

Northern Sydney School-Link Newsletter



TERM THREE EDITION 2021

Welcome to the Term 3 School-Link Newsletter!

And welcome back Fiona Lo who has been on secondment at the Ministry of Health since October 2020. We are now back to job-sharing the School-Link Coordinator role.

As I write this, we are back to COVID-19 restrictions we had all hoped were behind us! We continue to adapt & change as required, and meet face-to-face when we can or continue with the technology struggle.

Term 2 has been a busy one, starting with a very successful Principal's Event in Hornsby (see P5) which will hopefully be replicated in other areas, starting with Northern Beaches in late Term 3.

We commenced the new Blended Youth Mental Health First Aid courses which are proving to be very popular. (see P12 for future dates & locations). ****PLEASE NOTE THESE COURSES ARE ONLY AVAILABLE TO EDUCATION STAFF IN NORTHERN SYDNEY.**

We also had three very successful face-to-face Professional Developmental (PD) sessions—*Vaping*, and *The Impact of Early Childhood Trauma*, as well as an extremely well-attended online webinar on *Suicidal Thoughts &*

Behaviours in Primary School Children.

Our Term 3 PD sessions are still to be finalised & details will be circulated soon.

We are currently having discussions with relevant sector representatives around organising a PD on **Safety Planning**. Watch this space for updates!

Meet the new **Youth Response Team** who commenced with CYMHS in June (see P4 for information on the services they are providing).

We have recently been successful in applying for a School-Link Implementation Grant. We are currently in the planning stages and will be excited to share with you our plans shortly.

This edition's featured topic is on **Drug & Alcohol Support Services**. See P16-17 to find out what's available in our area.

See the new Resources available—**Animal Therapy in Schools** (P10) and **School Refusal** (P11) as well as information on upcoming forums and conferences.

And don't forget to look after yourself during these times! See P25 for **5 ways to manage your moods during the winter months**.

Vivienne Hughes and Fiona Lo
School-Link Coordinators

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AND LOTS MORE!!



UPDATE FROM THE CYMHS SERVICE DIRECTOR

- CYMHS remains busy and noting recent COVID 19 lockdown continues to operate according to the NSW Health and MHDA COVID guidelines.
- All Services remain operational with use of telehealth where possible.
- Youth Response Team, which is a new team with CYMHS started operating on 21 June 2021
- Fiona Lo has returned to work with School –Link from secondment with the Ministry of Health

Ayisha Chitakunye

Acting Service Director **Child & Youth Mental Health Service (CYMHS)**



Health
Northern Sydney
Local Health District

GOT IT! UPDATE



Getting on Track in Time is a school based early intervention program promoting and supporting social and emotional wellbeing in NSW public primary schools. It is a joint initiative from NSW Health and the NSW Department of Education.

The team have had a busy Term 2 working with *John Purchase PS, Middle Harbour PS, Cammeray PS, Asquith PS, Mosman PS* and *Gladesville PS* running parent workshops, teacher professional learning sessions, conducting screenings and running group programs.

The team have also been working with 2 preschools - *East Lindfield* and *Elanora Heights Community Preschools* - continuing the pilot project of bringing the information and approaches to Early Childhood Educators.

This term focused on delivering reflective, supervision style sessions for Educators. Feedback received so far has been very positive with Educators commenting that they really enjoyed the opportunity to come together as a group to reflect in a safe space and to discuss how they can implement strategies presented at the earlier workshops with children at the centres.

There has been a recent surge in Expressions of Interest and it is looking like the team are fully booked for 2022 which is exciting!

If you'd like to hear more about the program and how we could partner with your school in 2023, please reach out to the team on (02) 9887 5886.

The Got It! Team

INTRODUCING A NEW CYMHS SERVICE

YOUTH RESPONSE TEAM

We are very pleased to announce that the new **Youth Response Team** has commenced service in the Northern Sydney region in June 2021. This new service forms part of the Northern Sydney Local Health District Child and Youth Mental Health Service, and has been supported through the NSW Premier's Priority Towards Zero Suicide Project.

Providing mental health crisis assessment and planning for young people within their communities.

The service operates **7days a week between 2pm-10:30pm**. The team consists of a mix of mental health consumer peer workers with their own lived experience, and experienced mental health clinicians. They provide outreach mental health support to young people aged 12-17 or 18 years if still in secondary education, who are experiencing a mental health crisis, psychological distress, or suicidal crisis.

Young people may self-refer, or family, support people, schools and other community organisations or members may make a referral via the **Mental Health Line 180-011-511**. The team will visit the young person in the community, at home, at schools, or a safe place to meet, and work with them for the single session to discuss the current situation, complete a mental health assessment in a recovery oriented, trauma informed and youth focused way, and develop a safety plan collaboratively. They will then be linked in with the most appropriate ongoing support.

The aim of the team is to avoid young people in crisis needing to present to an emergency department, and where possible minimise their need to attend the hospital. If there are instances where the young person would benefit from care at the hospital the team will help to facilitate this with the hospital and young person.

If you are a service provider or school who would like more information or service brochures, please contact either:

Julie Wortans, CYMHS Service Manager (YRT, EPIS)
P: 0439 415 712 E: Julie.Wortans@health.nsw.gov.au

Or Elizabeth Penman, Clinical Change Manager, Towards Zero Suicide
MHDA, NSLHD

P: 0436 670 308 E: Elizabeth.penman@health.nsw.gov.au

Mental Health Line
1800 011 511



Where there is immediate risk of harm to self or others, call 000 or present to the emergency department.

MENTAL HEALTH MONTH GRANTS

Mental Health Month gives us an opportunity to raise awareness around mental health and wellbeing. World Mental Health Day is on October 10 and Mental Health Month is celebrated in the month of October.

A Mental Health Month project or event is a great way to encourage awareness of mental health, and social and emotional wellbeing in your community or school. It can also decrease stigma, and empower people to seek help, for themselves or others. It can even give people from your community the awareness and the courage to consider their mental health and wellbeing something that they can work on.

Each year, WayAhead offers grants and resources to assist the staging of mental health promotion activities or events during Mental Health Month.

For more information on visit their website: <http://mentalhealthmonth.wayahead.org.au/>



PRINCIPALS' EVENTS

On Wednesday 28th April, School-Link partnered with headspace Schools Be You and TAFE NSW to hold a Breakfast Event for School Principals and Head Teachers. The event was open to all Education sectors (primary and secondary, Department of Education, Catholic and Independent Schools) within the Hornsby and Ku-Ring-Gai local government areas and was hosted at Hornsby TAFE.

The Breakfast Event included an Expo where over 30 local services had information stalls. There were also three short presentations from headspace, NSLHD Child Protection and Sydney Drug Education and Counselling Centre (SDECC). More than 40 Principals and Head Teachers attended the event and catering was provided by Hornsby TAFE and Phoenix House Youth Services provided barista services.

The event proved to be a great success and we plan to replicate it in other areas of Northern Sydney (see details below for Northern Beaches event).



Here are some comments from attendees, along with some photos of the event:

"The partnership between health, the education sectors and the community agencies created a real buzz in the room and a sense of hope that we can strengthen our partnerships into the future that optimise mental health and well-being for all."

"The expo this morning was excellent. Talked to some high schools and was also able to do some great networking with other services."

SCHOOL LEADERS SUPPORTING MENTAL HEALTH AND WELLBEING NETWORK EVENT

FOR PRINCIPALS AND SCHOOL LEADERS IN THE NORTHERN BEACHES AREA

DATE: LATE T3 (TBC) 7.30-10.00am

AT BROOKVALE TAFE

An opportunity to meet with local community service providers.

Contact Vivienne Hughes to register your interest (Schools & Services Providers)

Email: vivienne.hughes@health.nsw.gov.au

This is a headspace Be You, TAFE NSW and School-Link partnership event.



TOMORROW MAN



Did you know?

Suicide is the largest killer of Australians aged between 15 and 44*

1 out of every 8 Australian men will experience depression in their lifetime.*

1 out of every 5 Australian men will experience an anxiety condition in their lifetime*

1 in 4 men have no one outside their immediate family that they can rely on.**

1 in 3 men 37% of men are not satisfied with the quality of their relationships.**

Our programs get boys and men on the tools enabling them to build emotional muscle, practice talking about things of weight and depth, and often emotional intensity. By teaching more men these capabilities we can change the statistics.

You can book a workshop for students, for teachers, or both.

All our workshops can be run virtually, or face-to-face.

GOT QUESTIONS? WE'RE ALWAYS HERE TO HELP.

<https://www.tomorrowman.com.au/>

+61 3 9956 8860

*beyondblue.org.au/media/statistics

**lifeline.org.au/resources/data-and-statistics

***beyondblue.org.au/docs/default-source/research-projectfiles/bw0276-mens-social-connectedness-final.pdf?sfvrsn=4

NSLHD vaping package for schools



Health
Northern Sydney
Local Health District

Package to support schools with information, resources and learning activities around vaping.
See [Google Drive](#)

**Another useful link from the Queensland Government:

<https://www.dovetail.org.au/news/2021/june/vaping-resources/>

TEACHER'S GUIDE



Supporting the wellbeing of primary school children

A New Resource for Primary School Teachers

The Teacher's Guide provides intervention strategies to support a Primary School student demonstrating behaviours of concern, which may be affecting their capacity to engage educationally or socially.

Each intervention strategy can easily be applied by a teacher in the classroom or playground, they require no additional training or the purchase of extra resources.

Each intervention strategy has a strong evidence base. Interventions were selected via a comprehensive literature search of health and educational databases.

The Teacher's Guide takes an early intervention approach, applying effective intervention strategies early may prevent a behaviour escalating into something more difficult to manage. If behaviour is not addressed by these interventions, this may indicate that the student requires more specialist support.

Access the Teacher's Guide:
<https://www.islhd.health.nsw.gov.au/services-clinics/school-link-teachers-guide>

This free resource is for any school staff working with Primary School students.



Health
Illawarra Shoalhaven
Local Health District

The Teacher's Guide was developed by the
School-Link Initiative of the Illawarra
Shoalhaven Local Health District



BE

BodyKind

TO YOUR BODY AND TO OTHERS

Free resources to support positive body image and help young people be **BodyKind**. Includes educator webinars, online student workshops, curriculum activities and much more!

[REGISTER NOW](#)

For Australia's largest positive body image initiative for schools and youth organisations.

This September

For more information, please contact education@butterfly.org.au

BodyKind

SCHOOLS *formerly Love Your Body Week for Schools*



Butterfly

A Special Online Conference

Leading the way to mentally healthier schools – the next frontier



**Black Dog
Institute**



APS

**Australian
Psychological
Society**

Black Dog Institute, in partnership with the Australian Psychological Society, welcomes you to attend a special online conference: **Leading the way to mentally healthier schools – the next frontier.**

Thursday, 26 August 2021

9:30am – 3:30pm AEST

WHY THIS CONFERENCE MATTERS:

- 40% of year 12 students report anxiety and depression rates higher than normal in their age group
- 75% of young people say their mental health has deteriorated over COVID.
- Suicide is the leading cause of death for people aged 5-17 years old.

Join us online for an in-depth day of presentations and discussions of world-leading research on anxiety and depression in children and young people – looking at understanding, assessment, prevention, and intervention, lived experience, Aboriginal and Torres Strait Islander social and emotional well-being, and digital solutions.

Whether you're working in schools, in early childhood, primary, high school or a pathway setting, discover the latest thinking on effective interventions and what the current research is saying about anxiety, depression and suicide.

Register now to secure your place:

https://blackdoginstitute.secure.force.com/forms/bdi_EducationMasterCourseIndividual?mstrCrsId=a1K1H00000Ao0QCUAZ



PeerSupport
Australia

Peer Support Australia believes that students supporting students is the most effective way to build wellbeing. We enable teachers and schools to utilise student-to-student support for wellbeing through experiences and skills acquisition. Peer Support Australia helps students develop resilience, sense of self, sense of possibility, connectedness and optimism. We equip teachers with the skills and resources to coordinate wellbeing initiatives that are led by students. For further information or to attend a workshop please visit www.peersupport.edu.au

ANIMAL THERAPY IN SCHOOLS

There is lots of great research highlighting the benefits of animal therapy, in many settings, including schools. Interested in finding out more? School Link, SWSLHD have developed a new resource:

Animal Therapy in Schools



<http://www.icamhs.com.au/pdf/Pet.pdf> or call **0484 334 227** for more information



Meet Baron the Story Dog

<https://www.youtube.com/watch?v=t50wUjLHMn4>



Sheekie, Dareton PS therapy dog

SCHOOL REFUSAL

School-refusal e-Learning Module for Child and Adolescent Mental Health and School Counselling Staff

This e-learning module was launched on Monday 24th May

This is a module for clinicians. Access is available to:

- NSW Health CAMHS/CYMHS Workers
- NSW Department of Education School Counselling Staff
- NSW Catholic School Counselling Staff
- NSW Independent School Counselling Staff

Department of Education are overseeing distribution to their own workforce.

Access for CYMHS staff , Catholic or Independent School Counsellors is via the Mental Health Workforce Development site.

Please contact School-Link for access details.



NORTHERN SYDNEY YOUTH HEALTH & WELLNESS E-NETWORK

Tailored for anyone working with young people in Northern Sydney. Receive a monthly email compiled with the latest youth health-focused information on:

- Training opportunities
- Upcoming events
- Resources
- News updates
- Funding opportunities

To subscribe, contact: Crystal.Hillery@health.nsw.gov.au



YOUTH MENTAL HEALTH FIRST AID

Blended YMHFA is an alternate delivery pathway for our 14-hour Youth Mental Health First Aid Course. It includes two components:

- **Course Component 1:** A self-paced eLearning component
- **Course Component 2:** An Instructor-led component

****You must enrol in Course Component 2 (on one of the dates offered below) and will receive a manual and voucher for the eLearning Component which must be completed before attending the face-to-face component.**

LOWER NORTH SHORE

Dates: Wed. 18th August

Tues. 12th October

Location: St Leonards TAFE

HORNSBY KU-RING-GAI

Dates: Thurs. 22nd July

Tues. 14th September

Wed. 10th November

Location: Hornsby TAFE

RYDE

Dates: Tues. 17th August

Wed. 13th October

Location: Ryde TAFE

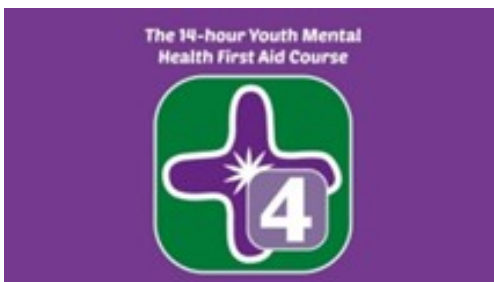
NORTHERN BEACHES

Dates: Tues. 20th July

Wed. 15th September

Tues. 9th November

Location: Brookvale TAFE



TIME: 8:30am – 4:30pm

If you would like a registration form or more information regarding these courses, please contact:

Vivienne Hughes, School-Link Coordinator
Email: vivienne.hughes@health.nsw.gov.au

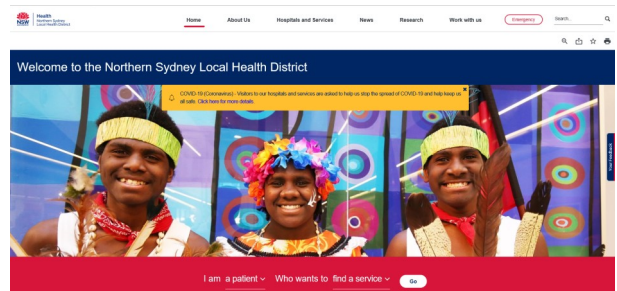
****PLEASE NOTE THESE COURSES ARE ONLY AVAILABLE TO EDUCATION STAFF IN NORTHERN SYDNEY**

NSLHD Website

Access your local health service information on the Northern Sydney Local Health District Website:

www.nslhd.health.nsw.gov.au

CYMHS information can be found in the 'Child and Adolescent Mental Health' section under 'Services'.





Unpacking complex trauma

21 July 2021

Complex trauma - the impact of early life, repeated trauma and loss often involving trusted relationships

Program

Free live stream event

- 0900 - 0910 **Welcome and introduction**
Mrs Sue Foley, Director, NSW Children's Court Clinic, The Sydney Children's Hospitals Network (SCHN)
- 0910 - 0940 **Impact of complex trauma**
Ms Stephanie Helfer, Senior Clinical Psychologist, Complex Cases Consultant, The Children's Hospital at Westmead, SCHN
- 0940 - 1010 **Integrated Trauma-Informed Care - mitigating the impacts of trauma, preventing re-traumatisation and promoting healing for children and young people**
Ms Katherine Barnes, Acting Manager, Child Protection and Wellbeing Team, Prevention and Response to Violence, Abuse and Neglect Unit (PARVAN), NSW Ministry of Health; and
Ms Helen Freeland, Managing Director, ACER Associates
- 1010 - 1025 **15-MIN BREAK**
- 1025 - 1055 **Trauma, cognitive development, and social and emotional wellbeing**
Dr Paul Gray, Associate Professor, Jumbunna Institute for Indigenous Education and Research, University of Technology Sydney
- 1055 - 1110 **Intensive Support Services for out of home care children and young people**
Mr Andrew Schacht, Principal Project Officer, Intensive Support Services, Department of Communities and Justice
- 1110 - 1120 **10-MIN BREAK**
- 1120 - 1150 **Trauma responsive practice for our youth - the Australian Childhood Foundation approach**
Ms Karyn Robinson, Senior Advisor, Professional Education Services, Australian Childhood Foundation
- 1150 - 1200 **Voice of youth**
Ms Emily Backhouse and Ms Sienna Acquara, CREATE young consultants, CREATE Foundation
- 1200 - 1230 **Panel discussion - joined by all Program speakers**



Health

To watch the Forum live stream anywhere on the Forum day (AEST), go to:
<https://www.thestreamingguys.com.au/production/youth-health-forum-unpacking-complex-trauma-210721/>

FOR YOUTH

RYDE YOUTH THEATRE

Explore creativity, build confidence and make friends!

Where: West Ryde Hall - 1A Station St, West Ryde

When: Workshops run during the school term.
8 - 14 years old - Mondays 5pm - 7pm
14+ years old - Tuesdays 6:30pm - 9pm

Cost: All workshops are 'Pay What You Can'

Scan the QR code for
more information
and to enrol,
or email
ryt@shopfront.org.au



SHOPFRONT
ARTS
CO-OP

 City of Ryde



WHAT DO YOU KNOW ABOUT VAPING?

NSLHD Youth Health Promotion have created a fun and informative Kahoot quiz to look at the effects of vaping and the regulations around it. Please find the link to the quiz [here](#).



Do you look after a family member or friend with disability, a medical condition, mental illness or who is frail due to age?

Do your caring responsibilities affect your wellbeing or your ability to work, study or socialise?

If you answered yes to any of these questions, Carer Gateway can help you.

How do I contact Carer Gateway?

Carer Gateway offers a national website at www.carergateway.gov.au or you can phone 1800 422 737 Monday to Friday between 8am and 5pm.

Henry, carer to his mother.



In partnership with *YourSide*

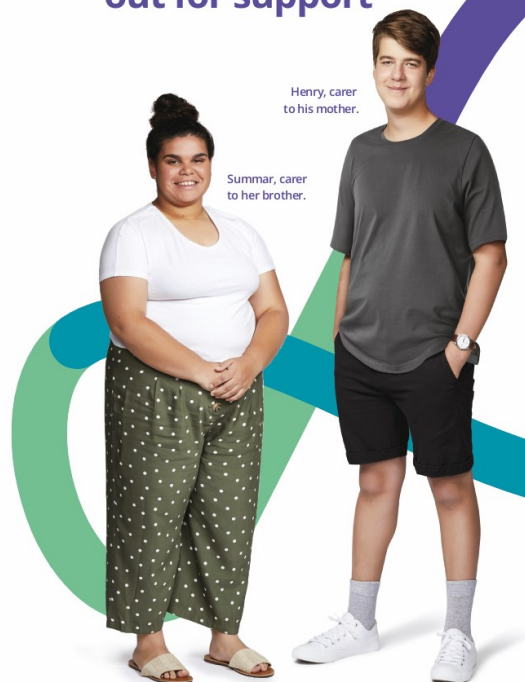
carergateway.gov.au

Connecting carers ●●● to support services

Where young carers can reach out for support

Henry, carer to his mother.

Summar, carer to her brother.



In partnership with *YourSide*

Young Carers

- Young Carer aged 14-25
- Practical support such as tutoring, driving lessons, lap tops, school uniforms, respite
- 6 x Free Counselling sessions to support them manage their caring role
- Referral in to Mentoring programs
- Virtual Hang – Topics include setting boundaries; time management; building confidence; creative outlets; digital age; getting a job
- Young Carer Peer Group – Time out program (two and a half days away to connect with other young Carers)



carergateway.gov.au



FEATURED TOPIC —

DRUG AND ALCOHOL SUPPORT SERVICES



Sydney **Drug Education & Counselling** Centre

sdecc is a not-for-profit, charitable organisation which specialises in providing free counselling and support for young people aged 12 -25 with problematic alcohol and other drugs (AOD) use and their families.

sdecc works within a family inclusive, trauma informed framework and our highly qualified counsellors understand the complexities of AOD use, including any mental health issues.

sdecc is now offering services at both [Manly and St Leonards](#).

For Schools

PROFESSIONAL DEVELOPMENT

sdecc provide professional development and support for educators and other professionals working with young people.

sdecc can provide drug and alcohol psychoeducation workshops to educators and wellbeing staff working with young people.

PREVENTURE

Preventure is a school-based targeted intervention aimed at reducing drug and alcohol use and improving emotional well-being. The program is evidence based and has achieved positive results in both Canada and Australia.

sdecc are accredited to provide the Preventure program for schools.

To find out more, contact on 02 9977 0711 or admin@sdecc.org.au or go to <https://sdecc.org.au/>



Family Drug Support (FDS) is a caring, secular organisation which provides non-judgmental, non-directive support and information for families and friends of drug and/or alcohol users across Australia. Since 1997, Family Drug Support has successfully provided programmes and services in this area.

<https://www.fds.org.au/>

Services available for Schools :

Talking to your Teenager

Two to three hours presentation for parents about how to talk to teenagers about drugs and alcohol.

Tony's Talk to Teenagers

FDS staff present Tony Trimingham's, CEO and founder of FDS, story, to teenagers in a one-hour talk. As part of the interactive session, the importance of self-care when using drugs and/or alcohol, looking out for your mates and talking with parents are discussed.

The Gathering

The aim of this two-hour program is to provide information on the effects and impacts of drug and alcohol use, so informed decisions can be made if a situation arises. Based on a 20-minute video of a party that goes viral. The video includes heavy alcohol use, drug use and unwanted sexual encounters. The video is confronting, participants follow various cast members, looking at critical times in the video and what different decisions might have made to the outcome.

FEATURED TOPIC — DRUG AND ALCOHOL SUPPORT SERVICES CONT.

DAYSS

CatholicCare
Diocese of Broken Bay

CatholicCare welcomes staff and clients from all different cultures, religions, sexuality and backgrounds.

DRUG & ALCOHOL YOUTH SUPPORT SERVICE

Funded by Ministry Health / NSW Health

DAYSS supports young people 12-24 years who are either impacted by their own drug and/or alcohol consumption or impacted by someone else's drug and alcohol misuse. DAYSS can also support parents of a young person misusing drugs and alcohol. Due to funding DAYSS can service the Northern Beaches and Lower North Shore regions.

What does support look like?



One-on-one
Support

Casework & short-term counselling – DAYSS uses an outreach model and can meet with young people at home, school or community location.

DAYSS will support young people with low to moderate drug and alcohol impacts.

DAYSS can also support young people with high problematic drug and alcohol impacts if the young person is finding clinical services a barrier. DAYSS will work with the young person in an outreach model to start the support and help them get to a space where they will engage and accept clinical support.

Caseworkers are qualified in areas such as psychology, social work, welfare and counselling. Caseworkers use evidence based assessment tools to build support plans for young people.



School & Community
Education Programs

Outreach, drug and alcohol education and groupwork – DAYSS delivers a range of drug and alcohol education programs in schools and the community. All content for these sessions are based on evidence and existing research.

DAYSS supports local events such as band nights, music festivals and sporting events by attending with our SANDBAR Crew who engage and support young people at the events to stay safe.



Outreach

DAYSS delivers a range of small groups for young people impacted by drugs and alcohol. These include DRUMBEAT, Boxing with AOD impacts, ART with AOD impacts and Music Expression.

Referrals can be made to intakefs@catholiccaredbb.org.au

Group enquiries can be sent to dayss@catholiccaredbb.org.au

**SNAP
SHOT
2020-2021**

DAYSS team consists of:

1 Manager

1.5 Fulltime equivalent
caseworkers

3 Casual youth workers

2877 Young People Participated in Groups

226 Parents of Teens Participated in Groups

39 One to one client's services with caseworker & short-term counselling

Current demand for 1:1 support with DAYSS from 1st July 2021: 13 young people sitting on the waitlist. YP have declined other services offered to them while on our waitlist are wanting to wait for DAYSS.

What our clients are saying...

"The sessions have helped me become better at managing challenges"

"I don't need drugs in my life and my worker helped me with that"

"I now know more about the effects of drugs and alcohol"

INTERESTING FACTS

Childhood has changed.

More than four in five children own at least one screen-based device. The average is

3 devices owned by each child.



Parenting is harder than it used to be.

For more information and facts, go to **GROWING UP DIGITAL Australia: Summary Report**



3 of 4 parents

think it is harder to control their child's digital habits since they have got their own screen-based device.

https://www.gie.unsw.edu.au/sites/default/files/documents/GONS5000%20Growing%20Up%20Digital%20Infographic%20report_FINAL.pdf

WANT TO GIVE OUR KIDS THE BEST CHANCE IN LIFE?

In partnership with educators, service providers and community leaders in the wider Northern Sydney area, Community Builders offers bespoke programs, information and education to help children and young people through their challenges and prepare for life ahead.

Why get in touch?

Our Community Builders team are passionate about developing the skills and capability of our children, young people and those that care for them. We have substantial experience working with CALD communities and in offering culturally safe and aware programs. Our programs and services are tailored according to specific needs and are provided free of charge. By working in partnership with local organisations, we can provide support at times and locations that suit your needs.

Types of programs we offer

- Children and young people resilience/wellbeing
- Parenting programs
- Carer support
- Educator training
- Study without stress

Areas we support

We work across the North Sydney Local health District, which covers Ryde/Hunters Hill, Lower North Shore, Northern Beaches and Hornsby/Ku-Ring-Gai Councils.



Find out more:
[relationships.org.au/
communitybuilders](https://relationships.org.au/communitybuilders)
or call 1300 364 277

Community Builders is brought to you by Relationships Australia NSW



Communities & Justice

Seasons for Growth

Children and Young People's Program:

fostering resilience and wellbeing in children and young people.

A wonderful illustration of the many agencies coming together to provide support to children and young people, from the funding through to the group implementation.

In 2020, the Rural Adversity Mental Health Program (RAMHP) and NSW School Link program collaborated with MacKillop Family Services to deliver programs to students in Forster and Taree, NSW. The project was made possible following the successful application for funding through the Hunter, New England, and Central Coast Primary Health Network through the Australian Government's PHN Program and Empowering Communities program. This meant that the usual challenges that schools face when seeking access and funding of resources were largely avoided.

The funding enabled 32 professionals to be trained in the *Seasons for Growth* children and young people's change, loss, and grief program.

The training was held in March 2020 and 2 participants – Lauren Vaughan School Link Coordinator in the Manning area, and Kerrie Hansen Assistant Principal at Cundletown Public School were both in attendance.

This wonderful opportunity for collaboration resulted in Lauren and Kerrie running 2 groups together... 'If Lauren hadn't offered to co facilitate I probably wouldn't have done it' shares Kerrie – who after facilitating 4 groups is now a seasoned facilitator. Having someone outside of the school was helpful as it was easier to schedule, rather than taking 2 staff members out of the day.

The power of the program was evident, allowing a space for children to come together and share their experiences in a gentle journey that Lauren and Kerrie felt privileged to share.

"We knew the program had had an impact ..."

'We knew the program had had an impact when I bumped into a student outside of school who had had another significant loss during the group' – the student told Kerrie he remembered what Lauren and she had taught him, and how it had helped.

Seasons for Growth is carefully planned to build supportive relationships and a confidential space and invites students to reflect on the changes that they have experienced at their own pace. The activities and discussions allow for sharing what feels appropriate at the time. One student voiced that they did not trust anyone, and would not be sharing, but with the safety of the program and the skilled support from Lauren and Kerrie they did start to explore their feelings with others during the group. This is feedback which is heard regularly and is testament to the power of the peer support aspect of the program as well as the skills of the Companion as facilitator, and the space they create.

"With so many changes occurring for children and young people the opportunity that the program presents is invaluable."

With so many changes occurring for children and young people the opportunity that the program presents is invaluable. For Kerrie's school the opportunity for collaboration with the School Link service means that the program is now firmly embedded in the school, with more groups planned for later this year. Lauren is in high demand to share her skills within other schools and is planning her next group with secondary aged students.

For more helpful information and resources:
goodgrief.org.au | mackillopinstitute.org.au



FOR PARENTS



NORTHERN SYDNEY REGION GROUP PROGRAM SCHEDULE

Group	Group Dates	Duration	Address	Requirements	Fee
Men: Maintaining Change	Tuesdays: 20 July, 10 August, 14 September 6pm – 8pm	Every 2nd Tues of the month	68 Waterloo Rd, Macquarie Park	Clients have completed a Men's BCP PGLs – Not required	\$40 Concessions available
Men and Relationships	Wednesdays: 28 July – 15 Sept 5:30pm – 8:00pm	8 weeks	68 Waterloo Rd, Macquarie Park	Pre group interview arranged by appointment	Based on a sliding scale & household income.
Circle of Security	Thursdays, 22 July – 9 Sep 5:30pm – 8pm	8 weeks	68 Waterloo Rd, Macquarie Park	Pre group interview arranged by appointment	Fee waived
Women: Choice and Change	Fridays, 30 July – 17 Sept 10am – 12:30pm	8 weeks	68 Waterloo Rd, Macquarie Park	Pre group interview arranged by appointment	Fee waived
Parenting After Separation – Focus on Kids	Thursdays: 29 July – 2 Sept 6pm – 8:30pm	6 weeks	651 Pittwater Rd, Dee Why	Pre group interview arranged by appointment	\$280 per person
Managing Anger & Strong Emotions	Tuesday, 20 July – 7 Sep 6pm – 8:30pm	8 weeks	651 Pittwater Rd, Dee Why	Pre group interview arranged by appointment	Based on a sliding scale & household income.
Bringing Up Great Kids	Wednesday, 21 July – 8 September 5:30pm – 7:30pm	8 weeks	651 Pittwater Rd, Dee Why	Pre group interview arranged by appointment	Free
Chinese: Circle of Security	Tuesdays, 3 August – 14 Sept 10am – 12pm	7 weeks	The Gordon Centre 20-22 Park Ave Gordon 2072	Pre group interview arranged by appointment	Free

Relationships Australia NSW Limited Ph: 1300 364 277 | <https://www.relationshipsnsw.org.au/>
Level 1, 68 Waterloo Road Macquarie Park NSW 2113 | email: northrep@ransw.org.au |
Ph: 8874 8000

IS SOMEONE IN YOUR FAMILY TAKING DRUGS OR ALCOHOL? ARE YOU LOOKING FOR PRACTICAL DOWN TO EARTH INFORMATION AND SUPPORT?

Family Drug Support presents the **'Stepping Forward'** series providing -

- ✓ Clear & practical information sessions
- ✓ A safe place to share & to feel supported

Date: Sat 14th August 9.30am-4pm

Venue: St Peter's Anglican Church, 207 Peats Ferry Road, Hornsby

Cost: Free.

Register Here: <https://hornsbysteppingforward.eventbrite.com.au>

For more information please email or call Amy on: amy@fds.ngo.org.au 0457 260 079





PARENTING PROGRAMS

Please note you do not need to be Catholic to access our programs. CatholicCare welcomes staff and clients from all different backgrounds and beliefs.

\$20

TUNING INTO KIDS

For those living in the Northern Sydney region

For parents of primary school children on how to develop your child's emotional intelligence.

Register here:

<https://form.jotform.com/211567156969873>

Wednesdays

4, 11, 18 & 25 August &
1 September 2021
10.00am - 12.00pm



via Zoom

FREE

TUNING INTO TEENS

Prioritising those living in the Ku-ring-gai local Government area (but open to Northern Sydney Region depending on numbers)

A parenting group based on emotion coaching with additional information and support around risk taking behaviours.

Delivered in partnership with The Northern Centre and Drug & Alcohol Youth Support Service.

Register here:

<https://form.jotform.com/211311577412850>

Wednesdays

4, 11, 18, 25 August,
1 & 8 September 2021
10.00am - 12.00pm



via Zoom

FREE

GROWING KIDS

A free program run over 4 weeks for primary aged children in years 4 - 6.

This program aims to use creative arts as a way of expression and building resilience. Being creative is good for the brain! It helps you relax and numerous studies show that creative activities raise serotonin levels and decrease anxiety - factors that contribute to resilience - our ability to deal with our problems in a way that makes us feel like the next time they come around, we'll have a better ability to tackle them.

Expressions of interest here:

<https://form.jotform.com/211598262677871>

FREE

MUSIC XPRESS FOR KIDS

A free program run over 5 weeks for primary aged children in years 4 - 6.

This program uses music as a way of expression and helping to build resilience amongst children.

You do not need to have experience in musical instruments but rather be interested to use music in expression.

Expressions of interest here:

<https://form.jotform.com/211598262677871>

MORE INFO:

E: intakefs@catholiccaredbb.org.au



parenting programs

Tuning in to Kids Parenting Program	Korean 29 July to 2 September	Thursdays: 10:00am to 12:00pm Register: https://bit.ly/3ai0dZh
Limited childcare available		
Tuning in to Teens Parenting Program	English – ONLINE 4 August to 8 September	Wednesdays: 10:00am to 12:00pm Register: https://bit.ly/3cgzNZU
Bringing Up Great Kids Parenting Program	Mandarin 3 August to 7 September	Tuesdays: 10:00am to 12:00pm Register: https://bit.ly/3ai0dZh

**Bookings essential as places are limited.
For further details call us on 9334 0111**

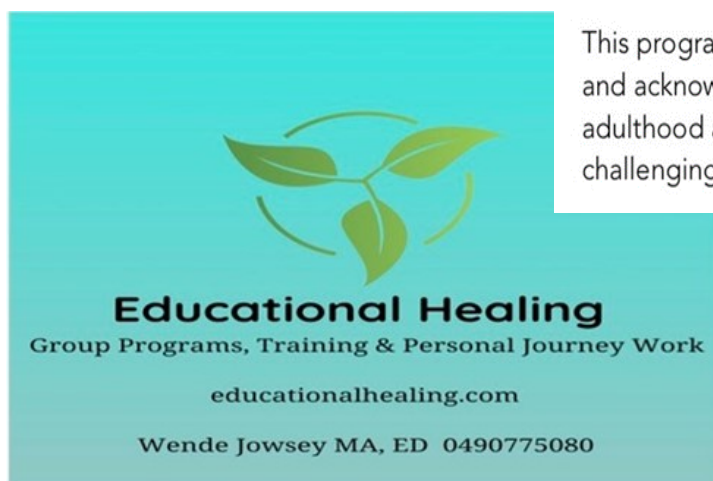


LIVE INTERACTIVE WEBINAR—Learn simple steps to help your child reduce anxiety and build resilience.



For information about this and other parenting courses and resources, go to:
<https://www.parentshop.com.au/parent-courses/>

Parents of Teens Support Program 2021



This program typically meets fortnightly during the school term and acknowledges that the teen years are a time of transition to adulthood and can exhaust a parents' capacity to manage challenging behaviours.

To find out 2021 program dates or to book a program
Contact Wende Jowsey MA. Ed : 0490775080

upcoming sessions



Parents, Carers, and Community Members in Northern Sydney are invited to attend a free mental health education session in Term 3.



Mosman

Date: 28 July 2021
Time: 7 - 8.15pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



Dee Why

Date: 9 August 2021
Time: 12 - 1pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



Hornsby

Date: 10 August 2021
Time: 7 - 8.15pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



Manly

Date: 19 August 2021
Time: 7 - 8.15pm
Location: Venue TBC
Registration: <https://bit.ly/2Nm5cRh>



Pittwater

Date: 31 August 2021
Time: 7 - 8.15pm
Location: Venue TBC
Registration: <https://bit.ly/2Nm5cRh>



Chatswood

Date: 9 September 2021
Time: 7 - 8.15pm
Location: Venue TBC
Registration: <https://bit.ly/2Nm5cRh>

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



The Way Back Support Service

A Beyond Blue initiative providing non-clinical care and practical support to individuals following a suicide attempt or suicidal crisis.

On average, 65,000 people attempt suicide in Australia each year¹, and nine per day will die².

Those who have previously attempted are among the most at-risk of attempting again. These are the people The Way Back supports.

After a person has been referred to the service by clinical staff, they're contacted by a Care Coordinator within one working day of receiving the referral. The Care Coordinator then guides them through safety planning and a personalised aftercare program for up to three months.

This includes engaging them with services addressing some of the issues leading to their distress. This can mean anything from financial advice, to connecting them with community groups, or helping them attend health care appointments.

A recent Australian study found coordinated assertive aftercare is among the most effective strategies for reducing suicide reattempts, providing a potential reduction of up to 19.8 per cent³.

The Way Back Support Service has run in trial locations since 2014. Encouraging results led to a 2018 Australian Government announcement of Commonwealth funding for a national rollout to up to 33 sites.

We believe this service will save lives.

Encourage. Support. Connect.

The Way Back Support Service aims to prevent further suicide attempts by providing proactive, non-clinical support and coordinating access to community services. Care Coordinators:

- maintain contact and provide encouragement and support.
- facilitate access to a range of community support services (e.g. community housing, social and sport clubs, community transport, emergency relief services, etc.).
- encourage uptake of hospital discharge plans and safety plan utilisation.
- support attendance at medical and allied health appointments.
- assist clients to connect with support networks (including specialist support groups for men, women, alcohol or drug dependency, young people and family members impacted by suicide, sporting clubs, local Church groups).

Who is eligible?

Individuals who have presented to the hospital emergency department or Community Mental Health service across the Northern Sydney Region following a suicide attempt or suicidal crisis, and residing within the Northern Sydney Region, will be eligible for the service. The Way Back Care Coordinators will work with hospital and community mental health staff to engage with clients while they are in hospital and arrange for follow-up contact following discharge. The Way Back staff will also work with General Practitioners and other clinicians working in primary care (including psychologists) to support service access. Please contact our team to enquire further.



Supported by

Further information

You are welcome to call **CCNB** to find out more, or make a referral during business hours on **1300 000 125**

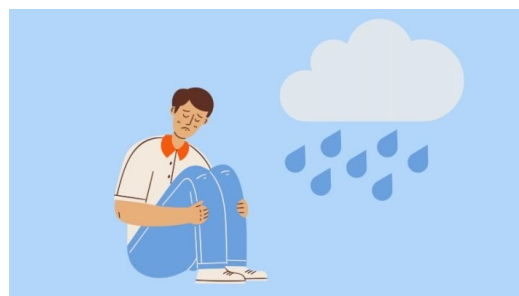
Always feel free to e-mail us at thewayback@ccnb.com.au

SELF CARE

Here are 5 ways we can manage our moods during the winter months:

1. **Increase opportunities for sunlight and exercise.** This may mean rearranging your daily schedule as the sun sets earlier in the evening. Vitamin D levels typically lower in the winter, making us more prone to fatigue. Exercise generates endorphins and dopamine, so we may need to be more deliberate with producing these “feel good” chemicals in the winter.
2. **Strike a balance between different kinds of activities.** While we might crave creature comforts or prefer to stay inside, resist the urge to engage in only sedentary activities. Plan your week out in advance so you can see if you are striking a helpful balance. If not, try to create a mix of being indoors and outdoors with a variety of physical activity levels.
3. **Form and keep healthy lifestyle habits.** The colder months can make us more prone to spending more time in bed, eating foods that are higher in fat or drink more alcohol. Notice when you slip into these habits and make wiser choices to look after your body. This will also do the immune system a favour when colds and flus notoriously spread during this time of year. If you find it hard to change these behaviour yourself, don't hesitate to seek support.
4. **Be flexible and creative.** Regularly doing relaxing and enjoyable activities helps us to have a stable mood. Your usual interests, hobbies or sports may not be as available. Find alternative things to do and be open minded to trying new things. Being more intentional with socialising in different ways can also help.
5. **Practice mindfulness.** When we're less active than usual, it can make us brood, with more negative or worried thoughts going through our minds. Having structured activities can help us have other things to focus on, especially if we're doing them mindfully. Mindfulness is about being grounded in the here and now, and attentive and curious about our experiences.

<https://thiswayup.org.au/how-to-look-after-your-mood-during-winter/>



Would you like to feature in this newsletter?

Share your news, achievements and events, or let us know what you would like to hear more about in the newsletter.

Send your articles to

NSLHD-School-Link@health.nsw.gov.au



CHILD AND YOUTH MENTAL HEALTH SERVICE (CYMHS)

Child and Youth Mental Health Services (CYMHS) provide specialist mental health assessment and intervention to children and young people experiencing significant emotional, behavioural or mental health difficulties.

We provide

- Counselling and therapy for children and adolescents
- Family consultations and therapy
- Groups for child, young people and/or parents
- Information and referral to other services

CYMHS provides outpatient clinical services in four locations:

Hornsby Ku-ring-gai	02 9485 6155
Northern Beaches	02 9388 5150
Lower North Shore	02 9462 9222
Ryde	02 9926 5844

Other Services

Coral Tree Family Service	02 9887 5830
Brolga Adolescent Inpatient Unit	02 9485 6150
Getting on Track in Time (Got It!)	02 9887 5886
School-Link	02 8877 5325 or 02 8877 5320

SCHOOL-LINK IN NSLHD

School-Link provides a platform for collaboration where mental health professionals and educators work in partnership with children, young people and their families to achieve optimal mental health and remain engaged in education .

School-Link Services Available

- ◆ Consultation on referral pathways for children, young people and their families
- ◆ Linking Health Services and Education Staff to work together
- ◆ Information on evidence based preventions and early intervention programs and initiatives
- ◆ Access to education, training and professional development on current mental health topics
- ◆ Supporting schools in implementing mental health promotion initiatives



Contact Details:

Fiona Lo and Vivienne Hughes

School-Link Coordinators

Northern Sydney Local Health District

Child & Youth Mental Health Service

Building 37, Macquarie Hospital

PO BOX 142, North Ryde 1670

Tel: (02) 88775320 or (02) 8877 5325

Mob: 0421 582 964

E: NSLHD-School-Link@health.nsw.gov.au