

## Illawarra Shoalhaven Local Health District

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Student Wellbeing

Recently received  
service flyers,  
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### Circulation

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- ☐ Students
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Term 1 2018

### Welcome !

Welcome to the first edition for 2018.

Term One sees the return of students to school, many of whom are making significant changes, be it starting or changing schools or moving to a new year group. Student Wellbeing is integral in effecting these changes. Enjoy!

### About School-Link

#### Aims of the School-Link Initiative:

- Early identification of mental health issues
- Provide access to evidence-informed mental health early intervention programs in schools and TAFEs
- Early access to specialist mental health services
- Support for the recovery journey

### School-Link has a new website

See upcoming events, newsletters and other publications from the Illawarra Shoalhaven and other School-Link programs across NSW:

**<https://nswschool-link.com>**

Find the **Illawarra Shoalhaven** page at:

**<https://nswschool-link.com/contacts-sydney/#!/islhd>**

### Contact Details

Illawarra Shoalhaven Local Health District (ISLHD)  
Child, Adolescent & Youth Mental Health Service (CAYMHS)  
1-5 Atchison St, Wollongong NSW 2500  
Tel: **(02) 4254 1600**

**David Bunder: School-Link Coordinator**

Mobile: 0427 424 514

Email: [david.bunder@health.nsw.gov.au](mailto:david.bunder@health.nsw.gov.au)

**Johanne Sneddon: School-Link Coordinator**

Mobile: 0459 880 578

Email: [Johanne.Sneddon@health.nsw.gov.au](mailto:Johanne.Sneddon@health.nsw.gov.au)

## A sustainable state of positive mood and attitude, resilience and satisfaction with self, relationships and experiences at school.

(Australian Catholic University and Erebus International (2008) *Scoping study into approaches to student wellbeing: Literature review*. Report to the Department of Education, Employment and Workplace Relations: Canberra)

### What contributes to improved Student Wellbeing?

- ♦ Wellbeing in Schools goes beyond welfare it is a whole of school approach to build on strengths of all students with a whole child view.
  - ♦ It is more than formal programs and classes, it is the interplay across the whole of the school with:
    - \* A safe environment, - physical and emotional,
    - \* Connectedness or belonging and support from the school staff, parents and partnership services, including a feeling of trust.
    - \* Engagement in learning and socially by the student.
- These factors hold a strong interdependent and reciprocal relationship with learning.

### Wellbeing and Student Transition

- ♦ A Student's sense of belonging and connectedness significantly influences their capacity to remain engaged during times of transition especially year six to seven transition.
- ♦ Levels of disengagement that occur during transition often continue throughout the student's schooling having ongoing implications for their emotional and academic development and non-completion of school.
- ♦ Students from socially disadvantaged and / or Aboriginal background also have an increased vulnerability
- ♦ Vulnerability during transition is also increased in students who experience bullying.

### What is Whole Child Wellbeing ?

Wellbeing is dynamic and impacts everyone within a school. It needs to take into consideration how a person feels and how they are functioning across several areas.

- \* **Cognitive wellbeing**—associated with achievement and success integral for knowledge development and positive learning experiences.
- \* **Emotional wellbeing**—contributes to emotional regulation and awareness of self. It underpins capacity to cope and resilience.
- \* **Social Wellbeing**—provides connectedness, underpinning positive relationships
- \* **Physical wellbeing**—includes safety and health for the student as well as physical activity
- \* **Spiritual wellbeing**—is developed from a student's or their families' beliefs, values and ethics providing a sense of meaning and purpose.

## Wellbeing in Schools

Wellbeing at Schools aims to support the student to experience a positive mood and attitude to learning and to have and use skills to manage challenges. It supports students to develop and maintain a healthy sense of self, healthy relationships and positive experiences at school.

## Why do Schools think about Student Wellbeing?

Students with high levels of Wellbeing are more likely to:

- achieve to their ability at school,
- finish year 12,
- experience better mental health
- Be responsible and follow rules or laws, of the schools, families and society.

Students with a high level of Wellbeing often become adults with a high level of Wellbeing which improves employment opportunities, and lawfulness.

## How can I help my child at home?

- ♦ When you feel good about your child and the things they do, mention it to him or her, children remember positive statements we say to them
- ♦ Take an interest in what is happening at school—talk to them about classes, friends and concerns.
- ♦ Be generous with praise in situations where your child is doing a good job or displaying a talent, also, use praise to point out positive character traits
- ♦ Teach your child to practice making positive self-statements - what we think determines how we feel and how we feel determines how we behave
- ♦ Teach your child about decision-making and to recognise when they have made a good decision
- ♦ Spend quality time with your child, listen to them, and help them learn new things and achieve goals
- ♦ Speak positively about school help your child find something they enjoy about school

## How do I find out more?

Many schools offer a variety of Wellbeing supports for students. These vary from Whole of School programs, or targeted small group programs through to Individualised plans and sit within the Wellbeing Framework.

For more information talk with your child's School Principal, School Counsellor, Teacher or Year Advisor.

If you're worried about someone at school and feel urgent support is needed, contact your school counsellor or a teacher. The agencies below can also help.

**Lifeline**

13 11 14

Call 24/7 for crisis support

**Headspace—Wollongong** (02) 4220 7660

**Nowra** (02) 4421 5388

**Kids Helpline**

1800 55 1800

Counselling for young people 5–25 years

**Mental Health Line**

1800 011 511

Connecting you with the right care



# Tuning Into Kids

## Free 6 week group program

Tuning in to Kids™ is a parenting program that aims to give you helpful ways of teaching your child the skills of emotional intelligence.

It teaches parents:

- Awareness and regulation of their own emotions
- Awareness of their children's emotions to use children's emotional experiences as an opportunity for closeness and teaching
- Skills in assisting children to verbally label and manage their emotions
- Skills in assisting children in problem solving to guide children's behaviour with appropriate limits

**Thursday 8th Feb—Thursday 15th March**

**10:00am—12:00pm**

**Anglicare Nowra; 47 West Street, Nowra**

**To book contact the Got It team; 4254 1500 or**

**[islhd-got-it@health.nsw.gov.au](mailto:islhd-got-it@health.nsw.gov.au)**



# Tuning in to Kids



*It made me a calmer parent, and my child is calmer and we feel closer to each other. My child is also better able to manage their behaviour."*

**Parenting Program for  
Mums, Dads and Carers**



Funded by

**SHELLHARBOUR  
COMMUNITIES  
FOR CHILDREN**

**When**

**Wed 14 Feb 2018  
(Every Wednesday for 6 weeks)  
10:00 - 12:00 pm**

**Where**

**Albion Park Rail Public School  
Tongarra Road Albion Park Rail**

**Fee**

**No charge (funded by Shellharbour Communities for Children)**

**Topic**

**The program teaches you about how you, as a parent, can help your child develop good emotional skills.**

## ABOUT THE PROGRAM AND REGISTER



[sahssi.org.au/programs](http://sahssi.org.au/programs)



Visit the website for more details. Limited child minding is available (conditions apply). You must register for this program via the website.  
Suitable for Mums, Dads and Carers.  
Eligibility: Living in the Shellharbour LGA (Warilla, Warilla North, Barrack Heights, Mount Warrigal, Albion Park, Albion Park Rail, Oak Flats, Lake Illawarra)

**Learn More & Register:  
[sahssi.org.au/programs](http://sahssi.org.au/programs)**

**Communities for Children  
Shellharbour**



SSPAN 2018

# Young Writers Award is on again this year- but in the first half of the year.



**Open:** to all high school students in the Shoalhaven

**Cost:** free to enter

**Categories:** Short story and/or poetry on a theme

**Two sections:** Junior years 7-9 Senior years 10-12

**Prizes:** First, second, third: \$100, \$50, \$25 plus  
certificates for all entrants

**Publication:** all entries published in the YWA annual  
anthology

**Closing Date:** will be late June and presentation in  
August

## Details on this year's theme and entry forms out soon

For more information email  
[sspanyoungwriters@gmail.com](mailto:sspanyoungwriters@gmail.com)

or contact Fiona 0412 051 444

or check out the SSPAN website [www.sspan.org.au](http://www.sspan.org.au)



Shoalhaven Suicide Prevention and  
Awareness Network Inc.



Every day, 8 Australians die by suicide.  
Chances are you're in a position to help.  
Make sure you know what to do.

## Do you know QPR?

**Question. Persuade. Refer.**

ONLY



PER LICENSE

ONLY TAKES



60 MINUTES

LICENSES REMAIN  
ACTIVE FOR



3 YEARS

Sign up to Question. Persuade. Refer. training today!  
[www.suicidepreventioncollaborative.org.au/QPR](http://www.suicidepreventioncollaborative.org.au/QPR)



Suicide Prevention  
**Collaborative**  
LAWARRA SHOLKUNEN





## Youth Aware of Mental Health (YAM)

### What is YAM?

YAM is a mental health and suicide prevention program for young people aged 14 – 16 years. It is a universal program delivered by accredited instructors. YAM uses role play and lectures to promote increased discussion and knowledge about mental health as well as developing emotional intelligence and problem-solving skills. YAM will be progressively delivered in sites across NSW as part of the LifeSpan whole of community, evidence-based approach to suicide prevention.

### What is LifeSpan?

LifeSpan is an innovative, world-class approach to suicide prevention. Based on the most up-to-date evidence available and drawing from positive results of similar, large-scale suicide prevention programs overseas, LifeSpan involves the simultaneous implementation of nine evidence-based strategies simultaneously within a local area (Figure 1). Strategy 5 is known as school-based programs. The YAM program has been selected as the evidenced based student program to support strategy 5.

### Is YAM evidenced based?

Yes. The Black Dog Institute reviewed Australian and international school programs with the best evidence of reducing suicidal behaviour. Analysis of YAM shows significant improvements in youth mental health by effectively reducing depression, conduct problems, hyperactivity, suicide attempts, severe suicidal ideation and suicide plans. It has also been shown to facilitate healthy lifestyle choices by young people. For more information see <http://www.y-a-m.org/research/>

### What year group is being targeted?

All Year 9 students will be the primary target for the YAM program. The program is designed to be delivered to groups of up to 30 students.

### YAM Themes and Structure

Week	Theme	Activities
Week 1	What is mental health? Self Help advice	Lecture and Role Play 2 x 45 – 60 minute sessions
Week 2	Stress and crisis Depression and suicidal thoughts	Role Play 2 x 45 – 60 minute sessions
Week 3	Helping a friend in need	Group dialogue (closure) and noting local support contacts



PCYC ILLAWARRA

# GET ACTIVE REFERRAL PROGRAM

YOUTH 12-24 YEARS



POLICE CITIZENS  
YOUTH CLUBS NSW



**YOUTH 12-24 Years present to GP or any  
HEALTH PRACTITIONER FOR ANY HEALTH OR  
WELLBEING REASON**

**JUST ASK!!**

**FREE PCYC MEMBERSHIP & 5 CLASSES OF  
YOUR CHOICE.**

**SEND referrals to:  
[Samantha.kettlewell@pcycnsw.org.au](mailto:Samantha.kettlewell@pcycnsw.org.au)**

CONTACT: SAM KETTLEWELL FURTHER INFO:  
44218588 / 0490441459



**STEP  
TOGETHER**

# Advice and support for those concerned about violent extremism

**Step Together** is a helpline and online service to help you find the support and information you need when you're worried that someone you care about may be trying to effect political and social change through violence.

Call 1800 875 204 or visit  
[STEPTOGETHER.COM.AU](https://stepttogether.com.au)

Dr Annemaree Bickerton (Child, Adolescent & Family Psychiatrist) & Toni Garretty (Clinical Coordinator)  
Family & Carer Program Illawarra & Shoalhaven Mental Health Service) presents:

## An intervention for Families & Carers

# Staying connected when emotions run high

This FREE workshop will provide you with additional communication skills to support someone (12+ years) who experiences any of the following:

- Has relationship difficulties
- Demonstrates changing emotions and strong overwhelming feelings that can make communication difficult
- Sometimes behaves in a way that makes them a danger to themselves or others

Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all.

**Date:** Tuesday, 20th March 2018

**Time:** 9:30am to 3:30pm

**Venue:** Port Kembla Golf Club,  
Golf Place PRIMBEE

**Limited spaces - booking essential. To register:**

**P:** (02) 4229 7254 **E:** [rachelle.paton@aftercare.com.au](mailto:rachelle.paton@aftercare.com.au)



Proudly sponsored by Aftercare





Photo supplied by: Stonemeadow Photography



Health  
Illawarra Shoalhaven  
Local Health District

Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and  
Toni Garretty (Clinical Coordinator)  
Family and Carer Mental Health Program,  
Illawarra Shoalhaven Local Health District presents:

## ***"Staying Connected When Emotions Run High"***

An Introductory Workshop for **Professionals** who work within  
Government and Non-Government Organisations.

***COST \$55 per person*** *Morning tea & lunch provided*

***Professionals will receive a certificate recording 6.5hrs for CPD***

This workshop will introduce professionals with frameworks and relationship strategies to become a resource to someone (12yrs – 100yrs) who has changeable and overwhelming emotions; who displays impulsive and destructive behaviour or is diagnosed with marked emotion dysregulation (including personality disorder). This is based on the highly successful intervention for families and carers.

### **Learning outcomes:**

- Increased understanding of emotion dysregulation
- Identify the 'four carer dances' and their role in emotion dysregulation
- Knowledge of the 'five key relationship strategies' in order to become a helpful resource to someone in distress
- Understanding relationship triangles – Karpman's Model
- Introducing the concept of Safety Planning "Like a Fire Drill" to promote safety when distress or risk escalates

*Please see next page for venue, date and registration process.....*

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**Port Kembla Golf Course**  
**Golf Place Primbee**  
**Tuesday 13 February 2018**  
**(830 - 850 registration) 900 - 1630**

Completed registration and payment forms must be submitted by Wednesday 7 February 2018

An official tax invoice will be sent to you for taxation purposes.

Payment can be made via:

- Credit Card Payments over the phone – by calling ISLHD Finance on 4275 5151
- Cash, Credit Card, Cheque and Money Order at any ISLHD Cashier
- Cheque or Money Order and sent to ISLHD Finance, Private Mail Bag 3, Port Kembla, NSW, 2505

Please make all Cheque/Money Orders payable to: Illawarra Shoalhaven Local Health District

**REGISTRATION:** Please complete payment and return completed registration form to Toni Garretty via email: [toni.garretty@health.nsw.gov.au](mailto:toni.garretty@health.nsw.gov.au)

Further enquiries: phone Toni Garretty 4220 7919 or email as above

NAME	WORKSHOP DATE
ROLE	ORGANISATION
EMAIL	
MOBILE	
DIETARY REQUIREMENTS	
PAYMENT	Registration payment \$55.00 completed PLEASE INCLUDE DATE OF PAYMENT MADE WITH CASHIER:

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Southern Youth and Family Services



# **Want to communicate better with your teenager?** **Want to manage conflict more effectively?** **Join the Resourceful Adolescent Parent Program!**

The Resourceful Adolescent Parent program (RAP-P) is a free workshop to help parents keep their home a positive and safe place for the entire family. Parents will attend three sessions which aim to help build resilience, improve understanding of teenage development, provide skills to respond to difficult behaviour and foster a positive relationship with their teenager.

**What?** Three free parent sessions 2.5 hours each

**When?** Thursday 8/3, 15/3, 22/3 11am till 1:30pm

**Where?** 33 Pioneer Drive Oak Flats

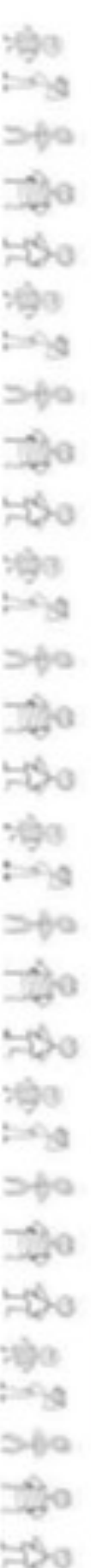
**Contact:** Charo Serventy and Kylie Christy

0412 999 965 or 0423 885 938 (Bookings essential)

Course materials, tea/coffee, light refreshments provided



**Resourceful  
Adolescent  
Program**





One Door. Many Opportunities.

# School Leaver Employment Support



Q. Are you in year 12?

Q. Do you have an NDIS plan?

Q. Are you looking to transition from school to work?

**If so, you can add School Leaver Employment Support (SLES) to your plan.**

## What is SLES?

SLES is offered as part of the NDIS 'Finding and keeping a job' registration group. It's for Year 12 school leavers who are eligible for the NDIS.

SLES will help you to get ready for work and plan your pathway to employment.

## Adding SLES to your NDIS plan can help you:

- boost your self-esteem and confidence
- search for a job
- learn how to travel independently
- with your personal development
- get work experience with the support of our qualified team members who can mentor and support you all the way

We have a fun, relaxed and safe place. Your supports are individually designed for you. We work with you to identify your goals and the support needs you need so you'll be ready for work.

To find out more please contact:

**Burwood/Macarthur**  
Keiran Marjanovic – 02 9879 2628

**Shoalhaven**  
Anne Zaccagnini – 02 4423 5407

One Door, your NDIS  
mental health specialists

1800 THE KEY (843 539)  
[onedoor.org.au](http://onedoor.org.au)





**Meets Mondays, 4pm-6pm  
@ Wollongong Youth Centre**

Group meets fortnightly, contact us for details:

Wollongong Youth Centre - 4227 8222

headspace Wollongong - 4220 7660

[rainbowleague@headspacewollongong.org.au](mailto:rainbowleague@headspacewollongong.org.au)

Newsletter Sign-up:

<http://eepurl.com/3Gh8X>

**For ages 16-25**

**Whatever your stripes!**

## **Program (Terms 1 and 2, 2018)**

### **Term 1, 2018**

**Week 1 (5 February):**  
Hang Out

**Week 2 (19 February):**  
Mardi Gras

**Week 3 (5 March):**  
Cooking

**Week 4 (19 March):**  
Coming Out and Inviting In

**Week 5 (2 April):**  
Music and Open Mic

### **Term 2, 2018**

**Week 1 (7 May):**  
Identity and Labels

**Week 2 (21 May):**  
Healthy Relationships

**Week 3 (4 June):**  
Sexual Health

**Week 4 (18 June):**  
Clothes Swap

**Week 5 (2 July):**  
Music and Open Mic

Meets fortnightly at Wollongong Youth Centre (85 Burelli Street, Wollongong)







# YOGA

## workshops

### for ages 12-25



Yoga workshops  
thanks to the  
generous  
support of:



**Wednesdays**  
**3.45pm-4.45pm**

**FREE!**

Learn about yoga and meditation techniques to relax, unwind and manage stress in our free yoga workshops with Di.

**Dates for Term 1, 2018:**

- 7, 14, 21 and 28 March
- 4 and 11 April

For more info, contact  
headspace Wollongong on  
4220 7660 or email  
[headspace@gph.org.au](mailto:headspace@gph.org.au).

**?** **4220 7660**

**Book online or just turn up!**  
<http://yoga2018.eventbrite.com.au>

headspace Wollongong is supported by funding from the Australian Government under the PHN Program





Support group for **parents** of

# TRANSGENDER & GENDER DIVERSE or gender questioning children (of all ages)




Many parents and carers can feel isolated and alone on their journey of understanding and supporting their child's gender identity.

If you would like to meet other parents and carers, share experiences together, hear from guest speakers, and learn more about a range of health, legal and social topics relevant to transgender and gender diverse young people and their families, contact us to find out more.

This group will be facilitated by two local parents, in conjunction with The Gender Centre and **headspace** Wollongong.

**First Tuesday of the month. 5.30pm (for 6pm start) until 8pm.**



To RSVP, contact **headspace** Wollongong on 4220 7660 or [headspace@gph.org.au](mailto:headspace@gph.org.au).

**THE GENDER CENTRE**  
SERVICES FOR THE  
TRANSGENDER AND  
GENDER DIVERSE COMMUNITY **INC**



[www.gendercentre.org.au](http://www.gendercentre.org.au)

 **headspace**  
Wollongong

headspace Wollongong is supported by funding from the Australian Government under the PHN Program



**CareWays**  
community

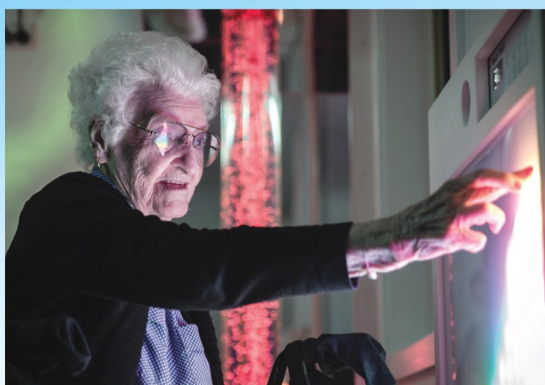
# SENSORY ROOM

CareWays Community Sensory Room is the result of community research built on best practice. It is open to the community and can be of benefit to all ages.

\$33 p/hr (inc GST) or include it in your NDIS plan

**Horsley Community Centre**  
**82 Bong Bong Rd Horsley**

To book, or for more information head to  
**[www.careways.org.au](http://www.careways.org.au)**  
or call 02 4260 8245 or 02 4262 1918



UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA



COMMUNITY  
FOUNDATION



MISSION  
AUSTRALIA together  
we stand





KinKou Yoga  
*... finding balance*

# Kids Reach Tall Yoga



HORSLEY COMMUNITY  
CENTRE

TUESDAYS 4:15-5:15  
\$50/TERM

Contact Carly  
[carlyp@careways.org.au](mailto:carlyp@careways.org.au)

Stretching  
&  
friendship  
for kids of  
all abilities





# on the move

Secondary School Road Safety Education



## How can you support students to stay safe on the road as a driver and passenger?

The new Mobile Drug Testing video and activities explore:

- Consequences of drug driving
- Strategies to stay safe as driver and passenger
- The mobile drug testing process.

Go to [onthemove.nsw.edu.au](http://onthemove.nsw.edu.au) to access the video, activities and more.

Developed in partnership with:

NSW Department of Education

Catholic Education Commission NSW

The Association of Independent Schools of NSW

NSW Police Force



Transport  
for NSW



# My Happiness Journey



A FREE seven week course  
open to men & women

Facilitators: Laurece Keith & Katie Welsh

Themes and Topics include. -:

Week 1. Beginning Your Own  
Happiness Journey

Week 2. Healthy Lifestyle,  
Mindfulness & Gratitude

Weeks 3. & 4. Emotions & Mood

Week 5. Values

Week 6. Relationships

Week 7. Overview of the Group  
+ Unfinished Business

Time: 1 - 3 pm

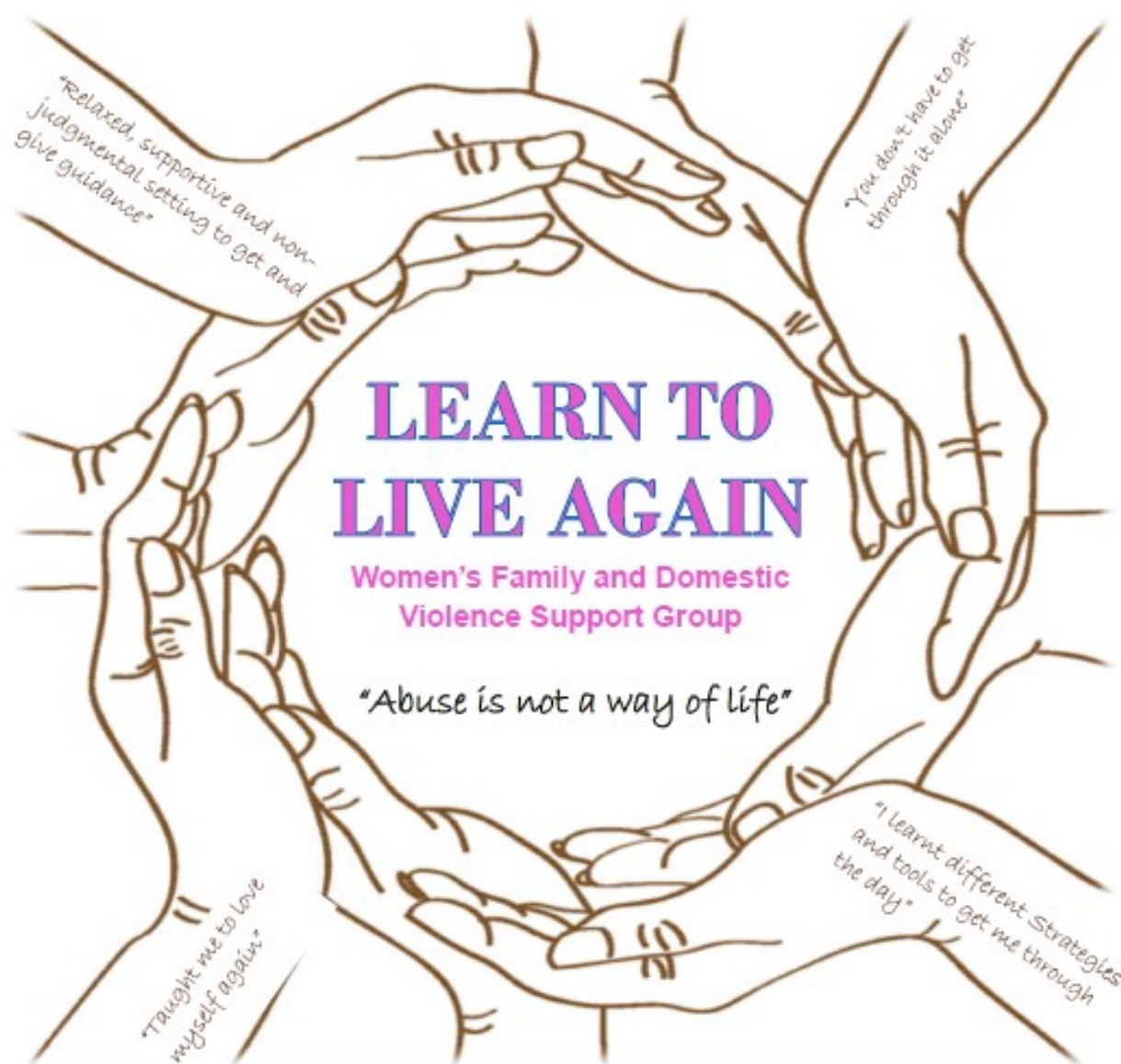
Dates: Tuesdays 13th February — 27th March 2018

Venue: 158 Green Street Ulladulla

Childcare Provided: Reservations are essential  
Phone 44 555 428 for Information & Bookings







*"Before the group I was just surviving, but the group has taught me to live again!"*

**Referrals Open for Term One 2018**

**Fridays 10.30am-1pm**

**Childminding available**

**For more Info:**

**Call Laura, Emily or Kristen 4275 8575**



**Barnardos  
Australia**



**Free!**

## Women's Wisdom

*For women who have experienced a relationship that makes them feel bad ...*

Learn skills to help you feel happier, choose healthier relationships and manage depression, guilt and anxiety

This 6-week (6-session) skill and personal development program will be held at:

The Shoalhaven Women's Health Centre  
5 McGrath Ave, Nowra, NSW  
(Opposite Harry Sawkins Park)

Next Opportunity:

Starting: Wednesday 14<sup>th</sup> Feb 2018

Ending: Wednesday 21<sup>st</sup> Mar 2018

Time: 10:00 am – 12:30 pm

**Morning  
Snack  
Included!**

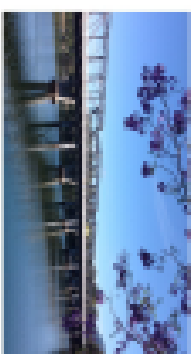
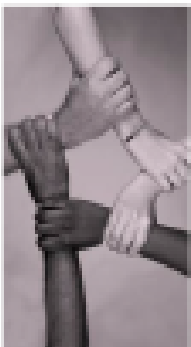
Register your name & telephone number  
By phoning 4421 0730

The Women's Wisdom Program will be facilitated by Kym Nicholson, Illawarra Shoalhaven Local Health District in partnership with the Shoalhaven Women's Health Centre.



**Health**  
Illawarra Shoalhaven  
Local Health District

KINDLY SUPPORTED BY THE BOMADERRY NSL CHARITY TRUST



## SHOALHAVEN WOMEN'S WELLNESS FESTIVAL

Resilient Women  
Embracing Life, Connecting Community



THURSDAY 15TH MARCH 2018

Nowra Showground

1-6pm



FREE ZONE



VISIT  
WWW.FACEBOOK.COM/SHOALHAVENWOMENSWELLNESSFESTIVAL  
OR CALL ACTION ON 1823 4422 4522 FOR MORE INFORMATION



5 McGrath Ave, Nowra 2541

PO Box 314 Nowra 2541

phone: 4421 0730

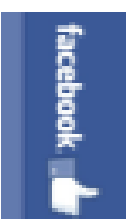
e-mail: [swhc@swhc.org.au](mailto:swhc@swhc.org.au)

website: [www.shoalhavenwomenshealthcentre.org.au](http://www.shoalhavenwomenshealthcentre.org.au)

facebook: Shoalhaven Women's Health Centre

Monday to Thursday 9.00am - 4.00pm

Funded by Illawarra Shoalhaven Local Health District



Empowering | Supporting | Enriching

Shoalhaven Women's Health Centre (SWHC)  
empowers women to take control of their health and  
wellbeing through the provision of accessible,  
integrated health and intervention services within a  
caring, feminist environment.

Funded by Illawarra Shoalhaven Local Health District



# COMMUNICATING WITH CONVICTION

TALKING ABOUT DRUGS AND ALCOHOL

Thursday, 5<sup>th</sup> April 2018,

Dunn Lewis Centre, Ulladulla  
Registration 5:45, Workshop 6-8pm

Bookings: [www.trybooking.com/TSPW](http://www.trybooking.com/TSPW)

Or Contact Michelle Anderson 4423 1784  
[Michelle.Anderson3@health.nsw.gov.au](mailto:Michelle.Anderson3@health.nsw.gov.au)

LISTEN TO OTHER  
PEOPLES EXPERIENCES  
AND FIND OUT MORE  
ABOUT:

- Young people's  
perceptions
- Studies of drug and  
alcohol use
- Tips on how to talk  
about drugs and alcohol

Are you a parent and  
confused, frustrated  
or struggling to have  
open discussions with  
your teenager?

Are you a teenager  
and confused, frustrated  
or struggling to have  
open discussions with  
your parents?



Health  
Illawarra Shoalhaven  
Local Health District



CDAT community drug  
action team  
We're Stronger Together



Dunn Lewis Centre





## **Illawarra Shoalhaven LHD Drug And Alcohol**

**On the Move** . Provides Secondary School Road Safety information about how you can support students to stay safe on the road as a driver and passenger. Resources- video, activities and more can be found at [www.onthemove.nsw.edu.au](http://www.onthemove.nsw.edu.au) . The new Mobile Drug Testing video and activities explore – consequences of drug driving, strategies to stay safe and the MDT process. For more information around drink or drug drive please contact Connie Graf, 42542768

[Connie.Graf@health.nsw.gov.au](mailto:Connie.Graf@health.nsw.gov.au)

**Talking Tactics Together** is an interactive drug education program for stage 3 students & their parents. The program has interactive activities designed to increase student knowledge around alcohol, nicotine & prescription medications as well as developing their drama & facilitation skills. The program culminates in a parent event hosted by students, teachers and health professionals with the aim of increasing communication within families whilst having fun. For more information or a resource kit contact **Emily Deegan ( Illawarra)** 4254 2700 [Emily.Deegan@health.nsw.gov.au](mailto:Emily.Deegan@health.nsw.gov.au) or **Michelle Anderson ( Shoalhaven)** 4423 1784 [Michelle.Anderson3@health.nsw.gov.au](mailto:Michelle.Anderson3@health.nsw.gov.au)

**Preventure** is a brief intervention for teenagers aimed at improving mental health and preventing drug and alcohol use and other risk-taking behaviours. The intervention targets four personality styles that may place teenagers at higher risk. It has demonstrated effectiveness in reducing mental health symptoms and drug and alcohol related harms. The intervention involves participation in two x 90 minute workshops. These focus on motivating students and helping them understand emotional and behavioural reactions. The sessions incorporate psycho-educational and cognitive behavioural components, and include real life scenarios. Contact **Emily Deegan ( Illawarra)** 4254 2700 [Emily.Deegan@health.nsw.gov.au](mailto:Emily.Deegan@health.nsw.gov.au) or **Michelle Anderson ( Shoalhaven)** 4423 1784 [Michelle.Anderson3@health.nsw.gov.au](mailto:Michelle.Anderson3@health.nsw.gov.au)

**Save-a-mate** – responding to drug & alcohol emergencies. These workshops cover effects of drugs on the body; factors that can prevent or lead to an overdose; How to recognize the signs and symptoms of an overdose; Provide assistance in an emergency situation. Workshops are 2.5- 3 hours. Contact **Emily Deegan ( Illawarra)** 4254 2700 [Emily.Deegan@health.nsw.gov.au](mailto:Emily.Deegan@health.nsw.gov.au) or **Michelle Anderson ( Shoalhaven)** 4423 1784 [Michelle.Anderson3@health.nsw.gov.au](mailto:Michelle.Anderson3@health.nsw.gov.au)

**Communicating with Conviction** is a workshop for parents and young people 5/4/18 6-8pm Dunn Lewis Centre, Ulladulla. Being able to communicate openly and honestly about drug and alcohol use is a preventative factor for drug and alcohol harm in young people. This workshop is presented by Conviction Group and provides tips enhance open communication and discussion around drugs and alcohol and provides a realistic perspective of drug and alcohol use in relation to young people. Bookings [www.trybooking.com/TSPW](http://www.trybooking.com/TSPW), further info **Michelle Anderson ( Shoalhaven)** 4423 1784 [Michelle.Anderson3@health.nsw.gov.au](mailto:Michelle.Anderson3@health.nsw.gov.au)

**ISLHD Drug & Alcohol Website** has a you tube clip on the home page explaining what services are available and how these can be accessed. It contains a **news** page which has various workshops and update information relating to Drug & alcohol and a **Training** page if you wish to organize D&A related in-service for your staff or families.

[http://www.islhd.health.nsw.gov.au/Drug\\_and\\_Alcohol/default.asp](http://www.islhd.health.nsw.gov.au/Drug_and_Alcohol/default.asp)

## **Di Woods**

Health Education Officer

The Orana Centre, 2 Rawson St Wollongong 2500

Tel 02 4254 2760 | Fax | Mob 0401 718 469 | [dianne.woods@health.nsw.gov.au](mailto:dianne.woods@health.nsw.gov.au)

# Save the Date

**Tuesday 15th May, 2018**

**Transition to School  
Professional Development Day**

*Early Childhood and Primary Educators learning together to  
create positive transitions for children and families.*

*Key notes include Catharine Hydon and Dr Shona Bass with  
more to be confirmed.*

Location—The Pavilion Kiama

Cost—\$80

Registrations open early February, 2018.

*For further information please contact:*

Emma Rattenbury: [erattenbury@barnardos.org.au](mailto:erattenbury@barnardos.org.au)

Victoria Dean: [victoria.dean1@det.nsw.edu.au](mailto:victoria.dean1@det.nsw.edu.au)





FREE

Australian  
**Kookaburra Kids**  
Foundation

FREE

Kookaburra Kids is running some fun fun fun school holiday activity days and respite and educational camps for children living in families affected by mental illness. Come join the action, meet new friends and become part of the Kookaburra Family!



# KOOKABURRA KIDS PROGRAMS

Supporting kids aged 8-18yrs living in families affected by mental illness. Children must be referred before participating in the program.

**To refer a child please go to our website**

**[www.kookaburrakids.org.au](http://www.kookaburrakids.org.au)**

Below are upcoming camps & activity days for South Coast / Illawarra

YEAR 3 & 4  
CAMP

MARCH  
**23-25**  
2018

ACTIVITY DAY: MEET THE  
ANIMALS- ILLAWARRA

APRIL  
**18**  
2018

ACTIVITY DAY: TRAMPOLINING-  
SOUTH COAST

APRIL  
**23**  
2018

FREE

Would your child like to come along?  
To find out more information please contact  
02 9525 7474 or [frances.addabbo@kookaburrakids.org.au](mailto:frances.addabbo@kookaburrakids.org.au)

FREE



## Milton Ulladulla Support Service

# Learn Protective Behaviours Skills

*Protective Behaviours* is a living skills and personal safety program which can be helpful when working with children and young people.

It enables people of all ages to develop strategies to help them deal with all forms of difficult situations.

*Protective Behaviours* can be used by children, young people and adults to help keep themselves safe and work towards reducing violence in the community. It can provide a basis for helping children be safe at school and address problems such as bullying.

It can also help everyone learn to stay safe from the risks and challenges that surround us in everyday life.

*Four sessions on Tuesdays commencing 6th March 2018*

**6th, 13th, 20th & 27th March 2018**

from 10 am—12 pm

With Katie Welsh & Laurece Keith

At Milton Ulladulla Family Support Service

158 Green Street Ulladulla

Bookings essential as numbers are limited

Child care will be provided

Please call Milton Ulladulla Family Support  
on ph. 44 555 428



Protective Behaviours  
Consultancy Group of NSW





## **1-2-3 MAGIC**

**ARE THE KIDS DRIVING YOU NUTS?  
WANT TO GET BACK IN CONTROL?  
1-2-3 MAGIC PARENTING SKILLS PROGRAM  
CAN HELP!!!**

**Milton Ulladulla Family Support Service is offering a  
Positive Parenting course for those with children  
Aged between 3 and 12 years of age.**

**The course will run for three consecutive  
Tuesday mornings from 10.00 am — 12.00 pm**

**Sessions will be held on  
6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and the 27<sup>th</sup> of February 2018  
With Laurece Keith & Jody Quinnell  
At Milton Ulladulla Family Support Centre  
158 Green Street Ulladulla**

**The course is free however, a donation towards the  
cost of tea & coffee would be appreciated.**

**CHILDCARE WILL BE PROVIDED**

**Booking are essential. Phone Laurece or Jody on 44 555 428**

## Mental Health Carers ARAFMI Illawarra

Have moved to:

**17 Princes Highway  
Fairy Meadow NSW 2519**

New phone numbers are

**42833 499 and 42833 993**

[arafmi\\_i@bigpond.net.au](mailto:arafmi_i@bigpond.net.au)

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### ***Mental Health First Aid for the Suicidal Person***

***Do you know how to help a suicidal person? This 4-hour specialised Mental Health First Aid course is now available.***

Training consists of 4 hours face-to-face training and course participants receive a Handbook and online Certificate of Completion. Training complements the 12-hour Standard MHFA course and the 14-hour Youth MHFA course.

#### **Who can attend?**

Any interested adult can attend. This course is not a therapy or support group or a postvention course, rather it is an education course and it is important that people undertaking the course are feeling relatively robust when they undertake it. It is not recommended for individuals recently bereaved by suicide.

This course is relevant for families and carers of those living with a mental illness

**Where:** 17 Princes Highway Fairy Meadow

**When:** Saturday 17<sup>th</sup> February 2018

**Cost:** \$50 per person, \$25 concession and includes, manual and handouts



As we have limited spots available so if you are interested in attending please call to register

**RSVP:** by 15<sup>th</sup> February

**Phone:** 42833 499 or 42833 993



## Mental Health Carers ARAFMI Illawarra

### *Planning for the Future*

***Legal arrangements you need to know about,  
for carers and their families***

Are you worried about what will happen to your loved ones when you are no longer able to care for them?  
Do you need information on financial management or guardianship for a family member?  
Do you know where to get advice and/or information?

***ARAFMI Illawarra will be hosting a free legal workshop for Carers and families.***

**Everything you need to know about**

- **Powers of Attorney**
- **Enduring guardianship**
- **Elder financial abuse**
- **Wills**

**Presented by  
Legal Aid  
Lawyer Matt Turner**

Venue: **17 Princes Highway Fairy Meadow**

When: **Thursday 15<sup>th</sup> March**

Time: **6.30pm**

Cost: **Free**

For more information or to register for this group please contact [42833 499](tel:42833499) or 42833 993

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### ***What you need to know about the Mental Health Law in NSW for carers and their families***

#### ***Including:***

- **Involuntary Admission**
- **Treatment**
- **Rights of Carers**

Do you know about Rights of Carers?

Do you know where to get advice and/or information?

A simple guide to learning about these important topics for

ARAFMI Illawarra will be hosting a free legal Seminar for Families and carers

Date: **Thursday 12<sup>th</sup> April**

Time: **6.30pm 17 Princes Highway Fairy Meadow**

Limited spaces. Booking Essential. To register: Phone: 42833 499 or 42833 993



headspace

National Youth Mental Health Foundation

# Anxiety

## What is anxiety?

Anxiety is like 'worry'. It's an unpleasant emotion that most people feel when something might be risky, frightening or worrying. Everyone experiences mild anxiety when faced with stressful situations, like just before a sporting match or an exam. This kind of anxiety is normal and is our body's way of preparing us to act in difficult situations. Anxiety can actually help us perform better by rewiring us up and helping us feel alert.



Anxiety can become a problem when it is very intense, happens a lot of the time, feels overwhelming or it interferes with your daily living.

## What are the symptoms of anxiety?

Physical feelings of anxiety include an increased heart rate, faster breathing, muscle tension, sweating, shaking and 'butterflies in the stomach'. People with anxiety disorders experience these physical symptoms a lot more often. They might also experience:



- Persistent worrying and excessive fears
- Being unable to relax
- Avoiding challenging situations
- Being socially isolated or withdrawn
- Trouble concentrating and paying attention
- Poor sleep
- Problems with work, social or family life.

## What are panic attacks?

Panic attacks can occur as part of any anxiety disorder, but not everyone with anxiety problems will experience them.

Panic attacks are when you are suddenly overcome by strong fear and experience physical symptoms of anxiety, like a pounding heart, difficulty breathing, shaking, feeling dizzy or feeling sick. Panic attacks are short (about 10 minutes) and usually feel frightening and intense. Someone having a panic attack might feel like they're having a heart attack or an asthma attack, or they might fear they're losing control.





# Anxiety



## Types of anxiety disorder

Anxiety problems are classified into different types, referred to as disorders. Here are descriptions of some common anxiety disorders:

- **Generalised anxiety disorder:** Spending most of your time worrying about a variety of everyday things that wouldn't usually bother others. Worries seem out of control and you feel tense and nervous most of the time.
- **Social anxiety disorder:** Experiencing intense anxiety in social situations because you're terrified you'll embarrass yourself or others will judge you. This often leads you to avoid social situations, such as talking in class, going to parties, being the centre of attention, meeting new people.
- **Panic disorder:** Having repeated panic attacks and worrying about having another panic attack.
- **Specific phobias:** Intense fear of a particular situation or object (like small spaces or spiders) that leads you to avoid the situation or object.

## Helping someone with anxiety

A person with anxiety problems needs understanding and support. Anxiety problems can interfere with a person's ability to live a full life so the earlier they seek help the better. Do your best to encourage the person to seek professional help.

Be patient and listen to the person's fears and concerns, and take them seriously. It's not just a matter of telling them to 'calm down' – it's not that easy.



## Other problems



Many young people with anxiety problems may also have symptoms of depression. Some people with anxiety may also drink alcohol or take drugs to ease the discomfort or make them feel more confident. Relying on alcohol or drugs however can make things much worse in the long run and cause long-term physical and mental health problems.

## Getting help for anxiety problems

- If you're experiencing anxiety it's a good idea to talk to someone that you trust about how you are feeling. You might choose to talk with your family or friends. They can help you to work out what is going on and what support or help you might need.
- It is also useful to take care of yourself as best you can; eat well, exercise and find ways to relax by listening to music, meditating, doing yoga and doing activities that you enjoy.
- If your anxiety continues without any improvement you can get help from your general practitioner (GP), a psychologist or a counsellor.
- There are health professionals at **headspace** centres and **eheadspace** (online and phone support) who can help. Treatment might involve counselling sessions to help you learn anxiety management skills, practice relaxation techniques and gain confidence to cope in stressful situations.
- For some people medication is helpful as well. The good news is that most young people with anxiety disorders respond well to treatment. With support you can continue to achieve your work, study, professional or personal goals.



**headspace**

National Youth Mental Health Foundation

For more information, to find your nearest **headspace** centre or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)





Health  
Illawarra Shoalhaven  
Local Health District

# Talking Tactics Together Program

*An interactive family drug education program for parents and their primary Stage 3 students*

'Talking Tactics Together' is an interactive drug education program for stage 3 students & their parents. The program has interactive activities designed to increase student knowledge around alcohol, nicotine & prescription medications as well as developing their drama & facilitation skills. The program culminates in a parent event hosted by students, teachers and health professionals with the aim of increasing communication within families whilst having fun.



## Rationale

The *Talking Tactics Together* program is a response to the following evidence:

- parents are powerful figures in influencing the behaviour of young people
- a parent education component in school drug education programs can be an important contributor to reducing drug-related harm in young people
- open communication with parents influences the extent of adolescent drug use
- a warm relationship with at least one parent is a protective factor helping to build resilience in young people
- events based purely on information, or facilitated in a didactic way, can actually add to anxiety, while the opportunity to communicate often eases anxiety
- young people view parents as a very important and necessary part of any drug prevention strategy.

## Aims

The aims of *Talking Tactics Together* are to:

- enhance communication between parents/carers and their children
- strengthen positive role modelling by parents
- increase parents/carers and their children's knowledge and understanding regarding drugs and related issues
- build student and family resilience
- Enhance communication and links between teachers, students and families.



### Harm Minimisation

*Talking Tactics Together* is based on the principles of harm minimisation, which involves a range of approaches to prevent and to reduce drug related harm including abstinence from drug use, prevention, early intervention, specialist treatment, supply control and safer drug use.

Features distinguishing harm minimisation from other approaches are that it:

- acknowledges that many people in our community use drugs
- takes into account the relationship between people, the drugs they use and the environments in which they use them.

A harm minimisation approach does not condone or encourage drug use. It aims to reduce the risks associated with use and to promote healthy behaviours. It acknowledges that students can be affected by their own drug use and the drug use of others, including parents, relatives, siblings and friends.

### About the Project

*Talking Tactics Together:*

- assists schools to provide opportunities for students to talk openly with their families about issues that are real and relevant to them
- recognises that by working together, issues, expectations, feelings and problems about drugs and drug-related issues can be freely discussed and shared in a supportive environment
- involves young people in the process, including some facilitation of the event. Students from the pilot schools who have taken part in the program claim they enjoyed learning about drugs through a fun and interactive approach with their families.

### ISLHD Drug & Alcohol Service Support

*ISLHD D&A Service can assist your school with:*

- Providing Talking Tactics Together interactive DVD, which includes manuals, templates & filmed activities
- Staff to work in partnership with teachers to assist teacher to implement the program
- Staff assistance with facilitation of the parent event evening
- Printing of student manuals as required

*Your school will be responsible for:*

- Staff dedicated to implement the program
- Catering & coordination of parent event evening
- Early provision of notes to parents & encouragement of parents/ families to attend the event
- Providing smartboard (or computer/dataprojector) if available
- Booking/ coordinating use of Hall (or suitable space) for dates and times of the program.
- Catering & coordination of Student lunch on day 1 ( if your school elects to include this)

### For booking or further information please contact:

Di Woods (02) 42238349 or 0401718469 [Dianne.woods@sesiahs.health.nsw.gov.au](mailto:Dianne.woods@sesiahs.health.nsw.gov.au)

Please note: Staff additionally provide clinical services, as such bookings may be limited and generally require a minimum of 5 weeks notice.

# HARP

**Sticky Stuff** is for youth workers, health workers, teachers, coaches or anyone who is in contact with young people and wants to be able to help them make healthy decisions about sex and sexuality. We focus on helping workers ask (and answer) the hard questions! A collaborative initiative between [HARP](#), [YFoundations](#).

**Tuesday 13<sup>th</sup> February 2018 Shoalhaven** <https://www.stickytickets.com.au/59133>

**On the Couch- Sex & the NDIS** aims to get up close and personal with a panel of speakers who will be hosted by a facilitator around a subject area. Our intention is for this to be a safe space, but nonetheless, one where the audience can ask questions and engage freely.

**Thursday 22<sup>nd</sup> February** <https://www.stickytickets.com.au/60450>

**The Talk** takes participants on a journey through sex in society, current HIV & sexually transmissible infections update, LGBTI perspectives and an HIV positive speaker. Now it's in seventh year, The Talk continues to change to meet the ever evolving needs of workers. Refreshments and lunch are provided.

**Thursday 1<sup>st</sup> March Wollongong** <https://www.stickytickets.com.au/60457>

## **SEXUAL HEALTH FOR THE CULTURALLY & LINGUISTICALLY DIVERSE (CALD) COMMUNITY.**

This training will provide practical skills when working with people from CALD backgrounds around fertility, childbirth and motherhood; Sexually Transmissible Infections including HIV.

**Tuesday 20<sup>th</sup> March Shoalhaven** <https://www.stickytickets.com.au/60455>

## **TALK SOON. TALK OFTEN**

Sometime parents and carers can be so concerned about getting it right, perfectly right, that they end up saying nothing at all. Young people in today's society have to navigate and negotiate a lot more around sex than ever before.

Talk soon. Talk often is an information session with Naomi Viret, Sexual Health Education Officer from the HIV & Related Programs (HARP) Unit and Noeline Bedford, Clinical Nurse Specialist, from the Illawarra Shoalhaven Sexual Health Service.

**Wednesday 11<sup>th</sup> April 2018 Wollongong** <https://www.stickytickets.com.au/60449>

If you would like free resources for sexual health please visit our web page [here](#):



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