

Darling Downs HHS Ed-LinQ Newsletter

Term 4, 2018

Our termly Ed LinQ Newsletter is back in Term 4 2018, providing you with up to date information and useful resources in supporting the mental health of children, young people and families.

As always please feel free to share this newsletter or any of the information in it with your wider school and organisational communities.



October 6th to 14th marks Queensland Mental Health Week, an annual event aimed to increase awareness and interest in positive mental health and wellbeing across the state. The theme for 2018 is to value mental health, with 6 steps:

1. **Be active** – do what you can, enjoy what you do, get moving and improve your mood.
2. **Keep learning** – embrace new experiences, recognise opportunities, surprise yourself.
3. **Connect** – talk, listen, be there
4. **Give** – your time, your words, your presence
5. **Take notice** – remember the simple things that give you joy
6. **Care for our planets** – it's the home we all share

For more information and useful resources visit:
qldmentalhealthweek.org.au



headspace Day is a national campaign that aims to engage young people to learn strategies to actively maintain their mental health and raise awareness of our centre. This year's campaign theme is "Add a little colour to your day" and uses mindfulness to promote the 7 tips for a healthy headspace. **headspace Toowoomba** are celebrating this campaign by holding an event on the 12th of October that will include prizes to be won, sausages sizzle, coffee van, an outdoor movie night and many fun activities throughout the night. Things will kick off around 4pm.



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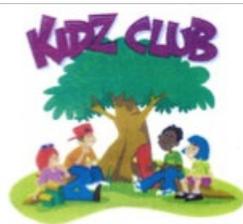
Upcoming COPMI Groups – Toowoomba CYMHS

Toowoomba CYMHS is offering another **Koping Adolescent Program (KAP)** during Term 4. Koping is a FREE program open to all high school aged young people who have a parent/sibling who has a mental health problem. The group allows young people to share their experiences in a safe and supportive environment and to help them develop coping skills and support networks for the future.



Where: Toowoomba City Library
When: Tuesday 16th, 23rd and 30th October
Time: 9am to 3pm each day

Toowoomba CYMHS is offering another **Kidz Club** program during Term 4. Kidz Club is a FREE program open to all primary school aged children who have a parent/sibling who has a mental health problem. The group allows children to share their experiences in a safe and supportive environment and to help them develop coping skills and support networks for the future.



Where: Toowoomba City Library
When: 23rd and 24th October
Time: 9.30am to 2pm each day

For more information or to refer a young person to either group please contact either Rhonda or Catherine at Toowoomba CYMHS on 46165253 or 46165249

headspace in Schools

headspace in Schools are one of the implementation partners (alongside *beyondblue* and Early Childhood Australia) of the whole-of-school mental health and wellbeing frameworks of KidsMatter Primary (for Primary Schools) and MindMatters (for High Schools), and soon the [National Education Initiative](#). Under the National Education Initiative, schools can receive support around positive mental health, guidance around different critical incidents and Postvention planning.

The new *beyondblue* National Education Initiative, to be launched in Term 4, will provide a single end-to-end school and service-based children's mental health initiative. Covering the continuum from birth to the end of secondary school, it will support children's mental health promotion, prevention, early intervention and suicide response and support.

Belinda Bayliss is the new **headspace in Schools'** Consultant - Clinical for the Darling Downs and West Moreton. Belinda's role will be to assist schools with the implementation of the new initiative.

headspace in Schools can also assist schools in developing a Postvention Plan, as an addendum to your critical incident plan. As a service, **headspace in Schools** can also support schools who experience the death of a student by suicide, through recovery and growth, for up to 18 months. **headspace in Schools** are also available to conduct workshops, including understanding suicide and finding balance, a self-care workshop for staff. As a federally funded program through the Department of Health and Ageing, there are no charges for these support services and **headspace in Schools** provide support to schools across all systems. Please feel free to contact Belinda on **0408 411 705**, or email, bbayliss@headspace.org.au for any questions about any of the above, or if **headspace in Schools** can assist in any way.



Useful Resources for Young People



'Reach out before you freak out' video series



ReachOut have been working with young people to develop a new series of short films that show students how reaching out for support can change their experience of everyday issues. These are a set of free online videos and digital tools to encourage the development of positive mental health and wellbeing across schools and to extend the impact of existing programs. The video series is based on young people's real stories.



<https://schools.au.reachout.com/articles/reach-out-before-you-freak-out>

headspace headcoach Campaign



In August, **headspace** launched a new national campaign, headcoach, targeting the young men of Australia. headcoach seeks to educate young men that maintaining their mental health is just as important as maintaining their physical health, by bringing together some of the country's most elite athletes to share tips and advice from their own experience.



[Visit https://headspace.org.au/headcoach/ for more information.](https://headspace.org.au/headcoach/)

Term 4 Professional Interagency Networking (PIN) Sessions @ Toowoomba Evolve Therapeutic Services

A monthly mental health education program provided FREE for professionals working with children & young people in the care of the Department of Communities – Child Safety & Disabilities Services.

Topic	Date & Time	Venue	Presenter
Infant Mental Health	Wed 10th October 2018 10 am – 12 pm	Toowoomba South Child Safety Service Centre, Level 1, 128 Margaret Street, Toowoomba QLD 4350	Shona Bradford A/Team Leader, Toowoomba ETS
pACE workshop	Wed 7th November 2018 10 am – 12 pm	Toowoomba South Child Safety Service Centre, Level 1, 128 Margaret Street, Toowoomba QLD 4350	Leah Millward A/ Professional Development Coordinator, Toowoomba ETS

To register for any of the above workshops, please email Candice.Collard@health.qld.gov.au

For further information about the above workshops please email Leah.Millward@health.qld.gov.au

Useful Resources for Professionals

Mentally Healthy Schools Website

Mentally Healthy Schools is a free & easy to use website where schools can find a range of expert and practical information and resources to help all staff understand, promote and deal confidently with children's mental health issues. It includes jargon-free information on what can undermine and what can help emotional wellbeing; tips and strategies to help; and specific advice on vulnerable groups.



<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/mentally-healthy-schools/>

Teaching Students Who Have Suffered Complex Trauma: *Free 2 hour online course*

Find out what complex trauma is, how it affects children and adolescents, and what can be done to help. Presented by Dr Judith Howard a QUT senior lecturer and behaviour specialist, with a career focus to assist schools to adopt a neuroscience-informed approach for supporting students from complex trauma backgrounds.

www.futurelearn.com/courses/teaching-students-trauma



If you have any upcoming workshops, programs or information you would like included in the Darling Downs Health Ed-LinQ newsletter, please forward information to:
Eleanor.Glover@health.qld.gov.au



Managing Difficult Emotions: Young People and Anger Online Training

Orygen Youth Mental Health have developed an online training module called *“Managing difficult emotions: Young people and anger,”* which provides workers with information



about problematic anger in young people and ways to manage it. The module includes information about the prevalence of problematic anger and its impact on young people, how to assess problematic anger, as well as early interventions for managing anger presentations in young people. This module is designed for professionals working in non-clinical workforces in youth mental health settings

<https://www.orygen.org.au/Education-Training/Resources-Training/Training-Modules/Free/Introductory-training-modules/Managing-difficult-emotions-Young-people-and-ange>