

# the MENTAL HEALTH & N WELLBEING O of YOUNG PEOPLE 1

Leading experts deliver up to date, authoritative information. A practically oriented, multi-disciplinary approach to common issues impacting the wellbeing of young people.

**ALL NEW  
2014  
PROGRAM**

**AUCKLAND**  
Friday 1 August – 9.00am-5.00pm  
Bruce Mason Centre, Takapuna Beach

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LECTURES • RAPID UPDATES • DRUMMING • ENERGISER SESSION



**Dr Albert Makary**  
Obstetrician  
Doctor! I Can't  
Remember Who I  
Slept With



**Judy Bailey**  
Broadcaster  
Nurturing  
Children and Brain  
Development



**Marcus Akahuta-  
Brown, Tukaha Global  
Consultancy**  
The Importance of  
Connectedness for  
Wellbeing



**Susan McLean**  
Cybersafety Expert  
If Not Facebook,  
Then What?



**Assoc Prof Michael Nagel**  
Teacher and Researcher  
The Impact of  
Technology on the  
Developing Brain



**Andrew Fuller**  
Psychologist  
Managing  
Tricky People

## WHAT IS GENERATION NEXT?

A social enterprise dedicated to the protection and enhancement of the mental health and wellbeing of young people. Our seminars empower participants with the knowledge and skills needed to help our young people achieve total wellbeing.



DRUMMING FOR WELLBEING WITH INRHYTHM

“It was wonderful to learn in such a funny and stimulating way. The power of humour!”

Discount registrations online [www.generationnext.co.nz](http://www.generationnext.co.nz)

# PROGRAM

REGISTRATION FROM 8.00AM  
SEMINAR: 9.00AM – 5.00PM  
EACH LECTURE 30 – 40 MIN

TOPIC	SPEAKER
Doctor! I Can't Remember Who I Slept With – Binge Drinking, Promiscuity & Relationships	Dr Albert Makary
What's Happening to Our Girls?	Maggie Hamilton
MORNING TEA & RESOURCES EXHIBITION	
Managing Tricky People	Andrew Fuller
The Impact of Technology on the Developing Brain	Assoc Prof Michael Nagel
LUNCH – OPTIONAL DRUMMING WORKSHOP	
<b>Drumming and Percussion for Wellbeing</b> (Whole Audience)	Tim Orgias and InRhythm
The Importance of Connectedness for Wellbeing	Marcus Akahuta-Brown
Mental Stillness	Kabir Sattarshetty
AFTERNOON TEA & RESOURCES EXHIBITION	
If Not Facebook, Then What?	Susan McLean
Nurturing Children and Brain Development	Judy Bailey

## AUCKLAND 1 AUGUST 2014

### WHO SHOULD ATTEND

- Teachers, Principals, Student Welfare, Leaders
- Nurses, Doctors, Psychologists, Counsellors, OT
- Social & Youth Workers, Pastoral Care, Police, Parents
- Schools, Youth Organisations, Clinics, Churches, Sporting Clubs

### EDUCATION POINTS

This seminar may contribute up to six hours towards your annual professional development requirements.

### VENUE TRANSPORT & PARKING

Bruce Mason Centre, Corner Hurstmere Road & The Promenade, Takapuna Beach. 15 minutes' drive from Auckland's CBD and 35 minutes from Auckland International Airport. The closest car park is the Killarney St car park.

The Bruce Mason Centre is accessible by bus.

For information and timetables, phone MAXX on 09 366 6400 or visit [www.maxx.co.nz](http://www.maxx.co.nz)

## INTERACTIVE SESSIONS

### DRUMMING FOR WELLBEING



Explore the impact of drumming and body percussion on mood and its potential applications with young people. There will be a session for the whole audience and an optional session during lunch involving large drums.



### REGISTRATION INCLUDES

Program, lecture notes and satchel, morning tea, lunch, afternoon tea, attendance certificate, access to stakeholders' and resources exhibition.



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## Managing Tricky People



Andrew Fuller, Child and Adolescent Clinical Psychologist, inyahead

Tricky people are stressful and affect the productivity and the wellbeing of the people around them. Whether they are students, customers, clients, colleagues, or family members, this entertaining presentation equips people with the skills to deflect, divert and at times distract the angry, the bewildered, and the self-obsessed.

## If Not Facebook, Then What?



Susan McLean, Cybersafety Expert, Cybersafety Solutions

Young people are leaving Facebook. What are the new social media platforms available for them? What are the risks involved with their use? Instagram, Snapchat, Tinder and Qooh.me – a wide variety of new apps that adults have yet to catch up to. Learn what they are and how to ensure the safety and wellbeing of the young people who use them.

## The Impact of Technology on the Developing Brain



Assoc Prof Michael Nagel, Teacher and Researcher, University of Sunshine Coast

There is growing recognition that technology may be having a profound impact on the developing brains and neuro-circuitry of young people. Mike will unpack some of this information by examining the changing nature of technology, its influence on the brain both positive and negative, and what this might mean for all those who work with young minds.

## The Importance of Connectedness for Wellbeing



Marcus Akahuta-Brown, Director, Tukaha Global Consultancy

In order to improve and promote the mental health of rangatahi, we need to understand that the challenge will not be met by understanding the individual, but instead on the nature and extent of their connections to people and place. Marcus will challenge and expand our understandings of mind and identity in order to help us develop a more holistic concept of mental health and wellbeing in New Zealand.

## Doctor! I Can't Remember Who I Slept With – Binge Drinking, Promiscuity, and Relationships



Dr Albert Makary, Obstetrician and Gynaecologist

Why do teenagers in New Zealand have the highest rates of casual sexual encounters in the western world? Is there a relationship between this and the binge drinking culture that is increasingly prevalent amongst our youth? Dr Makary unravels the various social, cultural and educational issues that have converged to create these problems and proposes some simple, effective solutions by which they can be tackled at the individual, school and national level.

## What's Happening to Our Girls?



Maggie Hamilton, Author and Social Researcher

Why are girls increasingly hard to get through to? Why are their peers so important? What makes brand-name clothes and looking sexy so appealing? Why are they drawn to 'out there' behaviour, including porn, and why are depression, cutting, eating disorders and binge-drinking on the rise?

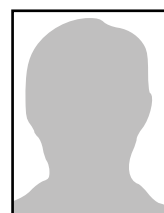
## Nurturing Children and Brain Development



Judy Bailey, Broadcaster, Journalist, Advisor, Brainwave Trust

We now know that a child's experiences, both good and bad, in the early years largely determine how their brain develops, and whether they will become capable, contributing, well-adjusted adults. Children get the brain that they need for the environment in which they live but this does not always set up the ideal conditions to thrive at school and in later relationships. Judy will translate the latest scientific research to ensure the vital understanding of the early years of children.

## Mental Stillness



Kabir Sattarshetty, Nurse, University of Sydney

Mental stillness is an important strategy for young people to assist them in controlling their mental and emotional experiences. Kabir will describe the evidence behind a new, free-of-charge resource that is easy to use and evidence based.





# The Mental Health & Wellbeing of Young People 2014 Auckland

## REGISTRATION FORM

FRIDAY 1 AUGUST

<b>AUCKLAND</b>	GROUP (3 or more)	ONLINE	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 6 June)	\$130pp	\$150	<input type="checkbox"/> \$160
EARLY BIRD (Until 4 July)	\$150pp	\$175	<input type="checkbox"/> \$185
STANDARD (After 4 July)	\$150pp	\$199	<input type="checkbox"/> \$220

Group (3+) discount — for bookings of 3 or more, must be made in a single transaction.

I am a ☐ Teacher ☐ Psychologist ☐ Counsellor ☐ Nurse ☐ Social Worker ☐ Parent ☐ Youth Worker ☐ Other \_\_\_\_\_

Dietary Choice ☐ Gluten Free ☐ Vegetarian ☐ Vegan

TO ENSURE YOU RECEIVE YOUR DELEGATE ENTRY TICKET, PLEASE PROVIDE YOUR HOME ADDRESS BELOW

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