

**“What about me?”:
Self-care for those who
care for others**

27 March 2019

Video conference - John Hunter Hospital

Cost: Free of Charge

Venue

John Hunter Hospital Large Lecture Theatre Rm 6065

Directions to venue

Go through the main entrance and ask at Information Desk

Morning tea

Will not be provided but there are coffee shops on site.

RSVP

By Friday **22 March 2019** (or when full capacity has been reached) please register via email to : kylie.carter@hnehealth.nsw.gov.au

The Forum Organising Committee includes representatives from Academic Department of Adolescent Medicine; Agency for Clinical Innovation; CAPTOS, Department of Psychological Medicine, CHW Children’s Hospital School, CHW; Department of Adolescent Medicine, CHW; Department of Adolescent and Young Adult Medicine, Westmead Hospital; High Street Youth Health Service; Area School Link Coordinator, Northern Sydney Local Health District; Maternity, Child, Youth and Paediatrics, NSW Health and Transcultural Mental Health Centre

Rural and regional video conference sites

Video conferences are now available in more than 25 sites across NSW. For your **local video conference sites and local rsvp details**; goto the **NSW Health website** and search for ‘**Youth Health Forum Video Conference sites**’ (Please note that video conference facilities are reserved for rural and regional sites only).

**For registration
enquiries contact
☎: (02) 49257804**

[✉: kylie.carter@hnehealth.nsw.gov.au](mailto:kylie.carter@hnehealth.nsw.gov.au)

Program

- 0830 - 0900 **Registration**
- 0900 - 0910 **Welcome and introduction**
Ms Sue Foley, Director, Director of Children’s Court Clinic, The Sydney Children’s Hospitals Network
- 0910 - 0945 **When compassion hurts: An introduction to vicarious trauma and resilience**
Dr Angela Dixon, Deputy Head of Department and Senior Clinical Psychologist, Department of Psychological Medicine, The Sydney Children’s Hospitals Network
- 0945 - 1015 **Drawing your line - the challenge of ethics and boundaries in working with children and young people**
Ms Jenny Rose, A/Deputy Head of Social Work, The Children’s Hospital at Westmead, The Sydney Children’s Hospitals Network
- 1015 - 1050 **MORNING TEA**
- 1050 - 1120 **Vicarious trauma and resilience: strategies for workers**
Ms Elizabeth (Liz) Davies and Ms Lynn Mitchell, Clinicians/Trainers, Independent Consultants
- 1120 - 1150 **Mindfulness, compassion and wellness for health workers**
Mr Nickolas Yu, Program Manager Staff Wellness and Patient & Family Centred Care, Sydney Local Health District
- 1150 - 1200 **Voice of Worker**
Ms Josie Hodge, teacher, The Hospital School at Westmead
- 1200 - 1230 **Panel discussion - joined by all Program speakers**