

Lake Macquarie Youth Development Officer Update

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COMMUNITY
ACTIVITIES
LAKE MACQUARIE INC

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The RYDON Conference held over the 24th &

25th June in the Hunter Valley gave over 100 youth workers from across the RYDON regions an opportunity to hear from Australia's leading experts on Youth Alcohol & Violence. The presentations were engaging, real and often confronting. Over the next few weeks many of these presentations will be uploaded onto the RYDON website so that services can review the information and capitalise on the strengths of this years Conference.

The RYSA awards were also conducted at the conclusion of this years conference, with Bron Dyason from Samaritans winning Youth Worker of the Year for Lake Macquarie whilst Jack Antcliff winning Young Person of the Year. Congrats to all those who were nominated in 2012/13.

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Combined Youth Interagency

18th July 2013

9am - 12noon

Salvation Army Oasis Hunter

67 Cleary St, Hamilton

Presentations from:-

Advanced Drug Solutions:

Synthetic Drugs

&

Jodie Ryan:

Grant Writing Workshop

Events

Hunter Homeless Connect Day

Hunter Homeless Connect Day is happening in Newcastle Tuesday 6th August <http://www.hunterhomelessconnect.org.au/events/connect-day> put it in your diaries!!!

If you or your service would like to be involved please either register on the website <http://www.hunterhomelessconnect.org.au/events/connect-day/register> or contact the chair person Phil Sergeant sargo@tpg.com.au

There are many Hubs you can place your service in.... but you can also think outside the box.. for example a Youth Service could maybe place themselves in sport and find a fun way to engage and run an activity and use this as a way to inform about the service you deliver.

Note: This year we are not having a YOUTH HUB, instead spreading our Youth Services throughout the other HUBS

Hub Preference

Legal & Financial
Health Information
Health Clinical
Families
Housing & Accommodation
Wellbeing
Opportunities
Catering & Entertainment
Sport & Recreation

Services / Programs

Lifeline training events

- Living Works Applied Suicide Intervention Skills Training – 2 days, costs \$ 385, 6-7 June 2013, 23-24 June 2013, 20-21 August 2013;
- Living Works safe Talks, group bookings by arrangement;
- Accidental Counsellor, costs \$195, 10 July 2013, 9 August 2013, 24 September 2013;
- DV-alert, 2 days, 15-16 August 2013;
- Mindfulness Self-care Sanctuary, 2 days, 6-7 July 2013, 28-29 September 2013;
- Mind your Mates, by arrangement;
- Telephone Crisis Support Training, 80 hrs, costs: \$400, begins 13 July 2013;
- Mental Health First Aid, 2 days, costs: \$385, 29-30 May 2013; 25-26 June 2013

Professional Development

Case Management Part 1: An Introduction

The case management course is designed for NGO staff members who provide case management support to clients. No prior knowledge or experience is required to take this course and it will give staff the skills, knowledge and values to provide case management support services within an agency or interagency context.

Date: 17 & 18 July 2013, 9:00am to 4:30pm

Venue: You will be notified of venue details upon enrolment via email.

Cost: FREE to Community Services funded programs

Contact: http://www.community.nsw.gov.au/for_agencies_that_work_with_us/home_training/ngo_training.html

Understanding Autism and Aspergers: Practical Strategies for Teachers

Through this workshop an emphasis is placed on understanding how students with ASD perceive the world differently and how this impacts on their behaviour at school. This workshop involves small group scenarios, course notes with visual aides and proformas that can be adapted to suit your students needs.

Date: 22 & 23 July 2013

Venue: The Adamstown Club, Bruncker Rd, Adamstown

Cost: \$418 (by 31 May) or \$462 (by 28 June)

Contact: autismunderstanding@gmail.com Ph: 49673363

Case Management Part 2: Building Practice

This one-day course is aimed at enhancing skills and processes that support case management when working with clients presenting with complex issues such as domestic violence, mental health, substance abuse issues, dual diagnosis and child protection issues. Whilst exploring case management in a context of working with complex issues, the focus of this course is on building practice through an exploration of solutions and strategies that support a best practice, client centred approach to our work. Key areas explored throughout the course include trauma informed care, engagement and assessment, multidisciplinary approach to case management and supervision.

Date: 15 August 2013

Venue: You will be notified of venue details upon enrolment via email.

Cost: FREE to Community Services funded programs

Contact: http://www.community.nsw.gov.au/for_agencies_that_work_with_us/home_training/ngo_training.html

You must have completed "Case Management: An Introduction (Pt 1)" training in order to attend "Case Management: Building Practice (Pt 2)".

Investing in Youth Conference 2013

We are proud to present an exciting and unique conference to assist participating companies recruit, train, develop, manage and retain young employees. The Investing In Youth Conference will present information, case studies, practical advice and resources that will assist participants integrate young people into their workforce and ensure they provide value for both the organisation and of course, the young employee.

Date: 19 - 20 September 2013

Venue: Rydges World Square Hotel, 389 Pitt Street, SYDNEY

Cost: Early Bird (Until 16th Aug) \$850 Full rate, \$650 NFP...see website for full details

Contact: Catherine Francetich: Ph. 02 8306 7905 Email catherine@yfoundations.org.au

Funding / Scholarships / Competitions

Community Building Partnership

Community Building Partnership grants are designed to fund the [building and improvement of local community facilities](#). Grant funding of \$200,000 will be made available for every electoral district with an additional \$100,000 for electorates identified with [higher unemployment rates](#). Applications must be made [online through the link on this website](#). Applications must be submitted within the application period. Late applications will not be accepted. Information for applicants will be available from your local State Member of Parliament from June or can be downloaded from www.communitybuildingpartnership.nsw.gov.au.

Applications close: Wednesday 31 July 2013

Mental Health Month NSW 2013 Small Grants Program

What is it?

Each year a number of small grants are offered to assist the staging of mental health promotion activities or event during Mental Health Month.

What grants are available?

- 5 grants of \$1000 and 26 grants of \$500 for projects focusing on any sector of the community.
 - 2 grants of \$1000 and 6 grants of \$500 for projects focusing specifically on Indigenous communities.
 - 2 grants of \$1000 and 5 grants of \$500 for projects focusing specifically on Culturally and Linguistically Diverse (CALD) communities. These grants are sponsored by the Transcultural Mental Health Centre.
- 3 grants of \$1000 and 4 grants of \$500 for projects focusing specifically on Gay, Lesbian, Bisexual, Transgender and Intersex (LGBTI) communities. These grants are sponsored by ACON.

What do the judges look for?

Judges welcome applications that are particularly creative and innovative, and those that are put forward by organisations that have not received small grant funding in recent years. Judges also look for projects that work as partnerships between organisations, particularly partnerships between mental health organisations and non-mental health organisations.

How do I apply?

You can apply for a small grant by emailing your completed application form to grants@mentalhealth.asn.au by **5pm Friday 12 July 2013** You will receive confirmation of receipt of your application. Please do not post or fax entries. Enquiries about the small grants program can be directed to: Mehna Alacozy on (02) 9339 6014 or email grants@mentalhealth.asn.au All applicants will be notified of the outcome by **Friday 9 August 2013**.

nib foundation Community Grants DGR status required

Community organisations that provide innovative health and wellbeing initiatives are being encouraged to apply for funding of up to \$50,000 as part of nib foundation's 2013 Community Grant round. the foundation is searching for projects that offer practical and unique approaches to delivering important health and wellbeing results to metropolitan and regional communities across Australia.

The 2013 Community Grant funding round will be open from **1 July to 19 July 2013**. For more information and to download an application form visit www.nibfoundation.com.au

Legal Matters

Aurora app – Family & community Service

A free domestic and family violence smart phone support tool: http://www.women.nsw.gov.au/data/assets/pdf_file/0007/269278/130409_FINAL_Aurora_FACT_SHEET.pdf#Aurora%20App%20Fact%20Sheet

DisabilityCare Australia

DisabilityCare Australia has on their website (<http://www.disabilitycareaustralia.gov.au/>) the My Access Checker tool: <https://myaccesschecker.disabilitycareaustralia.gov.au/>

People with disabilities in Newcastle, Lake Macquarie and Maitland can find out when they should contact DisabilityCare Australia to lodge an application for the National Disability Insurance Scheme. Each person will be assigned a reference number which the person should keep for any further contacts with DisabilityCare Australia. DisabilityCare Australia will open their office in Charlestown from 1 July 2013 onwards.

The Importance of Background Screening for Not-for-Profits

While the majority of individuals who seek volunteer or employment positions with not-for-profits do so out of a desire to serve, statistics and current events presented in this briefing are intended to draw attention to a growing problem facing not-for-profits: how to balance the needs of their organisation while remaining vigilant about the risks some individuals pose to the safety of the clients they serve. While employing a convicted criminal as a staff member or allowing him or her to volunteer does not mean the organisation is necessarily at risk, not-for-profits should develop sound policies for interpretation of criminal history results and remain aware of the recidivism rates for crimes, particularly for violent or sex-related crimes.

<http://www.lexisnexis.com.au/riskandcompliance/downloads/lexisnexis-whitepaper-background-screening-nfp-may2013.pdf>

Protect your charity from fraud: a guide

The Australian Charities and Not-for-profits Commission (ACNC) has joined forces with the Australasian Consumer Fraud Taskforce to help donors protect themselves from charity fraud. The ACNC has produced an information video on how to spot a charity scam, along with advice on preventing fraud for charities themselves

<http://www.acnc.gov.au/ACNC/Publications/FraudGuide/FraudGuideIntro.aspx>

Information, Research & Resources

What works 4u.org

Whatworks4u.org aims to improve treatment for young people with mental health problems by gathering information about what works in the real world. If you have experience of mental health problems, you can help us build knowledge about symptoms and treatments by reporting:

- what treatments have worked (or are working) for you
- which health professionals you have found (or are finding) helpful
- some of the side effects from the treatments you have tried

Whatworks4u.org is run by a group of researchers at Orygen Youth Health Research Centre in Melbourne

<http://whatworks4u.org/>

Child Aware Supervision

The Child Aware Supervision free e-learning course provides training for supervisors in strategies that they can apply to promote child and family-sensitive practices in their service. The course is for supervisors in adult-focused health and social services (eg. mental health, drug and alcohol, domestic violence, housing etc).

Why use it?

It's designed specifically to support supervisors

It includes demonstrations of supervision being applied in different service settings

It's interactive, practical and engaging - making learning easier

It includes links to practical resources that can be used in practice

You can view all content on your iPad!

It is estimated that the course will take 2-3 hours to complete (there are several video scenarios to watch). Ultimately you can take it at a pace that suits you as the resource is accessible 24/7 online.

<http://www.copmi.net.au/professionals/professional-tools/child-aware-supervision.html>

MindSpot Clinic: free mental health telephone and online service

The MindSpot Clinic is a free telephone and online service for Australians with stress, worry, anxiety, low mood or depression. It provides mental health screening assessments, therapist-guided treatment courses and referrals to help people recover and stay well. The MindSpot Clinic is fully funded by the Australian Government Department of Health and Ageing and its team includes psychologists, psychiatrists, social workers, and indigenous mental health workers. The MindSpot Clinic Project Team includes Associate Professor Nick Titov (Project Director), Macquarie University; Professor Britt Klein, University of Ballarat; Associate Professor James Bennett-Levy, University of Sydney; Professor Ron Rapee, Macquarie University, Ms Clare Shann, beyondblue.

<http://www.mindspot.org.au/>

Planned Support Guide

The Queensland Council of Social Service (QCOSS) has produced a *Planned Support Guide: an approach to case management* for people working in a wide range of community services. If you are a front line worker, supervisor or manager this guide is for you. The guide assists in the development of a shared understanding of good case management practice across the community services sector. Increasing the use of proven case management practice ensures better outcomes for clients. Planned support is an approach to case management that emphasizes four key concepts: support, planning, collaboration and relationships. The steps outlined in the guide include engagement and intake; assessment; planning; implementation; monitoring and review; exit planning; closure and evaluation.

<http://communitydoor.org.au/planned-support-guide>

Helpline for children, young people, adults and non-offending family members affected by child sexual assault

Brevehearts 1800 272 831 and go to <http://www.bravehearts.org.au/pages/help-advice.php>

Online safety resource

This website is an education tool for parents about online safety: <http://www.cybersmart.gov.au/Parents/Resources/Educate%20yourself.aspx>

SenseAbility

SenseAbility is a strengths-based resilience program from beyondblue, designed for those working with young Australians aged

12-18 years. It consists of a suite of modules developed to enhance and maintain emotional and psychological resilience. It was created with classroom delivery in mind, but the modules can easily be adapted to benefit young people in other structured environments such as TAFEs and youth organisations. The program is based on cognitive behavioural principles, the evidence-based

approach which says that our thoughts play a critical role in influencing feelings and consequent behaviour. Young people who possess sound social and emotional skills are generally better able to cope with the stressors of daily life. They also tend to have better relationships with parents, teachers and peers, and perform better academically. Very importantly, having these skills makes it less likely that a young person will experience significant mental health problems in the future.

www.beyondblue.org.au/resources/schoolsand-universities/secondary-schools-andtertiary/senseability

Child's Play: Issues in Australian Children's Television 2013

This report presents findings of research into children's television viewing habits and preferences, with evidence showing children prefer content made specifically for them and Australian children prefer locally produced content. The findings are presented in three main areas, drawing on a range of data sources:

- Focus on the child audience: Viewing patterns; child audience attitudes and behaviours.
- Focus on the broadcasters: Analysis of programming strategies and program promotions.

Focus on the producers: Analysis of production and financial data from Screen Australia's production databases, plus interviews with children's content producers about their experiences. Key findings include: children are a discriminating and potentially highly engaged audience, but influences on viewing patterns are complex; broadcasters' programming strategies for children's content are part of an evolving media environment that is creating multiple challenges and impacts, and; Australia has an international reputation for high-quality children's television, but this content is getting hard to produce.

http://www.screenaustralia.gov.au/about_us/pub_childsplay.aspx

Parent-skills training in intensive home-based family support programs

This resource sheet from Child Family Community Australia provides a concise guide for supporting parents to engage in safe and positive practices. The paper suggests parent-skills training as one part of an overall case plan to enable families to overcome challenges. The authors note, "Teaching parents in at-risk families practical parenting skills to enhance safety, stability and security is an important and challenging task for workers in intensive home-based family support programs. Evidence-based programs that emphasise parent education and skills training based on behavioural and social learning principles have been shown to be effective".

<http://www.aifs.gov.au/cfca/pubs/practice/a144434/index.html>

Mental Health Month 2013!

Mental Health Month is held in October each year in NSW and is coordinated by the Mental Health Association of NSW. The 2013 Mental Health Month Starter Kit has information on everything you need to get involved in Mental Health Month, including tips and information to help make your event amazing, Small grants to support your event, A range of merchandise and free Mental Health Month resources, Information on the Mental Health Matters Awards, Inspiration from events held last year, Event registration form

Download the Mental Health Month Starter Kit and get started!

<http://www.mentalhealth.asn.au/well-being/campaigns/mental-health-month-nsw.html>

In Focus

Toronto West Youth Group

Keith Barry Oval, Toronto West

0409154392

Monday/Wednesday 2pm - 7pm

Social and recreational activities, support and information for 12-25 years

Eastlakes Youth Centre

Swansea Centre, Pacific Hwy

49721111

Windale Community Hall

40267573

The Place, Charlestown Square

49721111

Thursday Nights 6:30pm - 9pm

A free drop-in style youth centre. Young people aged 12 years to 18 years are invited to attend.

- Free music
- Free food
- Free pool tables
- Free table tennis
- Free foosball
- Lounge areas
- Games and special events

Southlakes Youth Centre

Fishery Point Rd, Bonnells Bay

49735125

Provides general counselling, social and recreational activities, information, education, leadership development, mentoring, peer support activities and group work, referral and advocacy for 12 – 18 year olds who live in the Southlakes area. Regular activities include a youth group, drop-in centre, school holiday outings, a young mum's group, parenting classes and school based programmes at Morisset High.

Multicultural Neighbourhood Centre

3 Illalung Road, Lambton
4965 5291

Thursdays 10am - 2pm

Northlakes Youth Project

Cnr Main & Minmi Rd, Edgeworth

49588648

Youth Group Tuesdays 4pm-7pm

The Place: Charlestown Community Centre

Young Parents Support Group

A fun group for young parents (26 years old and under) to meet, socialise & share information.

1pm - 3pm on Friday afternoons.

Eastlakes Youth Centre

Chill out at The Place on Thursday nights with Eastlakes Youth Centre.

Entry is free, and there's free pool, table tennis, games, food & music.

6.30pm - 9pm Thursday nights.

House

Live music, crazy challenges, stacks of people and heaps of energy.

Hosted by God's House, from 6.45pm on Friday nights during school terms.

Please forward your current programming, services and timetable for addition to the In Focus section of the YDO Update!