

## Caring for Young People Who Self-Harm

4 March 2020

### Dubbo Venue:

Lecture Theatre [DB006], University of Sydney School of Rural Health, 11 Moran Drive, Dubbo

### Orange Venue:

Function Room [OA054], Audley Building, University of Sydney School of Rural Health, Cnr Acacia Way & Canobolas Dr, Bloomfield Campus, 1502 Forest Road, Orange

### Cost: Free of Charge

This program is supported locally by the School of Rural Health

**PLACES WILL BE LIMITED TO 35 in Dubbo & 45 in Orange** - register early

*Please ensure when you register that you specify which venue you will attend*

### RSVP by Wednesday, 26 February 2020

Please register by emailing: [rural.info@sydney.edu.au](mailto:rural.info@sydney.edu.au) OR

call Helen Peacocke (Dubbo) on 5809 9400 /Sharon Boog (Orange) on 5310 4109

### NSW Ministry of Health ABN No 92 697 899 630

The Forum Organising Committee includes representatives from Academic Department of Adolescent Medicine; Transition Care Network, Agency for Clinical Innovation; CAPTOS, Department of Psychological Medicine, CHW Children's Hospital School, CHW; Department of Adolescent Medicine, CHW; Department of Adolescent and Young Adult Medicine, Westmead Hospital; High Street Youth Health Service; Ambulatory & Primary Health Care, Illawarra Shoalhaven Local Health District (LHD); Area School Link Coordinator, Northern Sydney LHD; Maternity, Child, Youth and Paediatrics, NSW Health and Transcultural Mental Health Centre

### Rural and Regional Video Conference Sites

Video conferences are now available in more than 25 sites across NSW. For your [local video conference sites and local rsvp details](#); go to the [NSW Health website](#) and search for '[Youth Health Forum Video Conference sites](#)' (video conference facilities are reserved for rural and regional sites only).

## Program

0850 - 0900	Registration
0900 – 0910	<b>Welcome and Introduction</b> Ms Julie Dixon, Acting Director Mental Health - Children and Young People
0910 – 0935	<b>Understanding Self-Harm in Young People</b> Dr Vinita Bansal, Staff Specialist, Psychological Medicine, The Children's Hospital at Westmead, The Sydney Children's Hospitals Network
0935 – 1000	<b>The Developmental Context of Self-Harm – Brain, Mind and Body</b> Professor Kate Steinbeck, Medical Foundation Chair in Adolescent Medicine, The University of Sydney; Director, Wellbeing Health & Youth, Centre for Research Excellence (CRE) in Adolescent Health
1000 – 1035	<b>Morning Tea</b>
1035 – 1100	<b>The Elver Program: an Outreach Multi-disciplinary Trauma Treatment Program for Children and Young People in Out Of Home Care (OOHC)</b> Speaker: TBA
1100 – 1125	<b>Project Air Strategy for Schools</b> Professor Brin Grenyer, Director of the Project Air Strategy for Personality Disorders and Senior Professor of Psychology, University of Wollongong
1125 – 1155	<b>Responding to Self-Harm: How Workers, Carers, and Parents Can Help?</b> Mrs Michelle Mitchell, Educator, Author, Speaker, Michelle Mitchell
1155 -1200	<b>Voice of Youth</b> Ms Lauren Fisher, young person
1155 -1230	<b>Panel Discussion - Joined by all Program Speakers</b>