



Following the sun: shining the light on Aboriginal mental health

3 March 2021

Program

Free live stream event

- 0900 - 0910 **Welcome and introduction**
Ms Kerry Smith, Aboriginal Child and Adolescent Mental Health Service Priority Advisor, Mental Health - Children and Young People
- 0910 - 0925 **Welcome to Country**
Auntie Yvonne Weldon, Metropolitan Local Aboriginal Land Council
- 0925 - 1000 **Truth for Youth - what they're teaching us - what we are learning**
Emeritus Professor Judy Atkinson AM, Patron We Al-li
- 1000 - 1010 **10-MIN BREAK**
- 1010 - 1035 **Working with Aboriginal Community Controlled Health Services (ACCHSs) to understand the health of Aboriginal young people**
Ms Kezia Aurora Blackledge, Public Health and Intelligence Officer; Miss Shana Quayle, Sector Support Unit Manager; Aboriginal Health and Medical Research Council (AH&MRC)
- 1035 - 1105 **Staying Connected in the Outback**
Ms Corina Kemp, Aboriginal Mental Health and Drug and Alcohol (MHDA) Clinical Leader; Mr Zacariah Henderson, Aboriginal MHDA Trainee; Far West MHDA Service, Far West Local Health District
- 1105 - 1120 **15-MIN BREAK**
- 1120 - 1145 **Mental health habits and rituals**
Mr Jeffrey Morgan, Nutritionist/Health & Wellbeing Consultant and Owner, The Lifestyle Program
- 1145 - 1150 **Voice of youth**
Young people
- 1150 - 1230 **Panel discussion - joined by all Program speakers**



Health

Important live stream information, please read carefully

Due to the uncertainties of COVID- 19, this Forum will be live streamed to you to keep everyone safe.

To watch the Forum live stream anywhere on the Forum day (AEST), go to:

<https://www.thestreamingguys.com.au/production/youth-health-forum-aboriginal-people-and-mental-health-030321/>




(Add this to your calendar, password and registration are not required to watch the live event)

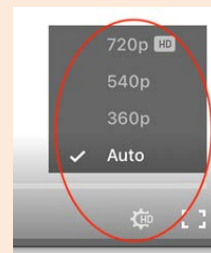
- Optional: If you wish to receive a reminder email to watch this event, register [here](#) by COB 26 February 2021.
- This Forum is not recorded for viewing later
- The speakers' presentations will be available within two weeks of each forum (search for 'Youth Health Forum' on the NSW Health website (www.health.nsw.gov.au))

If you encounter technical difficulty on the Forum day

Step 1: Check out the [streaming tips](#) for most common issues

Step 2: Check out other quick tips below

- Ensure you have up-to-date browser installed for example Chrome, Firefox, or Safari
- If your workplace's firewall blocks you from watching the live stream, try disconnecting your device from your workplace's network, or watch it from your own devices (eg. mobile phone, tablets)
- Depending on the quality of the video you are watching, approximately 2-3 GB of data will be consumed if you watch the whole 3.5hrs Forum without Wi-Fi
- The slides may look blurry, if you are watching at a lower resolution setting or your device automatically adjusted to lower resolution when your internet isn't very good. You can choose your preferred video quality by clicking on the setting/gear icon at the bottom right hand corner of the video screen (see screenshot  or check out [this video](#)).



Step 3: Video still not working? Email: info@thestreamingguys.com.au

To direct questions to Forum speakers during the live stream Please text questions to **0452 378 112** stating location and question. For example: [Dubbo], my Q to Speaker A is...."

- This number is for posing questions to speakers only ([see text box above for technical difficulty](#))
- If your question doesn't get answered during the Forum due to time limitation, please feel free to contact the speakers directly, speakers' contact details can be found on [the speakers' presentations](#))

Forum's evaluation

Your feedback is very important to us, please fill in this **FIVE MINUTE**

Evaluation form on <https://www.surveymonkey.com/r/YHF3Mar2021>

Evaluation closes on the 19th March 2021

2021 Youth Health Forums themes and dates:

- Unpacking complex trauma (**Wednesday July 21**) format: live stream
- Early psychosis (**Wednesday, 20 October**) format: TBA

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