

Parent Newsletter 15-10-18

Free Webinar from Generation Next: Understanding Teen Sleep and Its Impact on Learning and Mental Health 18th of October 2018



This presentation details the multiple factors that cause teens to be chronically sleep deprived which results in multiple physical and mental health problems. Teenagers place little value on sleep, and are generally poor sleep managers. Learn how to implement strategies that build resilient sleep, which in turn protects teenagers from stress induced mood disorders and optimises learning outcomes.



Dr Chris Seton helped establish Australia's first Paediatric Sleep Investigation Unit at the Children's Hospital Westmead in 1990 and has worked as a Staff Specialist since that time. In 2014 Chris established Australia's first Multidisciplinary Paediatric Sleep Clinic at The Woolcock Institute. Chris diagnoses and treats all childhood and adolescent sleep disorders. His particular interests include narcolepsy, adolescent sleep problems, and the impact of poor sleep on learning.

Thursday 18 October
10:30am - 11:10am (AEDT)
3:30pm - 4:10pm (AEDT)
7:00pm - 7:40pm (AEDT)

This webcast will run for 40 minutes and will be streamed at 3 different times. To register click the following [link](#).

Parenting Program: Tuning in to Teens Starting dates in October



Would you like to learn how to:

- Communicate effectively with your teenager?
- Understand your teenager?
- Help your teenager with emotional intelligence and managing emotions?
- Prevent some teenager behaviour problems?
- Teach your teenager to deal with conflict?

Tuning in to Teens™ is a parenting program that focuses on emotions and is designed to assist parents to establish stronger relationships with their teenage children. Tuning in to Teens™ aims to prevent problems developing and enhance emotional and behavioural functioning.

This term the program is being run by Headspace Chatswood. The program is run over 5 sessions from the 31st of October to the 28th of November, 6.30pm to 9pm.

See these links for further details:
[Chatswood Tuning in to Teens](#)



October is Mental Health Month

Mental Health Month is recognised and celebrated throughout the month of October in NSW. The aim of the campaign is to promote the importance of early intervention practices for positive mental health and wellbeing and reduce the stigma associated with mental health. The awareness campaign is held annually in October to coincide with the World Health Organisation's recognition of World Mental Health Day which is celebrated on the 10th of October. This year the theme is 'Share the Journey'. This focuses on the importance of social connections in our journey to better mental health and our ability to cope with life's challenges.

After the HSC exams have been completed, we will be speaking about Mental Health Month at assembly and there will be a display in the Resources Centre.



The following mental health information comes from The Black Dog Institute. There are some useful links you can access.



Facts about Mental Health in Australia

- Each year, around 1 in every 5 Australians will experience a mental illness. ¹
- Just under half of all Australians will experience a mental disorder in their lifetime. ¹
- Just under 1 in 4 young people met the criteria for having a probable serious mental illness. ²
- Almost two-thirds of people living with a mental illness don't seek professional help. ¹
- Deaths by suicide have increased over the last 10 years. ⁴
- Scientific modelling predicts that 21% of deaths by suicide can be prevented. ⁵



Resources for everyone

Take the time to understand what resources are available to you and those around you.

- [How and where to seek help](#)
- [Info about different mental illnesses and wellbeing](#)
- [Online self-help tools and apps](#)
- [myCompass: online tool for people with mild-to-moderate anxiety, depression or stress](#)
- [Listen & take part: Mindfulness meditation videos](#)
- [Resources for suicide prevention and help-seeking](#)
- [The Department of Health's Head to Health resource finder](#)
- [Health Direct's find a health professional service](#)



Workplace resources

Committing time and resources to support mental health in the workplace has benefits for absolutely everyone.

- [Self-care planning template](#)
- [Workplace mental health toolkit](#)

- [Mental health education programs for management and team members](#)
- [Information on building wellbeing in the workplace](#)
- [Research being done into workplace mental health](#)



School resources

Giving young people the tools to take care of their own mental health early on can have a major impact on their wellbeing later in life.

- [BITE BACK - an interactive online program building resilience in young Australians](#)
- [Mental Health Month webinar registrations](#)
 - Insights - for high school aged students
 - Navigating your teen's mental health - for parents, carers and high school teachers
 - Mental fitness - for high school aged students
- ['Talking about mental illness' interactive video series](#)
- [Evidence-based school presentations for students, teachers, parents and carers](#)



Get involved

There are so many opportunities to get involved and show your support during mental health month and beyond.

- [Join Team Black Dog in one of the many events happening across the country](#)
- [Make a donation and help turn ground breaking research into lifesaving action](#)
- [Sign up to our monthly newsletter, ROVER for all the latest mental health and research updates](#)
- [Throw your hand up and volunteer with the Black Dog Institute](#)
- [Get up to date information and news about all of the latest mental health research and activity](#)

A link to the research quoted above can be found here- [references](#)