohol workers, social workers, employment and training workers, psychologists, and youth health counsellors all in a youth friendly setting.

Drop by the Gateway Centre, Gosford or call headspace on 4304 7870 or visit www.headspace.org.au/centralcoast

Visitors @ ycentral

Twenty three Year 9 and 10 students from Central Coast Rudolf Steiner School attended a site visit to ycentral in the last week of term one. Paul Chapman PDHPE has been working with the students to increase their awareness of mental health issues and to reduce the stigma that surrounds mental health problems.

If you would like to visit ycentral please call Helen your School-Link Coordinator on 0414 192 845



The students enjoyed an interactive afternoon and gained information from a range of presentations here @ ycentral. Information and presentations were provided including services provided at ycentral, young carers, ycentral website and Children of Parents with a Mental Illness. A highlight for us @ ycentral was the input the young people provided us regarding the ycentral website.

The evaluation by the students was very positive and staff at CYPMH would like to thank the students for their input and suggestions for ways to improve the current ycentral website.



The Curious Case of Youth Mental Health

One in 4 young people aged 16-24 had mental illness in 2007, according to figures recently released by the Australian Bureau of Statistics. The National Survey of Mental Health and Wellbeing 2007 found that young people aged 16-24 were particularly at risk of mental health problems and mental illness. Anxiety disorders were the most common mental disorder among young Australians, affecting 391,000 (15.4%) of 16-24 year olds. Over 320,000 (12.7%) young people had substance use disorders and 161,000 (6.3%) experienced affective mental disorders. The full report can be found at www.abs.gov.au. **HeadSpace** @ ycentral held an information evening on **Youth Mental Health** on the 31st March 2009 at Mingara Recreation Club Tumbi Umbi. Presentation topics included: An overview of Youth Mental Health School and Parental Engagement, Eating Disorders, Carers and the services @ ycentral.

The audience included Tafe students, carers, services and members of the community. The evaluation of the evening identified it to be very positive and informative.

Pictured at one of the many stalls-**Ruth Phelan** (Children of Parents with Mental Illness), **Julie-Anne Nichols** (Youth Mental Health) and **Sarah Ridgeway** (Young People and Early Psychosis Intervention).



ycentral Social Recovery Strategy

The **ycentral** site in the Gateway Centre, Gosford is currently developing a strategy that will focus on Social Recovery. Primarily focusing on Social-recreation, pre-vocational as well as vocational support. **ycentral** is working in partnership with key organisations to ensure that the site meets a broader range of needs of young people accessing services.

Drawing on national literature and best practice, the strategy aims to provide a service that assists a young person's recovery and connection back into the community. According to the literature, for young people, social, civic, and economic participation may be defined by their involvement in school, vocational pursuits, volunteering and employment. Young people who are not engaged in school or employment are most likely to be at risk of social exclusion, which may lead to further problems related to ongoing schooling and employment as well as maintaining stable housing.

A Planning Day was held in May 2009 to develop the next stages of the strategy including the objectives and action plan on how the strategies will be implemented.

*If you would like more information on ycentral social recovery please contact
ycentral on 4304 7870*

What is Mental Health?

What is mental health?

Mental health is a state of emotional and social wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively or fruitfully, and is able to make a contribution to his or her community (WHO, 1999).

In any one year, one in five Australian adults have enough symptoms to be diagnosable with a mental disorder. The most common mental disorders in Australian adults are anxiety disorders (14%), depressive disorders (6%) and substance use disorders (5%).

What are mental disorders and how are they different to mental health problems?

Mental health problems and mental disorders refer to the spectrum of cognitive, emotional and behavioural disorders that interfere with the lives and productivity of people.

A mental disorder is a diagnosable illness that significantly interferes with an individual's cognitive, emotional or social abilities. Mental disorders are of different types and degrees of severity and some of the major mental disorders perceived to be public health issues are depression, anxiety, substance use disorders, psychosis and dementia. The term *mental illness* is sometimes used instead of mental disorder.

A mental health problem usually interferes with cognitive, social or emotional abilities to a lesser extent than a mental disorder and has a shorter duration, but may develop into a mental disorder. Mental health problems are more common mental complaints and include temporary mental illness experienced as a reaction to life stressors.

The distinction between mental health problems and mental disorders is not well defined and is made on the basis of the severity and duration of the symptoms.

Looking after *your own* mental health

In the time I have been working as School Link Coordinator for CYPMH on the Central Coast I have had the pleasure of meeting many dedicated staff working in the education system. Working in school settings can be very rewarding but also very challenging, it is essential staff are aware of the importance of looking after their own mental health wellbeing. Staying healthy means looking after yourself physically, mentally, emotionally and spiritually. By giving a little attention to these areas each day you can help yourself to stay well and strong and to feel good about who you are. Our mental health can be affected by all kinds of things but if we take care of ourselves in a balanced way we will be able to cope better during the difficult times. When we feel down mentally, we can still do things to make ourselves feel better. By focusing on what we can do rather than what we can't do, we help ourselves to stay strong.

'Every now and then go away, have a little relaxation, for when you come back to your work your judgement will be surer'

Leonardo Da Vinci

Your mental health matters—make time each day to look after your mental health:

- Enjoy regular exercise
- Take one thing at a time
- Relax with a good book or movie
- Share a laugh with friends
- Balance work and leisure time
- Take a yoga or meditation class
- Plan your next holiday
- Be kind to yourself and to others
- Take regular tea breaks
- Appreciate the good life.....



Response Ability—www.responseability.org

Response Ability is an initiative of the Australian Government Department of Health and Ageing. It aims to promote the social and emotional wellbeing, or mental health, of children and young people.

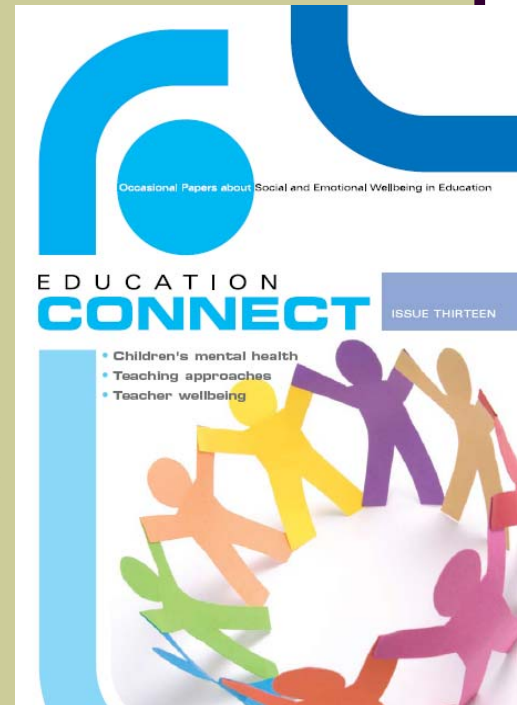
The project does this by supporting the pre-service training of school teachers and early childhood staff, regarding mental health issues. It is implemented by the Hunter Institute of Mental Health in partnership with tertiary educators throughout Australia.

Promoting social and emotional learning and wellbeing in educational settings has been associated with better mental health outcomes and may contribute to improved behaviour and academic outcomes.

Teachers and early childhood staff can help all children and young people by creating supportive learning environments and by promoting positive social and emotional development. Educators also have a role in identifying those who need further support and helping them to access other services.

Response Ability provides a suite of free multi-media resources for use by teacher educators and universities. These materials can be employed by lecturers and tutors to help tertiary students develop a range of relevant knowledge and skills.

The team is currently working on an additional resource, to support the delivery of Children's Services courses through the Vocational Education and Training sector.



What's the evidence? Early Intervention in YMH

The following abstract provide you with up to date evidence in Early Intervention for Youth Mental Health (YMH). The full articles (and more) can be downloaded from the Medical Journal of Australia website at (<http://www.mja.com.au>).

Early intervention for depressive disorders in young people: the opportunity and (lack of) evidence

Nicholas B Allen, Sarah F Hetrick, Julian G Simmons and Ian B Hickie

ABSTRACT

- Young people experiencing their first onset of depression are a group at risk of relapse and recurrence to whom early intervention and prevention efforts should be targeted.
- Despite the argument for a significant research effort addressing these issues, the evidence regarding optimal intervention strategies for first episodes is lacking.
- Cognitive behaviour therapy is an effective approach to treatment and relapse prevention among depressed adolescents, and is likely to be an important component of any evidence-based approach to early intervention.
- Anti-depressants are not recommended as first-line treatment for most first episodes of depression. The role that they may play in patients with severe depression, or those who do not respond to psychological therapies requires further evaluation.
- Given the high prevalence of depressive disorders, and the significant burden of disease they represent within our community, early intervention in depressive disorders is a critical research agenda for the future



Depression: not just a tough time

What is depression?

Depression isn't just going through a tough time. It isn't the same as everyday sadness or anger. Everyone can feel sad or angry at certain times— like when you lose someone you care about or you're not doing well at work or school. That sort of everyday sadness is not depression.

Depression is more than just feeling upset or down. It's a serious medical illness which leaves you feeling sad or miserable most of the time and finding it hard to cope from day to day.

So, how do I know if a young person has depression?

A young person is probably experiencing depression if he or she:

- Appears unhappy, down or miserable, or cries regularly
- Complains of feeling sad or empty, or
- Has lost interest or enjoyment in things he/she used to enjoy

Everyone feels unhappy from time to time, but the thoughts, feelings, behaviours and physical symptoms of depression last for **more than two weeks**.

Young people experiencing depression might also be:

- Not doing so well at school, university or work and/or
- Experiencing changes in their relationships with family and friends.

At the same time, they will have **four or more** of the following symptoms:

1. Their appetite or weight has changed considerably (loss or gain lots of weight)
2. They are restless, agitated or slowed down
3. They have lost a lot of energy, complain of feeling tired all the time
4. They feel worthless or guilty about things that aren't their fault
5. They believe that life is not worth living, that there is no future for them or they'd be better off dead.

Depression causes changes.....

Changes in thoughts, behaviour and physical health can all be symptoms of depression. Some examples of these types of changes are shown below.

Behaviour

Stopped going out
Not getting school work done
Avoiding close family and friends
Overdoing the alcohol and drugs
Stopped doing things they usually enjoy
Finding it hard to concentrate
Staying in bed during the day
Getting upset over little things
Attempts at non-suicidal self injury

Thoughts

'I'm a failure'
'It's my fault'
'Nothing good ever happens to me'
'I'm worthless'
'Life's not worth living'
'I'm a bad person'
'Things are hopeless'
'There's no point in trying'

Feelings

Overwhelmed
Guilty
Indecisive
Irritable
Disappointed
Frustrated
Miserable
No Confidence
Sad

PHYSICAL

Tired all the time
Run down
Headaches and sore muscles
Churning or upset stomach
Difficulty sleeping
Sleeping too much
Poor appetite and/or weight loss
Eating too much and/or weight gain
No energy

(www.ybblue.com.au)

Depression: not just a tough time (cont)

What causes depressive disorders?

Often there are many interrelated factors associated with depression

Genetic Factors

It is well established that the tendency to develop depression runs in families. This is similar to a predisposition to other illnesses such as diabetes and heart disease.

Biochemical Factors

Depressive disorders are thought to be due, in part, to a chemical imbalance in the brain. Anti-depressant medication treats this imbalance.

Stress

Stress is associated with the development of depressive disorders particularly personal tragedies or disasters.

Depressive disorders are more common at certain stages of life that involve major life transitions, such as childbirth, menopause or bereavement.

Consequently, it is more common in young adults, women, older adults and people with physical health problems.

What treatment is available?

Treatment will depend on each person's symptoms, but will include one or more of the following;

- Psychological interventions, such as cognitive behavioural therapy (CBT) are aimed at changing patterns of thinking, behaviours, and beliefs that are related to depression
- Interpersonal therapies help people to understand the effect of interpersonal relationships on their emotions

Anti-depressant medications relieve depressed feelings. These medications are non-addictive and they slowly return the balance of neurotransmitters in the brain.

- Specific medications help manage mood swings, such as for bipolar mood disorder
- Lifestyle changes such as physical exercise and reducing harmful alcohol & substance use

The family and friends of people with a depressive disorder can often feel confused and distressed.

Support and education, as well as better community understanding are an important part of treatment.

Where to get help for young people on the Central Coast

If a young person is in need of **URGENT** help it is advisable to consult with the young person's doctor or attend the emergency department of the local hospital.

Help is also available at ycentral:

ycentral is a health service where young people aged 12–25 on the Central Coast can get help for a range of issues. At ycentral a young person can see different workers in a youth friendly environment:

Doctors, psychologists	Employment & Training
Nurse, social workers	Groups for young people
Drug & Alcohol workers	Occupational therapists
General Practitioners	Youth Health Counsellors

How do you make an appointment @ ycentral?

- Teachers, family, friends, school counsellors can ring to make an appointment for the young person
- Call **4304 7870** and ask to talk to the Youth Access Team
- Young people can also drop in during opening hours

Other useful websites

www.ycentral.com.au

www.ybblue.org.au

www.reachout.com.au

www.itsallright.org





ycentral in cyberspace

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

The site includes information about how to access local youth health related services and what they offer, with links to a range of youth related health and mental health services and programs across Australia. The site also has an email counselling section **"Get Started with 'e'-counselling"** in the help link. 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.

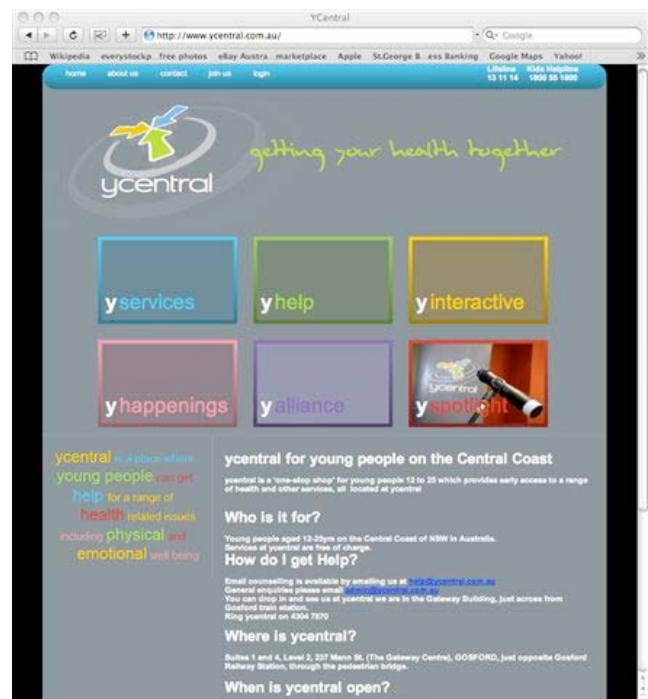
ycentral.com.au has up to date directories of youth related services so that the site can be a one stop shop for all youth related information on the Central Coast. If the young person decides to come into ycentral they will find a team of doctors, nurses, counsellors and other health professionals who can assist with their enquiries.

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 www.reachout.com.au.

The ycentral website is continually developing and you will see further changes in the next few months. One of the changes is the new 'e' Youth Mental Health coordinator. Reg Davis has left our shores leaving behind a very big foot print, not a carbon one, and will be sadly missed.

Marcus is the new coordinator and is looking forward to continuing the ycentral website dream with some new direction. Marcus comes from a social work/social science background and has moved into his new position from Youth Mental Health as a case manager. Working with young people for the last eight years in various roles, he has seen ICT becoming more and more prominent in the way young people communicate with each other and the world. The ycentral website will continue this flow of communication. The ycentral website will make information easy and accessible, not only for young people, but for anyone wanting to broaden their knowledge of health issues.

Other developments will also include a platform for local youth digital media and advertising of 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.



www.ycentral.com.au

Young Carers: how many young carers in your school?

Young carers—there are, on average, two to three in every classroom in Australia.....

A young carer is a child or young person up to 25 years of age who provides support for a family member who has a long term physical illness, a disability, mental illness, or an alcohol and/or other drug problem. There are 90,200 young carers (4% of all people under the age of 26) in NSW.

As many young carers do not identify with the term 'young carer' this number is likely to be an underestimate of the number of young carers. Many young carers see themselves as a son, daughter, brother, sister, good neighbour or friend. The roles of young carers vary greatly and depend on the nature and severity of the illness of the cared-for person. Young carers may provide both practical support (e.g. assisting with domestic duties, personal care and transport) and emotional support (such as listening to problems of cared-for person, accompanying an adult to medical appointments and interpreting).

Each caring role is unique, what they all have in common is that young carers have responsibilities than other young people their age. Unlike other roles we understand the caring role is not chosen by the young person and many young carers are challenged by their situation. It can be very unpredictable. Young carers will often experience education difficulties and school absence due to their caring responsibilities. Despite this, young carers often don't ask for help because they are scared of being seen as different from their peers or they are afraid that they will be removed from their family. It is important to remember that young carers need understanding, support and respect.

For more information or to download useful resources for young carers go to:

www.youngcarers.net.au

Signs that MAY indicate that a child is caring for someone at home

Arriving late for school	Under-achieving
Not completing homework	Low self esteem
Difficulties concentrating	Isolated-not mixing with
Behavioural difficulties	Victim of bullying
Missing school	Financial difficulties
Tired, withdrawn, depressed	Nil contact with parents
Untidy appearance	Over-sensitive

How teachers and schools can assist young carers:

- Identify young carers
- Promote the positive aspects of caring and encourage help-seeking behaviours amongst students (a whole school approach)
- Provide catch up time for lesson notes and flexibility with homework for carers who miss school or are having difficulty with keeping up with workload
- Provide access to telephone, or allowing young carers to have mobile phones on during class so they can keep in contact with the person they care for
- Reduce the young carer's workload (e.g. informing young carers they can study for their High School Certificate over three years instead of two)
- Modify timetables for the young carer
- Provide information about applying for special consideration if possible
- Provide information about available support for young carers (e.g. Carers NSW Young Carer Program, CC Commonwealth Respite & Carelink Centre)



Celebrate Safely Youth Forum



THE CELEBRATE SAFELY YOUTH FORUM

MAY 28TH 2009

@ THE YOUTH ARTS WAREHOUSE

123 DONNISON STREET GOSFORD

Don't forget Drug Action Week June
21st go to
www.drugactionweek.org.au

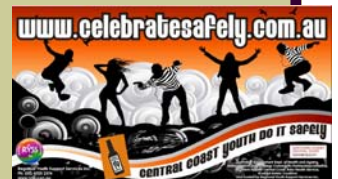
Over 120 Year 11 students and Welfare Teachers from every Central Coast High School will be invited to share a powerhouse of safe celebrating information - from Keynote Speaker, Paul Dillon (*Drug & Alcohol Research Training Australia - DARTA*), one of the country's leading authorities on Youth AOD issues, to special guests, including Angry Anderson - before workshopping effective strategies to take the message of harm minimisation back to their peers and communities.

This inspired approach to Drug and Alcohol Education will be an outstanding opportunity for Young People, representing every area of this region, to come together, galvanise their ideas, resourcefulness and ingenuity, and arm themselves with the tools and support to motivate the masses on the critical subject of Celebrating Safely. If only 10% of Young People aged 12-17 years old regularly binge drink, shouldn't we be asking the other 90% to share their reasoning? (*NDARC - 2008*).

For further information, please
contact Glenys at RYSS on
4323 2374

*After all, who better to inspire our students
than our students?!*

(In partnership with Housing NSW, Area Drug & Alcohol Service NSCCA, headspace, local Community Drug Action Teams (CDATs) and Regional Youth Support Services Inc)



TranSCRIBE09-Young Writers Competition 2009

The **Transcultural Mental Health Centre** in conjunction with the **Schizophrenia Fellowship (NSW)** and **Black Dog Institute** require your participation and support in promoting **TranSCRIBE**—the 2009 Young Writers Competition. The competition is open to young people between the ages of 12—19 across NSW from public, private and independent high schools. Since its inception, the competition has attracted close to 2000 students from over 180 schools and colleges across NSW.

TranSCRIBE09
Young Writers Competition 2009

Theme: "Like a fish out of water"

Calling all young people (12 - 19 yrs)!
We're searching for undiscovered creative writers across NSW to share their thoughts, feelings & experiences about issues that affect young people. Stories can be fiction, non fiction, poetry, journal entries, letters, autobiographical, any form of writing.

SPECIAL AWARD FOR SCHOOLS
Write your own story or poem about a school event!

Topic 1
Write a story about a young person (could be yourself) coping with mental health issues either personally, in their family or with their friends.

OR Topic 2
Write about the experiences of a young person from a culturally and linguistically diverse community that always living in difficult times, either in Australia or overseas.

Max. 2000 words typed or neatly hand written.

Entries will be judged on:
Understanding of the issues, ability to inspire, quality of writing, use of words, reader friendly, creativity and originality.

Category 1: Age 12 - 15yrs
Category 2: Age 16 - 19yrs
for each category:
1st prize: \$300 voucher
2nd prize: \$200 voucher
3rd prize: \$100 voucher
Silver awards (5 runners up): \$30 voucher
All entrants receive a certificate

Email or post your entry by 5pm on the 10 July 2009
Winners notified 9 September 2009

TranSCRIBE aims to provide young people with an opportunity to creatively express their concerns, thoughts, feelings and experiences about issues that directly impact on young people living in a society that is both multicultural and continues to face stigma associated with mental illness and issues for young people who may be caring for family members who experience mental health issues. The competition is open to all young people to explore mental health and cultural diversity within the Australian context.

The theme for TranSCRIBE 2009 is 'Like a Fish Out of Water' encouraging young people to talk about their own personal experiences and emotions, or others' experiences as observed by them. The closing date for the 7th Young Writers' Competition is July 10, 2009. The prize-winners will be presented with their awards during Mental Health Week, October 2009. The school with the maximum number of entries will also be awarded with a \$500 gift voucher. Go to www.dhi.gov.au/tmhc/transcribe for further information.



@ ycentral Primary Health Clinics

Literature identifies that young people have difficulty accessing mainstream health services including GPs and Sexual Health Clinics.

At ycentral there are a range of skilled workers providing primary health assessment, intervention, advocacy and referral for young people and liaise with other health care professionals including GPs where appropriate. Young people can also attend the GP Clinics @ ycentral to address issues such as women's health, eating disorders, sexual health, men's health and general health. The clinics are bulk billed and confidential. The primary health care clinics can also link into various counselors if required including drug and alcohol, mental health and primary health assessments.



GP Clinic Hours @ ycentral	
Monday	9am-12.30 (female GP)
Tuesday	8.30-12.00 (male GP) 9.30-12.00 (female GP)
Wednesday	9.00-12.00 (male GP)



Call for an appointment on 4304 7870 and ask to speak to the Youth Access Team

Young people can also drop in during opening hours

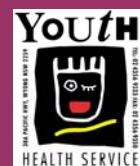


NSCCH Youth Health Clinics (14-24 yrs)

Northern Sydney Central Coast Health, Youth Health Service also provide no cost health clinics for young people

Youth Health Clinic Hours

Monday	Nurse Practitioner Clinic @ Wyong Youth Health Service Phone for an appointment on 4356 9333
Tuesday	Nurse Practitioner Clinic @ Wyong Youth Health Service Phone for an appointment on 4356 9333
Wednesday	DROP IN Youth GP Clinic 2pm—6pm @ Kincumber Youth Centre (behind Kincumber Shopping Centre).
Friday	DROP IN Youth GP Clinic @ The Web Youth Centre 4-8pm Cnr McMasters Rd & Ocean Beach Rd, Woy Woy.



CC Health Promoting High Schools



Live Life Well @ School

A joint initiative between NSW Health and the NSW Department of Education and Training

IS YOUR SCHOOL REGISTERED FOR LIVE LIFE WELL @ SCHOOL?

WHAT: A joint initiative between DET and NSW Health – focussing on quality nutrition and physical activity education programs. Involves a series of **professional development workshops** and access to whole-of-school resources and programs.

WHY: Get your teachers up to date with the latest and greatest in the areas of physical activity and nutrition. The action plan developed at the workshops can be easily linked to the Annual School Report &/or School Management Plan. Great resource package included – Free programs such as Live Outside the Box and Crunch&Sip, ideas for implementing physical activity & nutrition programs, Get Skilled Get Active DVD, fact sheets for parents and more!

Action Grants available of up to \$ 500 per school !

WHO: A Team of teachers attend a series of workshops (four days in total over 12 months). Your team needs to include a member of your Executive. Some staff relief is available.

WHEN: Next Workshops - term 2 2009:

One-day workshop May 18 , Two-day workshop June 18 and 19. Final one-day workshop.

HOW: do we get involved in the workshops?

Register online : direct link to PDHPE workshops

http://www.curriculumsupport.education.nsw.gov.au/prolearn09/semester_1/p_pdhpe.htm

22 Central Coast Schools are already participating :

Bateau Bay PS, Berkeley Vale PS, Brisbania PS, Brooke Ave PS, Chertsey PS, Copacabana PS, East Gosford PS, Erina Heights PS, Ettalong PS, Glenvale School, Holgate PS, Hoptown School, Mannering Park PS, North Gosford LC, Tacoma School, The Entrance PS, Toukley PS, Umina PS, Wadalba Community School, Wamberal PS, Warnervale PS, Woodport PS.



For more information contact
Justine Gowland 4349 4815
or Jane Whatnall 4349 4869

Regional Youth Support Services-'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.




Throwing Stones



"I want victim's voices to be heard" - Brad, 16 years old, Project Guru

Central Coast
NSW
Australia

 Online Now!

Mood: creative 😊

Throwing Stones Event Guests

Opening:

Mayor Chris Holstein
(Gosford City Council)

Keynote Speaker:

Stephen O'Doherty
(former NSW Shadow Minister
for Education, current CEO of
Christian Schools Australia).

Upcoming Events

Exhibition Opening: Monday June 15th
6pm @ The Peninsula Theatre
McMasters Rd, WOY WOY
(RSVP Required)

Public Exhibition: Tuesday June 16th
10am-1pm @ The Peninsula Theatre
McMasters Rd, WOY WOY

Throwing Stones' Blurbs

About Us:

An Exhibition of Artwork + Expression on the subject of Bullying.
Reflecting + Releasing the voice of Central Coast's Young Victims.
The Throwing Stones Exhibition breaks through the glass to bring this problem to light.

Contact Throwing Stones

 artstart@ryss.com.au
 4323 2374
Contact Virginia at
Regional Youth Support Services Inc.

Throwing Stones' Friends



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.

Due to the growth of the project (which has made the national newspapers) the forum date has changed and will be held on Monday June 15th at the Peninsula Theatre, Woy Woy.

Any local schools, teacher, school counsellors or young people wishing to take part in this discussion, please reserve your place through **Virginia on 4323 2374.**

If there are young people at your school who wish to involve themselves in this project – via discussion, creative workshops or vocal recordings please contact Virginia @ Regional Youth Support Services 4323 2374

School Conference 2009

A D V A N C E N O T I C E

Put the funds aside for next year

The 7th Annual Redbank School Conference Thursday 27 & Friday 28 August 2009

Read what some of our 2008 delegates had to say:

“In 27 years with DET, this conference has to be the MOST VALUABLE EXPERIENCE I have had” Julie Wood, HSLO, Maitland PS

“Loved it all...inspirational” Sally Glover, Head of Music, Shore School

“...spellbinding. It certainly wasn't just “another learning experience” it was the learning experience” Robyn Pearce, AP, Windsor Park PS

“the rich theory provided through your speakers was a rare privilege. The human connections were inspiring” Jenny Fleetwood, Head of Learning Support, Central Coast Grammar School

“this was a brilliant conference!! I've been teaching for 15 years and this has been the best conference by far. It was extremely valuable hearing current research...” Karen McDonnell, AP, Merrylands East PS

VENUE: Swissôtel Sydney , above Myer in the Pitt St Mall

COST:

2 days (discounted for 2 days)	\$390
1 day (Thursday OR Friday)	\$210
Earlybird Special for 2 days*	\$360
Earlybird Special for 1 day*	\$195

**Registration & payment to be completed by Thursday, 9 April 2009*

TOPICS: include: Voice Care for Teachers, The Perils of Homework, General Behaviour Management Principles, Psychiatry for the Teacher, Surviving Trauma, Countering Bullying, Managing Students with Emotional Disorders

ENQUIRIES: Please contact Ian Luscombe on 02 9633 1030
Redbank School
Institute Road, Westmead, NSW 2145
ian.luscombe@det.nsw.edu.au www.redbank-s.schools.nsw.edu.au

*Conference flyers, including registration form,
will be mailed to schools early in Term 1, 2009*

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. Young people will 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 Area Health Service 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.

If you would like to know more about Youth Mental Health First Aid contact 4320 3170

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

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:
hastolfi@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.



Generation Queer.

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 225

Phone: (02) 4304 7878

Fax: (02) 4304 7800

E-mail: hastolfi@nscchs.health.nsw.gov.au