

Youth Mental Health AWARENESS FORUM

1
Soccer
Practice
4.30pm

Calling all parents, carers, grandparents, siblings and young people to a FREE Youth Mental Health Awareness Forum. This forum will help you to understand and gain knowledge on ways to support troubled youth

6
Dentist
Appointment
4.15pm

Around 1 in 4 young people aged 12-24 will experience a mental illness in any given year.

WEDNESDAY
9 MAY 2007
7.20PM - 10PM
CAMBERWELL
HIGH SCHOOL
(Assembly hall)
Prospect Hill Rd
Canterbury

9
may

This awareness forum will help give you an understanding of the health issues facing young people and how to provide support.

DES JONES



TONY JORM



NICK ALLEN



Key speakers

Learn the facts and the way forward from proven experts in the youth mental health field and our guest panellists

Des Jones is an Executive Director of the Australian Rotary Health Research Fund and is actively involved as a speaker on mental illness and depression. He received the Centenary Medal and Multi Paul Harris Fellow – 2 Sapphires Level.

Des Jones will provide opening remarks highlighting the importance of the issue of youth mental health. The prevalence of mental health problems, and the benefits of educating the community. He will also chair the open panel forum at the conclusion of the formal presentations.

Professor Tony Jorm is a Professor at the ORYGEN Research Centre at the University of Melbourne.

His current research focuses on public knowledge and beliefs about mental disorders, and particularly on interventions to improve the public's helpfulness towards people developing mental disorders.

Tony Jorm will be speaking about what the major mental health problems are and how they affect young people; what treatments are available; and what parents and the community can do to help.

Assoc. Professor Nick Allen is a Clinical Psychologist and Principal Research Fellow at the ORYGEN Research Centre and the Department of Psychology at the University of Melbourne.

His current research interests concern depression and vulnerability to depression, especially during adolescence, and treatment, prevention, and early intervention for depressive disorders.

Nick Allen will speak on the role of the family in adolescent well being and risk for emotional problems. He will describe some of the changes that occur in family relationships when children enter adolescence. In particular he will outline why families are important for healthy adolescent development, and how family interactions can help the adolescent to make a successful transition and reduce the risk for problems like depression and substance use.

Free of any charge.

There will be no fundraising or pressures of any kind.

This is a project of The Rotary Club of Camberwell presented with the support of the ORYGEN Research Centre and Australian Rotary Health Research Fund. This forum builds on an existing relationship with the Rotary Club of Camberwell, ORYGEN and the ARHRF.

The forum is a chance to give back to the community and help raise awareness of the issue of mental illness amongst our young people.

Open Panel Discussion

Short addresses will be given by each of the three key-note speakers.

This will be followed by an open panel discussion when the speakers will be joined by several young people and a carer to respond to questions from the audience.

Attendees will have the opportunity to mix with the speakers, panellists and representatives from local support and carer groups.

The aims of this forum are to:

- Provide useful and practical information about mental health issues
- Help de-stigmatise mental health issues
- Clear myths and misunderstandings surrounding mental illness
- Raise awareness of mental illness and the importance of early intervention and treatment
- Give advice on coping with mental illness
- Bring parents, students and other concerned community members into contact with mental health services and support groups
- Offer hope and understanding to young people and their families

Although principally designed for Boroondara primary /secondary school parents and students, the invitation also extends to local mental health care workers and providers, neighbouring Rotary Clubs and families as well as local government and council health services and various support groups.

The Youth 'Platform' Member

The youth 'platform' member will provide a first hand account of a young person's journey through the ups and downs of living with a mental illness.

Our guest speaker is a member of ORYGEN Youth Health's Platform Team. This is a group of young people who are currently receiving treatment at ORYGEN, or have received treatment in the past. The Platform Team is responsible for ensuring consumers have a say in how the service works. They advocate for young people and ensure youth mental health is at the top of everyone's agenda.

Forum Convenor

Rotary Club of Camberwell

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Presented by The Rotary Club of Camberwell with the support of ORYGEN Research Centre & Australian Rotary Health Research Fund