

**SUMMARY**

**Youth Health Parent Information Night**

**Tuesday June 4th 2013**

Format: Rotation through three 30 min workshops

1. **UNDERSTANDING YOUTH MENTAL HEALTH**

**Presented by Nic Hubbard from HEADSPACE**

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

**Background on “Headspace”**

* Targets 12 to 25 year olds as an early intervention for those with or those that know people with mild to moderate mental health problems
	+ 25% of this age group live with mental health issues
	+ 75% of those with mental health issues show up before 25yo
	+ Suicide is the leading cause of death of 16 – 24 year olds. Only 13% of males and 31% of females seek help
* Not a crisis centre, provides support for youth with Mental health issues and their friends and support networks

Headspace ACT

* Located at UC campus
* Staffed by youth workers who perform an initial screening and assessment and develop a plan
* They can refer for therapy via a GP mental health treatment plan, from a psychologist, social worker, drug and alcohol therapists or liaise with child and adolescent mental health service
* In a year they see 1373 people. Mostly for:
	+ depression and anxiety, stress, relationships
	+ mostly upper high school years
	+ 64% f 36%M

e-headspace is:

 <http://www.headspace.org.au/is-it-just-me/getting-help/eheadspace>

* run by the national Headspace office
* online support designed for remote locations but generally becoming popular
* online chat and telephone support
* has web/email/phone contact from 9AM to 1AM
* confidential
* free / low cost

**WHAT CAN PARENTS DO**

Be informed:

* to help you determine what is normal and what is a problem <http://www.headspace.org.au/parents-and-carers>

Monitor:

* Look out for:
* Poor sleep
* Prolonged low mood
* Not coping with day to day activities and @school
* Not getting along with peers

Get support from school, GP, friendship groups

Healthy lifestyle is both a preventer and a treatment. I.e.:

* Good sleep,
* healthy eating
* exercise

Strive for a balance between *independence* and *connectedness*

Stay available during the prickly phase. Be patient

Be supportive but still have boundaries and consequences

Headspace parent resources:

* Parent and carers section of Website
	+ Factsheets: information for parent and carers
	+ Link to the Bouverie Centre (YouTube videos)
	+ *Ed-space*: monthly seminars on relevant topics
* Group therapy:
	+ “Chilled” for 12-14 year olds with anxiety and their parents
	+ an Art group: good for building self esteem (less confrontational)

**2. SOCIALISING SAFELY ONLINE**

**Presented by Patrick Kelly from the AFP Crime Prevention Unit**

**ThinkUKnow**

<http://www.thinkuknow.org.au>

ThinkUKnow Australia has been developed by the AFP and Microsoft; adapted from a UK program and supported by ninemsn and DATACOM

Outline

1. Have fun with the technology
2. Staying in control
3. Scams, spam, fraud and ID theft
4. Reporting

Knowing the technology

50% of world’s population is under 30

Connected 24/7

ThinkUKnow does not try to dissuade people from using technology but to know any pitfalls that can affect you and your future life.

Snapchat: photos aren’t “safe”; they can be captured and spread without the sender knowing

Instagram: owners have a hands off approach. No controls.

Switch off geo-location on cameras, phones and computers. Easy to track where photo was taken and may eventually lead to home address from information stored in the photo.

NB: Face book and others own everything you put up there. It’s in the privacy clause

On-line grooming:

* “Where is the computer in your house” is a suspicious question to be asked by someone on line
* Groomers use flattery, followed by gifts/cash/online credits in exchange for sexually explicit material then use black mail.

Cyber bullying

* There is more bullying in real time than in cyber space, but cyber bullying is a 24/7 issue
* Look out for changing patterns of internet usage (Xs or nothing)
* Remove devices

Viber Database is in Cyprus, this means AFP would have a hard time trying to suppress any photos posted on this site

Strategies for children:

* Think before you post, if you would not stand up in front of your school and say what you are about to post, then don’t post
* You are NOT anonymous on line
* Online activity as offline effects
* Learn to respect others: online and offline. Use the same manners and respect online that you use when talking to people face to face.
* Search themselves on the internet to get an appreciation of their own internet “shadow”

“Sexting”

* Most common by people in their 30s
* Illegal in U18s. If convicted (rare) will stay on the child sex offenders register for 7 years.
* Ideally report within 48 hours: to parents, school, police
* Do you know where a photo of yourself will end up? Can you be sure people will not send to others?

Protecting your device

Use a firewall

Keep operating systems and apps up to date

Check privacy settings

Look for and use secure sites: the “s” in https denotes an encrypted site (eg. Facebook)

Scams

Keep up with scams at scamwatch.gov.au

<http://www.scamwatch.gov.au>

Reporting

Fraud and identity theft

* Report to Crime stoppers
* State territory police

Illegal conduct

* Emergency phone number 000
* If the mobile is older than 2001 the emergency number is 106
* *ThinkUknow* website “report abuse”

Harassment and Bullying

 School counselor or principal

Virtual global task force and think-U-know

 Can register for updates

1. **Unhealthy and risky behaviour wrt Alcohol and Drug taking**

Presented by Sally Billington Mental health, Justice health and alcohol and drug service and Alyssa from the Diversion Service of ACT Health.

Notes:

Binge drinking is a problem:

* Children are drinking younger
* Have access to money: increasingly have part time jobs
* Cultural change towards spirits and away from beer (higher alcohol %)
* Damages developing brains
	+ In normal development the brain reaches maturity around 20yo in females and 25yo in males.
* Dangerous mixing alcohol with energy drinks:
	+ Alcohol affects BP, body temperature and pulse
	+ More dangerous for the body to mix a depressant (alcohol) with a stimulant (energy drinks). The drinker then consumes more alcohol before feeling the effects. It is harder for them to tell when had too much because body signals are masked.

Useful to train adolescents for the signs of alcohol poisoning and how dangerous it can be.



In brief:

* Check breathing; in and out counts as one breath. 10 – 12 breaths per minute is too low and means they need to go to hospital
* 18 to 22 normal.
* The effect peaks **1 hour** after the last drink.
* Don’t put sufferer in the shower if unconscious. Very dangerous.

Drugs

Cannabis

* Most commonly available. Relatively inexpensive
* There is confusion about the law in ACT. It is NOT legal in any amount. If found with 25g or less in possession sent to the Diversion program rather than go to court.
* Is a demotivating drug
* Also called a gateway drug as can open the gate to “harder” drugs
* Response to drug is unpredictable. Can have a psychotic event on first use.

Ecstasy

* Is a party drug
* NB sniffer dogs used at events like Groove in the moo

2/7/13