

# Building and supporting the mental fitness of young people

11 September 2013

## Venue

Lorimer Dods Lecture Theatre, The Children's Hospital at Westmead

## Directions to venue

Go through the main entrance and take the glass elevator to Level 4.

## Cost

\$35 (incl.GST)

\$20 (incl.GST) For organisations represented on the YHF Organising Committee

Free For under 24 years of age and unwaged

## RSVP

Friday 6 September 2013. **Please register online via CAAH website: [www.caah.chw.edu.au](http://www.caah.chw.edu.au) (under events calendar).** If you don't have internet access you may want to register via the phone on (02) 9526 1221.

## Receipts

Receipts will only be generated automatically if you pay by credit card. Please contact Marney for a receipt for other payment types.

## Speakers' notes

The speakers' presentations will be available from the CAAH website (under Resources) approximately 2 weeks after the Forum.

## Transport

Use of public transport is strongly recommended (Westmead train station is 1 km walk from The Children's Hospital Westmead). Limited parking is available in the public car park in Hainsworth Street near the front entrance to The Children's Hospital at Westmead (for 3– 4 hours: \$12; 4-5 hours: \$14). On street parking is 2 hours and regularly monitored.

**ABN No** 53 188 579 090 **CAAH website:** [www.caah.chw.edu.au](http://www.caah.chw.edu.au)

The YHF Organising Committee includes representatives from Academic Department of Adolescent Medicine; Agency for Clinical Innovation, Children's Hospital School, CHW; Dept of Adolescent Medicine, CHW; High Street Youth Health Service; NSW Association for Youth Health; Parramatta City Council and Transcultural Mental Health Centre; and Youth Health and Wellbeing, NSW Kids and Families (formerly NSW Centre for the Advancement of Adolescent Health – CAAH)

## The chairperson and facilitator for the day:

**A/Prof David Dossetor, Area Director of Mental Health, The Children's Hospital at Westmead, The Sydney Children's Hospitals Network**

Registration enquiries: Marney

Phone: (02) 9526 1221

Email: [helpline@vmsconferences.com.au](mailto:helpline@vmsconferences.com.au)

## Program

0830-0900 Registration

0900 – 0905

### Welcome and introduction

A/Prof David Dossetor

Area Director of Mental Health, The Children's Hospital at Westmead, The Sydney Children's Hospitals Network, A/Prof Sydney Medical School

0905 – 0930

### Youth mental health: Making good choices in policy and practice

A/Prof Beth Kotzé, Director MH-Children and Young People, MH-CYP (formerly MH-Kids)

0930 – 0955

### Catching young people before they fall: early intervention in mental health

Mr Shane Cross, Clinical Psychologist/ Clinical Services Manager, *headspace* Campbelltown

0955 – 1020

### Healthy young minds – A collaborative approach

Ms Sharon Grocott, Chief Executive Officer, 2realise

1020 – 1055

MORNING TEA

1055 – 1120

### Building resilience: Outcomes of the TranSCRIBE young writers initiative

Mr Michele Sapucci, Program Leader, Mental Health Promotion, Prevention & Early Intervention, Transcultural Mental Health Centre

1120 – 1145

### Resilience of Indigenous young people

Dr Shane Hearn, Director Culturelink Consultancy

1145 – 1200

### **My story**

Miss Crystal Finnie, Young Carer

1200 – 1230

Panel discussion

Facilitated by Chairperson on the day

Joined by all speakers and chairperson on the day

Program enquiries: Ms Hulya Unsal / Ms Ken Yap  
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