

MindMatters



e-Newsletter

Term 4 2008 edition of the *MindMatters* Qld e-newsletter
To subscribe, contact Jane Taylor on jane.taylor@pa.edu.au

Welcome to the MindMatters Qld Newsletter for Term 4!

The aim of this publication is to keep everyone informed about the latest *MindMatters* developments at both a state and a national level; to provide a place to share the mental health and wellbeing work that is being carried out in schools across Qld 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.

Principals Australia

The Australian Principals Association Professional Development Council has changed its name to Principals Australia.

Subsequently Jane's email address has changed to jane.taylor@pa.edu.au

Coming Soon

Measuring our Progress - Brisbane	14 October
Whole Student Approach - Cairns	17 October
Level 2 Planning Workshop - Mackay	23 & 24 October
StaffMatters - Bundaberg	4 & 5 November
Students Experiencing High Support Needs in Mental Health - Toowoomba	10 & 11 November

Check out the Qld Training Calendar on line

http://cms.curriculum.edu.au/mindmatters/qld/training/qld_train.htm

for the latest information on workshops



State News



THANK YOU

I just wanted to say a BIG thank you to everyone who has made 2008 another memorable year for MindMatters in Qld. From January to September we had a further 1,281 participants attend a MindMatters workshop. Also some schools are close to being able to call themselves a MindMatters school. This is recognition of their achievements in being able to demonstrate improved wellbeing outcomes for their students. It also recognises all of the hard work that they have put in.

I hope you all have a wonderful holiday season and I look forward to working with you in 2009!

Promote your school and share your story

MindMatters Qld continues to gather stories about how schools are implementing MindMatters within their school and community. If you have a story to share please contact me and we can talk about documenting it.

I would appreciate your feedback

I am finding out ways of improving the implementation and spread of MindMatters in Qld by meeting the needs of teachers, staff and communities and I would like your help. I would like to hear your feedback about the following.

- Qld Website – Is there something that you would like included on the website? Would you like other links on the website?
- Qld Newsletter – Are you happy with the newsletter? Would you like other things included?
- Qld Links with MindMatters – How do you think MindMatters links with other initiatives? How can we promote and enhance these links?

I would really value your feedback about these and any other issues in relation to MindMatters in Qld.

Thanks for your time and I look forward to hearing your thoughts.

Check out our website <http://cms.curriculum.edu.au/mindmatters/> for the latest information on MindMatters

National Update



Mind Your Head

Leading the Way to Healthy Minds, Healthy Schools

The Mind Your Head conference was held in Melbourne on 8 September. It was an opportunity for educators, health professionals and young people to contribute to debate, dialogue and recommendations about mental health in schools.

Louise Rowling, president of InterCAMHS, took the recommendations to the international mental health conference the following day for inclusion in the Melbourne Charter being developed on Mental Health Promotion and Prevention.

FIRST MINDMATTERS YOUTH CONGRESS

An inaugural gathering of young people from across Australia was held on 9 September in Melbourne. It followed on from the Mind Your Head conference.

Young people facilitated the entire multimedia day where they and 68 of their peers discussed and explored mental health and the role that young people can play in promoting it in schools. Participants included Youth Presenters and students from Qld.

During the last part of the day, the participants developed a series of statements in response to the following questions.

Why should students lead mental health and wellbeing?

In what areas can students lead?

Which students should be involved?

How can we encourage their involvement?

What support is needed for this to happen?

What can schools/supporting adults do?

Their statements were professionally presented at the end of the day to their school principals and will be used to inform future educational policy.

Wellbeing News



DID YOU KNOW?

There is a range of health, education and Aboriginal and Torres Strait Islander links on the MindMatters website. Just go to the following link

<http://cms.curriculum.edu.au/mindmatters/resources/links.htm>

MINDMATTERS DISCUSSION LIST

Have you joined the MindMatters Online Discussion Group? It is an electronic communication network for teachers and health and mental health professionals.

To join just go to the following link

<http://cms.curriculum.edu.au/mindmatters/discuss/discuss.htm>

Auseinetter is from The Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet). This newsletter is distributed three times annually.

It includes content on a variety of aspects of mental health promotion, prevention, early intervention and suicide prevention. There will be a regular section for state and territory based projects and individuals to contribute information about their own activities and initiatives.

If you would like to access the newsletter please go to the following link

<http://auseinet.flinders.edu.au/>

headspace in Qld

Qld now has four **headspace** centres open for business. They are operating at the Gold Coast, Fraser Coast-Hervey Bay, Townsville and Southern Downs-Warwick.

headspace is funded by the Australian Government under the Promoting Better Mental Health - Youth Mental Health Initiative. **headspace** assists young people between the ages of 12 and 25 who may be experiencing a mental health and/or drug or alcohol problem. The service focuses on enhancing access to youth-related services at the **headspace** centres.

Take a look at the following link <http://headspace.org.au/home/> to become a 'friend of **headspace**' and receive information for your students.

MENTAL HEALTH PODCASTS

Are you interested in wellbeing podcasts? If so, you may like to access the following link

<http://www.mentalhealth.org.uk/relax/>

There are podcasts on wellbeing and sleep, wellbeing and positive thinking, and wellbeing and relaxation.

Relevant Information



Better Access to Psychiatrists, Psychologists and GPs

Do you know about the Better Access to Psychiatrists, Psychologists and GPs through the Medicare Benefits Schedule initiative? This initiative was developed as a core element to the Australian Government's contribution to the Council of Australian Governments (CoAG) mental health package – a 5-year, \$1.9 billion contribution to reform Australia's mental health system.

The Better Access initiative aims to increase community access to mental health professionals and team-based mental health care, with general practitioners encouraged to work more closely and collaboratively with psychiatrists, clinical psychologists and other allied mental health professionals.

For more information about this initiative, please go to the following link
<http://www.primarymentalhealth.com.au/site/index.cfm?display=15129>

If you would like to see a visual representation about how this initiative works, please go to page 51 on the following link
http://www.primarymentalhealth.com.au/client_images/162831.pdf

beyondblue Directory

Did you know the *beyondblue* website has a Directory of Medical and Allied Health Practitioners in Mental Health? You can access this information at the following link
http://www.beyondblue.org.au/index.aspx?link_id=107.1007

Sincere thanks to Karen Hale-Robertson, the General Practice Qld Representative on the Qld MindMatters/KidsMatter Reference Group for the above information



KidsMatter continues to be implemented in nine primary schools across Qld. Would you like to know more about KidsMatter? Subscribe to the newsletter at the following link
<http://www.yournews.com.au/kidsmatter/>

You can also contact the Qld KidsMatter project officer: Michael Hardie
 m.hardie@qut.edu.au Tel: 07 31383118