

October 2008

# Redlands Youth Network NEWS

## Meeting News

### ATTENDANCE:

Kara Mansley, Redland City Council; Olivia Fisher, South East Alliance of General Practice (SEAGP); Tracy Barnes, Centrelink; Amanda Dean, Queensland Association for Healthy Communities (QAHC); Chris Chicoteau, Lifeline; Debbie Mansfield, MEGT; Sharon Reynolds, Open Minds; Sue Perry, Department of Communities (Bayside Youth Justice); Janey Kyle-Scott, Civic Solutions; Andrea Kendall, InSync; Anthony Peet, Queensland Health; Sandy Kelly, BABI; Jo Clarke, BABI; Leslie Allen, BABI; Sue Seeto, Logan Family Relationships Centre;

### APOLOGIES:

Peter Greasley, FSG Australia (Young Carers Project); Bea Del Rosario, Life Without Barriers; Greg Mayes, Department of Employment & Industrial Relations; Michelle Blain, Tufnell Residential & Community Care (TRACC) South; Kristi Field, Redland City Council (Young People's Library Services); Andrew Green, The Smith Family; Deidre Morrow, Young Workers Advisory Service (YWAS).

## Local News

### FREE BABYSITTING COURSE!

Save the Children Australia is running a FREE babysitting course for 12-19 year olds during the first week of the Christmas school holidays.

**Days:** Monday 15 to Thursday 18 December

**Times:** 10am – 3pm daily

**Where:** BABI @ 27 Waterloo Street, Cleveland

To find out more or to register, call or text Megan on 0488 077 883 or call BABI Cleveland on 3488 2533

*Megan Brown, Save the Children Australia*

### GETTING OUT & GETTING STARTED

Find out more about the Civic Solutions *Getting Out & Getting Started* bayside program and how it could benefit your clients, by inviting a speaker to your next forum or staff meeting. For further information, please call Janey Kyle-Scott on 3347 9000.

*Janey Kyle-Scott, Civic Solutions*

### HOT CARS AND HOONS

Know anybody that loves muscle cars, drag and drift racing, hot rods, custom and street machines?!



Then tell them about the

*Hoon* exhibition of artworks by Daniel Wallwork at the Redland Art Gallery, Capalaba, from 27 October to 20 November. The Art Gallery is located in Capalaba Place (same building as Capalaba Library) in Noeleen Street, and admission is FREE.

*Redland Art Gallery flyer*

### SCHOOL BASED TRAINEESHIPS

Redland City Council is currently recruiting for seven school-based trainees, for a two year term (Grade 11 and 12) in business/administration, library services and horticulture. Forms available at [www.redland.qld.gov.au/Council/CouncilJobVacancies/Pages/default.aspx](http://www.redland.qld.gov.au/Council/CouncilJobVacancies/Pages/default.aspx) and can be lodged at the school. Hurry, applications close on 7 November.

*Carolyn Crabb, Redland City Council*

## Conferences & Training

### DEVELOPING CULTURAL COMPETENCE

*Understanding Cultural Differences: developing personal cultural competence* will be held at the Sapphire Conference Centre, 55 Boundary St, South Brisbane on Thursday 6 November. Find out more at [www.picc.org.au/default.asp?contentID=703](http://www.picc.org.au/default.asp?contentID=703)

*Anthony Peet, Qld Health*

### SELF HARM CONFERENCE

The national Caring for Self Harm conference will be held on 8 & 9 November in Brisbane, and is aimed at anybody caring for people who self harm. To find out more, email [secretary@fpcq.asn.au](mailto:secretary@fpcq.asn.au).

*PS News*

### YOUNG CARERS FORUM

Bring It! 2008 Young Carers Forum will bring together guest speakers, health and government workers as well as young carers themselves in Canberra on 26 & 27 November. For more information, please visit [www.bringit2008.com.au](http://www.bringit2008.com.au).

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**CHILD SAFETY CONFERENCE**

The 2008 Child Safety Research Conference is just around the corner - on 11 and 12 November, and will be held at the Brisbane Convention and Exhibition Centre. The theme is *Child protection... joining the dots... integrating research, policy, practice* and it's FREE! Find out more at [www.childsafety.qld.gov.au/research/conference/index.html](http://www.childsafety.qld.gov.au/research/conference/index.html).

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**NOT-FOR PROFIT CONVENTION**

The 5th International Not-For-Profit Convention & Exhibition offers three days of professional development and peer networking.

**When:** Wednesday 12 – Friday 14 November

**Where:** Brisbane.

The focus will be on challenges and solutions in governance, management, membership, marketing, leadership and revenue. Contact 3310 3800 or visit [www.nfpn.com.au](http://www.nfpn.com.au) to find out more.

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**FAMILY LAW FORUM**

The Women's Legal Service will host a Family Law Forum on the Family Law changes 2006.

**When:** Friday 21 November, 9am – 5pm

**Where:** Riverside Receptions, 50 Oxlade Drive, New Farm

In addition to interactive sessions and guest speakers, the day will provide an opportunity for participants to share their observations and issues arising from their work. Cost is \$60 per person. Contact the Women's Legal Service on 3392 0644 or [admin@wlsq.org.au](mailto:admin@wlsq.org.au) to find out more.

Lynne Blighton, Dept of Communities

**Information & Resources****SCHOOLIES: FOR STUDENTS**

*Be Safe and Watch your Mates ...* for a free copy of this Information Booklet for graduating Year 12 students, visit [www.schoolies.qld.gov.au](http://www.schoolies.qld.gov.au).

Community Connect

**SCHOOLIES: FOR PARENTS**

Parents of Year 12 students have been urged to read *The Parents Guide to Alcohol and a Safer Schoolies*, which was inserted into the Sunday Mail earlier this month. According to a recent survey, about one-third of parents planned to supply their children with alcohol at this year's Schoolies Week – a practice which is now illegal and has a \$6000 fine (see [www.liquor.qld.gov.au/new-laws.html](http://www.liquor.qld.gov.au/new-laws.html) for more).

PS News

**MENTAL HEALTH PODCASTS**

In an attempt to make information both accessible and convenient, SANE Australia has launched a series of podcasts. Each podcast focuses on a different aspect of mental health such as depression; obsessive compulsive disorder; schizophrenia; or eating disorders. For a full list or more information, contact the SANE Helpline on 1800 187 263 or visit [www.sane.org](http://www.sane.org).

Olivia Fisher, SEAGP

**DVD KIT FOR FAMILIES**

SANE has also produced a DVD kit for families, by families, who have been affected by mental illness. See a clip or find out more at [www.sane.org](http://www.sane.org).

SANE website

**LGBT YOUTH**

Introducing Amanda Dean, the new Health Promotion Officer for Queensland Association of Healthy Communities (QAHC). Amanda's focus is on gay/MSM sexual health and working with the LGBT (Lesbian, Gay, Bisexual and Transgender) community in general. Contact Amanda on 3017 1733 or [adean@qahc.org.au](mailto:adean@qahc.org.au).

Amanda Dean, QAHC

**TRAUMA LOSS & GRIEF**

This new network provides a website, forum, information and resources for people across Australia concerned with trauma, loss and grief experiences of children and adolescents. To find out more, visit [www.earlytraumagrieff.anu.edu.au](http://www.earlytraumagrieff.anu.edu.au).

Auseinet Alert

**HIV/AIDS ISSUES KIT**

Youth Empowerment Against HIV/AIDS (YEAH) has launched *Kevin's Questions: 15 million opportunities to shape the world*, a kit for secondary schools and educational networks. The kit includes the book *Kevin's Questions*, a study guide and a DVD, to help students explore these issues from social, global and humanitarian perspectives. Order from [www.exislepublishing.com/KQ+Study+Kit.html](http://www.exislepublishing.com/KQ+Study+Kit.html) or find out more at [www.yeah.org.au](http://www.yeah.org.au).

Youth Field Xpress

**MULTICULTURAL MENTAL HEALTH**

Multicultural Mental Health Australia (MMHA) has produced the entire *What Is* series in CD format. Produced in conjunction with SBS Radio, the CDs cover 11 mental health topics and are available in 22 languages. To order these free CDs, call (02) 9840 3333 or visit [www.mmha.org.au](http://www.mmha.org.au).

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## CHILD PROTECTION FACT SHEET

A new fact sheet was released in National Child Protection Week (7-13 September). *Children see. Children do. Make your influence positive* presents an overview of child protection in Australia, including how child abuse and neglect is defined, its prevalence, the costs of child maltreatment, and prevention and early intervention strategies. See it at [www.aifs.gov.au/nch/pubs/sheets/fs1/fs1.html](http://www.aifs.gov.au/nch/pubs/sheets/fs1/fs1.html).



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## YOUNG PEOPLE & THE LAW

The Australian Law Reform Commission recently released Reform Issue 92, *Children and Young People* which examines the current treatment of children and young people in the legal process. See [www.yanq.org.au/index.php?option=com\\_content&ask=view&id=1365](http://www.yanq.org.au/index.php?option=com_content&ask=view&id=1365) for more.

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## INFO ON AMPHETAMINES

The DrugInfo Clearinghouse has a number of resources on amphetamines: local and national programs; research into interventions; fact sheets; and more. More information at: [www.yanq.org.au/index.php?option=com\\_content&task=view&id=1356](http://www.yanq.org.au/index.php?option=com_content&task=view&id=1356).

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## ALCOHOL BROCHURES

The Australian Drug Foundation has released two foldout brochures that provide alcohol information to young people. *A young lady's guide to alcohol* and *A young gentleman's guide to alcohol* include snazzy illustrations and straight-forward harm reduction information about binge drinking and the different risks of drinking for young women and men. See [www.yanq.org.au/index.php?option=com\\_content&ask=view&id=1359](http://www.yanq.org.au/index.php?option=com_content&ask=view&id=1359) for more.

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## YOUTH DIALOGUES

*Winning Hearts, Changing Minds* is a Muslim Youth Services initiative that brings together Muslim and non-Muslim young people in a relaxed setting, where they can talk about those really itchy questions young people have about Muslim youth (and Muslim youth have about others!). The initiative aims to create social harmony, and develop appreciation for Australia's diverse cultures in young people. Call Shaima Khan on 0402 529 395 or visit [www.myservices.net.au](http://www.myservices.net.au) to find out more.

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## SAFETY IN SPORT

The Australian Government has introduced safety guidelines for children and young people in sport and recreation. To find out more, please visit [www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr08-ke-ke050.htm](http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr08-ke-ke050.htm).

*Youth Field Xpress,*

Source: 'New safety guidelines for children and young people in sport', media release, 22 September 2008, <http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr08-ke-ke050.htm>, viewed 17 October 2008

## Grants & Funding

### GRANTS HELP

Need to apply for a grant? Need a place to start? Need a letter of support? If you are a self help / support group, the good people at Self Help Qld would love to help - or at least point you in the right direction! Please phone Trish on 3344 6919 to discuss the possibilities.

*Self Help Qld newsletter*

### GREEN GRANTS

Did you know that not-for-profit incorporated community organisations throughout Queensland can apply for grants of \$2000 - \$10 000 to implement the State Government's Low Carbon Diet program? The Low Carbon Diet helps households, groups and businesses reduce their greenhouse gas emissions by making relatively simple changes to everyday work practices. The program provides information and tools such as the Low Carbon Diet manual and training material for group facilitators. Call 1300 130 372 or visit [www.climatesmart.qld.gov.au/get\\_involved/low\\_carbon\\_diet](http://www.climatesmart.qld.gov.au/get_involved/low_carbon_diet).

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## Youth Opportunities

### APPRENTICESHIPS INFO

*Pathways to Success* aims to encourage school leavers into trades and apprenticeships. This series of podcasts and vodcasts from Group Training Australia explores the opportunities for school leavers. Half of all Australian high schools now offer vocational education, and this resource gives young people the chance to hear from those already in the workforce about the benefits of apprenticeships and traineeships. See [www.apprenticetrainee.com.au](http://www.apprenticetrainee.com.au) for more.

*Youth Field Xpress*

Source: 'Daily Telegraph', 20 September 2008, p.4



## REG WAITE AWARD

Applications are now open for the 2009 Reg Waite Award, for young Australian citizens (18-25) to further their education in any chosen field. Applicants need to demonstrate a high degree of achievement, honesty, integrity and leadership, and describe what they hope to achieve with the funds and how the award will assist them in bettering the nation. Three grants are available, with applications closing on 5 December. See [www.regwaite.com.au](http://www.regwaite.com.au) for more.

Youth Field Xpress

## Research & Reports

### BETTER BREAKFASTS

Researchers from Perth conducted a study of more than 800 teenage students and found that the greater the number of food groups consumed at breakfast, the higher the score on a child behaviour checklist. While the vast majority of children ate from just two groups, for every additional food group added (such as topping a bowl of cereal and milk with a banana), both mood and behaviour improved markedly across the sample, including levels of depression, anxiety, and disobedience.



*Well at Work newsletter*

Source: Telethon Institute for Child Health Research, cited in *The Sydney Morning Herald* online at [www.smh.com.au](http://www.smh.com.au).

### VOLUNTEER NEWS

Young people between 12 and 25 years are the fastest growing group of volunteers in Australia. The reasons vary but often include:

- To reach out and really make a difference to others
- To obtain new skills for their CV, or to demonstrate experience in a particular field
- To have fun and meet new people.

*Community Connect*

### POST SCHOOL PATHWAYS

This report from the Australian Council for Educational Research examines the vocational education and training pathways pursued by young people since leaving school. Download it at: [www.acer.edu.au/documents/LSAY\\_Isay52.pdf](http://www.acer.edu.au/documents/LSAY_Isay52.pdf).

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### SUSTAINABLE SERVICES

*Sustainability of Services for Young Children and their Families: what works?* is a report about producing sustainable change for families and young children, drawing on evidence from published research and the experiences of Communities for Children projects funded under the Australian Government's Stronger Families and Communities Strategy 2004-2009. Full text available at <http://tinyurl.com/3vdu3p>.

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### AUSSIE EDUCATION AT A GLANCE

Australia is one of a handful of countries where students and families were increasingly bearing the financial burden of higher education, according to *Education at a Glance 2008: OECD indicators*. Aussie tertiary students were found to have among the highest tuition fees in the world, but benefited from "well developed student support systems". Get the full story at <http://tinyurl.com/6nkskw>.

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### NATIONAL REPORT CARD

The Australian Research Alliance for Children and Youth has released *Report Card on the Wellbeing for Young Australians*, which looks at the following areas:

- Material wellbeing
- Health and safety
- Education, training and employment
- Peer and family relationships
- Behaviours and risks
- Subjective wellbeing
- Participation
- Environment.

The report compares the Australian average, the Indigenous Australian average and international or OECD performance. It shows, that despite our economic prosperity, Australian children do not perform as well as modern society would like to think. To check out the report, go to:

[www.aracy.org.au/AM/Template.cfm?Section=ARACY\\_Report\\_Card](http://www.aracy.org.au/AM/Template.cfm?Section=ARACY_Report_Card).

*Rachael Uhr, LGAQ*

### PREVENTATIVE HEALTH

The National Preventative Health Discussion Paper, *Australia: the Healthiest Country by 2020*, was released on 10 October, and your feedback is invited. Consultations will be held in Brisbane on 24 November (venue to be advised). Please RSVP to [pht.secretariat@health.gov.au](mailto:pht.secretariat@health.gov.au) and be sure to include the organisation that you represent. To find out more or to download the discussion paper, go to: [www.preventativehealth.org.au](http://www.preventativehealth.org.au).

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## ENGAGING YOUTH

A report from the National Youth Affairs Research Scheme has found that popular youth participation approaches - eg youth advisory boards - largely fail to engage with young people from diverse backgrounds. Full report at <http://tinyurl.com/4f4j2p>.

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## HOUSING DISCUSSION PAPER

The Community Housing Federation of Australia's discussion paper on the National Affordable Housing Agreement is now available to download at:

[www.chfa.com.au/Docs/Downloads/CHFA%20NAHA%20discussion%20paper%20FINAL.pdf](http://www.chfa.com.au/Docs/Downloads/CHFA%20NAHA%20discussion%20paper%20FINAL.pdf).

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## HEALTH & WELLBEING 1

*Making progress: the health, development and wellbeing of Australia's children and young people* from the Australian Institute of Health & Welfare examines how Australia is faring against key statistical indicators of child and youth health, development and wellbeing. Particular attention is given to Aboriginal and Torres Strait Islander children and youth, and to how Australia compares internationally. See <http://tinyurl.com/44mxym>.

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## HEALTH & WELLBEING 2

According to *Never Better - or getting worse? The Health & Wellbeing of Young Australians*, the health and wellbeing of our young people is declining. See [www.yanq.org.au/index.php?option=com\\_content&ask=view&id=1347](http://www.yanq.org.au/index.php?option=com_content&ask=view&id=1347) for more.

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## TEEN CHALLENGE UPDATE

Teen Challenge has renamed their crisis accommodation service from Hebron House to New Hope House. Approximately 60% of Teen Challenge clients arrive with a diagnosed mental health condition, and a further 20% also have a mental health condition which has not yet been diagnosed. A dual diagnosis support worker has been added to the team to meet this growing need. For more information on Teen Challenge services, visit [www.teenchallenge.org.au](http://www.teenchallenge.org.au) or call 3422 1500.

*Teen Challenge magazine*

## ALCOHOL & DRUG TREATMENT

This new Aussie report shows that cannabis is the most common principal drug of concern for 10-19 year olds seeking treatment for alcohol and drug use. This was followed by alcohol (29%). More at: [www.aihw.gov.au/publications/index.cfm/title/10591](http://www.aihw.gov.au/publications/index.cfm/title/10591).

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## HOW YOUNG PEOPLE ARE FARING

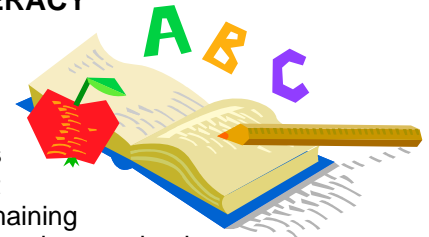
*How Young People are Faring 2008* looks at how successfully our education and training system is working to meet the needs of young Australians as they transition from school to further study and work. This year, the report reveals that one in 10 15-19 year olds, and one in five aged 20-24, are not engaged in either full-time earning or learning. Download the report and find more information at [www.fya.org.au/hypf02.html](http://www.fya.org.au/hypf02.html).

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## LITERACY & NUMERACY

Family background is known to have a substantial impact on students' literacy and numeracy results. This raises questions about whether any of the remaining differences in results are due to school performance – or whether they are merely due to random noise. This article reviews research from the OECD's Programme for International Student Assessment (PISA) study, based on student-level analysis. Read more at <http://tinyurl.com/4lxvxt>.

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## PATHWAYS AND TRANSITIONS

The Centre for Multicultural Youth has released a report entitled *Pathways and Transitions: post-compulsory education, work and refugee young people* which provides case studies of initiatives and good practice principles. More at: [www.apo.org.au/linkboard/results.cfm?filename\\_num=236541](http://www.apo.org.au/linkboard/results.cfm?filename_num=236541).

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## PREVENTING ALCOHOL ABUSE

The Tasmanian Institute of Law Enforcement Studies and the Department of Rural Health at the University of Tasmania have recently conducted the first major Australian trial of the 'social norms' approach to health promotion. The results are outlined in this paper, available at <http://tinyurl.com/4vgdc9>.

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## HELPING THE HOMELESS

Although around 14 000 people with immediate housing needs were accommodated through the Supported Accommodation Assistance Program (SAAP) on an average day in 06-07; more than 350, **over half of them under the age of 20**, were turned away. Learn more about the level of unmet need for SAAP accommodation at [www.aihw.gov.au/publications/index.cfm/title/10655](http://www.aihw.gov.au/publications/index.cfm/title/10655).

*Australian Policy Online*



**EMPLOYMENT SCREENING**

UnitingCare Queensland has identified several injustices inherent in the screening process relating to child care, disability and aged care in their report, *Employment Screening Cards: Safety or Injustice in Human Services?* For more information, see: [www.yanq.org.au/index.php?option=com\\_content&ask=view&id=1366](http://www.yanq.org.au/index.php?option=com_content&ask=view&id=1366).

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**YOUTH HEALTH FORUM DVD**

A DVD of *The risks of adolescence: Can we keep young people safe?* (held by the NSW Centre for the Advancement of Adolescent Health in August), plus speaker notes, are now available at:

[www.caah.chw.edu.au/resources/speaker\\_notes/](http://www.caah.chw.edu.au/resources/speaker_notes/).

*Youth Field Xpress*

Source: 'YC eBulletin', the e-bulletin of the Youth Coalition of the ACT, 13 October 2008.

**DETECTING TEEN DEPRESSION**

Analysing the voice could be the key to diagnosing depression in the future. Margaret Lech from RMIT is developing a computer program that can diagnose depressed teenagers simply by analysing their voice – for example if they call a helpline. More at [www.theage.com.au/national/depressed-we-can-tell-by-your-voice-academics-say-20080817-3x32.html](http://www.theage.com.au/national/depressed-we-can-tell-by-your-voice-academics-say-20080817-3x32.html).

*Youth Field Xpress*

**Events****SPORTS & CULTURAL FESTIVAL**

The 15<sup>th</sup> Annual Sports and Cultural Festival will be held at the Whites Hill Sports & Recreational Reserve, Boundary Rd Coorparoo on 28-30 November. Cultural stalls, entertainment and FREE kids rides! For more information, contact [events@firstcontact.asn.au](mailto:events@firstcontact.asn.au) or 3420 4291.

*Anthony Peet, Qld Health*

**Next RYN Meeting**

**DAY:** Monday 17 November  
**TIME:** 3 to 4.30pm  
**PLACE:** Redland Community Centre  
 29 Loraine Street Capalaba  
**RSVP:** [janet.camilleri@redland.qld.gov.au](mailto:janet.camilleri@redland.qld.gov.au) or  
 phone 3829 8489

Each of us has a fire in our hearts for something.  
 It's our goal in life to find it and to keep it lit.

Mary Lou Retton

