

PD Day Out!

YSCs Reconnect and Recharge



19th July 2011



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Key Note Speaker - Phil Corbett

Resiliency & Stress Management 'Why Giraffes don't get Ulcers'

Phil founded Australian Business Class in 1995. He defines himself as a "Humanologist" – and engages in the study of the transformation of humans and all human phenomena in an advanced, technological society.

In his presentation Phil explored what Resiliency is, its links to stress, the physiology and constructs associated with building resiliency. His workshops also included the 21- Day Rule® - Life Skills for the 21st Century Stress and self. Phil specialises in motivating and empowering individuals through imparting his expertise in Resiliency to engender the "power of choice".

Concurrent Workshops

- **Phil Corbett: The Resiliency Factor or... how to die young as late as possible...**

Discussion topics: Why do some of us live to 85 and others not make 50?, What IS Resiliency, and why is it important to success and happiness?, How to respond to life's red alerts, The origin of stress, Can resiliency be reliably measured, and if so, can it be improved? Ten Resiliency Boosting strategies.

- **Judith Gordon: Finding Other Doorways—a Creative Arts Journey**

This experiential workshop introduced participants to some of the basic processes used in creative arts therapy and the value of the arts in engaging with young people.

- **Sophie Morson: Risk Is Not Destiny—Supporting Families affected by Parental Mental Illness**

This presentation provided an overview of the prevalence and experiences of families affected by parental mental illness, highlighting practical strategies YSCs can integrate into their work to support this group; and profile a fantastic range of local and national resources available to promote directly to children and young people, parents, colleagues and the wider community.

- **Amelia Callaghan: From Early Intervention to the 'Too Hard Basket'**

This workshop explored early identification of mental health issues in young people and explored options for engaging these young people and their families. Amelia introduced the concept of 'Ultra High Risk', how to recognise the warning signs and what are the different ways that we can go about engaging this sometimes resistant group.



World Café

Community Projects - Shane Sturdy & Noeleen Madrill Mackay Youth Support Service

Dilli Sabi Binalmunga & Mr and Miss NAIDOC

Dilli Sabi Binalmunga – “To see, To Understand, To Learn”, bringing well known Indigenous role models within Australia to work with Indigenous young people in workshops to empower them to make positive choices, to understand the importance of education in gaining meaningful careers.

Mr and Miss NAIDOC Quest - To empower young Indigenous people aged 13-17 to be positive role models within the community. Judged on interview skills, cultural knowledge, presentation, engaging the audience.

Community Projects - Michelle MacNamara BABI - Youth & Family Services

Game Plan for Support (GPS) Resource

BABI YSC's have put together a resource for young people called a GPS or Game Plan for Support. It is an educative tool that can be used with a young person who might be considering leaving home. It covers a number of factors that young people may not have considered and hopefully encourages them to make a more informed decision.

Community Projects - Gradi Tromp BABI - Youth & Family Services

Stop Harassing Me Postcard – school-wide strategy

This resource is a legal and safe way for students to let other students who are cyber bullying them, that they want it to stop. This school-wide strategy is offered as a middle step. The student doesn't have to go directly to police to make a complaint or do nothing about the cyber bullying they may be experiencing.

Through an education process, students learn that there can be serious consequences when cyber bullying other students at either their school or other schools in the region. This resource empowers young people to act against cyber bullying and raises awareness to the seriousness of the act and the negative impact it has on students, families, the school community and the community in general.

Creative Therapy - Cate Ryan Community Connections

Discovering the multi-stories in your community

This session focused on supporting workers with ways to hear the diverse stories in their communities. Acknowledging that there young people in all communities whose story could enrich their community if it was shared.

This session explored “The danger of a single story” when we are working in communities and reflect on ways to invite your communities to see the multiple stories in people's lives.



Community Projects—Roger Boum
Jabiru Community Youth Service
'Open Mic' Project in Brisbane North High schools

Jabiru Youth Team have facilitated the Open Mic projects' in 3 high schools and one primary school since 2008 with positive outcomes and large participation numbers. An Open Mic is a live show where audience members may perform.

The project aims to: Assist young people with event preparation; Work with young people in sound and lighting; Link education outcomes to the project; Link curriculum assessment to the project; Improve self esteem; Improve social skilling; Connecting young people to support staff in the school; Connecting young people to community organizations; Connect young people to festivals and community show cases; Improve engagement in school, and; Improve cultural awareness.

**The YSC Hubs thank you all
For a great day!!**

