



Programs for GPs

Managing Youth Mental Health

Audience:

GPs

Duration:

6-hours face to face, plus morning tea, lunch and afternoon tea

Mental health conditions are common in young people affecting 1:4 at any one time. Around half of mental disorders begin by the age of 14, with 75% emerging by the age of 24. Managing youth mental health presents a myriad of challenges for GP's working in primary care but also a unique opportunity to assist young people in the context of their families and communities.

Managing Youth Mental Health is a highly interactive, clinically focused program that aims to provide GP's with a practical and structured approach to youth mental healthcare, readily implemented within the busy practice setting.

Learning Outcomes

- Create a Safe Space for young people in the general practice setting
- Undertake a responsive biopsychosocial assessment for young people in distress
- Undertake collaborative management planning for young people in distress
- Assist young people to increase their knowledge and skills to manage their own emotional health

Facilitator:

Dr Nicola Holmes grew up in Coffs Harbour NSW, studied at Newcastle University and completed her general practice training on the North Coast of NSW. She attained the highest mark in NSW in her fellowship examinations in 2001. Nicola has a passion for mental health and has worked the last 10 years predominantly at Headspace Coffs Harbour. She also works currently 2 days a week in general practice. Medical Education and teaching are passions of Nicola's and she previously worked as a medical educator with North Coast GP training for 10 years and currently enjoys volunteering to present to parents of primary school aged children on building good mental health and resilience in young people. Nicola's main motivation for working with the Black Dog is to demystify management of mental illness and empower those on the front line to feel more resourced to deal with the complexities they face in their day to day jobs.



Topics Covered

Managing Youth Mental Health workshop covers the following topics in line with a trans-diagnostic structured 4 stage approach:

Topic 1 – Creating a safe space

Topic 2 – Getting to know you

Topic 3 – Decision making

Topic 4 – Building skills

When:

Saturday 12th
September 2020
9:00am - 5:00pm

Where:

Kolling Building, Norman
Nock Lecture Theatres,
Level 5, Corner Reserve
& Westbourne Roads, St
Leonards, NSW 2065

Cost: FREE

Funded by NSW Health

Contact Details:

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Accreditation

- RACGP: 40 QI&CPD Category 1
- ACRRM: 30 PRPD
- Mental Health CPD

