**Mental Health in Education 2017**

*The Grace Hotel, 77 York St., Sydney NSW 2000*

**Confirmed speakers:**

**Br Steve Hogan**, *Principal*, **Oakhill College**

**Michael Turton**, *Director of Student Wellbeing K-12*, **Georges River Grammar**

**Duncan Kendall**, *Assistant Head of the Senior Preparatory School*, **The Scots College Sydney Bob Meakin**, *Deputy Head – Students*, **Newington College**

**Norma Fakhouri**, *Senior Counsellor*, **Sutherland TAFE Rene Poulos**, *Senior TAFE Counsellor*, **Randwick and Eora TAFE Greg Gebhart**, *Senior Trainer*, **Office of the Children’s eSafety Commissioner Professor Jennifer Hudson**, *Director Centre for Emotional Health*, **Macquarie University**

**Invited and interested speakers:**

**Neil Worsley**, *College Principal*, **Northern Beaches Secondary College**

**Nicky Sloss**, *Director of Student Wellbeing*, **Association of Independent Schools (panel discussion)**

**Camilla Bird**, *Student Wellbeing and Disability Liaison Officer*, **Bendigo TAFE**

**Greg James**, *Psychologist and Counsellor*, **Kings School Phillip Heath**, *Headmaster*, **Barker College Milton Cujes**, *Headmaster*, **Trinity Grammar Liam Casson**, *Director Centre for Boy’s Health and Wellbeing*, **Christ Church Grammar School Ben Wilkes**, *Head of Allied Health and Wellbeing*, **Macquarie University Louise Rowling**, *Associate Professor*, **University of Sydney Dr. Jeanne Bathgate**, *Principal*, **Baulkham Hills High School Craig Comrie**, *National Director*, **Safe Schools Coalition Pauline Kotselas**, *Leader, Psychological and Wellbeing Services, Student Engagement and Interagency Partnerships*, **NSW Department of Education**

**Day One: 4th September, 2017**

**8:30 Registration, morning coffee and tea**

**8:50 Opening remarks from chair:**

**Setting the scene in mental health in education**

**9:05am: Opening Keynote:**

**Setting the scene in mental health in education**

* Trends in mental health in education
* Understand the academic perspective on mental health in education
* A discussion of targeted school programs:
	+ Preventing data in depression and anxiety in schools and tracking data
	+ Delivering treatment to troubled students and reducing stigma
	+ Clinical studies and randomized clinical trials

**Confirmed: Professor Jennifer Hudson**, *Australian Research Council Future Fellow and Director Centre for Emotional Health*, **Macquarie University**

**9:55am:** **eSafety update: Protecting students from cyber bullying**

* Gain a strong understanding of cyberbullying
* Learn trends in cyberbullying
* Receive an update on Federal government programs and the cyberbullying complaints scheme
* Methods to ensure eSafety in your educational institution

**Confirmed: Greg Gebhart**, *Senior Trainer*, **Office of the Children’s eSafety Commissioner**

**10:45 Morning tea**

**11:00: The NSW Government’s mental health in education agenda**

* The NSW Department of Education and Training’s programs
* Understanding the NSW School-Link program
* Implementation of programs and the future

**CASE STUDIES**

**11:50: The Victorian Government’s agenda in mental health in education**

* The government’s mental health in education agenda
* State trends in mental health
* The importance of sound mental health to education outcomes

**Lunch 12:40**

**1:40pm: CASE STUDY**

**Promoting mental health amongst the LGBTIQ community in education**

* Understanding LGBTIQ issues amongst children and young adults in an educational context
* Methods for promoting the mental health of the LGBTIQ community
* Engaging with LGBTIQ students and ensuring a safe environment
* Educating students on LGBTIQ issues

**2:30pm: CASE STUDY**

**Lessons from Georges River Grammar School in managing mental health issues**

* Learn strategies for identifying mental health issues
* Learn programs implemented at Georges River Grammar School derived from the VIA character traits
* Understand the applicability of these strategies to your organisation

**Confirmed: Michael Turton**, *Director of Student Wellbeing K-12*, **Georges River Grammar**

**3:20 Afternoon Tea**

**Resilience**

**3:40pm: CASE STUDY**

**Enhancing/the role of resilience in mental health**

* Why resilience? The importance of resilience in promoting mental health amongst students
* Strategies for increasing student resilience
* Building resilience for life

**Confirmed: Bob Meakin**, *Deputy Head of Students*, **Newington College**

**4:30pm:**

**Managing mental health issues and establishing programs: lessons from Scots College**

* Understand mental health issues faced by Scots college
* Establishing risk and measurement guidelines
* Making the most of limited resources
* A discussion of the importance of rites of passage for young male students
* What can we learn from boys Rites of Passage to assist young female students? Is it needed?

**Confirmed: Duncan Kendall**, *Assistant Head of the Senior Preparatory School*, **The Scots College Sydney**

**5:20 End of day one**

**Day Two: 5th September 2017**

**8:30 Registration, morning coffee and tea**

**9:00 Opening remarks from chair:**

**TAFE & barriers to reform**

**9:05am CASE STUDY**

**Lessons and strategies from TAFE Victoria**

* How TAFE identifies mental health issues
* Strategies TAFE uses with limited resources
* Drawing lessons from TAFEs strategies and applying them to your institution

**9:55am CASE STUDY**

**Sub Heading 5**

**11:00am**

**Mental health interventions at TAFE NSW**

* The geographic variety of mental health issues amongst students
* Providing access to mental health infrastructure to worst-off students
* Strategies for providing in-house relevant vocational and personal counselling
* A discussion of “Student Minds”, a student led early intervention program

**Confirmed: Norma Fakhouri**, *Senior TAFE Counsellor*, **Sutherland TAFE Confirmed: Rene Poulos**, *Senior TAFE Counsellor*, **Randwick and Eora TAFE**

**11:50am**

**Overcoming barriers to implementing programs and promoting coping strategies**

* Techniques for identifying gaps in mental health programs
* Reducing stigma and normalizing mental health
* Methods for enhancing students’ coping strategies

**Pending: Morgana Walker**, *School Psychologist*, **Scotch College**

**Lunch 12:40pm**

**1:40pm:**

**CASE STUDY**

**How educational institutions can play a role in preventing student mental health issues**

* Promoting optimistic thinking amongst students
* Learn rigorous quantification techniques to measure psychological impact
* Strategies for training staff in resilience promotion

**Interested: Neil Worsley**, *College Principal*, **Northern Beaches Secondary College**

**Universities & the wider community**

**2:30pm**

**Learning from universities experience in building mental health resources for students**

* Understanding mental health issues amongst young adult students
* How to build mental health resources for students
* Enhancing understanding of mental health issues amongst students
* Lessons for other educational institutions

**3:20 Afternoon Tea**

**3:40pm:**

**Integrating your mental health initiatives into wider community strategies**

* Working with government and mental health providers
* Promoting mental health in the household and educating parents

**Interested: Liam Casson**, *Director Centre for Boy’s Health and Wellbeing*, **Christ Church Grammar School**

**4:30pm:**

**Lessons in mental health in education from the UK**

* Trends in mental health issues amongst students in the UK
* Strategies implemented by the school
* Relevant government initiatives in the UK
* Lessons for Australian educational institutions

**5:20 Close of conference**

**Enhancing identification/mental health skills amongst educators**

**CASE STUDY**

**Using pastoral care to respond to mental health issues**

* A case study in responding to mental health issues
* Strategies by which pastoral care practitioners can respond to students’ mental health issues:
	+ Positive psychology
	+ Religious education
* Lessons for other educational institutions

**Interested: Br Steve Hogan**, *Principal*, **Oakhill College**

**PANEL DISCUSSION**

**The Safe Schools agenda and promoting the mental health of LGBTIQ students**

* A discussion of the Safe Schools program and related political controversies
* How to ensure positive mental health outcomes for LGBTIQ students
* The future of mental health promotion for LGBTIQ students
* A consideration of other groups efforts at promoting mental health of LGBTIQ students

**Invited: Craig Comrie**, *National Director*, **Safe Schools Coalition Australia**

**Managing students that have suffered traumatic events**

* Learn methods for identifying students that have suffered traumatic events
* Understand the role your educational institution can play in providing counselling and treatment
* Liaising with psychologists and doctors
* Example: students from refugee backgrounds

**Panel discussion on well being**

**Interest: Nicky Sloss**, *Student Wellbeing and PDHPE*, **Association of Independent Schools NSW**

**Promoting mentally healthy staff to enhance their ability as educators and builders of mental health**

* Understand the importance of healthy educators in promoting mental health to students
* Learn methods to ensure mentally healthy staff
* Whole-of-organisation mental health strategies

**Day Three: 6th September 2017**

**9.00am – 12.30am**

**Workshop A:**

**Lunch: 12:30**

**1:30pm – 5pm**

**Workshop B:**