



Embracing the diversity of regional and rural youth

4 November 2020

Program

Free live stream

- 0900 - 0910 **Welcome and introduction**
Ms Julia Ryan, Director Office for Regional Youth, Department of Regional NSW
- 0910 - 0920 **Pillars of the Regional Youth Framework**
Ms Julia Ryan, Director Office for Regional Youth, Department of Regional NSW
- 0920 - 0950 **The evolving face of rural health**
Miss Phillipa (Pippa) Kensit, Registered Nurse/Program Lead - Future Workforce; Mr Dave Karlson, Director Business Governance, NSW Rural Doctors Network (RDN)
- 0950 - 0955 **5-MIN BREAK**
- 0955 - 1020 **GUWAALAY- A Euahlayi/Gomeroi word meaning 'Talk to one Another'**
Ms Annette Slater, Aboriginal Health Worker, Sexual Health & Blood Borne Viruses, HIV and Related Programs (HARP) Unit, Population Health (Tamworth), Hunter New England Local Health District
- 1020 -1035 **Navigating health services for rural youth - Findings from the Access Study**
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
- 1035 - 1100 **Youth drug and alcohol - Building a strong robust rural workforce in the youth drug and alcohol area**
Ms Meagan Beasley, Team Leader; Ms Linda Doherty, Nurse Practitioner; Ms Annalee White, Youth Drug and Alcohol Worker; Mr Joe Gordon, Family and Youth Drug and Alcohol Worker, Youth Drug and Alcohol Clinical Support Network, Western NSW Local Health District
- 1100 - 1110 **10-MIN BREAK**
- 1110 - 1130 **"How are you going?": Reaching rural youth through effective partnerships - Rural Adversity Mental Health Program**
Dr Hazel Dalton, Research Leader and Senior Research Fellow, Centre for Rural and Remote Mental Health, University of Newcastle
- 1130 - 1150 **Supporting Young People Healing from a Disaster**
Miss Jessica Shonk, Be You Clinical Consultant, headspace Schools/Beyond Blue
- 1150 -1200 **Voice of youth**
Mr Ryan Dwight, young person from Tamworth - accessing telehealth and related issues
Ms Laura Murray, young person from Armidale - accessing GPs and mental health care
- 1200 -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-rural-and-regional-youth-041120/>




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

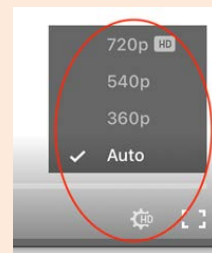
- Optional: If you wish to receive a reminder email to watch this event, register [here](#) by COB 30 October 2020.
- This Forum is not recorded for viewing later
- The speakers' presentations will be available within two weeks of each forum (search for 'Youth Health Forum' on the NSW Health website (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/YHF4Nov2020>

Evaluation closes on the 20th November 2020

2021 Youth Health Forums themes and tentative dates:

- Working with young Aboriginal people to achieve better health (**Wednesday, 3 March**) via live stream
- Unpacking complex trauma (**Wednesday, 21 July**) format: TBA
- Early psychosis (**Wednesday, 20 October**) format: TBA

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