

Term 1, 2009

# MindMatters



## e-Newsletter

Welcome to the first edition of the *MindMatters* newsletter for 2009. If you would like to contribute a story or request further information, please email [karina.stevenson@nt.gov.au](mailto:karina.stevenson@nt.gov.au)

The aim of this publication is to keep everyone informed about the latest MindMatters developments at both a territory and national level; to provide a place to share the mental health and wellbeing work that is occurring in schools across the NT and the nation; to share ideas that promote and protect the social and emotional wellbeing of members of school communities and to provide information about MindMatters-related resources.

*If you are wanting to improve the social and emotional wellbeing of your school community and would like specific professional development in your area, please feel free to contact Karina Stevenson on (08) 8999 4279 or 0423 029292.*

### NT Professional Development Dates

#### Semester One 2009

##### **Level One Introductory Workshop**

Feb 24-25 Darwin

March 27 Maningrida

April 21-22 Alice Springs

##### **Level Two Planning Workshop**

March 24-25 Darwin

May 27-28 Alice Springs

##### **Staff Matters**

February 18-19 Alice Springs

March 12-13 Darwin

##### **Transitions**

May 21 Darwin

To register for this free professional development or to arrange a visit to your school, please visit [http://www.mindmatters.edu.au/professional\\_development/professional\\_development\\_calendar/professional\\_development\\_calendar.html](http://www.mindmatters.edu.au/professional_development/professional_development_calendar/professional_development_calendar.html)

Northern Territory



Check out our website, [www.mindmatters.edu.au](http://www.mindmatters.edu.au), for the latest information on workshops

## Territory News



### A First for the NT!

Since September 2008, seven secondary schools across the Northern Territory have participated in the new Level Two planning workshops to build a whole school approach to mental health and wellbeing. The feedback has been very positive and participants have found the MindMatters implementation model, planning cycle and guiding questions to be useful planning tools. The time spent planning together in core teams has also proved invaluable for schools.

The Level One introductory workshops remain popular with their focus on a whole school approach, resilience, diversity, loss and grief, understanding mental illness and staff wellbeing.

This year will see increased opportunities for schools to engage with the planning process and also participate in the Focus Modules. The modules scheduled in Darwin and Alice Springs include Staff Matters, Transitions, Students Experiencing High Support Needs in Mental Health, Communities do Matter and Teaching and Learning for Engagement.

To register for this free professional development or to arrange a visit to your school, please contact Karina Stevenson or visit [http://www.mindmatters.edu.au/professional\\_development/professional\\_development\\_calendar/professional\\_development\\_calendar.html](http://www.mindmatters.edu.au/professional_development/professional_development_calendar/professional_development_calendar.html)

*Level One  
Introductory  
Workshop -  
Darwin Aug 08*



# National Update



*Since MindMatters began its rollout in 2000, over 105,000 participants have been involved in MindMatters professional development nationally. In the last six months, MindMatters has provided 371 events for 6,239 people from schools and communities. This includes staff from 366 schools from all sectors across Australia.*

## It's Official

Recently, APAPDC's name changed to 'Principals Australia'. The committee structure, services and support will remain and continually grow, as will all the projects under the Principals Australia banner.

## A Fresh Website

The MindMatters website has a new look and a new URL. Please check out the new site on [www.mindmatters.edu.au](http://www.mindmatters.edu.au) The content of the website includes MindMatters resources and lots of great ideas about how to improve staff mental health and wellbeing.

## MindMatters Redevelopment

The MindMatters resource redevelopment is currently underway. The focus on mental health promotion and prevention will continue, with greater emphasis on students experiencing high support needs in mental health and early intervention.

## Staff Matters Module

This module examines the significant impact that staff mental health and wellbeing has in the life of the whole school and also explores the use of the MindMatters initiative. The Staff Matters Wellbeing at Work model is used to explore a range of resources and strategies to maintain staff mental health and wellbeing. The workshop examines personal mental health and wellbeing, interpersonal relationships for individuals and the workplace and the professional aspects of people's work that relate to mental health and wellbeing. School personnel will discover how they can survey and check on their progress in maintaining mental health and wellbeing.

# Wellbeing News



Northern Territory

**Auseinetter** is a newsletter from the Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet).

The newsletter includes content on a variety of aspects of mental health promotion, prevention, early intervention and suicide prevention. There are regular sections for state and territory-based projects and for individuals to contribute information about their own activities and initiatives.

If you would like to access the newsletter, please visit:  
<http://auseinet.flinders.edu.au/>

*All I ever needed to know I learned in kindergarten.*

**Robert Fulghum**

*Think of what a better world it would be if we all – the whole world – had cookies and milk about 3 o'clock every afternoon and then lay down on our blankets for a nap. Or if we had a basic policy in our nation and other nations to always put things back where we found them and clean up our own messes. And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.*

Contact MindMatters NT for more details.

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