

SUMMER '18



PeopleBank News

CEO WELCOME

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CEO SNPHN



Welcome to our Summer edition of Peoplebank News. This edition focuses on improving the mental health of the teenagers and young adults in the Northern Sydney region. Our Health Needs Assessment has identified the growing impact of mental health prevalence across the region in our young people, with reporting showing 14% of children 4-17yrs have experienced mental ill health; and significantly higher levels of alcohol related hospitalisation in our region. Consultation with over 200 participants from across the region on mental health in young people identified the need for parents, teachers, young people and the wider community to have more awareness about mental illness and alcohol and drug misuse, as well as the ability to access and navigate the health services available.

SNHN has commissioned services that can provide professional treatment and support for young people to access when required. These include **Lifelines Way2wellness** for mild issues, **headspace**, **Lifeline Groups** and **New Vision Psychology** for mild to moderate issues, and **Karrikin** providing support for young people with severe mental illness. For further information see the links on page 4.

Mental health is everyone's business. With professional help and the support of parents, extended family, teachers, work mates and friends, our teenagers and young adults can thrive and contribute to our community.

From all of us at SNPHN, we hope you enjoy the summer holiday period and we look forward to achieving together- better health, better care, in 2019.

WHATS NEW

INTRODUCING: headspace

headspace is a service that provides early intervention mental health services to 12-25 year olds, tasked with promoting young peoples' wellbeing in four key areas; mental health, physical health, work and study support, and alcohol and other drugs services.

SNPHN has been working to expand youth mental health services across the region. New Horizons are delivering a new headspace model which is aimed at increasing access to young people in the region. As well as the existing headspace centres in Chatswood and Brookvale, headspace is now delivering outreach to various parts of the Northern Sydney region.

The headspace Chatswood centre is now open for extended hours on Monday until 7pm, and on Saturday from 9am-1pm. The Brookvale centre is open until 7pm on Tuesdays and 9am-1pm by appointment every second Saturday.

Visit our community website:
<https://sydneynorthhealthnetwork.org.au/communityhealth>

Meet your FREE digital coach for anxiety and depression

HEALTH RESOURCES

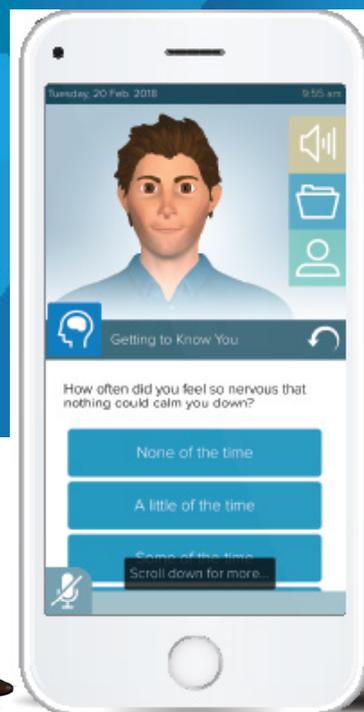
Created by Flinders University, the Clevertar program will guide you through a tailored program to help you make changes to improve how you feel.

How to get started on Clevertar:

1. Use your smartphone or tablet to download the app by searching for 'Clevertar' in the App store or Google Play
2. Open the app and tap 'Create Account'
3. Enter the invitation code

HealthyMind

4. Complete the registration details and get started with your coach



SEPTEMBER

- 5: **Connect Expo**
- Beaches School (attended)
- 6: **Meeting with Lane Cove Council about gaps in Health Services**
- Lane Cove
- 12: **Eastwood Women's Gathering**
SNAPO Mandarin Nutrition Talk for Seniors in Eastwood
Indigenous Youth group PCYC
- 19: **SNAPO Cantonese Nutrition Talk for Seniors in Eastwood**
- 20: **GP talk in Brookvale**
- 27: **Eastwood Women's Gathering**
- 28: **Bungee Bidgel Mural Unveiling (attended)**

OCTOBER

- 3: **Mental Health EXPO, Dee Why**
- 17: **Parents Misuse of Alcohol Workshop, Dee Why**
- 24: **Children's Day**
- Crows Nest Centre
- 25: **Aboriginal Youth Program PCYC**
- 26: **Indigenous Youth group PCYC**
- 27: **Suicide Prevention Intervention**
- Roseville Golf Club

NOVEMBER

- 1: **GP Health Talk to Seniors**
- Gordon
- Eastwood Women's Gathering**
- 2: **SNAPO Youth at Risk**
- Mona Vale
- 7: **Northern Beaches Suicide Workshop** **Indigenous Youth group PCYC**
- 8: **Aboriginal Women's Health Check Day**
- 25: **Xmas in the Bush**

WHAT'S BEEN HAPPENING IN SYDNEY NORTH



Children's Day Expo
Crows Nest Centre



Mental Health Forum
Dee Why RSL

GPs IN SCHOOLS

Barker College
Ryde Secondary
Beach School
Hunters Hill
Naremburn School
Riverside Girls High
Galston High
Cromer Campus
Oakhill College

Indigenous Events

Indigenous Youth group PCYC Dee-Why
Sept 12th , 26 Oct 24th, Nov 7th , 21st
Indigenous Youth group PCYC Hornsby
Sept 20th, Oct 25th , Nov 8th , 22nd ,29th (End of program/Xmas party)
Indigenous Men's group Northern Beaches
Sept 21st, Oct 4th, 18th
Indigenous Family group- Connected Mobs
Nov 15th, 29th
Eastwood Women's Gathering- Sept 6th, 27th, Oct 4th, 11th, 25th , Nov 1st 15th 29th
Women's Health Check Day- Hornsby GP clinic
Bungee Bidgel - Nov- 8th
Xmas in the Bush - Nov 25th

COMING UP:



NORTHERN SYDNEY FAMILY & CARERS MENTAL HEALTH PROGRAM



Come and be supported by other carers and staff, learn from our guest speakers, gain new experiences and build resilience and skills.

When:

4th 6.30pm - 7.30pm: Hornsby Carers Support Group, house in the park on Stuart street Wahroonga Park

11th 11.30am - 1pm: Chatswood Carers Support Group Evening Session, 24 Olga Street Chatswood

12th 11.30am - 1pm / 1pm - 2pm: Chatswood Carers Support Group Session Day,

>> Call 8599 4855 for more information



MANAGING YOUR MOOD SKILLS GROUPS FOR ADOLESCENTS



Are you struggling with distressing feelings and thoughts? Are you experiencing symptoms of anxiety and depression? Lifeline is offering 16-week psychological skills groups which will cover the following key components: Mindfulness skills, Emotion Regulation skills, Distress Tolerance skills, Effectiveness skills.

When: 18th Feb - 14th June 2019

Where: KYDS Hornsby

EATING DISORDER CARERS SUPPORT GROUP



Crows Nest

- Get strength and support from others who are on the same journey and our specialist professional counsellors
- Learn from others with similar experiences - you don't need to do this alone!

When: 2019 dates: Wednesdays, 7.00pm - 8.30pm

Where: Butterfly House, 103 Alexander Street, Crows Nest

Registrations essential:

Call our Helpline on 1800 ED HOPE or email support@thebutterflyfoundation.org.au



SUICIDE BEREAVEMENT SUPPORT GROUP



Gordon

An 8-week structured support program particularly suited to those (over 18) recently bereaved by suicide. For this group, pre-registration is essential.

There is also a monthly 'open' group (ie. just turn up, no pre-booking required), which takes place on the last Thursday of each month.

When: 14th March - 9th May

Where: 4 Park Avenue, Gordon

Dementia Friendly Community Project, Northern Beaches

Are you or someone you know living with dementia? A new project being conducted in the Northern Beaches are looking for expressions of interest from community members to be involved. Please contact Ilsa Bird at ilsab@yourside.org.au or telephone 1300 134 332

Drug & Alcohol Support

14-25 yrs: Sydney Drug Education & Counselling Centre SDECC, provide a free support program for young people with moderate to severe drug and alcohol use. Services are delivered in Chatswood and Manly. sdecc.org.au/ Ph: 9977 0711

Over 18 yrs: Odyssey House offer free individual and group counselling, support, information and education to people concerned about their drug and/or alcohol use and the impact on their mental health. Services are delivered in Monday - Friday in Chatswood and Tuesday and Thursday 9am-4pm in Manly.

Every Month

AVALON YOUTH HUB



Avalon

The Avalon Youth Hub aims to be a pathway to key Youth and Family services in the Pittwater region. The youth hub is passionate about supporting the community and bringing services to their local area. Services you can access at the hub are:

- Mission Australia
- The Burdekin Association
- KYDS
- Streetwork
- Community Care Northern Beaches
- Catholic Care
- headspace Brookvale
- KALOF

>> [Click here](#) for more

One on One Support



We offer free one on one counselling, case management and mentoring out of the hub. These services are provided by our partners and can be booked online or via phone/email/messenger.

Groups and Workshops

At the hub we aim to run different engaging workshop for young people and their families. The workshops are run by either our hub partners or external facilitators. Workshops and groups ran at the hub are always run by qualified staff.

Community Engagement



Wednesday's at the hub are our Community Engagement afternoon. We aim to provide a safe space for community members and young people to meet the staff, assessment workers and generally get a feel for the hub.

More information >> [here](#)

Contact us >> [here](#)

Follow us on Facebook >> [here](#)

Follow us on Instagram >> [here](#)

SPOTLIGHT ON:

Mental Health and Teens

Adolescence isn't an easy time for parents, either. As children move through the various transitions that accompany adolescence physical, emotional, hormonal, sexual, social, intellectual the pressures and problems they encounter can all too easily seem overwhelming. For many teenagers, these and other pressures can lead to one or more of a variety of mental health disorders; all are matters of concern, and some are life-threatening.

Key Tips for Parents:

- Keep communication constant, open, and honest: Your children should not only know that they can talk to you about anything, you must be committed to broaching topics of concern and do so openly. Talk about your own experiences and fears when you were an adolescent. Let them know that they are not alone; nor are their anxieties unique.
- Understand that mental health disorders are treatable: Arm yourself with information about the most common mental health disorders among adolescents; speak with your child's GP, your local head space, or your child school councillor about what sorts of information are available from them.
- Be attentive to your teen's behaviour: Adolescence is, indeed, a time of transition and change, but severe, dramatic, or abrupt changes in behaviour can be strong indicators of serious mental health issues.

Mental Health "Red Flags" Parents Should Be Alert For:

- Excessive sleeping, beyond usual teenage fatigue, which could indicate depression or substance abuse; difficulty in sleeping, insomnia, and other sleep disorders
- Loss of self-esteem
- Abandonment or loss of interest in favourite pastimes
- Unexpected and dramatic decline in academic performance
- Weight loss and loss of appetite.
- Personality shifts and changes, such as aggressiveness and excess anger that are sharply out of character and could indicate psychological, drug, or sexual problem

Low Intensity

Lifeline - way2wellness.org.au

Mild to Moderate

Headspace - headspace.org.au

Lifeline - lifeline2h.org.au

New vision - newvisionpsychology.com.au

Severe and Complex

Karrikin - parramattamission.org.au

Please see our website for specialty services and drug and alcohol [commissioned services](#)

SUMMERTIME IS SKIN PROTECTION TIME

During National Skin Cancer Action Week and throughout summer, whenever the UV index is three or above, use the five forms of sun protection and #OwnYourTone by:

- > slip on sun-protective clothing
- > slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- > slap on a broad-brimmed hat
- > seek shade
- > slide on sunglasses

A combination of these measures, along with getting to know your skin and regularly checking for any changes, are the keys to reducing your skin cancer risk.



USEFUL LINKS

FIND A HEALTH SERVICE
findahealthservice.com.au

Make sure you're seeking the most appropriate care for yourself and your family.

Emergency Departments must see people with life threatening illnesses first. If your injury or illness is serious, but not an emergency, there are a range of alternative services available which can provide faster, more convenient care.
>> [Click here for more](#)

HEALTH PROMOTION
nshealthpromotion.com.au

This site implements population health projects and activities in Northern Sydney. Find out what's on in your local area. >> [Click here for more](#)

HEALTHY KIDS WEBSITE
healthykids.nsw.gov.au

Healthy Kids is centred around 5 key ways to a healthy lifestyle. It provides kid friendly resources that support young people and their carers to make healthy lifestyle choices. >> [Click here for more](#)

EMAIL A STORY

Do you have a health story or event to share?

Email your story and you could be featured in our Spring Newsletter.
(Story limit: 300 words).

>> [Email us your story](#)