



# SCHOOL-LINK NEWSLETTER

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2010

Volume 4  
Issue 2

NORTHERN SYDNEY  
CENTRAL COAST  
NSW HEALTH

Children & Young People's Mental  
Health



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## From the SCHOOL-LINK COORDINATORS

**Welcome** to the second edition of your School-Link newsletter for 2010. Time just speeds by as we are now well into term 2. I hope you all had a pleasant Autumn break even though now it may well be a distant memory.

Our research team have been busy completing the headspace reports. A snapshot of the Youth Alliance—youth participation Report is provided for you in this issue.

Unfortunately the school-link training that has been provided over the past years has now ceased. Anthony Hillin & Rob McAlpine are currently developing online training to replace these workshops. Anthony & Rob have done a fantastic job delivering the training and we wish them well.

However, for this year we are providing two (2 day) workshops on Interpersonal Psychotherapy for Adolescents. We have been lucky to engage Anthony & Rob to facilitate

the workshops.....more details in this issue.

Deb Howe, Director of Children & Young People's Mental Health has been invited to the International Special Interest Group: Youth Mental Health, Youth Summit to be held in Ireland in May 2010.

The summit is convened by the Association for Child & Adolescent Mental Health in the UK. Deb will be amongst other leading luminaries in the field of youth mental health from around the globe. This is a great achievement and recognizes and honors the great work done on the Central Coast in the field of Youth Mental Health. We can all look forward to Deb's report upon her return.....so watch this space.

### *Thought for the term;*

**It is obvious that children will work harder and do things -- even odd things like adding fractions -- for people they love and trust."**

Nel Noddings, 1998

*Cheers Helen & Debbie*

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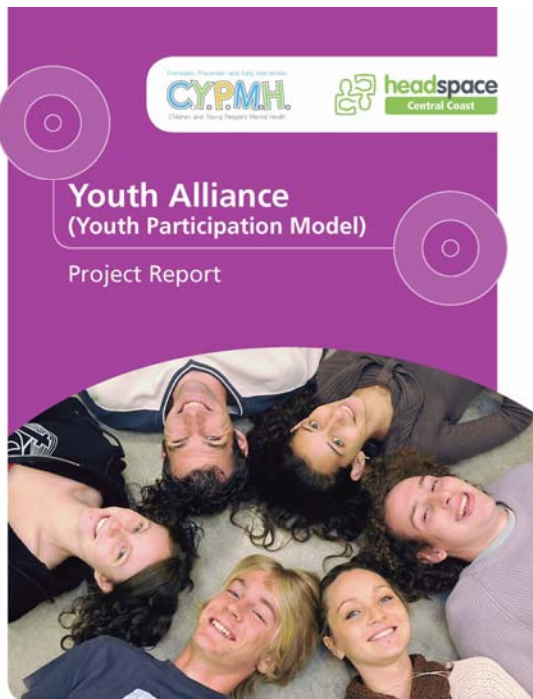
## CIRCULATION

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## Youth participation model @ ycentral



Literature demonstrates initiatives that engage young people as partners ensure that youth services are credible amongst young people; allow for a new subset of skills, experiences and capabilities to be added to the service; and assist in the identification of young people's needs. Youth participation has been shown to benefit young people who become involved. Meaningful participation enhances a young person's sense of connectedness, belonging and value, therefore impacting on mental health and well being. Having influence and the ability to shape a service relevant to themselves and their peers, is empowering to young consumers, which is critical to their recovery, helping individuals believe they control their own fate.

In addressing the issue of youth participation the NSW Youth Mental Health Service Model Central Coast—Pilot following a thorough literature review, developed a model for youth participation which was subsequently funded, implemented and evaluated by headspace Central Coast. The youth participation model which was implemented during the course of the headspace funding period (2007-2009) incorporated four levels of

participation including Youth Alliance Coordinator, Youth Alliance Consultants, Youth Consultancy Group and Broad Base Consultation.

## Youth Alliance Consultations & Evaluation



The Youth Alliance participated in a range of activities including:

**Consultations**—sixty consultations were completed by the youth alliance with ten different organisations. The Youth Alliance were also consulted on a range of issues such as brochure designs, ycentral fit out and community awareness campaign to name a few.

**Community awareness campaign, presentations and workshops**—the youth alliance became a major component of the CC youth mental health community awareness campaign. In total the youth alliance were involved in over thirty five community events.

**Steering committees and working parties** - members of the youth alliance were represented on a number of steering committees and working parties @ ycentral.

### Evaluation

The youth alliance project successfully implemented the strategies of its action plan. headspace Central Coast staff recruited, employed, oriented and trained an alliance of young people to work as Youth Alliance Consultants on the Central Coast.

The youth alliance consultants were actively involved in the design of the headspace Central Coast Service. Members of the youth alliance were researchers, actors, presenters, consultants, merchandise distributors, report writers, meeting conveners, public speakers and artists in order to promote a better understanding of mental health and other issues affecting young people.

The members described their experience in glowing terms with all members feeling that their youth alliance experience had enhanced their lives. The perception, insight, generosity of spirit and loyalty shown to fellow members during the evaluation group interview process gave testament to the benefits these young people gained from being part of this project.



## Boost to improve the MH of Australia's Youth

Youth-specific mental health programs will be expanded and more young people will receive vital care as part of the Rudd Government's \$174 million package to improve the nation's mental health.

Federal Health Minister Nicola Roxon and Member for Chifley Roger Price today inspected the *headspace* service in Mount Druitt, which provides mental health and drug and alcohol services for people aged between 12 and 25 years.

"The Rudd Government is funding a \$78.3 million expansion of youth-friendly mental health services so that an additional 20,000 young Australians will be able to access them," Minister Roxon said.

"This is a critical boost to services as three quarters of all mental health problems begin before the age of 25." "The additional \$78.3 million over the next four years will boost funding to the existing 30 *headspace* sites, will support the establishment of up to 30 extra youth-friendly mental health services across the country, and will improve telephone and web-based mental health support services aimed at young people."

"This is in addition to the \$50.6 million the Rudd Government is providing to *headspace* until 2012 after no provision for funding was made by the previous Government," she said.

Minister Roxon said the expansion of youth mental health services forms an important part of the Rudd Government's commitment to improve mental health services.

"There is an urgent need for a nationally consistent and coordinated approach to help people—particularly younger people—recognize the signs and symptoms of deteriorating mental health, and to know where to go for help," Minister Roxon said.

(The Hon Nicola Roxon MP, Minister for Health and Ageing)

## ycentral on the streets

Four buses run across the Central Coast to inform young people and their families about headspace @ ycentral

Contact ycentral on  
43047870  
[www.ycentral.com.au](http://www.ycentral.com.au)



# Interpersonal Psychotherapy Training-Adolescents

## Interpersonal Psychotherapy (IPT) An attachment-based intervention for depression and related disorders

Two-day workshop(s) in 2010

Dates to be announced

Facilitators: Anthony Hillin & Rob McAlpine

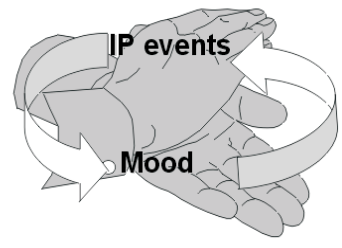
Interpersonal Psychotherapy (IPT) is an evidence-based intervention developed in the mid 1980s for the management of depression. IPT was adapted for adolescents (IPT-A) with depression in 1993 and revised in 2004. Interpersonal psychotherapy has developed a sound evidence base for both adults and adolescents. Recent studies suggest interpersonal psychotherapy is readily learned by experienced clinicians and effective in the management of depression in adults and adolescents, including in school-based settings.

This introductory course will present an overview of IPT then focus on the development of the skills required to implement an effective IPT intervention. Application for both adults and adolescents will be addressed.

### Learning Objectives

- Summarise the theory and evidence base for IPT (more detail provided in pre-course reading material)
- Outline the general techniques of IPT including: encouragement of affect, interpersonal incidents, communication analysis, problem solving & role plays
- Explain how attachment theory can inform IPT & IPT-A
- Build on existing skills in assessment to develop specific competencies in the assessment of client suitability for IPT or IPT-A, attachment style, and major problem areas
- Practice skills in conducting an *Interpersonal Inventory* and an *Interpersonal Formulation*
- Develop basic skills in the four problem areas: complex grief, interpersonal disputes, role transition and interpersonal gaps
- Consider the conclusion of the acute phase of therapy and options for maintenance treatment
- Address the role of, and consider options for, supervision

- Focused, time-limited psychotherapy: 12 to 16 weekly, 1 hour sessions aimed at goals of symptom alleviation and improved social functioning
- Builds on empirical findings that interpersonal (IP) issues are linked to depressed mood and that depression impairs interpersonal functioning
- IPT uses the interpersonal context of depression as a pragmatic treatment; recognizes roles of genetic, biochemical, developmental and personality factors in causation and vulnerability



### Learning Methods

A range of learning methods are used including didactic presentations, experiential exercises, small group activities, skill demonstrations, role-play & self reflection. Participants will derive maximum benefit from the program if they are willing to reflect on their own attitudes and skills.

- **Participants will be requested to complete pre-course reading which will be provided on registration**
- **Participants will be expected to attend the course prepared to discuss a case during small group activity**

A post course assessment task is available for participants who wish to claim double PD points from APS

## Workshop—StaffMatters Wellbeing at Work

Children & Young People's Mental Health School-Link in partnership with MindMatters invites personnel from your school to attend the StaffMatters workshop to be held on the Central Coast in June, 2010.

MindMatters is a nationally funded initiative of the Commonwealth Department of Health and Aging aimed at building the capacity of schools to promote social and emotional well-being. The Australian Principals Association's Professional Development Council is responsible for its implementation throughout Australia and is endorsed by the Association of Independent Schools, the Department of Education & Training and the Catholic Education Commission.

The module 'StaffMatters' examines the significant impact that staff mental health and wellbeing has in the life of the whole school and the use of the MindMatters initiative. The StaffMatters Wellbeing at Work model explores a range of resources and strategies to maintain staff mental health and wellbeing. The workshop examines personal mental health and wellbeing, interpersonal relationships for individuals and the workplace and the professional aspects of people's work that relate to mental health and wellbeing. School personnel will discover how they can survey and check on their progress in maintaining mental health and wellbeing.

Research has shown a clear link between staff mental health and student mental health and wellbeing and;

- the importance of having functional adults in schools as role models and the key adult for many students
- the enormous impact on classroom learning of individual teachers and their individual feelings of self-confidence and efficacy
- state education systems are increasingly recognising the importance of mental health within occupational health and safety and welfare, and investing in staff information and individual help websites and services

([www.mindmatters.edu.au](http://www.mindmatters.edu.au))

The two-day Level One Introductory 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. Parents and individuals working in allied health or education services are welcome.

The Staff Matters Training will take place on 24<sup>th</sup> and 25<sup>th</sup> June, 2010 (see attached flyer for details). Participants can register online at the MindMatters website on [www.mindmatters.edu.au](http://www.mindmatters.edu.au).

For further information contact  
Helen or Debbie 4304 7878



Contact your  
State Project Officers:

**Jason Pascoe**



Phone: 0423 823 180  
Email: [jason.pascoe@pa.edu.au](mailto:jason.pascoe@pa.edu.au)

Please register online at:  
[www.mindmatters.edu.au](http://www.mindmatters.edu.au)

or email  
a State Project Officer  
for further details.

**Maryanne Vorreiter**



Mobile: 0401 140 326  
Email: [maryanne.vorreiter@pa.edu.au](mailto:maryanne.vorreiter@pa.edu.au)

**NSW INSTITUTE OF TEACHERS**  
NSW Institute of Teachers' endorsed provider of Institute Registered professional development for the maintenance of accreditation at Professional Competence. Scope of Endorsement – All Elements of the Professional Teaching Standards for the provision of MindMatters courses and programs.




Leading mental health and wellbeing

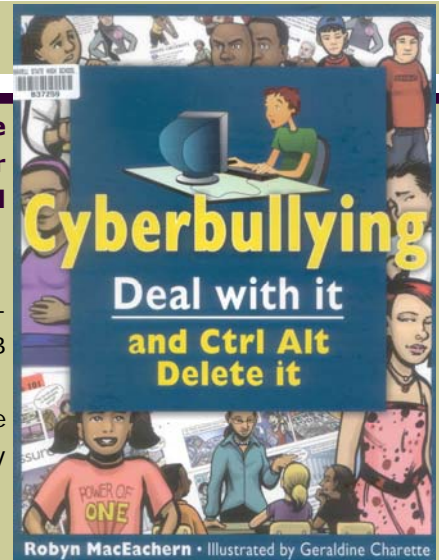
**No Cost**  
(These sessions are free and morning tea and lunch are provided)

	Date	Venue
<b>MindMatters Staff Matters Workshop</b>	24 <sup>th</sup> - 25 <sup>th</sup> June 2010	The Tuggerah Lakes Golf club
	Daily 8:45am-4:00pm	Shelley Beach Rd, Shelley Beach





## Cyberbullying...Ctrl/Alt/Delete



The 2010 National Centre Against Bullying (NCAB) conference gave schools evidence-based information and strategies about cyber safety, how to use the new technologies to enhance learning, and ways to improve student wellbeing.

Bill Belsey, president of [www.bullying.org](http://www.bullying.org), the world's most-visited and referenced website about bullying presented the keynote speech at the NCAB conference.

The Canadian educator said adults need to stop thinking about mobile phones as phones. To kids they are mobile, multi-media, Internet-ready computers.

### Cyberbullying is different because:

- Affects young people far more than adults
- Internet encourages disinhibition because there is no direct contact between bully and victim
- The speed
- Audience is as large as the Internet itself
- The bullies believe they can hide behind the anonymity (although we can find almost anyone, anywhere.)
- Kids generally don't want to report it – they don't want to be a dobber, lose access or have parents make it worse. Being a dobber is the worst thing a young person can be called.

## Why do young people do it.....?

The '*lord of the flies effect*' - the nicest kids will say the most awful things after a little while of anonymous publishing / power. It is the perfect storm of factors because young people are in the moment...using technologies that are of the moment. Cyber socializing begins early—the thrill of anonymity and freedom with no adults to tell them what to do—an absence of adults to set the boundaries and monitor behaviours. Young people are looking for 'their space' and if they don't have their physical space they will find it online. The focus has been on traditional forms of bullying, therefore, cyberbullying has gone under the radar.

According to Professor Donna Cross, 'Once upon a time kids would start school in February and eventually we would see a little peak in bullying around early March as kids started to irritate each other, now students are coming back to school driving each other crazy because they have had the holidays and access to the internet.'

The Australian Covert Bullying Prevalence Study released this year by the Department of Education, Employment and Work Relations, of which Professor Cross is a lead author, states overt (physical) bullying is decreasing in Australia but covert bullying 'is becoming more prevalent and insidious, fuelled in part by the growth of new forms of information and communication technology.' 'The research also indicates covert bullying can 'result in more severe psychological, social and mental health problems....and is not only more difficult for schools and parents to detect, but also has the capacity to inflict social isolation on a much broader scale than overt bullying.'

(<http://cyberbullyingforum.org/?p=698>)

## Cyberbullying....Ctrl/Alt/Delete.....(cont)

### What can parents and teachers do about it?

- Reinforce “think before you click” to kids
- Understand that bullying behaviours are sophisticated therefore solutions need to be too – it’s not just about filters
- Don’t chase technology – if you pull down a site, another one pops up
- Accept that control is a fallacy
- Parents need to become more engaged
- Prepare strategies (scripts) for kids to default to when bullying occurs
- Set reasonable expectations for behaviours
- Be open with kids, establish a relationship of trust – encourage kids to come to you with problems
- **Keep Internet access out of the bedroom**
- Try to get kids to share their blogs and profile with you—connect with their world and be aware they can have multiple accounts that you may not see
- Get kids to think about their digital reputations – what you put on the Internet you can’t take back
- Model appropriate use of the Internet and technologies (are you checking mobile messages all the time, etc?)
- Become engaged with their online activities
- Secure home wireless networks

### Cyberbullying and schools

- Teachers aren’t always trained at university about how to deal effectively with bullying
- Why is it a teacher’s problem – because kids who are scared can never reach their full potential. It might not happen at school but it affects school
- It’s also a health, community and wellness issue – not just a school issue. Parent and community groups need to work with schools
- Blocking and banning doesn’t work because they can access the internet in so many ways

(<http://cyberbullyingforum.org/?p=698>)

The Australian Government takes safety in schools very seriously and believes that all students have the right to learn in a safe and supportive environment. The Government works closely with state and territory education authorities to deal with these issues and has itself instigated a number of initiatives to complement that work and show leadership. To find out more about initiatives in schools go to [www.deewr.gov.au/Schooling/NationalSafeSchools](http://www.deewr.gov.au/Schooling/NationalSafeSchools)

Research shows children who are being bullied have high levels of depression, anxiety and suicidal ideation. However, the focus on the victim often means the perpetrators are neglected and suffer even more. ‘Kids who bullied had higher levels of depression than even the kids who were being bullied,’ Professor Cross says. ‘We are talking about children here who are very troubled, these children need serious counselling.’ The current response across Australian schools is to punish children who bully. According to Professor Cross, evidence shows punitive measures, particularly if they are harsh, make matters worse.

‘Children need consequences....but they also need to learn restorative behaviour. Cyberbullying and face-to-face bullying is learned behaviour. Until we show them a better way to behave and help them to find better ways to be socially popular then these children will fall back on the behaviours they’ve learnt from people in their environment’

(Professor Donna Cross <http://cyberbullyingforum.org/>)



Evidence suggests that a less direct form of ‘covert’ bullying is becoming more prevalent and insidious, fuelled in part by the growth of new forms of information and Communications Technology. From this perspective, the Australian Covert Bullying Prevalence Study, commissioned by

the Department of Education, Employment and Workplace Relations, represents a significant first step to understand and tackle this phenomenon.

To access the full report Australian Covert Bullying Prevalence Study go to [www.deewr.gov.au/Schooling/NationalSafeSchools](http://www.deewr.gov.au/Schooling/NationalSafeSchools)

## Evidence Based Treatment and Prevention

### **Australian Covert Bullying Prevalence Study (ACBPS)**

Cross, D., Shaw, T., Hearn, L., Epstein, M., Monks, H., Lester, L., & Thomas, L. 2009. Child Health Promotion Research Centre, Edith Cowan University, Perth.

### **Interpersonal Psychotherapy for Depressed Adolescents.**

Klomek, Anat Brunstein; Mufson, Laura.

Child and Adolescent Psychiatric Clinics of North America. Vol.15(4), Oct 2006, pp. 959-975.

[Journal; Peer Reviewed Journal]

Depression is a common disorder in the general population of adolescents: approximately 4% to 8% prevalence rate for major depression and approximate cumulative incidence for unipolar depression of 20% to 30% in community samples of adolescents. Currently, evidence-based psychotherapies include cognitive behavioral therapy (CBT) and interpersonal psychotherapy (IPT). IPT for adolescents (IPT-A) is the most recently developed psychotherapeutic intervention and has been noted to be efficacious in the treatment of depressive symptoms in adolescents. Clinical research clearly has established the efficacy of IPT for the treatment of depression in adults. IPT-A differs from the adult version in four major modifications: (1) shortening of treatment duration from 16 to 20 weeks to 12 weeks of individual psychotherapy, (2) adding the involvement of parents, (3) adding a liaison role for the therapist between schools and families, and (4) reconceptualization of the sick role to have a more limited focus. The specific mechanism of change responsible for treatment outcomes and additional patient predictors of better treatment outcomes are still unknown. IPT-A has evidence for its short-term effect, but the long-term effects still require study.


### **The impact of perceived interpersonal functioning on treatment for adolescent depression: IPT-A versus treatment as usual in school-based health clinics.**

Gunlicks-Stoessel, Meredith; Mufson, Laura; Jekal, Angela; Turner, J. Blake.

Journal of Consulting and Clinical Psychology. Vol.78(2), Apr 2010, pp. 260-267.

AB Objective: Aspects of depressed adolescents' perceived interpersonal functioning were examined as moderators of response to treatment among adolescents treated with interpersonal psychotherapy for depressed adolescents (IPT-A; Mufson, Dorta, Moreau, & Weissman, 2004) or treatment as usual (TAU) in school-based health clinics. Method: Sixty-three adolescents (12-18 years of age) participated in a clinical trial examining the effectiveness of IPT-A (Mufson, Dorta, Wickramaratne, et al., 2004). The sample was 84.1% female and 15.9% male (mean age = 14.67 years). Adolescents were 74.6% Latino, 14.3% African American, 1.6% Asian American, and 9.5% other. They came primarily from low-income families. Adolescents were randomly assigned to receive IPT-A or TAU delivered by school-based mental health clinicians. Assessments, completed at baseline and at Weeks 4, 8, and 12 (or at early termination), included the Hamilton Rating Scale for Depression (Hamilton, 1967), the Conflict Behavior Questionnaire (Robin & Foster, 1989), and the Social Adjustment Scale-Self-Report (Weissman & Bothwell, 1976). Results: Multilevel modeling indicated that treatment condition interacted with adolescents' baseline reports of conflict with their mothers and social dysfunction with friends to predict the trajectory of adolescents' depressive symptoms over the course of treatment, controlling for baseline levels of depression. The benefits of IPT-A over TAU were particularly strong for the adolescents who reported high levels of conflict with their mothers and social dysfunction with friends. Conclusions: Replication with larger samples would suggest that IPT-A may be particularly helpful for depressed adolescents who are reporting high levels of conflict with their mothers or interpersonal difficulties with friends. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract)

## Conferences - 2010



**EATING DISORDERS: MEETING THE CHALLENGE**  
A CONFERENCE IN SYDNEY  
NOVOTEL SYDNEY OLYMPIC PARK:  
27 - 29 MAY, 2010

- International & local speakers
- Professionals and carers
- Implications of latest research
- Keynote talks, workshops & panel discussions

Novotel Hotel & Conference Centre,  
Sydney Olympic Park, Homebush

JOSIE GELLER - MOTIVATION  
DIANNE NEUMARK-SZTAJNER - PREVENTION  
DANIEL LE GRANGE - ADOLESCENTS & FAMILIES

[www.cedd.org.au/conference](http://www.cedd.org.au/conference)

cedd | the children's hospital at westmead

The **"Eating Disorders: Meeting the Challenge"**, conference is to be held at Homebush in Sydney on May 27th and 28th 2010. This inaugural conference is being held by **The Centre for Eating and Dieting Disorders (CEDD)**, **The Children's Hospital at Westmead (CHW)** and **The Centre for Research into AdolescentS Health (CRASH)**, with support from **The Mental Health Council of Australia (MHCA)**, **The Australia & New Zealand Academy for Eating Disorders (ANZAED)** and **UNSW Bookshop**. This conference presents a unique opportunity to bring together both professionals and carers in meeting the challenges faced by people with eating disorders. The program will include plenary sessions from international speakers, workshops and discussion panels. It will provide an opportunity to share experiences and gain knowledge in the treatment and support of people with eating disorders. The conference invites all people with an interest in eating disorders. It will have specific relevance to general practitioners, psychiatrists, medical practitioners, nurses, allied health professionals including psychologists, social workers, counsellors and dietitians, as well as researchers and those in the educational domain and importantly carers of those who suffer with an eating disorder.

NSCCAHS Eating Disorders Early Intervention, Outpatient Service  
Wyong Central Community Health Centre  
Monday to Thursday  
4356 9418  
4356 9418

## International Youth Mental Health Conference

The First International Youth Mental Health Conference is to be held in Melbourne on July 29th and 30th, 2010. The conference will bring together local and global experts to inform the wider community of best practice developments and interventions in Youth Mental Health.

The conference will showcase research and evidence based best practice presentations across the key areas of youth well-being and mental health. It will include youth health and mental health, education and vocational issues, health promotion, service reform, and drug and alcohol streams. The conference will also focus on youth participation in health settings and the importance of innovative technologies such as e-technology to support youth engagement. Supporting the health needs of particular populations, the conference will include consideration of the needs of indigenous, refugees, Culturally And Linguistically Diverse (CALD) and Gay, Bisexual, Lesbian, Transgender & Intersex (GLBTI) youth.

This is an important event for Australia and the mental health field. It is expected that this will be the first of many similar conferences, bringing together innovators, practitioners, researchers, young people and families to showcase the best of youth mental health innovation from around the globe.

The conference will appeal to mental health and allied health specialists including psychologists, social workers, educators, psychiatrists, nurses, occupational therapists, youth workers, counsellors, policy makers and anyone interested in young people's mental health. For further information <http://www.iymhconference.com.au/>



## Workshop—Managing Challenging Behaviours



*headspace Central Coast invites professionals who work with young people aged 12-25 to attend an interactive workshop*

Friday 11<sup>th</sup> June 2010

### Managing Challenging Behaviours: Aggression, Self Harm and Suicide

#### Description of Workshop

This workshop is designed to advance practitioner knowledge and skills in:

- Managing barriers to engaging clients with difficult behaviours;
- Understanding aggression and managing aggressive situations;
- Developing the ability to recognise signs of self harm and suicidal thoughts;
- The ability to talk about suicide, respond in a crisis and develop a safety plan; and
- Minimising the impact of stress and burn-out for practitioners working with young people with challenging behaviours.

#### About the Presenter:

##### **Dr Rachel Cousins – Senior Clinical Psychologist**

Rachel Cousins completed a Doctor of Psychology (Clinical) which focused on working with children and adolescents, including a year of practical experience in the Older Adolescent Service at Orygen Youth Health. Since graduation Rachel has worked in the Psychiatry Department of The Alfred Hospital in Melbourne. In working on The Alfred's Continuing Care Team she provided specialist psychological services to individuals and groups with a range of psychiatric disorders; from mild to moderate anxiety and depression to first episode psychosis and severe personality disorders. Her work with people with borderline personality disorder consisted of intensive involvement in The Alfred Dialectical Behaviour Therapy program. She has since pursued her interest in interventions which incorporate acceptance and mindfulness techniques into cognitive-behavioural therapy, completing training in both Dialectical Behaviour Therapy and Acceptance and Commitment Therapy. Rachel currently holds the position of Senior Clinical Psychologist on The Alfred's Primary Mental Health Team. In this role she provides education, training and consultation to primary care providers covering a range of mental health issues, such as assessing mental state and risk, navigating the public mental health service, identifying and managing mood disorders, and stress, anxiety and depression in adolescents. Other work experiences include private practice and accreditation as a beyondblue workplace trainer.



**Professional Development Points Available**

**For enquiries please contact Fiona Duignan 0418 211 843**

## Managing Challenging Behaviours (cont)

**Time:**

9.00 am— 4.30pm (8:30 am registration)

**Location:**

Large Meeting Room, ycentral, The Gateway Building, Level 2, 237 Mann St, Gosford

**Cost:** There will be no cost. Lunch and Morning / Afternoon Tea provided — Please specify dietary requirements.

**Parking:** There is no parking available in the Gateway Building but parking can be found in Baker St Carpark, surrounding streets or in surrounding shopping centres.

**For inquiries:** Contact Fiona Duignan on 4304 7878, Mob: 0418 211 843 or

Email: [fduignan@samaritans.org.au](mailto:fduignan@samaritans.org.au)

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### Registration Form

**Managing Challenging Behaviours:  
Aggression, Self Harm and Suicide on 11<sup>th</sup> June 2010**

*To register please complete this form and fax it to  
headspace Central Coast on: 4304 7800 or  
email: Fiona Duignan - [fduignan@samaritans.org.au](mailto:fduignan@samaritans.org.au)*

Name: ..... Profession: .....

Organisation: ..... Telephone: .....

Email Address: ..... Dietary Requirements: .....



## Seminar for disability, health & education

Treatment Approaches for Professionals in Child and Adolescent  
Mental Health and Intellectual Disability

### A Framework for Professional Practice

A Seminar for Disability, Health, & Education Professionals

Monday 7 June – Tuesday 8 June 2010  
The Epping Club, Epping NSW

Brought to you by

Department of Psychological Medicine  
The Children's Hospital at Westmead

Statewide Behaviour Intervention Service (SBIS)  
Ageing, Disability and Home Care  
Department of Human Services NSW



Human Services  
Ageing, Disability & Home Care

Training Curriculum Project, The Children's Hospital at Westmead. Based at Statewide Behaviour Intervention Service, ADHC. Building B, Level 1, 242 Beecroft Road, Epping NSW 2121.

Phone: (02) 8876 4000 Fax: (02) 8876 4041 Email: [donna.white@dadhc.nsw.gov.au](mailto:donna.white@dadhc.nsw.gov.au)

14 April 2010

ENQUIRIES: For further details for cost, registration and special requirements please contact Donna White by phone (02) 8876 4000 between 10am-12pm, Tuesday to Friday, or at other times by email [donna.white@dadhc.nsw.gov.au](mailto:donna.white@dadhc.nsw.gov.au)

## Youth Mental Health First Aid Training for staff



NORTHERN SYDNEY  
CENTRAL COAST  
NSW HEALTH



**MENTAL  
HEALTH  
FIRST AID**

**WANT TO LEARN HOW  
to assist young people  
experiencing mental health problems?**

### A Youth Mental Health First Aid Course is now available

Youth Mental Health First Aid is a 14-hour course which teaches first aid skills for mental health crisis situations and the early stages of mental health problems. Mental Health First Aid is the initial help given to someone experiencing a mental health problem before professional help is sought. Participants will learn the signs & symptoms of common youth mental health problems, where & how to get help & what sort of help has been shown by research to be effective.

Where: Wyong and Gosford

When: February - November 2010

8.45am - 4.30pm

Register: 4320 3170

Cost: \$35pp-Business/Govt/Community  
\$25pp-NSCCH/NGO  
\$10pp-Carers

For more information on  
dates and venue for the  
courses or to book contact  
4320 3170



If you would like a Youth Mental Health First Aid course held for  
your school staff please contact Helen on 0414 192 875

## D.A.Y.S. Depression / Anxiety Support Group



**RYSS**  
practical support for young people

Interlynk Lounge  
Regional Youth Support Services  
Parkside Multi Service Centre  
123 Donnison Street, Gosford  
For more information call  
Glenys on 02 4323 2374.

**FIRST MEETING**  
**Friday 12 February 2010**  
**Starting 4.00pm**

**D.A.Y.S.**  
The Depression/Anxiety Youth Group

The DAY Group is a social network for young people aged 12-25 with a diagnosis of depression and/or anxiety. Members get together fortnightly to share their stories and connect with other young people facing similar issues. The group is run by volunteers, who encourage group participation and interactivity. It is free to join, so come along, make some new friends and have your voice heard.

Located at 123 Donnison Street Gosford in the Parkside Building, This free group is for young people aged 12 to 25 with a diagnosis of depression and/or anxiety to share their stories and connect with other young people facing similar issues.

For any information please call on (02) 4323 2374 and speak to Glenys

## ycentral Primary Health Clinics

### FREE HEALTH CHECKS

@ ycentral

4304 7870

Young people can also drop in  
during opening hours



At ycentral there are a range of skilled workers providing primary health assessments, intervention, advocacy and referral for young people who also work in collaboration with other health care professionals including GPs where appropriate. Young people can 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 counsellors if required including drug and alcohol and mental health. Currently, eight Private Allied Health Professionals (including Psychologists, Social Workers, Occupational Therapist, a Dietician and an Exercise Physiologist) are available to see young people @ ycentral. Their services are bulk billed under a Mental Health Care plan and/or Enhanced Primary Health Care Plan. There are also a range of other services including Centrelink, CC Tenancy Advisory Service and Getting It Together Scheme (Wesley Mission). To refer a young person to one of the services at ycentral call **4304 7870**.

#### GP Clinic Hours @ ycentral

<b>Monday</b>	<b>9am-12.30 (male GP)</b>
<b>Tuesday</b>	<b>8.30-12.00 (male GP)</b> <b>9.30-12.00 (female GP)</b>
<b>Wednesday</b>	<b>9.00-12.00 (male GP)</b>
<b>Thursday</b>	<b>9.00-3.00 (male GP)</b>



## NSCCH Youth Health Clinics (14-24 yrs)

### No Cost Youth Health Clinic Hours (14–24 years)

- Monday** Nurse Practitioner Clinic ALL DAY @ Wyong Youth Health Service  
Phone for an appointment on 4356 9333
- Tuesday** Nurse Practitioner Clinic AFTERNOON @ Wyong Youth Health Service  
Phone for an appointment on 4356 9333
- Wednesday** DROP IN 2pm–5pm Youth GP Clinic Gravity Youth Centre, Lake Haven  
(nr Lake Haven Shopping Centre)  
DROP IN Youth GP Clinic 3pm–5pm @ Kincumber Youth Centre  
(behind Kincumber Shopping Centre)  
Nurse Practitioner Clinic ALL DAY @ Wyong Youth Health Service  
Phone for an appointment on 4356 9333
- Friday** DROP IN Youth GP Clinic @ The Web Youth Centre 4-8pm  
Cnr McMaster's Rd & Ocean Beach Rd, Woy Woy



## Supporting Kids in Primary School—(SKIPS)



**SKIPS is an award winning mental health promotion program that educates school staff and year six primary school students about mental health.**

**Schools that have run the SKIPS program report that it increases knowledge and understanding about positive mental health and mental health problems, and helps teachers to support children.**

**SKIPS respects the privacy of families, but offers supportive information to all children in year six.**

*“Great DVD, fun activities and interesting discussion”  
(year six student)*

***If you would like SKIPS to come to your school throughout 2010 please register your interest via fax or email (details below)***

### *Fax back Expression of Interest SKIPS Program*

*Please circle your level of interest*

YES

NO

UNSURE

Contact Person .....

School.....

Postal Address: .....

.....Postcode:.....

Phone: ..... Fax: .....

Email: .....

*Please Fax back to Helen or Debbie on **4304 7800***

*or email [hastolfi@nscchahs.health.nsw.gov.au](mailto:hastolfi@nscchahs.health.nsw.gov.au)*

*thank you for your participation*

## Throwing Stones—anti bullying project



A place of imagination, creativity  
and opportunity

ArtPlay Theatre

# Script Inc.

## Calling Cast and Crew age 15-25!!

Chance to workshop, refine and present original youth scripts.  
Performances July 14th/15th

Great opportunity to network with fellow Actors,  
Directors, Production Team and Winning Writers.

1st meeting @ the Youth Arts Warehouse on the May 1st,  
10am-12noon.

Please contact below to book your place

Virginia Walshaw  
Project Coordinator  
Regional Youth Support Services Inc  
(02) 4323 2374  
artstart@ryss.com.au



# FYI



Generation Queer.

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

**GenQ Gosford**

**When:** 2nd & 4th Thursday of the month open from 3.00 – 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



***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@nscchahs.health.nsw.gov.au](mailto:hastolfi@nscchahs.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 4304 7878**

**Children & Young People's Mental Health**

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

**Contact Helen or Debbie for further information  
Phone: (02) 4304 7878 mob:  
0414192875**