



Caring for young people who self-harm

4 March 2020

Program

0830 – 0900 **Registration**

0900 - 0910 **Welcome and introduction**

Ms Julie Dixon, Acting Director, Mental Health - Children and Young People

0910 - 0935 **Understanding self-harm in young people**

Dr Vinita Bansal, Staff specialist, Psychological medicine, The Children's Hospital at Westmead, The Sydney Children's Hospitals Network

0935 - 1000 **The developmental context of self harm – brain, mind and body**

Professor Kate Steinbeck, Medical Foundation Chair in Adolescent Medicine, The University of Sydney; Director, Wellbeing Health & Youth, Centre for Research Excellence (CRE) in Adolescent Health

1000 - 1035 **MORNING TEA**

1035 – 1100 **The Elver Program: More than meets the eye....**

Ms Cate Keady, Manager Client Services; Ms Elisha Amos, Occupational Therapist; and Ms Lynda Kramer, Clinical Lead; Intensive Support Services Elver Program, Department of Communities and Justice

1100 - 1125 **Project Air Strategy for schools**

Professor Brin Grenyer, Director of the Project Air Strategy for personality disorders and Senior Professor of Psychology, University of Wollongong

1125 - 1155 **Responding to self-harm: how workers, carers, and parents can help?**

Mrs Michelle Mitchell, Educator, Author, Speaker, Michelle Mitchell

1155 -1200 **Voice of youth**

Ms Hareem and Ms Lauren Fisher, young people

1155 -1230 **Panel discussion - joined by all Program speakers**



Health