







**2015 Central Coast Student Mental Health Forum "Believe, Connect & Share"**  
**Wednesday 6<sup>th</sup> May 2015**  
**The Hub, Erina Fair**

TIME	PROGRAM
8:30am	<b>Registrations Open</b>
9:00am	<p><b>Welcome and Housekeeping</b> MC- <i>Jess Weaver &amp; Craig Pinchbeck</i>, Youth Alliance Consultants, <b>headspace</b> Gosford</p> <p><b>Welcome to Country</b> <i>Uncle Gavi Duncan</i></p> <p><b>Official Opening</b> TBC, Central Coast Local Health District <i>Karen Jones</i>, Director Public Schools NSW</p>
9:20am	<b>Day Briefing</b> MC
9:25am	<p><b>Introduction to headspace &amp; Children and Young People's Mental Health (CYP.MH)</b> <i>Carla Norman &amp; Daniel Drysdale</i>, Community Awareness and Business Engagement Officer, <b>headspace</b> Gosford</p> <p><i>Mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community, and live your life in a free and satisfying way.</i></p> 
9:40am	<p><b>Presentation 1: Opening the Doors: Young People and Mental Health</b> <i>Dr Ruwantha Weerakkody</i>, Psychiatric Registrar, Children and Young People's Mental Health</p> <p>Mental illness affects 1 in 4 young people. Dr Weerakkody will help students understand some of the common mental health problems experienced by young people.</p>
10:00 am	<p><b>Mental Health Showcase: Lakes Grammar High School</b></p> <p>Students from Lakes Grammar High School will showcase their student-led mental health promotion initiatives.</p> 
10:15 am	<b>Morning Tea (20 minutes)</b>
10:35am	<p><b>Presentation 2: Beyond 6 Packs and Selfies</b> <i>Dannielle Miller</i>, CEO Enlightened Education</p> <p>Negative stereotyping, media images, the fixation on the body, these are all issues today's youth are facing. In this workshop Dannielle will encourage participants to critically evaluate the messages that bombard them every day and develop strategies that help them respond intelligently and objectively.</p> 
11:35am	<p><b>headspace video: Got A Lot Going On</b></p> <p>Aboriginal and Torres Strait Islander young people in remote communities worked with <b>headspace</b>, Indigenous Hip Hop Projects and Indigenous creative agency Gilimbaa to create the video.</p> 
11:45am	<b>Lunch (40 minutes)</b>
12:25pm	<b>Workshop Briefing</b> MC

12:30pm	<p><b><u>Group 1 (Blue)</u></b></p> <p><i>MindBlank</i></p> <p><b>Mental Health Forum Theatre</b>  <b>Topic: Beating the Blues</b></p>  <p><b>Room: Meeting Room 2</b></p>	<p><b><u>Group 2 (Green)</u></b></p> <p><b>Beating the Blues: Drumming Workshop</b></p> <p><i>Tim Orgias, InRhythm &amp; Marcus Missio-Spiteri</i>        CYPMH</p>  <p><b>Room: The Hub</b></p>	<p><b><u>Group 3 (Yellow)</u></b></p> <p><b>Take it Back Workshop</b></p> <p><i>Helen Astolfi</i>        CYPMH</p> <p><b>Room: Erina Centre</b></p>	<p><b><u>Teacher's Workshop 1</u></b></p> <p><b>Nothing to fear but fear itself: Strategies for dealing with anxiety in the classroom</b>  <i>Rachael Cousins, CYPMH &amp; Kurt Braasch, CYPMH</i></p> <p><b>Is our school inclusive for same sex attracted, gender diverse and intersex? (students, staff and parents)</b></p> <p><i>Liz Hammond, Family Planning NSW</i></p> <p><b>Room: Meeting Room 1</b></p>
1:15pm	<b>Change Breakout Rooms</b>			
1:20pm	<p><b><u>Group 2 (Green)</u></b></p> <p><i>MindBlank</i></p> <p><b>Mental Health Forum Theatre</b>  <b>Topic: Building Resilience</b></p>  <p><b>Room: Meeting Room 2</b></p>	<p><b><u>Group 3 (Yellow)</u></b></p> <p><b>Beating the Blues: Drumming Workshop</b></p> <p><i>Tim Orgias, InRhythm &amp; Marcus Missio-Spiteri</i>        CYPMH</p>  <p><b>Room: The Hub</b></p>	<p><b><u>Group 1 (Blue)</u></b></p> <p><b>Take it Back Workshop</b></p> <p><i>Helen Astolfi</i>        CYPMH</p> <p><b>Room: Erina Centre</b></p>	<p><b><u>Teacher's Workshop 2</u></b></p> <p><b>Mindfulness Workshop</b></p> <hr/> <p><b>Classroom Strategies for Self-Harm</b></p> <p><i>Patrick Sharples, CYPMH &amp; Marion Bowyer, CYPMH</i></p> <p><b>Room: Meeting Room 1</b></p>
2:00pm	<b>Change Breakout Rooms</b>			
2:05pm	<p><b><u>Group 3 (Yellow)</u></b></p> <p><i>MindBlank</i></p> <p><b>Mental Health Forum Theatre</b>  <b>Topic: Defeating the Trolls</b></p>  <p><b>Room: Meeting Room 2</b></p>	<p><b><u>Group 1 (Blue)</u></b></p> <p><b>Beating the Blues: Drumming Workshop</b></p> <p><i>Tim Orgias, InRhythm &amp; Marcus Missio-Spiteri</i>        CYPMH</p>  <p><b>Room: The Hub</b></p>	<p><b><u>Group 2 (Green)</u></b></p> <p><b>Take it Back Workshop</b></p> <p><i>Helen Astolfi</i>        CYPMH</p> <p><b>Room: Erina Centre</b></p>	<p><b><u>Teacher's Workshop 3</u></b></p> <p><b>Take it Back Workshop</b></p> <p><i>Helen Astolfi</i>        CYPMH</p> <p><b>Room: Erina Centre</b></p>
2:50pm	<p><b>'Take it Back' Feedback &amp; Day Debrief</b>  <i>Helen Astolfi, Partnerships/Projects/School-Link Coordinator, Children and Young People's Mental Health</i>  <b>Room: Erina Centre</b></p>			
3:00pm	<b>Close</b>			