



headspace Edinburgh North Newsletter

August 2015



Centre Update

This month at headspace Edinburgh North we settled in after a seamless change of lead agency from the Northern Adelaide Medicare Local (NAML) to Northern Health Network (NHN). Headspace Edinburgh North remains the same in terms of the services that we provide to young people and how we operate.

Community Connections

headspace Edinburgh North is continuing to connect with the community by delivering presentations within our local community and schools, attending local events, and running programs and training for young people, parents/carers and service providers.

NHN and headspace have a new outreach site (by appointment only) at Gawler situated at Cheek Ave. Along with the new site, headspace is also employing a variety of new staff, including Clinicians and a Youth worker.

In the last month, headspace Edinburgh North, in conjunction with their lead agency Northern Health Network (NHN), celebrated Lifeline's Stress Down Day with an all of staff breakfast and awards. It was a fantastic morning with lots of the staff dressing in causal clothes and enjoying a stress free day.

What's been happening at headspace Edinburgh North over the last month?

headspace also attended the Positive Futures Expo held at the Playford Civic Centre for people with a disability, mental illness or learning disability. With multiple stall holders from a variety of organisations this event was an interactive experience providing information on transition to education, training, employment or day options. It was a very successful day with lots of young people involved and asking lots of questions, It was also a great day for networking.

In the last month, our headspace centre has also provided multiple presentations to a variety of different groups, including a Year 10 health class at Salisbury High School, a group of Years 10-12 students from Parafield High School, and service providers at Glenside's Eastern Intermediate Care Centre.





THE BODY PROJECT

Did you know?

Body image is consistently reported as a top 3 personal concern of young people.

Body dissatisfaction is a significant risk factor for eating disorders.

In 2014, 935,000 Australians experienced an eating disorder.

WHAT Females aged 14 to 18 years are invited to participate in a free group program designed to improve body image and promote body acceptance. The program consists of group exercises in which participants discuss the thin beauty ideal promoted to females. The program runs for **four sessions** at our Peachey Road main site (2 Peachey Road, Edinburgh North 5113 – near Elizabeth Bowland)

REGISTRATION If you would like to join the group please contact Valeria at headspace on (08) 7073 7080 or email vnilova@northernhealth.net by Thursday 3rd September 2015 to register your interest to attend. **Limited participant numbers are available.**

DATES & TIMES

Thursday 10th Sept
5:30-7:00pm

Thursday 17th Sept
5:30-6:30pm

Thursday 24th Sept
5:30-6:30pm

Thursday 1st Oct
5:30-6:30pm




Staff Profile



Name: Steven Wright

Position: headspace Coordinator

What do you enjoy about working at headspace? The passion and enthusiasm of the entire staff (headspace Edinburgh North and Northern Health Network) for ensuring that young people in our region receive the best possible care and service.

Who would you most like to meet? Sir Richard Branson.

If you could have any super power what would you have? The ability to fly.

One word to describe yourself: Motivated.

Favorite things to do: spending time with my family, eating out and watching sport!

Rainbow Mates

Rainbow Mates is a group aimed at young females who are bisexual/ same-sex attracted or are questioning their sexuality, and young people who identify as transgender or gender diverse between the ages of 12-25.

The group meets in Salisbury at Twelve25 Youth Enterprise Centre on a fortnightly basis afterhours. A light dinner is also provided with refreshments. The purpose of the group is to provide young people with a safe and respectful place to explore and express their identity

free from judgment and stigma. The content is driven by the needs of the participants which can include areas such as guest speakers discussing various health related topics, community event planning, discussing current events and media content as well as providing a generalised supportive environment and relaxed atmosphere.

For more information, please contact Keira or Georgie at the headspace office on **08 7073 7080**.



Rainbow Mates 

Are you aged between 12-25 years old?
Are you a female that identifies as a lesbian, bisexual, queer or transgender person?
Are you questioning your sexuality or gender identity?

TWELVE 25
SALISBURY YOUTH ENTERPRISE CENTRE

Come along to Rainbow Mates!

headspace Edinburgh North and Salisbury Twelve25 are working together to provide young people a safe space to talk about sexuality and gender, without fear of being judged or criticised.

Contact headspace on 7073 7080 for information regarding times and dates or for a chat about coming along!

This group is a joint project between Twelve25 Salisbury Youth Enterprise and headspace Edinburgh North

Landmark Youth Mental Health & Wellbeing Study Released

The Australian Government has released a report titled 'The Mental Health of Children and Adolescents: Report on the Second Australian Child and Adolescent Survey of Mental Health and Wellbeing' this month. A main concern raised was that many parents do not recognise when their child is suffering from depression and are not aware of how and where to get help. There has also been a sharp increase in the amount of young people seeking help for mental health problems since the last report in 1998.

The Survey was the biggest study ever into the mental health of Australian children and teenagers and involved over 6,300 families, including children, teenagers and their parents. The study provided a comprehensive picture of the mental health of young Australians aged 4-17.

Despite the rise of community awareness, acceptance of mental health and willingness to both help and seek treatment, the report still raised alarming statistics about depression, suicide, and self-harm behaviour amongst young people.

The survey supports the findings of the National Mental Health Commission's review, which makes recommendations about the need for greater early intervention and improving program outcomes and evaluation, not just investment in programs alone. The Government's expert reference group is currently developing an implementation plan for the Commission's recommendations, which is due back in October 2015.

One important finding from the study was that in many instances parents may be unaware that their child may be unwell. This potential lack of awareness in the home by parents and caregivers may be a barrier to young people obtaining appropriate support and treatment.

The results highlight the need for parents to become more vigilant about noticing changes in their child's mood or behaviour. Parents are key in helping young people to get support, so knowing the signs and symptoms something might be wrong and then how to get help is vital.

Key Findings

- Almost 1 in 7 young people experienced a mental disorder in the previous 12 months.
- Males were more likely to have experienced a mental health disorder compared to females (16.3 % compared to 11.5 %).
- Approximately 1 in 4 young people were assessed as having a moderate mental health disorder, whereas 1 in 7 had a severe mental disorder.





Key Findings (Continued)

- Almost one-third young people were presenting with two or more disorders.
- Those aged 12-17 were almost 3 times more likely to have a severe mental disorder (23.1%) compared to those aged 4-11 years (8.2%).
- Approximately 20% of adolescents had very high or high levels of psychological distress. This was almost twice as high for females as compared to males (25.9% and 14.8% for males).
- Attention Deficit Hyperactivity Disorder (ADHD) was the most common disorder (7.4%), followed by anxiety disorders (6.9%), major depressive disorder (2.8%) and conduct disorder (2.1%).
- 1 in 13 young people surveyed met the criteria for a DSM-IV major depressive disorder in the past 12 months. Major Depressive Disorder was more common in females and older adolescents (those aged 16-17 years).
- 1 in 10 young people reported self-harm, with about 75% harming themselves in the previous 12 months. Self-harm was roughly twice as high in females as opposed to males, and females aged 16-17 had the highest rates.
- 1 in 13 young people seriously considered attempting suicide in the previous 12 months, whilst 1 in 40 had attempted suicide in the previous 12 months.
- Suicidal behaviours were more common in females and those aged 16-17 compared to young adolescents. The rates of all suicidal behaviours were markedly higher in young people with major depressive disorder and even higher for young females with major depressive disorder.
- Over 30% young people had been bullied in the previous 12 months, and 11.3% felt 'a lot' or 'extremely' upset when bullied.
- One quarter of 11-17 year olds spent 3-4 hours/day on weekdays on the internet; while 17.6% spent 5-8 hours and 10.3% spent 9 hours or more.
- Internet use and/or electronic gaming were highly problematic for 3.9% of 11-17 year olds, affecting their ability to eat, sleep, and spend time with family, friends and doing homework.
- 1 in 14 13-17 year olds smoked in the last 30 days, and 1 in 6 consumed alcohol in the last 30 days. Alcohol consumption was higher among young people with a major depressive disorder.
- 5% young people had used cannabis in the last 30 days and 1.6% had used other drugs. Use of drugs in the previous 30 days was far higher in young people with a major depressive disorder.

The full report can be downloaded from the Health Department's website:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-m-child2>

Youth Advisory Committee (YAC)

This is a group of young people aged 12-25, who are actively involved with headspace Edinburgh North in a number of ways. This can include community awareness projects, promotions and helping make headspace Edinburgh North a youth friendly service.

In addition to having a great time and meeting new friends, young people will be rewarded for their involvement wherever possible and will be provided with training opportunities. If you're interested in joining the YAC, or have a question please contact Trepina Gartley, headspace Edinburgh North Youth Worker, on 7073 7080 or tgartley@northernhealth.net.



In the last few weeks, the Youth Advisory Committee (YAC) has been working on a plan for ways to make the centre more welcoming and relaxing. We are hoping to work with a local artist to produce a mural and introduce some art work into our rooms. We have also been looking at ways to encourage young people to come to headspace when they're having a tough time. We are hoping to achieve this by having fun activities at Carnival in the North this year for Mental Health Week. We are also trying to get new members to join our team so we can take on bigger challenges! - Trepina

Contacting headspace

You can call us on: **(08) 7073 7080**

Check out the website:

www.headspace.org.au/edinburghnorth

Email us:

enquiry@northernhealth.net

Chat with a counselor anonymously online:

www.eheadspace.org.au

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