

The NSW School-Link initiative provides the capacity for NSW Health & the Department of Education to work together to improve the mental health, wellbeing and resilience of children & young people in NSW.

Term 4 | 2016

Please distribute to:

Principal  
Deputy Principal  
School Counsellors  
Year Advisors

Learning Support Teams  
Wellbeing Staff  
Teachers

Admin & Support Staff



NSW

School-Link

Health and Education Working Together

# Newsletter

## Hello!

Hi everyone & welcome to the final edition of our School-Link Newsletter for 2016. We hope you have had a great start to Term 4. Since our last correspondence, we have been busy working on our revised mental health pathways to & from care document, an aid to guide a schools response to a mental health crisis. We hope to have this document finalised shortly & will begin to offer training on how to utilise it in your school. This document is a proactive measure that will assist in your response to & the recovery of the young people experiencing the crisis. Research indicates that an appropriate first response can drastically improve the trajectory of recovery, which is crucial for the age group we are servicing and their developing brains. Please contact us if you would like to discuss issues regarding this.

October is Mental Health Month with a theme of 'Learn & Grow'. The aim of this month is to encourage all of us to learn & understand the importance of looking after our mental health & wellbeing. Please see more on Page 2 & 3.

The 'Building Connections to Wellbeing' Conference in Term 2 allowed us to offer 'Staying Connected when Emotions Run High' training for around 100 staff working in the MH space. Please see more on Pg. 5. The conference has also permitted us to offer clinical therapy training for frontline school & Health clinicians in November. Work continues alongside the team from Safe Schools Coalition (SSC) across our Local Health District to promote the use of the SSC resources, & finally, we are still development/training in social & emotional learning (SEL) programs.

Please get in touch at any time if you would like to discuss anything contained in our newsletter. Thanks!

Cathie & Matt

## Contents

1. Mental Health Month:  
*Learn & Grow*
2. The Impact of Stress & Exams
3. Red Frogs Australia
4. Staying Connected When  
*Emotions Run High*
5. Safe Schools Coalition
6. Mindfulness in the Classroom
7. Relationship Education Programs
8. Young Carer Support
9. Professional Development
10. CAMHS/Mental Health Line
11. NSW School-Link Mission & Aims



NSW  
GOVERNMENT

Health

Western NSW  
Local Health District

## October is Mental Health Month

### What is it all about?

Each year, Mental Health Month is celebrated in NSW during the month of October. The aim of this month is to encourage all of us, whether we have experienced mental illness or not, to learn and understand the importance of looking after our mental health and wellbeing.

According to the World Health Organisation, mental health is the state of wellbeing in which every person can cope with the normal stresses of life, work productively and contribute to their community (WHO, 2014). Often, our views of mental health and mental illness is misguided. This can confuse us about what mental health really is and sadly, does not allow us to see its importance in our everyday lives.

Helping people learn more about their mental health can allow them to be more aware of their mental state and the wellbeing of others.

This can encourage people to seek or ask for help when things aren't going well which is also an important part of self-growth.

# Learn & Grow

Thinking about this,  
our theme for Mental Health Month this year is:

### LEARN AND GROW

This message is simple and very important: We should all learn about mental health, know about our thoughts, feelings and take action to improve our mental wellbeing. This will help us grow towards maintaining our mental health & wellbeing.

Learning about mental health is important for good health and wellbeing in our everyday lives. It also helps breakdown any shame around mental health. We are also encouraged to learn other new and exciting things because learning can have many positive outcomes for our wellbeing. Whether it's learning at work, home or in everyday life all are essential for our mental growth and are enjoyable.



MENTAL HEALTH MONTH 2016 - Learn and Grow

### Engage your mind

Research tells us that taking part in challenging activities benefits our mental health and wellbeing. For example, leisure activities that you find interesting and/or socially engaging are linked to better mental abilities.

Regardless of age, culture, gender or if you are studying, working or retired, using the mind is a good strategy for taking care of your mental wellbeing. Learning new and challenging things is not always easy. But trying something new and getting out of our comfort zones can be rewarding and over time, relaxing. Whatever the outcome, we are taking an active approach towards looking after ourselves, particularly our mental health).

Take part in an enjoyable activity like learning to play a new instrument, picking up a hobby such as photography or engaging in formal/informal education such as learning a new language.

Regardless of our preference, making an effort to learn something new are all great ways to work our minds.

Have a  
mindful  
moment

moment

### Learn ways to stress less

In a world of technology, we can often feel overwhelmed with all the information we can access. While it is good to have technology always available, it can also be a large distraction in our lives. The 2015 Stress & Wellbeing report found that social media is both a cause of stress and a way of managing stress. It also mentioned that our use of social media can cause sleeping difficulties and problems with relaxation.

The most important thing for our mental health is to do everything in moderation. Try and set some tech-free time every day and take a moment to explore your surroundings, enjoy the sunshine or go for a walk. As you learn to make this important change in your daily routine, you might be motivated to engage in other enjoyable and relaxing activities.

Set a  
tech-free  
time

Express  
optimism



# October is Mental Health Month (Cont.)

## Share your passion

### Listen to different views

We all have our own way of seeing ourselves the world and other people. No matter how hard it can be, it is important to listen to different views as it can change how we understand things and the way we act. Listening to different views about mental health can go a long way when it comes to maintaining a healthy mental wellbeing for both ourselves and others. Listening without judging people's experiences can help change the way we view mental health and mental illness. It can help to explain misunderstandings about mental health that stop us from seeking help. It can also motivate us to learn more about our mental health, take better care of ourselves and allow us to reach out to others when things aren't going well. Being open to different views can go a long way when it comes to maintaining a healthy mental wellbeing for both ourselves and others.



## Volunteer to help others

### Share your passions with others

Having a passion or love for an activity, hobby or idea allows us to experience positive emotions and ultimately lead to helping us maintain a positive wellbeing. We may want to share something about our background, culture or an experience which can allow us to connect and engage socially and emotionally with others. This can have an ever bigger impact on us and other people. When we share something we are passionate about such as looking after the environment, or teaching guitar;

we are sharing our knowledge and experience. By doing this, we may come across new ideas about what we love and allow for greater self-growth.

## Remind yourself of good times

## Do you need some more help?

Sometimes our biggest priority will be getting some help for things that are causing us problems or for changes in the way we are feeling and thinking.

Often, a good first step is having a chat to a local doctor who can refer you to someone who can help. You may be able to obtain a Medicare rebate for some sessions with a psychologist when your GP develops a management plan.

For more information on how to find help, call the Mental Health Information Service on **1300 794 991** (9am – 5pm, Monday - Friday) or the NSW Mental Health Line on **1800 011 511** (24hrs). Another option is to go online for more information of mental health services via [www.wayahead.org.au](http://www.wayahead.org.au)

If you would like more information regarding mental health, support or about maintaining wellbeing visit our website [www.wayahead.org.au](http://www.wayahead.org.au) to download and view our numerous factsheets and support programs.

If you need to talk to someone now call Lifeline on **13 11 14**

If you are from a culturally or linguistically diverse background, contact the Transcultural Mental Health Centre (TMHC) Information and Clinical Consultation Line on (02) **9912 3851**.

Finally, remember that if you don't find the right help the first time you try, it's important to keep trying. It's okay to ask again or to talk to another mental health professional until you find the support and help that is right for you.

Mental Health Month is supported by



**Mental Health Commission**  
of New South Wales

Mental Health Month factsheet  
acknowledges the support of our partner



### For 24/7 counselling and support

- Lifeline - **13 11 14**
- MensLine Australia - **1300 789 978**
- Suicide Call Back Service – **1300 659 467**
- Kids Help Line - **1800 55 1800**
- National Sexual Assault, Domestic & Family Violence counselling service 1800Respect – **1800 737 732**
- Domestic Violence line – **1800 656 463**

These numbers are either free or the cost of a local call.



WayAhead - Mental Health Association NSW (WayAhead) is a community-based organisation and registered charity that has worked since 1932 to address stigma and to promote mental health and wellbeing through education, support and advocacy in NSW. Our vision is a society that understands, values, and actively supports the best possible mental health and wellbeing.

Our programs include:

- Mental health promotion, including coordinating Mental Health Month in NSW
- Workplace Health Promotion Network, working to improve employee wellbeing
- Anxiety support and self-help groups – for more information, please visit [www.understandinganxiety.org.au](http://www.understandinganxiety.org.au)
- Small Steps, providing education to teachers and parents about anxiety in children
- A mental health information and referral service and database [www.wayahead.org.au](http://www.wayahead.org.au) or call **1300 794 991**



# The Impact of Stress & Exams

## • Sara Twohill – Hunter Institute of Mental Health

Stress is a complex physiological and psychological phenomenon. It can be a motivating experience that helps us to get things done and stay focused. However, too much stress can be unhelpful and at times problematic. As Currie and Hagarty (2010) have observed, end of year exams are often a time when stress levels are high among students.

Fortunately, teachers can help students to manage their stress by understanding the phenomenon of stress, its causes, impacts and what can be done to reduce or eliminate its effects. The following article explains on some of the issues and ideas raised by Currie and Hagarty (2010) and provides a range of coping strategies that can be applied to students, in a variety of educational settings.

### **What is stress?**

Stress is a natural physical and mental response to an emotional strain or suspense. The human body responds to events that provide stress (stressors) by activating the nervous system and specific hormones in the body. The hypothalamus, within the brain, signals the adrenal glands to produce the hormones adrenalin

and cortisol, and to release these into the bloodstream. These hormones speed up a person's heart rate, breathing rate, blood pressure and metabolism. The physical changes following the onset of a stressor prepare a person to react quickly and effectively to handle the pressure being experienced. This is known as the *stress response*. When working effectively, the body's stress response improves a person's ability to perform well under pressure (Reach Out Australia, <http://au.reachout.com/find/articles/stress#>). When stress is a constant experience these chemicals build up and can have adverse effect on the body.

### **What causes stress and how does it impact on the body?**

Stress can be caused by a range of factors and can impact people differently. For example, stress can be caused by problems at home, relationship difficulties, situations at work, a traumatic event or experiences at school.

Stress affects both the body and mind. Physical manifestations of stress can include feeling sick, having stomach aches or headaches, sweating a lot, feeling

dizzy, eating too much or too little, or using drugs (Youth beyondblue Fact sheet 7, Youth beyondblue, [www.youthbeyondblue.com](http://www.youthbeyondblue.com)).

Common mental health symptoms of stress include feeling angry, feeling anxious, being moody and easily frustrated, regularly feeling like crying, having low self esteem, feeling restless all of the time or having trouble sleeping (Youth beyondblue Fact sheet 7, Youth beyondblue, [www.youthbeyondblue.com](http://www.youthbeyondblue.com)). Research indicates that individuals who react in an explicitly emotional way to stressors are more likely to develop symptoms of depression compared to those people who employ a constructive approach to problem-solving in difficult situations (Spence et al., 2005).

### **What can be done to prevent or reduce the impact of stress?**

Stress is common and everyone will experience it at some point in their lives. For students who are experiencing stress as a result of upcoming exams, there are range practical things that can be done to alleviate its effects. Teachers can help their students who are experiencing stress as a result of exams by encouraging them to:



# The Impact of Stress & Exams (Cont.)

- look after themselves physically and emotionally (eating healthily and getting plenty of sleep),
- get organised for their exams (prioritise their time and develop a plan for what needs to be done and when),
- take regular breaks from their study and do things that they enjoy,
- be positive and set realistic expectations,
- spend time with friends and family,
- ask for help if they need it (this might be speaking to a medical practitioner, counsellor, psychologist or other person that they trust), and
- limit the use of alcohol and other drugs (e.g. caffeine) (Reach Out Australia, 2010 and Curtin Student Guild, 2010 ).

While stress is a common and natural experience, it can have negative implications. Fortunately, teachers can positively help their students to manage the stress associated with exams by understanding its causes and encouraging actions to reduce its impact.

For more information about what teachers can do to support students please visit the Response Ability: Teacher Education and Early Childhood page of the Hunter Institute of Mental Health's website at <http://www.himh.org.au/site/index.cfm>.

## References

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## Tips for Wellbeing

Mental health problems and difficult life events can affect anyone. It is important to maintain wellbeing in order to work effectively and cope with stressful times, such as final year exams.

Here are some tips to help maintain wellbeing:

- Look after yourself physically with a healthy diet, exercise and adequate sleep.
- Foster and maintain close personal relationships.
- Make time for fun positive activities.
- Learn to manage your stress in positive ways.
- Reach out for help when you need it.

(Adapted from *A Teacher's Guide*. For more information see page 23)



## Red Frogs Vision

As a result of safeguarding a generation of young people, Red Frogs Australia will empower young people to make positive life choices and become a voice of change within their culture.

## Red Frogs Mission

Red Frogs is a support program for young people from the ages of 15 – 25. Red Frogs recognize that the culture of young people is dominated by alcohol and that excessive consumption of alcohol and other substances can lead to dangerous and life altering behaviours. Therefore Red Frogs make it their mission to provide a positive peer presence in alcohol-fuelled environments where young people gather, educate young people on safe partying behaviours, and promote and provide non-alcoholic and/or diversionary activities that engage young people in these environments.

## Red Frogs App

Red Frogs now have their own App to use at Schoolies/Leavers (Australia & Bali Only).

### Features:

- Request a Walk Home
- Pancake Bookings
- Schoolies specials and deals of the day



## SCHOOL SEMINARS (For 2017):

### Schoolies/Leavers & Party Safe Presentation

With our knowledge and experience from Schoolies and Leavers support since 1997, as well as safety messages from local and state government agencies, we share information and advice on key issues which arise during Schoolies and Leavers, encouraging and empowering students to make positive choices within various party environments (particularly Schoolies/Leavers celebrations).

### Identity Presentation

Red Frogs exists to safeguard young people from engaging in behaviours that could harm them and hinder their future. We believe that an effective way of doing this is by educating and encouraging them that who they are - their identity - has inherent worth and value. Through information, practical activities, media and personal testimonies, we aim to leave young people encouraged and excited about who they are and the future ahead of them.

### Life After School Program

Red Frogs see a need in supporting young people as they prepare for the changes and choices they will face once they leave school. This presentation aims to address concerns and expectations students may have in regards to:

- purpose
- choices
- Responsibilities
- relationships
- living arrangements
- social relations

*For more information, please visit: <http://au.redfrogs.com/>*

## *Staying Connected When Emotions Run High*

On the 15th of September, over 100 Education, Mental Health & Community Organisation staff from all over the Western NSW Local Health District converged on the Dubbo RSL to attend the introductory course 'Staying Connected When Emotions Run High'. **Dr Annemaree Bickerton** (Child, Adolescent & Family Psychiatrist) & **Toni Gerretty** (Clinical Coordinator, Family & Carer Mental Health Program) showcased a new intervention for families and carers who support someone with emotion dysregulation or related conditions. The very practical & engaging workshop focused on strategies to become a resource to someone who has changeable & overwhelming emotions; displaying impulsive & destructive behaviour and/or has been diagnosed with marked emotion dysregulation. The course provided great insight into the lives of people who combat these types of presentations & how different responses can help or hinder their situation & subsequent de-escalation/recovery through the "Four Carer Dancers":

- **The Too Too Bossy "know it all" approach;**
- **The Too Too Busy "It's all about me" approach;**
- **The Too Too Kind "Can't say no/All my fault" approach, &;**
- **The Good Enough "I believe in you " approach.**

One of the main messages was to stay connected with your student, in whatever capacity you are working with them, using the strong analogy of being their lighthouse.

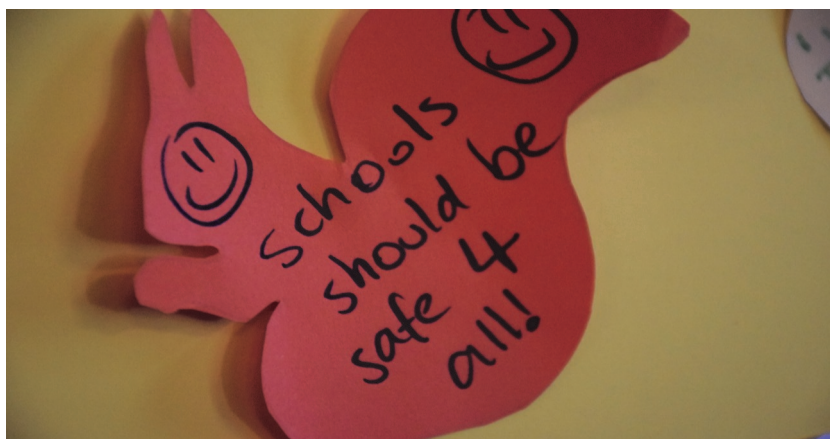
***"A lighthouse is a clear, predictable and consistent guide standing firmly on safe ground to guide one to safety. When the seas are roughest a lighthouse stands firm. The lighthouse doesn't wade into the water to rescue, but provides stability and hope to those struggling to make shore."***

The training was made possible through proceeds from the Mental Health Conference held in April this year & through the Network Specialist Centre Facilitators supported the training. Thank you to Darryl Thompson & Stewart Vidler for their ongoing support.





## Safe Schools Coalition: Orange & Region



On Tuesday 20th September, School Counsellors in the Orange, Bathurst and Lachlan teams received training from the Safe Schools Coalition, which followed up training offered earlier in the year to the Dubbo end of our region. Darby and Mary, from Safe Schools coalition provided a very practical introduction to gender and sexuality diversity, including terminology and language; legal and policy frameworks as well as research into the impact of homophobia, transphobia and intersex prejudice within the school environment. Participants looked at supportive and risk factors, and strategies for inclusivity to support the lives of same-sex attracted, intersex and gender diverse young people.

We hope to offer more training in the New Year.

Modules (1-2.5 hrs. each) may include;

- Sexuality and Gender Diversity – Introduction
- Supporting Sexuality and Gender Diversity
- Supporting Transgender Students
- Supporting Gender Diversity and Transgender Students

"This course should be compulsory for all DoE staff. It is important"

"The more I learn the more comfortable I feel in my abilities to support and understand the needs of GLBTI students"

For more information and resources for teachers, students or parents, please visit:

<http://www.education.gov.au/safe-schools-hub-0>

Email: [safeschools@fpnsw.org.au](mailto:safeschools@fpnsw.org.au)







# Mindfulness in the Classroom: Smiling Mind

## What is mindfulness?

Just as we teach kids to eat well and stay fit to keep their bodies healthy, teaching children how to proactively care for their mind is equally important. Many children live busy lives in a state of mindlessness. This is the same as being on autopilot, or taking a back seat and letting thoughts and emotions drive actions and behaviour. Mindfulness puts the child's mind in the driver's seat. Instead of reacting, thinking in circles or repeating old habits, they can choose to act in ways that are both clear and empowered.

## Why is mindfulness meditation needed in the classroom?

In our busy, often overscheduled culture, children can be overstimulated and over exposed to technology. Research has shown that mindfulness meditation strategies can: improve learning readiness by enhancing working memory, processing and the ability to focus on one task, encourage brain development in areas important for cognitive and emotional processing and wellbeing, and improve the classroom dynamic by reducing anxiety, heightening optimism, improving attention and reducing aggression.

## Mindfulness in the Classroom

The Smiling Mind Education Programs are mapped to the curriculum and designed to support educators to bring mindfulness into the classroom. All our lesson plans are tailored to each age level across primary and secondary school levels. We know that to really make a positive impact on children's mental health, we need to provide them with skills that can be used throughout their lives. If we tune in to our body and our mind through mindfulness and meditation, we can improve our learning.

## What is Smiling Mind?

Smiling Mind is modern meditation designed to create healthier, happier and more compassionate children. Through our unique web and app-based programs, Smiling Mind helps bring balance to young people's lives.

## Proven effectiveness

The Smiling Mind Education Program offers mental health and wellbeing tools designed for primary and secondary aged children. It has been successfully implemented in a wide variety of government and non-government schools with positive results in classes of all sizes, backgrounds, locations and ages.

The Smiling Mind Education Program has been proven to help students with sleep, wellbeing, managing emotions, concentration and school behaviour including reductions in bullying. Our Program also assists with:

- stress management,
- increased resilience,
- increased creativity,
- better decision making, and
- a sense of calm, clarity and contentment.



In a 2015 study, we surveyed 12 schools, 104 teachers and 1,853 students to assess the impact of the Smiling Mind mindfulness program. We monitored subjects' stress, sleep and wellbeing over five weeks and found that those who participated in our program reported significant improvements in sleep and emotional wellbeing and marked reductions in psychological distress. Research has shown that involving the whole community – teachers, parents and students – is the most effective way to gain the long-lasting benefits of mindfulness.

<http://www.smilingmind.com.au/our-programs/mindfulness-in-the-classroom/>



# ***Interrelate Relationship Education Programs***

Interrelate has been providing sexuality and relationship education in NSW since 1926 through their programs in schools and services for families. They are renowned for their non-discriminatory and open teaching in schools and are bringing their programs to Central and Far West NSW.

Interrelate's programs cover sensitive issues including sexuality, puberty, bullying awareness, cyber bullying and respectful relationships. Their highly trained and skilled educators deliver a range of programs to assist children and parents to communicate with each other about fundamental emotional and social development issues. Their programs are based on sound research and educational principle.

## **Primary School Programs**

### **Raising Awareness of Bullying (day program)**

- Develop students' understanding about the nature of bullying, including cyber bullying
- Give students strategies for dealing with bullies (from the perspective of the victim)

### **Where Did I Come From? (Evening program for Years 3-6 and their parents)**

- Develop students' understanding of male and female reproductive systems, conception, foetal development and birth
- Discuss different ways children can join families, e.g. adoption, fostering, blended families

### **Preparing for Puberty (Evening program for Years 5-6 and their parents)**

- Develop students' understanding in relation to the physical, emotional, social and intellectual changes associated with puberty for both boys and girls

## **High School Programs**

Interrelate is launching the following programs in high schools in 2017:

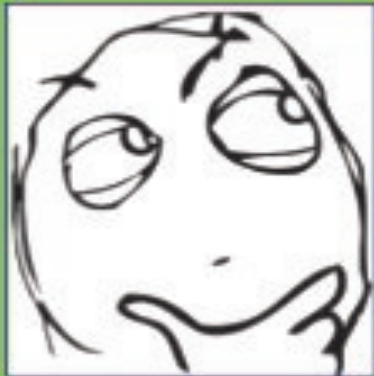
- Cybersafe Teens (for Years 7-8)
- Talking Relationships (for Years 7-8 mainstream and special needs programs)

For a full list of the programs available go to <http://www.interrelate.org.au/program/schoolservices/>

For more information on any of the programs or to register your interest in booking a session please contact [school.services@interrelate.org.au](mailto:school.services@interrelate.org.au) or 02 8882 7875.







Are you under 18 years,  
studying in primary school, high  
school or equivalent and  
looking after someone?

A young carer is someone aged under 18 years who may be caring for a frail aged person; person with a disability or mental illness; or a person with a terminal or chronic illness. Young carers often care for a parent, sibling or other significant family member.

**The Commonwealth Carer Respite Centre** can help support Young Carers who may be struggling in completing their education and who will benefit from respite or tuition support.

For more information,  
please call **1800 052 222\***

\*calls from mobiles are charged at applicable rates



An Australian Government Initiative



## KOOKABURRA KIDS CAMP, September 2016

'Kookaburra Kids' support kids living in families affected by mental illness. The program provides recreational, educational camps and other activities, giving kids a break in a fun, positive and safe environment. Kids have the opportunity to meet with other kids in similar families and develop new friendships.



*Kids from our region enjoying the Sept camp in Sydney*

Kathy Walls

Mental Health Family Carer Support Worker



Supporting families and communities in western NSW

Youth programs  
Indigenous programs  
Parent & child support  
Counselling  
Financial counselling

Mental health  
Men's programs  
Housing  
Community programs

Australian  
**Kookaburra Kids**  
Foundation Inc.



## Grief & Loss Program



### **‘Seasons for Growth’**

#### **Grief and Loss Program for Children**

The Family and Carer Mental Health Program invites children aged between 6-12, who have a family member with a mental illness to attend this free education program. ‘Seasons for Growth’ helps children to come to terms dealing with grief, change and loss.

**Dates:** 3.30 - 5pm; Wednesday, 26th October, Wednesday, 2nd, 16th and 23rd November 2016. Afternoon tea will be provided.

**Venue:** CentaCare Wilcannia-Forbes, 24 William St. Orange

**RSVP:** Please register by Wednesday 19th October. Call Kathy or Els at CentaCare on 02 6360 0587.

*This education program is kindly supported by House With No Steps*





Supporting families and communities in western NSW  
Youth programs  
Indigenous programs  
Parent & child support  
Counselling  
Financial counselling

Mental health  
Men's programs  
Housing  
Community programs



Health  
Western NSW  
Local Health District

**Do you have a Young Carer in your classroom?**  
**Would you like to Learn more about how to best support them?**

**Date: Thurs 20<sup>th</sup> October, 2016**

**Time: 3.45pm-5.00pm**

**Location: Link in via V/C**

**Hosted by Canobolas Rural Technology High School—  
OR attend session face-to-face at the School Library,  
142 Icely Rd, Orange NSW 2800**

**Please register interest to: Cathie Matthews, School-Link Coordinator  
6369 2030, email: [Cathie.Matthews@health.nsw.gov.au](mailto:Cathie.Matthews@health.nsw.gov.au); OR  
Kathy Walls, Mental Health Family Carer Support Worker  
6360 0587, email: [kwalls@centacarewf.org.au](mailto:kwalls@centacarewf.org.au)**

### **Session Overview:**

There are over 100,000 identified young carers in NSW, and likely many more that are not identified. Knowing how to support young carers in an appropriate and sensitive way can make a big difference to them, their family & their engagement at school. Carers NSW will present their Young Carer Awareness Training. Training is based on Australian and international research as well as the extensive experience of Carers NSW. Training includes an experiential and interactive activity that group participants can get involved with.

We will also hear from a local young carer in our region about his first hand experiences helping to care for his mum, while at school. John is currently in Yr 10 at a local High school.







# YOUTH MENTAL HEALTH FIRST AID COURSE

## Professional Development

### This 14-hour YMHFA Course teaches adults how to provide Mental Health First Aid to adolescents

*Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem or in a mental health crisis.*

#### What is the Youth Mental Health First Aid course?

The Youth Mental Health First Aid (YMHFA) course is based on international MHFA Guidelines. These Guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

#### Course Content

The YMHFA course teaches adults how to assist adolescents who are developing any of the following mental health problems or mental health crises:

#### Developing mental health problems

- Depression
- Anxiety problems
- Eating disorders
- Psychosis
- Substance use problems.

#### Mental health crises

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

**Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.**

#### Course Format

This is a 14-hour course. The delivery format is flexible. Course participants receive a copy of the YMHFA Manual to keep and a Certificate of Completion.

#### Where can YMHFA courses be held?

The course can be conducted wherever a YMHFA Instructor can travel. If extended travel is required, the instructor's travel expenses may also need to be met (to be negotiated with the instructor).

#### Upcoming YMHFA courses

MHFA courses for members of the public are advertised through the MHFA website.

#### Finding a YMHFA Instructor

You can find MHFA Instructors in your area on the MHFA website.

You can then contact instructors directly about conducting a course for your organisation, workplace or school.

Instructors set their own fees, so we recommend you contact several local instructors to ask about their fees.

*All instructors of this course are trained by MHFA Australia.*



#### Who can attend a YMHFA course?

Any interested adult, particularly those who work or live with young people, can attend. This course is not a to attend. We do offer a separate course which teaches adolescents how to provide mental health first aid to their peers, the **teen MHFA Course**. *More info at the MHFA website.*

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.



# DRUG and ALCOHOL FIRST AID

DELIVERING UP TO DATE AND ESSENTIAL INFORMATION  
TO SERVICE PROVIDERS AND COMMUNITY MEMBERS  
ABOUT DRUG AND ALCOHOL MISUSE.

UPON COMPLETION  
PARTICIPANTS WILL BE  
BETTER EQUIPPED TO:

- + Recognise problematic drug and alcohol use
- + Describe the impacts of problematic drug and alcohol use
- + Identify the types of drug and alcohol supports and treatments that are effective in reducing use
- + Support people who have drug and alcohol problems

SUBSTANCE MISUSE  
IS THE PREDOMINANT  
PROBLEM FOR PEOPLE  
WHO ARE HOMELESS,  
EXPERIENCING DOMESTIC  
VIOLENCE OR ENGAGED  
WITH CRIMINAL JUSTICE  
OR CHILD PROTECTION  
SYSTEMS.

**DRUG AND ALCOHOL MISUSE** is the predominant problem for people who are homeless, experiencing domestic violence or engaged with criminal justice or child protection systems. Families and communities experience significant distress trying to support people with substance problems. Education and training on ways of working with and addressing substance misuse is a critical gap in professional and practice development in the community service sector.

The Lyndon Community has provided drug and alcohol treatment services for over 30 years. With our commitment to research and evidence based practice, The Lyndon Community has developed the Drug and Alcohol First Aid (DAFA) course to deliver up to date and essential information to service providers and community members.

### WHAT THE TRAINING COVERS

- + **Identify different types of drugs and their effects:**  
This component covers types of drugs, their effects, withdrawal and overdose as well as impacts on physical and mental states
- + **Drug and alcohol methods and treatments:**  
Information on effective treatments, including community and residential programs, medicines and government controls.
- + **Support people who have drug and alcohol problems:**  
Practical information on talking to someone about their substance use in a non-confrontational way; and responding to intoxication and overdose.

### LENGTH

Drug and Alcohol First Aid is a short one-day workshop completed in 6 hours.

### DELIVERY

Contact us for the workshop dates and locations or to organise an event for your workplace or community.

### COST

TBD

Brought to you by



The Lyndon Community

For booking or further information please contact:

P 02 6361 2300 | F 02 6361 7400  
E [enquiries@lyndoncommunity.org.au](mailto:enquiries@lyndoncommunity.org.au)  
PO Box 9374, Orange East NSW 2800







Health  
Western NSW  
Local Health District

## Child & Adolescent Mental Health Service - CAMHS

CAMHS is a multidisciplinary team providing services for young people up to 18 years who have emerging, identified, or are at risk of developing mental health problems.

Mental health concerns we can assist with include:

- Suicidal Behaviour & Self Harm
- Anxiety (moderate & severe)
- Depression (moderate & severe)
- Psychosis
- Eating Disorders
- Post Traumatic Stress Disorder
- Other serious mental health issues

To contact CAMHS (8:30am - 5:00pm M-F), Dubbo **6881 4000** Orange **6369 7320**  
Bathurst **6330 5850** Cowra **6340 9050** Parkes **6861 2570** Forbes **6850 2233**

Alternately, contact the 24hr Mental Health Line on **1800 011 511** OR in the case of an emergency, please call **000**. or present to your nearest Emergency Dept.



Connecting you  
with the right care

**Mental Health Line**  
**1800 011 511**



### **A SERVICE FOR ALL**

- ♦ The Mental Health Line is a 24-hour telephone service operating 7 days a week across NSW.
- ♦ Anyone with a mental health issue can use the Mental health Line to be directed to the right care for them.
- ♦ Carers, mental health professionals and emergency services workers can also access advice and relevant services through the Mental Health Line.



### **NSW HEALTH - connecting you with a mental health professional**

- ♦ By calling 1800 011 511 people with a mental health issue can speak with a mental health professional about their symptoms and be connected with appropriate care.
- ♦ The mental health professionals staffing the line will assess the urgency of the call and make appropriate recommendations about follow up treatment.
- ♦ Importantly, people will be talking with professionals so information will be subject to standard Health and personal information privacy regulations.



### **ACCESS TO THE RIGHT CARE**

- ♦ The health professionals working on the line have expertise in the sorts of mental health services available in the towns, cities and suburbs where the caller lives.
- ♦ Callers may need to access the local mental health team for follow up care. GPs, psychologists, counsellors and community health centres are other professionals callers may be connected with.



# NSW School-Link: Mission & Aims

To provide a platform for collaboration where mental health professionals & educators work together, in partnership with children, young people & their families, to achieve optimal mental health, wellbeing & resilience through the early identification of mental health issues and early access to specialist mental health services.

- ♦ **Aim 1:** Early identification of mental health issues
- ♦ **Aim 2:** Provide access to evidence informed mental health early intervention programs in schools & TAFEs
- ♦ **Aim 3:** Early access to specialist mental health services
- ♦ **Aim 4:** Support for the recovery journey

**A full copy of the NSW School-Link Strategy & Action Plan 2014-2017 can be found at:**

<http://www.health.nsw.gov.au/mhdao/programs/mh/Publications/nsw-school-link-strat-actionplan-2014-2017.pdf>

For more information on School-Link in your school & to see how we can work together, please contact Matt or Cathie on the details below.



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