



Youth Mental Health and Wellbeing.

Understanding and responding to mental health concerns of young people.

The Youth Mental Health and Wellbeing workshop will provide participants with the opportunity to engage and be a part of an informative and experiential/interactive session. The workshop will include discussions and information on up-to-date trends and risk factors of mental illness, as well as the common presentations we see in adolescents and young people. This will include depression, anxiety, substance abuse, suicidal presentations and non-suicidal self-injury (self-harm).

Training commences with an icebreaker and group agreement activity to ensure that all participants feel comfortable and safe to share and learn. This is particularly important with the topic area being discussed.

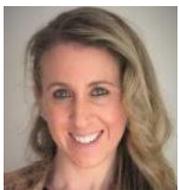
The presentation includes but is not limited to information on mental health and mental illness, a brief introduction to depression, anxiety, substance abuse, suicidal presentations and non-suicidal self-injury (self-harm) and statistics in relation to these areas and young people.

We will explore myths about mental health and young people – this will be one of the first activities, which will set the scene for the session, but is also designed to give participants the opportunity to ask questions, challenge their own values and

knowledge of the area and to also give them a sense of their current knowledge base. Scenarios will be built into the session - this will give participants the opportunity to think about the issues impacting young people and together, they will explore and discuss strategies and ways that they can best support them and each other. Having a safe learning space to do this will create confidence in participants and subsequently, they will then utilise the skills and knowledge learnt in the session, in the outside world.

Learning objectives of this training:

1. Understanding the difference between mental health and mental illness
2. Increased understanding of the mental disorders impacting young people
3. Increased knowledge of the statistics about the prevalence of adolescent mental health
4. Increased confidence in approaching a young person they are concerned about
5. Understanding of the different services available to support young people
6. Knowledge of the processes in place that supports a young person to receive help through the Medicare system



Kim Huckerby has spent the last 15 years working extensively with young people, parents, secondary schools, the corporate sector and the wider community. Her professional focus has been on adolescent development, engaging in diverse roles to pursue her passion in education and training about youth issues. Kim has navigated the adolescent space for many years and has found that through working in different areas such as psycho-education, outreach, mentoring and teaching/training, she has equipped herself with the necessary tools, skill base and knowledge to impart some of learnings with the wider community. Over the last few years, Kim has moved into strategic planning and management at Raise Foundation, as well as a newly appointment role in the Learning and Development space. She also runs her own business delivering Youth Mental Health First Aid courses.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 12 CPD points.



AASW: Members can accrue 6 CPD hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

Morning Session

Introduction to adolescent mental health

Brief overview of the mental illnesses impacting our young people

Approaching young people we are concerned about – tools and strategies to do this effectively

Afternoon Session

Scenarios – let's practice! Sharing and building on skills and tools to effectively engage young people with a mental illness

Supporting young people to ask for help – how do we empower young people to ask for help and breakdown the stereotypes and stigma

Referral systems + what support services are available for young people and the importance of online support services for this generation

Evaluation and Closing.

“Imagine a world where everyone feels comfortable to ask people about their mental health and importantly, can instil enough confidence for that person to answer honestly.”

Kim Huckerby

How will you benefit from attending this training?

- Develop a good general understanding of the mental health concerns of young people today.
- Review the most up-to-date statistics regarding adolescent mental health.
- Acquire the tools, skills and confidence to be able to ask a young person if they are ok and to respond effectively.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

This presentation is appropriate for participants wanting an overview of relevant and up-to-date information regarding mental health and wellbeing matters facing young people today.

Feedback for Kim's recent training presentations:

“The presenter was engaging and knowledgeable, and made everyone feel safe and comfortable to participate. One of the best trainers that I have ever had the pleasure of doing a course with - thank you Kim”

“The instructor was fantastic. From the moment you entered the room where everything was set up so well, to her manner and style, engaging, fun, knowledgeable and lots of opportunity to practice and work with others. Was a great course”

“The course was an amazing insight into the world of youth mental health. Kim was a fantastic instructor who is knowledgeable and passionate about mental health. I would truly recommend to this course to anyone from parents to social workers...”