



Combined Youth Interagency Minutes:

This meeting was held on: 18th September 2014

This meeting was chaired by: Bradley Dunn – YDO Lake Macquarie & Astrid Gearin – YDO Newcastle

The following people attended this meeting: See attachment

Acknowledgement of Country

We acknowledge the traditional owners of the land that we meet upon and pay our respect to Aboriginal Elders both past and present.

Agenda Item	Meeting Record
Key Speakers	<p>Alexandra Culloden Hunter Institute of Mental Health</p> <p>Alex presented the Conversations Matter resources and spoke about the language behind opening up conversations with people about suicidality. Attached are the Powerpoint slides from the presentation. Please take particular note of slides 16-27 which contain practical tips on how to approach conversations with young people in a one on one situation and slides 28-33 in group programs. There are a range of useful tools available on the www.conversationsmatter.com.au website. If you have any questions about how to approach the conversationsa round suicide please contact Alex at Alexandra.culloden@hnehealth.nsw.gov.au</p>



Byron Williams

Headspace Newcastle

Byron spoke about the resources available through headspace to address mental health, drug use and other youth health concerns. These include:

Headspace school support <http://www.headspace.org.au/headspace-centres/headspace-newcastle/for-schools>

Resources <http://www.headspace.org.au/what-works/resources>

e-headspace <http://www.headspace.org.au/is-it-just-me/getting-help/ehespace>

Byron also talked about current promotions such as Youth Rockin the Black Dog now playing at Lizzottes and Mental Health Month which begins on October 1st.

Contact Byron for further assistance and support from headspace Newcastle 49294201

Bradley Dunn

CALM - Youth Development Officer (Lake Mac)

Brad talked about a schools promotion in Mental Health Month which asks students to create an awareness day and raise money to support mental health awareness in Lake Macquarie...contact ydo@calm.au for more info

Project Rockit will be coming to Lake Mac in December...between the 8th and 12th to conduct youth led and driven Cyber Bullying presentations in High Schools. Space is very limited so get in quick...need to book by 17th of October. Contact Brad for details

The Lake Mac Map...pocket guide for young people is out now...please contact Brad to have copies sent to your organisation.

Contact 49503811 or ydo@calm.org.au (Brads mobile number has changed to 0417220520)



	<p>Astrid Gearin Samaritans – Youth Development Officer (Newcastle)</p> <ul style="list-style-type: none"> • Astrid and Headspace working on a Mental Health month pop up project. To be held in the Mall, stay tuned. • Astrid announced another High Tide vibes will be held in the summer at Newcastle Beach and ask if anyone has any projects or events they want to get up and running or want to be involved with some in the future top email her. cydp@samaritans.org.au • YARN SAFE Launch- Maitland Headspace Tuesday 23rd Sept check out Maitland mercury article http://www.maitlandmercury.com.au/story/2575961/maitland-indigenous-mental-health-campaign/ <p>Astrid gave an update about School holiday activities happening in the Newcastle area and local events. Contact her for any further details or check out Facebook:</p> <ul style="list-style-type: none"> • YDO: https://www.facebook.com/newcastle.ydo • NYC: https://www.facebook.com/pages/Newcastle-Youth-Council/253644574656557 • Newcastle Now: https://www.facebook.com/newcastleBIA • Newcastle Museum https://www.facebook.com/newcastlemuseum • Newcastle Art Gallery: https://www.facebook.com/pages/Newcastle-Art-Gallery/138764096203830
Issues Arising	None
	12:15pm Meeting Closed.
	Please contact me by 10/10/2014 if you wish to amend the record of these minutes