



we're here!

ycentral was officially launched on Thursday 9th October, with a huge celebration.

An Official Welcome to Country by members of the local Darkinjung community beautifully set the pace with a cleansing of both Burns Park in Gosford and ycentral itself.

A crowd of around 150 people gathered as the didgeridoo played as the traditional burning of eucalyptus leaves took place. The crowd were then asked to circle the smoking leaves.

Guests including Minister for Health and Minister for The Central Coast; The Hon. John Della Bosca, Federal Member for Robertson Ms Belinda Neal, Gosford Mayor Chris Holstein, other members of local and state government, the local business community and NSW Health, made their way across the walk bridge and into ycentral.

The official proceedings continued with aboriginal dancers showing their wonderful skills and also presenting Ms Deb Howe Director, Children and Young Peoples Mental Health and headspace Central Coast Project Manager with the Australian, Aboriginal and Torres Strait Islander Flags now hanging in the site.

Our speaker line up included Deb Howe, Professor Pat McGorry, headspace Youth Alliance consultant Ben Brown and 'e'youth co-ordinator Reg Davis who launched www.ycentral.com.au.

The Hon. John Della Bosca rounded off the afternoon, officially launching ycentral.

From there, our Youth Alliance consultants mingled with the crowd offering our many guests afternoon tea, whilst members of Children and Young Peoples Mental Health and headspace Central Coast staff gave our guests guided tours through the ycentral site.

Both our consortium partners and local agencies were also in attendance, providing information on their services to many guests who joined us right up to 5pm.

An excellent afternoon was had by all with many people passing by throughout the afternoon.



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debspace

with Deb Howe - Director Children and Young People's Mental Health

2009 marks the year of 'celebrating success' for ycentral. The theme aims to recognise and validate the level of hard work and achievements that all staff of ycentral, Children and Young People's Mental Health, headspace, Consortium and other partners have contributed to making ycentral such a success.

Continuing the theme of success, on the 12th March the headspace yhealth GP clinics celebrated their first anniversary. The headspace yhealth GP Clinics are an important component of ycentral.

The clinics and service are going from strength to strength – and young people are really happy with the service being provided with a quarter of all referrals to ycentral being young people who 'drop in' to the site.

Having seen over 900 young people for a range of different issues including mental health, education, work, and drug and alcohol use, the yhealth GP clinics are a place where young people can come and talk to doctors and nurses who are specially trained to work with young people aged 12-25.

Thankyou for your ongoing support of ycentral. Speak soon, Deb.

out and about



Have you seen ycentral on the streets? We have four buses in total acting as 'mobile billboards' for our service.

These buses run right across the Central Coast providing another avenue to inform young people and their families about ycentral.



drug and alcohol

What's been happening?

The Area Drug and Alcohol Service, Northern Sydney Central Coast Health (ADAS) has been an active member of the headspace consortium partnership for the last 2 years. As members of the management committee ADAS has offered advice, support and hands on assistance to many aspects of the project. ADAS provides leadership by chairing the headspace Training and Education Working Party. To assist ycentral clients with drug and alcohol issues, senior clinical staff of ADAS are providing clinical supervision to ycentral staff and a Cannabis Clinic counselor is available at ycentral. Improved referral pathways for young people with co-existing drug and alcohol and mental health problems have been established.

While ADAS is a service for young people aged 18 years and over, only the Cannabis Clinic sees young people from 16 years. Young people under 18 years who seek assistance from Drug and Alcohol Intake, are referred directly to the Youth Health Service. Members of the headspace Youth Alliance are currently working with the Cannabis Clinic to develop a peer-led workshop for young people.

Other clinical services offered by ADAS include:

- Counselling and Rehab Aftercare
- MERIT (Magistrates Early Referral into Treatment)
- Aboriginal Consultancy
- Community and Inpatient Detoxification at Marumali (located at Wyong Hospital)
- Opioid Treatment Program
- Specialist Medical Services
- Hospital Liaison
- GP and Pharmacy Liaison

FAST FACTS

- 12% or 262 of calls to Drug and Alcohol Intake are received from young people 17-24 yrs
- Half of these calls were from young people with an identified co-existing mental health issue
- The principal drugs of concern for young people are alcohol and cannabis
- Most young people who contact Drug and Alcohol Intake are referred to ADAS' Community Detox Program or the Cannabis Clinic.

Celebrate Safely Project

Celebrate Safely has been implemented by ADAS for the last 8 years in partnership with many local agencies. The project is currently being led by the Regional Youth Support Service who has been doing some fantastic work with schools by running drama workshops with young people focusing on safe celebrations.

Go to www.celebratesafely.com.au



Community Drug Action

ADAS manages and supports 6 Community Drug Action Teams (CDAT) on the Central Coast. CDATs are coalitions of government, non-government agencies, welfare organisations and interested community members who develop local responses to drug and alcohol misuse issues in their communities. They are currently located in Wyong, Watanobbi (WYWAT), Wyoming Action Team (WAT), North Wyong, Peninsula (Umina, Woy Woy), KBT (Killarney Vale, Bateau Bay, Tumbi Umbi) and Kincumber. Some of the headspace Youth Alliance were recently invited to be involved in the Tackle It: Alcohol Kit training for CDAT members.

For further information on ADAS' partnership work with the headspace project contact:

Fiona Duignan 4320 5564 or email fduignan@nscchahs.health.nsw.gov.au

Steve Childs 4320 3057 or email schild@nscchahs.health.nsw.gov.au



headspace youth alliance

Seeing it through young people's eyes.

The headspace Youth Alliance is a group of young people (16-25) from a diverse range of backgrounds who are employed at ycentral in a model developed by Children and Young People's Mental Health and implemented through the headspace initiative. The aim of the Youth Alliance is 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 in mental health first aid, communication skills, consultation and community awareness/education.

The Youth Alliance is available as a consultative body. Services are able to request the Youth Alliance to either participate in consultations or to conduct consultations within the broader youth population on the Central Coast.

The Youth Alliance have been consulted by organisations such as Sexual Health, Children and Young Peoples Mental Health, Youth Health, headspace and Violence and Neglect team. They have provided consultation on: ycentral design and fit out, development of youth friendly brochures and resources, community awareness campaigns, website development and design..

Additionally, the Youth Alliance participates as a major component of the Central Coast Youth Mental Health Community Awareness campaign. The objectives of the campaign are to promote the need for understanding and acceptance of mental health problems and mental illness, to promote young people with mental health problems to seek help early, to encourage friends, families and significant others to assist and support young people with mental health problems, to raise community knowledge of the early warning signs of mental health problems and mental illness and to help promote ycentral and headspace as a youth friendly access point for young people.

Alliance members have promoted health services by attending events such as Youth In Performing Arts events, NAIDOC celebrations, Tuggerah movie marathon, Celebrating Safely Forum, Gorokan High School Family Day and appearing on Coast FM's "The Bridge" program.

Currently, the headspace Youth Alliance is working on various consultations within both the community and at ycentral, which are designed, written, facilitated and evaluated by young people, for young people.

For more information, to obtain a request for consultation form, or to organize the Youth Alliance to attend an event, please contact:

Elise Dunn
 headspace Youth Alliance Co-ordinator
 Phone 4304 7878
 eldunn@nscchahs.health.nsw.gov.au



ycentral health update - anxiety

Everyone experiences anxiety and fear at times. These emotions can be a normal response to danger or challenges, helping us to look after ourselves and others. However some people experience excessive anxiety that can become chronic, distressing and interferes with daily living. This may indicate the presence of an anxiety disorder.

Common symptoms of an anxiety disorder include irrational thinking; physical reactions (e.g. increased heart rate, sweating, shaking, and fast breathing) and avoidance behaviour. Worry and anxiety are reinforced by avoiding feared situations and by dysfunctional attempts to deal with the fear.

Persistent symptoms of an anxiety disorder may lead to social isolation and depression, and may affect a person's work/study, social or family life. Recovery is possible with the right treatment and support.

There are a range of treatment options available depending on the type and severity of the anxiety disorder including; cognitive behavioural therapy, relaxation techniques and medications.

Anxiety disorders are amongst the most prevalent mental disorders in Australia. It has been estimated that one in 10 young people aged 18-25 will experience anxiety in any year. For young people aged 13-24, the figure is about one in 25.

Recent data from the National Survey of Mental Health and Wellbeing showed that anxiety disorders were the most common mental disorder amongst young Australians, affecting 15% of 16-24 years olds in 2007.

types of anxiety

Generalised anxiety disorder (GAD):

is characterised by persistent and excessive worry. GAD sufferers worry excessively about real life situations such as: finances, the health of family members, housework, being late for appointments and losing job. Typically GAD develops over a period of time and may not be noticed until it is significant enough to cause problems with functioning.

Post-traumatic Stress Disorder:

develops after someone is exposed to an extremely traumatic event (e.g. war, rape, torture) and they reacted to the event with intense fear, horror or helplessness. Symptoms include re-experiencing the trauma through nightmares, obsessive thoughts, and flashbacks. Often the individual also avoids situations, people, and/or objects which remind him or her about the traumatic event.

Panic disorders:

is characterized by sudden attacks of intense fear or anxiety, usually associated with numerous physical symptoms such as heart palpitations, rapid breathing or shortness of breath, blurred vision, dizziness, and racing thoughts.

Simple Phobia:

Often a traumatic event is the precursor for a phobia, which may or may not be at the conscious level. Symptoms include either extreme anxiety or fear associated with the object or situation or avoidance. Simple phobias impact on the sufferers' ability to function, socialise, study or cause significant distress. Common phobias include: fear of dark, fear of water, fear of height, fear of animals, fear of dentist.

Obsessive Compulsive Disorder (OCD):

is characterised by recurrent obsessions or compulsions that are time consuming or cause significant distress or impairment. Obsessions are persistent ideas, thoughts, images or impulses which are experienced by the sufferer as anxiety provoking or distressing. Common obsessions include thoughts of contamination, need for orderliness. Compulsions are observable, or covert, repetitive behaviours or mental acts which are performed to prevent or reduce the anxiety and distress of obsessions.

Reference: American Psychiatric Association (1994). Diagnostic & Statistical Manual of Mental Disorders, Fourth Edition, Washington, Dc: American Psychiatric Press

ycentral website

ycentral.com.au was launched at the opening of ycentral on October 9th, 2008 by the NSW Minister of Health, Hon. John Della Bosca.

The website is designed as the “virtual” arm of ycentral. It aims to improve access for young people to services operating out of ycentral, and to help link them to other web based services.

The website was developed in consultation with young people and used local Central Coast graphic artists and web development companies. It has a local flavour and is designed to address local issues that impact on the health of Central Coast youth.

For any enquiries about the ycentral website, admin@ycentral.com.au



website services

yservices: an area outlining the full range of physical and mental services available for young people on the Central Coast operating out of the ycentral site, including GP and nurse clinics, counselling etc

yhelp: an email counselling and question and answer area on the site that allows young people to anonymously seek help and answers for any issues that might be causing them concern. yhelp also assists young people and youth related services to access assessment and treatment at ycentral if required, for a range of youth health issues. yhelp also has electronic directories of youth related services.

yinteractive: a gaming and digital arts area that includes the Cognitive Behaviour Therapy game “Brain Invasion”

yhappenings: an area that highlights events and news on the Central Coast

yalliance: an area outlining the involvement of the youth consultants who work at ycentral making recommendations about making the service “youth friendly”

yspotlight: highlighting health issues that impact on the wellbeing of young people.

carers

Anyone, anywhere, anytime – carers are amongst us

Carers provide unpaid care and support to family members and friends who have a disability, mental illness, chronic condition, terminal illness or who are frail aged. Carers may be parents, brothers, sisters, friends, or children of any age.

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.

Facts on Carers

- There are approximately 748,000 people in NSW who provide unpaid care and assistance to others of those 40,000 reside on the Central Coast
- 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)
- 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



COMMONWEALTH
CARER RESPITE CENTRE
Linking Carers to Respite

For more information, please contact the Commonwealth
Carer Respite Centre on **1800 059 059**

cyber bullying

What is Cyber Bullying?

Cyber bullying is a form of bullying, which is carried out through an internet service such as email, chat room, discussion group, online social networking, instant messaging or web pages. It can also include bullying through mobile phone technologies such as SMS.

Under certain circumstances (such as harassment and making threats) cyber bullying is a criminal activity and is illegal. If you feel your safety is at risk, contact '000' or your local police. Police around Australia work together to reduce this type of crime and there are serious consequences if people participate in such activities.

Tips to stop the problem:

- Keep a record
- Tell someone
- Contact your phone or Internet service provider and report what is happening
- If messages are threatening or serious get in touch with the police
- Don't reply to bullying messages
- Change your contact details
- Keep your username and passwords secret



USEFUL WEBSITES

www.friendlyschools.com.au
www.aic.gov.au/publications
www.healthinsite.gov.au/topics/bullying
www.bullyingnoway.com.au
www.amta.org.au
www.ksde.org

useful numbers

Children & Young People's Mental Health	4304 7878
Central Coast Mental Health Intake	4320 3500
Central Coast Youth Health Services	4356 9333
Central Coast Drug & Alcohol Intake	4394 4880
Central Coast Division of General Practice	4365 2294
Pacific Link Housing Association Pty Ltd	4324 7617

our address

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