



# Newsletter June/July 2016

## Page 1

**Article 1**  
headspace Meadowbrook  
Logan City Hip Hop Video

**Article 2 Staff Profile: Carly**

## Page 2

**Article 1 Splash! Youth Space**

**Article 2 How to deal with psychological trauma of a friend or family member**

**Staff Profile:**  
**Name:** Carly  
**Position:** Senior hYEPP Clinician  
**Background:** Psychology and Non-Government Organisations  
**How you keep your headspace healthy:** keeping a sense of humour, even when the going gets tough. And having HEAPS of things to do when I'm getting overwhelmed, like music, boxing, heading to the beach, walking in the sun. If you take care of yourself today, you're in a better position to take care of someone else tomorrow.



## Logan City: the deadliest hip hop video going around!

Thank you to the incredible young people involved and Indigenous Hip Hop Projects for bringing together this deadly track! Proud of their culture and the fact that Logan is home to 216+ different cultures, these young people wanted to show off Logan City. Have a listen, have a boogie and don't forget to share the link!

<https://www.youtube.com/watch?v=Ck-HWAaDcFU>

As a part of the launch of this incredible video- we had talented performers including Indigenous Hip Hop Projects, Jesswar and the young people themselves. If you missed it... here is a little taste of how it went down!







## Splash! Youth Space

### WHO I AM?

I am who I am  
I am many things  
I am happiness, I am sorrow  
I am joy, I am pain  
I am courage, I am fear  
I am success, I am fairer  
I am young but I am experienced  
I am the world because I accept my experiences  
I am today, I am tomorrow  
I am my maker, I am my saviour  
I am who I am supposed to be  
I am who I am

Honoree: **headspace** Meadowbrook and hYNRG member

**Thank you to our Youth Reference Group Members for submitting their favourite quotes and sayings...**

*"If your compassion doesn't include yourself, it is incomplete"*

*"Self-care isn't selfish"*

*"The world is your oyster"*

*"Do not set yourself on fire to keep other people warm"*

*"Be the kind of person who can make the best out of a Tuesday"*



### How to deal with psychological trauma of a friend or family

#### Trauma a normal response to an abnormal situation

It is important to understand about trauma that it is a normal response to an overwhelming situation. It may be that a friend or family member of yours has been assaulted or it could be that they have witnessed the death of someone that they care about. It is normal to have a reaction (the trauma) to this situation (the trauma causing event) but there are some things you can do to help.

#### Safety the first principle

Probably the most important thing you can do is help them to feel safe again. It may simply be saying that you are here to be with them or to ask them to give you a call if they are feeling distressed. Having social supports can be very important in situations of trauma. It may be that you know there is someone that they trust as a friend or family member. Getting them in touch with this person can be very important.

#### Grounding and distraction techniques

There are a few strategies that you can employ if the person you are caring for is beginning to panic. It may also be helpful to focus their attention on something that they can touch, see or hear or alternatively ask them very factual questions that distract from their emotional situation. Asking factual questions might involve some of the practical things that they need to work through. A question might be as simple as what is the number of your work so we can call them and let them know what happened or what were you planning to do today.

- John: **headspace** Meadowbrook/Ipswich Social Work Student