“Education & Mental Health: we can do it together”

GENERAL INFORMATION

“Education and Mental Health: we can do it together” is a two-day conference focusing on the mental health of children and adolescents in our region.

Participants are welcome to attend one or both days. Day 1 has a practical focus for classroom strategies, while Day 2 targets those working more intensively with students individually or in small groups.

The conference is a collaborative effort between Child and Adolescent Mental Health, Department of Education and Communities, Catholic and Independent schools in the Western and Far Western regions.

Cost
$90 per day (GST inclusive)
Includes morning tea and lunch

Registration
Closing date: Friday 6th April 2012 ** (There are limited places so please register early)

Payment may be made by cheque or money Order to:

Western NSW Local Health District
C/- The Curran Centre
145 – 147 March St
ORANGE NSW 2800

Note: Receipts will be issued at the conference
Confirmation of registration will be sent via email

If Western NSW Local Health District employee, please provide cost centre with Manager’s approval.

Cancellation Policy
Refunds will not be available after the closing date for any cancellations

Venue
Orange Ex Services Club
231-243 Anson Street
ORANGE

Parking
Limited Parking is available under the Ex Services Club
Parking is available in Sale Street Car Park (opposite Neweys Dry Cleaners)

Accommodation
Limited accommodation has been reserved for Conference participants at the following motels. Individuals may book & arrange payment independently, citing they are attending the ‘Child and Adolescent Mental Health Conference’. Individual reservations need to be made 4-6 weeks prior to conference.

Templers Mill Motel
94 Byng St
Ph 6362 5611
(Adjacent to Ex Services Club)

The Central Caleula Motor Lodge
60 Summer Street
Ph: 6362 7699

Quality Inn
174 Bathurst Road
Ph: 6393 7500
PROGRAM – Monday 23rd April

8.30am Coffee and Registration

9.00am Welcome to Country Opening Conference

9.15am **Keynote 1: Dr Susan Blinkhorn & Sharon Jones**
*Current issues in mental health for young people.*

10.00am **Keynote 2: Dr Philip Hazell**
The pointy end of teenage behaviour problems – Conduct Disorder & ADHD

10.45am Morning Tea

11.15am Concurrent Sessions

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<th>Session 1</th>
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<tr>
<td>Dr Rosemary Howard</td>
<td>Anthea Bourne, Don Reid &amp;</td>
<td>Lesley Whatson</td>
<td>Robyn Forrester</td>
<td>Michael McCabe</td>
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<td>Foetal alcohol syndrome</td>
<td>Caroline Chapman</td>
<td>Practical approaches to autism</td>
<td>Worry warts &amp; gloomy thoughts:</td>
<td>Dealing with difficult people &amp;</td>
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12.00pm Concurrent Sessions

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<td>Natalie Clarke &amp; Debra Slack-Smith</td>
<td>Dr Tracy Robinson</td>
<td>Gai Torshavn</td>
<td>Karen Kirkwood</td>
<td>Jenny Rosser</td>
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<td>Could it be sensory? looking at behaviour through different eyes</td>
<td>Mental health promotion in schools – what works in rural settings</td>
<td>Anxiety &amp; stress strategies for classrooms</td>
<td>Supporting kids with MH issues return to school</td>
<td>Setting kids up for success</td>
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1.20pm Lunch

2.00pm Concurrent Sessions

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<td>Lesley Whatson</td>
<td>Donna Stanley</td>
<td>Madeline Wishart</td>
<td>Julie Hollitt</td>
<td>Julie-Anne Potts</td>
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<td>Practical approaches to autism</td>
<td>Respect the difference –</td>
<td>The body as a voice: self-harm in</td>
<td>Thinking about thinking for primary</td>
<td>Sexual assault &amp; how to respond</td>
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3.00pm **Keynote 3: The Western Executive Student Team**
*Resilience: Bouncing back together*

3.25pm Close
PROGRAM – **Tuesday 24th April**

8.30am  Coffee and Registration

9.00am  **Keynote1: Dr Daniel Pellin**  
*Cannabis Use and Early Psychosis*

10.00am  **Keynote 2: Dr Claire Gaskin**  
*Mental Illness in Young People: Justice Health Perspective*

10.45am  Morning Tea

11.15am  Concurrent Sessions

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<td>Dr Rod McQueen</td>
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<td><em>The body as a voice: assessment, management &amp; treatment of adolescent self-harm</em></td>
<td><em>What have we learned in the past 10 years about working in the field of young people, mental health symptoms &amp; drug use issues?</em></td>
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<td>Deryk Slater</td>
<td>Kimberley Ivory</td>
<td>Donna Stanley</td>
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<td><em>Cannabis assessment &amp; intervention strategies update</em></td>
<td><em>Working sensitively with young people from sexual minorities</em></td>
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<td><em>Psycho-education for early psychosis</em></td>
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3.45pm  Panel Discussion

4.15pm  Finish
**Personal Details** (please complete all details)

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**Day/s registering:**  
- Day 1 [ ]  
- Day 2 [ ]  
- Both [ ]

Cost: $90 per day ($180 for both days)

**Payment option:**  
- Cheque [ ]  
- Money Order [ ]  
- WNLD employee [ ]

**Dietary Requirements:** _____________________________________________________

**Enquiries:**
For further details or if you have special requirements please contact Cathie Matthews by email Cathie.Matthews@gwahs.health.nsw.gov.au or phone (02) 63 60 8000 / 0408 196530.

Please circle your preference for sessions below & fax to 6361 3592:

**Monday 23rd April**

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<th>11.15am</th>
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<td>Session 2: Intellectual Disability &amp; MH</td>
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**Tuesday 24th April**

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<td>Session 2: Psycho Education for early psychosis</td>
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23rd April, Session Information:

11.15am
1. Foetal alcohol syndrome - Dr Rosemary Howard (Child and Adolescent Psychiatrist)
Foetal Alcohol Spectrum Disorder including diagnosis (facial abnormalities, CNS & behavioural/cognitive deficits), multidisciplinary assessment, long term outcomes, associated mental health problems & treatment & support for child & family, at home & at school.

2. Mental health and intellectual disability in children and adolescents – Anthea Bourne, Caroline Chapman & Don Reid (District Guidance Officer Team)
How are mental health issues & intellectual disability (ID) related? What are some possible ways of working with a child who has an ID but is also exhibiting extreme behaviours related to a possible mental health issue?

3. Practical approaches to Autism across contexts – Lesley Whatson (Statewide Behaviour Intervention Service)
This presentation will consider some of the implications of autism & provide practical ideas for classroom, home & community-based support.

4. Worry warts and gloomy thoughts – Robyn Forrester (Youth Mental Health Care Link)
Identifying & helping high school students with anxiety & depression at school.

5. Dealing with difficult people and staying sane – Michael McCabe (Student Welfare Consultant, Dubbo)
The workshop looks at the nature of what makes people difficult, their interaction styles & how they get what they want. The workshop also looks at how you manage working with people who can be difficult.

12.20pm
1. Could it be sensory? – Natalie Clarke (Occupational Therapist, Wollemi Kids Mental Health and Wellbeing Unit, Orange Health Service) & Debra Slack-Smith (Forbes)
Looking at behaviour through different eyes. We all have individual ways of interacting with the world through our senses. Some children have specific sensory needs & issues that can make that interaction either overwhelming or underwhelming. During this workshop we will aim to investigate how we as individuals interact with our environments. We can use our understanding of ourselves to learn about sensory preferences of children & young people & assist them to create an environment conducive to learning. This should be a fun & interactive workshop.

2. Mental health promotion in schools – what works in rural settings – Dr Tracy Robinson (Program Leader (Education), Centre for Rural and Remote Mental Health)
This workshop will focus on conducting emotional resilience programs with young people in schools, reviewing the evidence for mental health promotion, identifying and discussing potential interventions with children and adolescents, and considering enabling factors & barriers to initiating programs in schools.

3. Anxiety & stress strategies for classroom – Gai Torshavn (Teacher, Wollemi Kids Mental Health and Wellbeing Unit, Orange Health Service)

4. Supporting kids with MH issues return to school – Karen Kirkwood (Teacher, Pine Lodge Day program)
Since mental health problems can often adversely affect a student's behaviour, academic performance & school relationships, transitioning back to school can often be daunting & challenging. This workshop offers practical ways to support young people & the staff working with them to successfully implement a back to school transition plan.

5. Setting kids up for success – Jenny Rosser (Teacher, Wollemi Kids Mental Health and Wellbeing Unit, Orange Health Service)

2.00pm
1. Practical approaches to Autism across contexts – Lesley Whatson (Statewide Behaviour Intervention Service)
(Note: this is a repeat of workshop 3, from 11.15am time slot. The content will be the same.)
This presentation will consider some of the implications of this diagnosis & provide practical ideas for classroom, home & community-based support.

2. Respect the difference – Aboriginal mental health – Donna Stanley (Clinical Leader, Aboriginal Mental Health, Western NSW Local Health Network)

3. The body as a voice: Self-harm in the school context – Madeline Wishart (PhD Candidate, Victoria University)
In this one hour seminar, Madeline will explore how to recognise when a student might be self-harming, dispelling the myths about self-harm, differentiating self-harm from suicidality, managing self-harm within the school context, developing a written protocol, preventing contagion effects & dealing with self-harm in the classroom.

4. Thinking about thinking for primary aged students – Julie Hollitt (Educational, Developmental & Counselling Psychologist)
This workshop looks at the importance of learning about our mind & its thoughts, and how to work with our thoughts (verbal & non-verbal) to enhance our mental health. This will be presented in the context of primary-aged children in school settings, & will involve some practical approaches that can be used within the normal school day, including with students with learning difference.

5. Sexual assault and how to respond – Julie-Anne Potts (Senior Sexual Assault Counsellor, Orange Community Health Centre)
Julie-Anne will cover what is a sexual assault & child sexual assault, the indicators you might observe in a child victim, how to respond/ what to say, how to manage behaviour following a disclosure of sexual assault & a brief section of the impact of trauma on the child's brain development.
11.15am
1. The body as a voice: assessment, management & treatment of adolescent self-harm – Madeline Wishart (PhD Candidate, Victoria University)
   Focusing on harm minimisation, Madeline will present a practice based & client-centred approach to managing adolescent self-harm. This 60-minute seminar will explore the elements, functions & triggers of self-harm, provide ways to identify the patterns of adolescent self-harm & examine the myriad of issues & concerns for the counsellor & mental health clinician, student & school & how these might be managed.

2. What have we learned in the past 10 years about working in the field of young people, mental health symptoms and drug use issues? – Rod MacQueen (Addiction Physician, The Lyndon Withdrawal Unit and the Murdi Paaki Drug and Alcohol Network, Orange)
   We will look at using your existing skills, along with a suggested approach, which focuses upon engaging with young people without labelling or premature diagnosis, to bring about better outcomes for young people with complex problems.

12.15pm
1. Cannabis assessment & intervention strategies update – Deryk Slater (Senior Psychologist, Cannabis Clinic)
   This workshop aims to have a practical focus, and be interactive, allowing opportunities for questions and group discussion.

2. Working sensitively with young people from sexual minorities – Kimberley Ivory (GP & Medical Educator, Sydney Medical School, Sydney University)
   What is a sexual minority? Why does it matter? We treat everyone the same! This workshop will highlight the special needs of your young same sex attracted & gender diverse clients, why they matter & how you can make a difference to health outcomes for this often vulnerable group.

3. Aimhi: Promoting Aboriginal mental health – Donna Stanley (Clinical Leader, Aboriginal Mental Health, Bloomfield)

2.45pm
1. Grief & loss – Dr Susan Blinkhorn (Child and Adolescent Psychiatrist, Director, Wollemi Kids Mental Health and Wellbeing Unit, Orange Health Service)
   The death of a member of a community has an impact on children, their teachers and parents in different ways. Knowledge of the way death is understood at the various stages of development helps us to respond to the needs of children, adolescents, and adults appropriately. This seminar will explore developmental changes in the understanding of death, and the implications for responding to young people.

2. Psycho-education for early psychosis – Anna Whitton (Psychologist, Centre for Rural and Remote Mental Health)
   Psycho-education for early psychosis workshop aims to increase participants understanding of early psychosis, provide participants with the skills to ‘de-catastrophise’ the experience of psychotic symptoms, & allow participants to assess patient’s understanding of their own illness.

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**About Keynote Speakers**

**23rd April**
1. Dr Susan Blinkhorn: Child and Adolescent Psychiatrist, Director, Wollemi Kids Mental Health & Wellbeing Unit, Orange Health Service
   Sharon Jones: Area Coordinator, Infant, Child, Youth & Family Mental Health.

2. Dr Philip Hazell: Head of Psychiatry with the Sydney Medical School, and Director of Mental Health services for Infants, Children and Adolescents in the Sydney and South Western Sydney Health Districts.

3. The Western Executive Student Team will present information around resilience at school, at home & in the community. The students have worked in SEG action research teams to explore strategies that will enhance resilience in students & improve wellbeing across the school community. They have collected, collated & analysed data to establish key stresses & protective factors.

**24th April**
1. Dr Daniel Pellin: Adult psychiatrist working in the public and private health systems and researcher. His areas of clinical & research interest are early psychosis, schizophrenia & substance abuse. He has begun a clinical trial with a colleague, Frances Kay-Lambkin, which involves using her computer-based psychological intervention to assist people with early psychosis & problematic cannabis use.

2. Dr Claire Gaskin: Clinical Director in Adolescent Mental Health, Justice Health