



Disability Education
Association NSW /ACT Inc.

PROFESSIONAL DEVELOPMENT DAY

Wednesday 18th August 2010
UTS City Campus, Jones Street
Building CB10, Room 02.460

Mental Health: The elephant in the room for all disability workers

Our Guest Presenters

Bradley Whitwell: Senior Research Fellow, The Brain and Mind Research Institute, University of Sydney, and National Youth Program Co-ordinator, Headspace National Youth Mental Health Foundation

Jeanne Gehue: Director of Education and Youth Services, Brain and Mind Research Institute

9:00 Registration

9:30 Welcome and introductions – Geoff Maddox

**9:40 Recognition and early identification of mental health problems in education
(Jeanne Gehue and Bradley Whitwell)**

Mental health problems are having a massive impact in the education system. Early identification of mental health problems is critical to achieving good long term outcomes. The earlier intervention starts, the wider are the options for treatment. Early identification and referral is everybody's business; it can't be left only to mental health professionals.

Accessing responsive mental health services (Jeanne Gehue and Bradley Whitwell)

All disability workers need the skills and information to make appropriate referrals and to encourage students to engage with services. Youth mental health services in Australia have been growing and changing, and their future will be affected by the outcome of the federal election.

10.40 Questions and Discussion

11:00 Morning Tea

11:30 Bradley Whitwell - The young adult sleeper: Impacts on learning
Delayed Phase Sleep in adolescents and young adults has a biological basis which has not been well understood, and has significant impacts on learning. How do we maximise learning in this context?

12:10 Questions and Discussion

12:30 Lunch

**1:30 A model in practice.
Steve Bailey, Manager, Disability Service, Macquarie University**

2:10 Panel discussion and scenarios: Our role in identifying and supporting students with mental health problems

Covering key practical issues and strategies, including:

- Supporting the student to disclose her/his concerns and seek treatment
- Building alliances with counsellors, health services and teachers
- Referral networks and service providers
- Quantifying the impact of undiagnosed mental health problems in education
- Communicating the impacts to our managers and institutions

Facilitated discussion led by panel of DEAN members

3:00 What's New?

3.30 Close and networking

REGISTRATION

Registration costs \$50 for Members of DEAN or \$70 for Non-Members. **All payments for PD Days must be made in advance** using PayPal or on the day by cash or cheque. DEAN is a volunteer organisation without administrative support - **we cannot generate invoices**. Payment must be made prior to participation in the PD Day.

Register online at www.deaninc.org.au. Registrations will close at 5pm, Friday 13th August, or earlier if maximum numbers are reached. **Places are limited so please register early to avoid disappointment.**

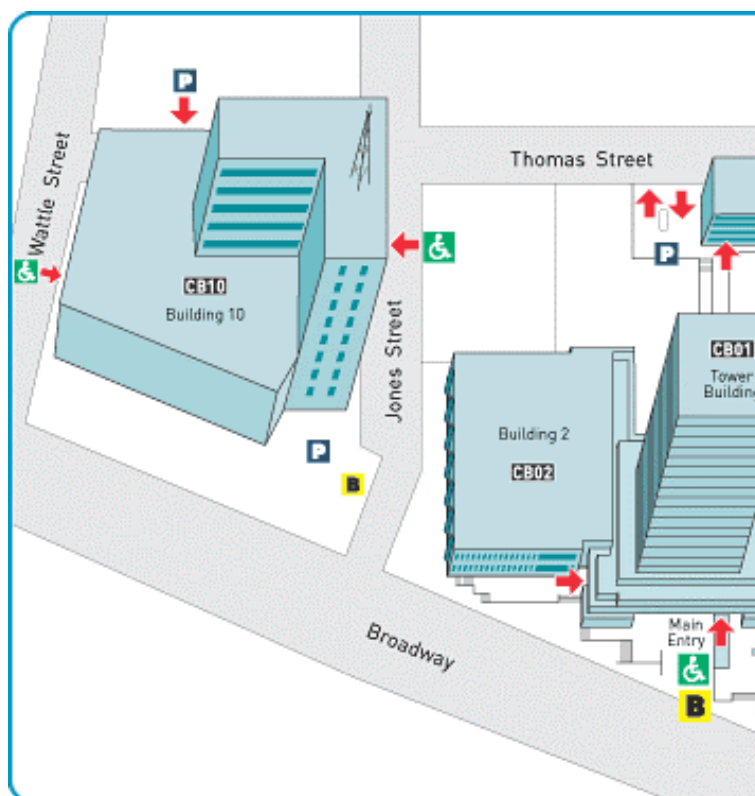
Alternatively you may print the registration form from <http://deaninc.org.au/content/view/12/65/> and return it to Reshad Heckbarally on Reshad.Heckbarally@anu.edu.au.

If you require alternative formats or sign language interpreters, please register as soon as possible, but by 4th August at the latest in order for these services to be put in place.

If you have any questions or require further information please do not hesitate to contact Nicole Ison (DEAN Secretary) on 0414 210 901 or n.ison@uws.edu.au.

LOCATION

The Professional Development Day is being held at UTS City Campus, Jones Street Building CB 10, Room 02.460.



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