

## Term 4, 2009

### Welcome from Jane Taylor

... to the final newsletter for 2009. The aim of the newsletter is:

- to keep you informed of training opportunities
- share stories of wellbeing work carried out in Queensland schools and across the nation
- keep you informed of state and national developments.

If you have any news that you would like to share with the rest of the state about your journey using MindMatters please let me know.

### State news

- **MindMatters** would like to thank everyone for their support in 2009. If you are interested in a specific professional development that you would like planned in your region, please let us know!
- **School stories** Do you have a story that you would like to share about how you have implemented MindMatters within your school? Then please go to the following link and type in the details: [www.mindmatters.edu.au](http://www.mindmatters.edu.au)
- **KidsMatter Primary** has just released its latest e-newsletter. You can access the third edition for 2009 at [www.kidsmatter.edu.au/sep-enevs/](http://www.kidsmatter.edu.au/sep-enevs/)

### DID YOU KNOW?

In January–September 2009, 289 schools from the Catholic, independent and state sectors have been involved in MindMatters work, including:

- 37 PDs with a total of 769 participants
- 45 meetings, presentations and in-school support sessions with a total of 1,572 participants.

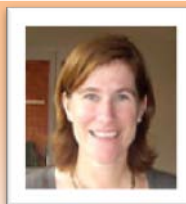
### MindMatters Queensland team continues to expand

Lydia Najlepszy has joined the team in the position of Support Trainer. Lydia lives on the Sunshine Coast and has a 'portfolio' career that has included teaching, project management, careers and guidance, leadership development, performance management and consultancy. Lydia's studies have been in education and post-graduate work in career development and HR. She is passionate about coaching, training and helping people reach their potential.

Please join us in welcoming Lydia to the MindMatters Queensland team.



Leading mental  
health and wellbeing



## MindMatters Second Youth Congress

At the end of June, 78 students and teachers from 13 schools across Australia came together in Sydney for the second MindMatters Youth Congress. This Youth Congress enabled students to discuss issues and initiatives around student leadership of mental health and wellbeing in schools, and to prepare for participation in the MindMatters National Conference the next day.

The MindMatters Youth Empowerment team of seven young people facilitated the Youth Congress and led participants through various activities, including an extended consultation on a new MindMatters resource.

The Youth Congress continued and extended the mental health and wellbeing work instigated by students who attended the first Youth Congress in Melbourne last year (see *Connect* 173, October 2008). Students at last year's Youth Congress identified a need to have 'a structure that allows students' ideas in mental health promotion to become realities'. MindMatters responded by initiating the development of *Supporting Student-Led Initiatives in Building Mentally Healthy Schools – A Toolkit for 'Taking Action'*.

The purpose of the resource is to:

- provide practical processes for adults to engage and support students in student-led initiatives
- support partnership between staff and students in mental health promotion
- provide steps for both staff and students to work towards goals and monitor progress and outcomes.

Contents include:

- Preparation: within schools to support student-led initiatives
- Getting started: forming a group and building a team
- What you know and need to know: investigating, finding out about your issue
- Working out what you want: developing a shared vision, objectives and goals
- Planning your action: working out how to achieve goals
- Taking action: implementing your action idea
- Looking back, moving forward: checking what has been achieved and learnt; planning again.

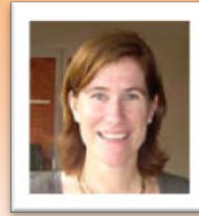
At this year's Youth Congress, delegates participated in a consultation process on aspects of this draft resource. MindMatters would like to acknowledge Roger Holdsworth, who has been compiling and supporting the development of this resource, and who was present on the day to incorporate ideas put forward by the young people and adults.

In examining and commenting on this draft resource, students and others at the Youth Congress were able to gain ideas for their own processes, as well as providing valuable insights into how such a resource could be used, and what should be included.

*Supporting Student-Led Initiatives in Building Mentally Healthy Schools* will be rolled out through the MindMatters Youth Empowerment Process. Visit the MindMatters website [www.mindmatters.edu.au](http://www.mindmatters.edu.au) for more information.

Vanessa Houlthby  
Vanessa.Houlthby@pa.edu.au





## Global Principals' survey

The International Alliance for Child and Adolescent Mental Health and Schools (Intercamhs), with EDC's Health and Human Development Division serving as Intercamhs Secretariat, and the International Confederation of Principals (ICP), conducted a global, web-based survey of School Principals.

The purpose of the global survey was to understand:

- if educators see a link between emotional/mental health and academic achievement
- the major emotional and mental health/wellbeing issues facing students and staff
- policies, professional development, and other resources that Principals say they need to respond.

The Australian data from the recent International Survey of Principals Concerning Emotional and Mental Health and Well-Being can be found at [www.intercamhs.org/html/principals\\_survey.html](http://www.intercamhs.org/html/principals_survey.html)

## Feedback sought on ways to prevent youth suicide in Queensland

Research by the Commission for Children and Young People and Child Guardian shows Queensland children and young people suicide at a rate almost twice the national average – with an average of 16 children and young people taking their own lives each year. The findings are contained in the Reducing Youth Suicide in Queensland (RYSQ) Discussion Paper.

The Commission is urging people who work with children and young people – especially those who are vulnerable, at risk of suicide, or who have suicided – to help identify further ways to reduce this high rate in Queensland.

For a copy of the discussion paper and details about how to provide feedback, visit [www.ccypcg.qld.gov.au](http://www.ccypcg.qld.gov.au), email [RYSQ@ccypcg.qld.gov.au](mailto:RYSQ@ccypcg.qld.gov.au) or free call 1800 688 275.

The closing date for submissions is **Monday 30 November 2009**.

## Upcoming MindMatters workshops in Queensland

Date	Workshop	Venue
October 20–21	Focus Module: Students Experiencing High Support Needs in Mental Health	Lakelands Golf Club, Merrimac (Gold Coast)
October 22–23	Level One Introductory Workshop	Riverside Reception Centre, New Farm
October 24–25	Level One Introductory Workshop	Weipa (venue to be advised)
October 26	Focus Module: Leadership	Rydges Tradewinds, Cairns
October 29–30	Level One Introductory Workshop	Ocean International, Mackay
November 3–4	Focus Module: Teaching and Learning for Engagement	Lakelands Golf Club, Merrimac (Gold Coast)
November 5	Focus Module: The Whole Student Approach	Mercure Hotel, Townsville
November 10–11	Focus Module: Teaching and Learning for Engagement	Riverside Reception Centre, New Farm
November 17	Focus Module: Transitions	The Surf Club, Mooloolaba

[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)

