

2015 National Youth Health Conference

11-13 November 2015

Melbourne & Olympic Parks, Melbourne

Program Book

www.youthhealth2015.com.au



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2015 Youth Health Conference Secretariat



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Welcome

Welcome from the Conference Chair



Youth, health, teens, wellbeing, adolescents, learning, young adults, research, opportunities, rites, social determinants, self-determination, empowerment, engagement, participation.

Welcome to the 2015 Youth Health Conference on behalf of the Australian Association of Adolescent Health, the

Conference Committee and Melbourne Children's Centre for Adolescent Health.

The theme is Working Together. This theme was chosen to highlight connections in all aspects of youth health, development and education and strengthen these connections.

Young people as consumers partnering with professionals, researchers linking with clinicians and policy makers, educators engaging with students and local colleagues connecting with international colleagues. This theme highlights that Youth Health is multi-dimensional and the field is multidisciplinary.

The conference committee welcomes keynote speaker Associate Professor Sam Winter as well as all those who are presenting in the outrageously fabulous programme showcasing clinical care, research, advocacy, education, service provision and policy. We are delighted to see how many young people are participating and presenting throughout the coming two days.

This is actually day two of this 3 day conference event. Yesterday (Wednesday) sixty delegates- all between 15 and 25 – attended the Youth Forum. They learned, they connected, they shared, and they had fun. You can hear all about it at the Youth Forum plenary at 1pm Thursday.

Many thanks to all who have been involved in organising this exciting event. It takes a whole dedicated team and it's been a pleasure to work with you all.

So connect, learn, be inspired – may you even inspire – at the 2015 AAAH Youth Health Conference.

Meagan Hunt, Conference Chair

President's welcome



On behalf of the Australian Association for Adolescent Health (AAAHA) it is a pleasure to welcome you to the 2015 National Youth Health Conference in Melbourne. This is a great opportunity for colleagues from Australia, New Zealand, the Asia Pacific region and beyond to meet and

celebrate all that is best in youth health practice and research.

The theme of this year's conference is 'Working Together' which will highlight the genuine multidisciplinary nature of young people's health. Plenaries, presentations, workshops and symposia will focus on examples of best practice, research updates, innovation and advocacy. The involvement of young people in planning the conference has been a key element from the very beginning. This involvement will continue to be very much in evidence at the Youth Forum and throughout the rest of the conference, with young people hosting, presenting, entertaining and challenging us all.

I am grateful to the Centre for Adolescent Health, one of the leaders in adolescent health on the international stage, for hosting the conference on behalf of AAAH, and for organising what promises to be an outstanding event.

A/Prof Donald Payne, President AAAH

Committee

Conference Chairs

Meagan Hunt – Conference Chair

Dr Michelle Telfer – Program Chair

Committee Members

Dr Peter Azzopardi

A/Prof Donald Payne

Dr Andrew Kennedy

David Perez

Jeremy Peris

John Vernon

Youth Committee

These are the profiles of just a few of the young people who were involved in both the Youth Forum and the Youth Health Conference.



Rebecca Peters

Age

23

School/Workplace

Royal Children's Hospital

Where do you live?

Melbourne

What are you most looking forward to at the National Youth Health

Conference/Youth Forum?

Meeting other great young people and hearing enthusiastic presentations!

What is your ideal job?

A food critic

If you could have dinner with one living or non-living person, who would it be and why?

Whoopi Goldberg

What is most important to you in life?

Family

What is your favourite movie?

'Save the Last Dance'

What book are you reading now?

University accounting books (boring)

What is the quality you most admire in others. Why?

A great smile, perseverance and resilience

What is something most people don't know about you?

I love to eat frozen peas.

Maddy Haydar

Age

21

School/Workplace

Studying Psychology (Honours) and work for AFL Victoria and the Royal Children's Hospital

Where do you live?

Melbourne (North Eastern Suburbs)

What are you most looking forward to at the National Youth Health

Conference/Youth Forum?

For young people to come away with new skills and connect with other young people. I'm looking forward to hearing all the ideas being shared too!

What is your ideal job?

I'm aiming to be a Clinical Psychologist working specifically with young children and youth. Working in a community organisation like headspace on the side maybe a day a week or so would be awesome too.

If you could have dinner with one living or non-living person, who would it be and why?

My Grandpa (mum's dad), because I never had a chance to meet him but have heard all these wonderful things and how much I would have liked spending time with him.

What is most important to you in life?

Hmm good question. I guess it is living the life you want and not the life others want for you.

What is your favourite movie?

There are way too many to choose from as I love movies! The Fast And Furious movies are always good or White Chicks for some comedy

What book are you reading now?

I'm not reading anything at the moment, but the last book I read apart from my psychology textbook is 'The Game of Life' series by Terry Scott

What is the quality you most admire in others? Why?

Too many to choose from but any quality or combinations of these qualities: Loyal, generous, resilient, understanding or balanced.

What is something most people don't know about you?

I never looked at my enter score after VCE



Jeremy Peris

Age
23

School/Workplace
Inclusion WA

Where do you live?
Perth, Western Australia

What is your ideal job?
Sideline Sports Reporter

If you could have dinner with one living or non-living person, who would it be and why?
Jamie Oliver (if he's cooking...)

What is most important to you in life?
Friends and Family

What is your favourite movie?
'Dead Poets' Society'

What book are you reading now?
'Transfer of Power' by Vince Flynn

What is the quality you most admire in others? Why?
The ability to laugh at yourself.

Marc Zen

Age
27

School/Workplace
Curtin University

Where do you live?
Perth

What are you most looking forward to at the National Youth Health Conference/Youth Forum?

The energy and crazy, innovative ideas that come out when you gather a group of young people together for a common cause! I never cease to be amazed by what the next generation can create when they're given a chance to contribute.

What is your ideal job?

It changes every day but I would love to work on global health and human rights issues with the World Health Organization.

If you could have dinner with one living or non-living person, who would it be and why?

Tim Burton because he is a creative genius I would love to hear how he gets his ideas for all his crazy films.

What is most important to you in life?

My enormous, Italian family. I wouldn't trade them (or the food) for anything.

What is your favourite movie?

'Life is Beautiful'

What book are you reading now?

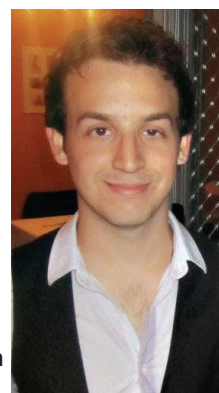
"Equal Justice" by Rabia Siddique

What is the quality you most admire in others? Why?

Gratitude and generosity. I love people who are genuinely appreciative for the opportunities they were born with and work to help those who life is less kind to.

What is something most people don't know about you?

I think Melbourne is the best city in Australia. Maybe the world.



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PHONE: 6231 2927




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where you can come to get
health help

we are non judgemental and
confidential which means
we respect your privacy

all services provided by the link
are **free**

have a shower

feel safe

get support, info and advice about housing

get support, info and advice about:

sexual health

sexuality

sex

identity

see a sexual health nurse or doctor

sort out what's going on in your head

get support, info and advice about relationships

use the laundry

get some condoms

get help for guys health

get new injecting equipment

get support, info and advice about your moods or emotions

get support, info and advice about how alcohol and other drugs are affecting your life

get free hygiene items like toothpaste, soap and tampons

see a doctor

get some free fruit

get some info about health and other health services

get help for girls health

get help when you don't know what to do

get your mail delivered here

see a counsellor or psychologist

use the phone to call your doctor, job network, legal aid or other health service

get support, info and advice about how alcohol and other drugs are affecting your life

get support, info and advice about your moods or emotions

get support, info and advice about how alcohol and other drugs are affecting your life

The Link Youth Health Service is working towards LGBTI inclusivity
as a MindOUT! Champion





General Information

Registration Desk

The registration desk will be open at the following times:

Wednesday	0900 - 1800
Thursday	0730 - 1700
Friday	0800 - 1700

Catering

Morning tea, lunch and afternoon tea will be available during the Conference in the Exhibition area and is included in your registration fee. Please refer to the table below for catering times.

	Thursday Conference	Friday Conference
Morning Tea	1015	1015
Lunch	1300	1300
Afternoon Tea	1530	1530

Dietary Requirements

If you have advised the Conference Secretariat of special dietary requirements, please speak to a member of the catering staff during the designated break times, or at any of the functions that you may be attending. Catering staff will have a full list of those with special dietary requirements.

Exhibition

The Conference Exhibition will open at the following times:

Thursday	0800 - 1700
Friday	0830 - 1545

Liability/Insurance

In the event of industrial disruptions or natural disasters, the host, the Organising Committee and ICMS Australasia cannot accept responsibility for any financial or other losses incurred by the delegates. The host, the Organising Committee and ICMS Australasia take no responsibility for injury or damage to persons or property occurring during the Conference. All insurance, including medical cover or expenses incurred in the event of the cancellation of the Conference is the individual delegate's responsibility. Attendees are encouraged to choose a travel insurance policy that includes loss of fees/deposits through cancellation of your participation in the Conference, or through the cancellation of the Conference itself, loss of airfares for any reason, medical expenses, loss or damage to personal property, additional expenses and repatriation should travel arrangements have to be altered. The

Conference secretariat will take no responsibility for any participant failing to insure.

Name Badges

For security purposes, delegates, speakers and exhibitors are asked to wear their name badges to the sessions and social functions. Entrance into sessions is restricted to registered delegates only.

Program

The Conference Organising Committee reserves the right to change the Conference program at any time without notice. Please note that this program was accurate at the time of printing.

Duplication/Recording

Unauthorised photography, audio taping, video recording, digital taping or any other form of duplication is strictly prohibited in Conference sessions.

Security

Please take all items of value with you at all times when leaving a room. Do not leave bags or laptop computers unattended.

Smoking

Smoking is not permitted inside the Melbourne and Olympic Function Centre.

Keep calm and get a massage

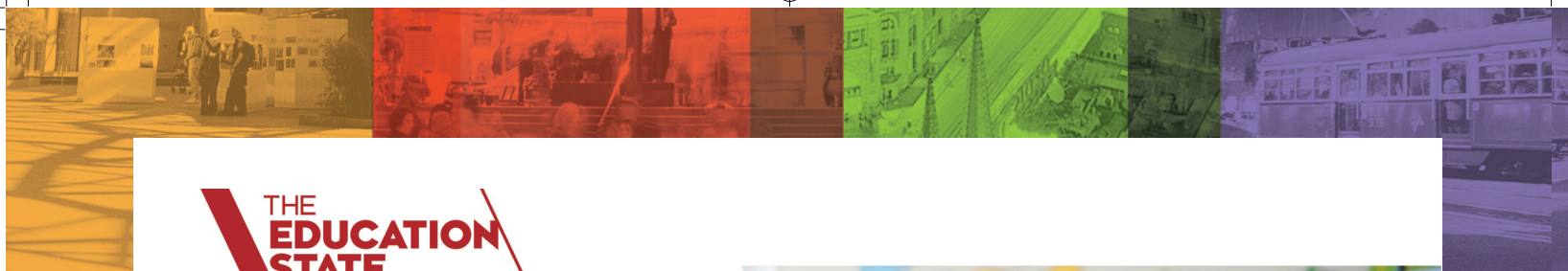
Visit the massage station in the Exhibition for your free massage. Four students from Sage Institute of Massage will be giving free massages from 12.00pm – 4.00pm on Thursday and Friday.

At Sage, our philosophy is simple - to provide superior vocational education that will empower you to grow, succeed and become a leader within your field.

Massage therapy has recognised virtues for improving injuries recovery, relaxation, reducing stress and creating an overall feeling of well-being. A career as a Remedial Massage Therapist offers great rewards and global opportunities. From running your own business, working with elite athletes in sporting clubs, travelling the world on a cruise ship or even as a stepping stone to University – whatever your dream career might be, Sage Institute of Massage can help get you there.

Call Sage Institute of Massage 1300 889 889 or visit sagemassage.edu.au





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connecting teens living with illness or disability

Livewire.org is a safe and fully moderated online community for adolescents who are living with a serious health condition or disability.

Livewire.org allows members to find a balance in their lives, by encouraging social connection, friendship and community.

Encourage the young people you know to sign up today!

Livewire.org





Social Program

Youth Health Conference App

Get Connected – Stay Connected with the National Youth Health Conference 2015 Conference App

We are pleased to offer a free mobile app for the Youth Health Conference 2015. Get everything you need to know about the Conference right on your preferred device.



- Real-time conference alerts and updates
- Conference schedule and agenda - personalise your own agenda
- Information about speakers and exhibitors
- General information and maps
- Connect with others at Conference
- Share your experiences
- Visitor information and much more

To download QR scan below or search 'World Leading Conferences' in your app store.

Access Code: 2015YHC



Available here for iPod, iPhone and iPad



Available here for Android



QR scan for direct link

Access code: 2015YHC

Welcome Reception

Date: Wednesday 11 November

Time: 1800 - 2000

Venue: Melbourne and Olympic Park Function Centre

Cost: Inclusive with full/student registration
Additional tickets: \$55

What better way to kick off the Conference than joining the participants from the Youth Forum at the Welcome Reception. This Grand Slam event will be full of entertainment provided by dance and music groups made up of young people, including Dig Deep hip hop crew, Transit Dance and Westside Circus.

As some attendees will be under 18 this will be an alcohol free function.

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Conference Party

Date: Thursday 12 November

Time: 1900 - 2300

Venue: Melbourne Aquarium

Cost: Tickets: \$100

Clam on in and join us at the Conference Party at a truly stunning venue in the Melbourne Aquarium. This stand-up event will provide plenty of opportunities to connect with your colleagues and friends.

Enjoy an evening of great food and drinks in the middle of Melbourne's very own giant fish bowl. Take a moment to soak up the breathtaking panoramic view of the 2.2 million litre Oceanarium as huge stingrays, massive sharks and thousands of multi-coloured marine animals swim by. This is not to be missed.

Tweet, post, like, share



@youthhealth2015



Youth Health Conference

Insider's Guide to Melbourne



Members of our Youth Committee share their favourite hidden locations and the best places to visit during your stay in Melbourne. From culture, shopping or eating out, our insider's guide gives the best tips to dive right in and explore Melbourne.

We hope you enjoy our tried-and-tested suggestions for how to best enjoy our vibrant city.

For more ideas see "Explore Melbourne" in the Youth Health Conference 2015 App and visit www.thatsmelbourne.com.au

Nom Nom Nom: Eating Out

Melbourne is a serious culinary hotspot, with everything from burger joints to swish eateries with big-name chefs. The city boasts incredibly multicultural local produce and eclectic food communities are a big drawcard. You can eat some of the best Vietnamese, Greek, Italian and Asian food in the world in Melbourne.

We take our coffee seriously

Ask a Melbournian how they take their coffee and the response will be "Seriously, very seriously!"

The buzzing café culture goes hand-in-hand with Melbournians love of great coffee. One thing about Melbourne cafes is that there is no template for a "Melbourne cafe": the best are embedded in their neighbourhoods, and take their character from them, in design and food and in the kind of people who hang out in them.

"I love coming to Melbourne because it's always so alive! I make a rule whenever I'm here that I never eat or get coffee from the same place twice because you can turn down any laneway and find a new quirky café or bar. I'm lucky enough to have family in the CBD who I stay with so one of my favourite things to do is grab a Melbourne coffee (which is different from Perth coffee) and catch a tram out to the Chapel Street Bazaar in Prahran which is a great vintage market." Marc Zen, Youth Forum Committee

A visit to St Ali on the 12 Tram along Clarendon Street, South Melbourne is a must for breakfast. The coffee roasters and baristas love a chat and are very passionate about their coffee. Not only will you leave with a full belly but armed with freshly ground single origin beans to try at home.

Where the truck is that?

Rolling out and serving up all over town, Melbourne's fleet of food trucks are just as popular to the CBD lunch crowd as they are to the local hipster wanting to grab a bite to eat on a balmy night. Communicating with their legion of followers through social media, the trucks set up shop at different sites all over town, every day of the week. It's an ever-expanding menu, too – from burgers and po' boys to authentic Indian curries and Vietnamese Banh Mi.

Download the free "Where the Truck" app from your app store and see what's hiding around the corner.

Master of margherita

Explore the city's streets and laneways for many of Melbourne's best restaurants. You'll find anything from Asian fusion fine dining, trendy Spanish tapas bars and authentic Italian pizzas.



Wander along Southbank and keep a look out for 400 Gradi. The owner and chef, Johnny Di Francesco was recently crowned the master of margherita at the World Pizza Championships in Parma, Italy. Save room for dessert, grab a gelato and watch the fireball display along the waterfront promenade.

Vibrant Melbourne: art and culture

Melbourne is packed with attractions, from laid-back laneways and lush parks to grand libraries and museums, all wrapped up in a vibrant atmosphere. Melbourne is an art city, bursting with art shows and exhibitions, at large museums as well as commercial and independent galleries.

"I'd have to say that the MCG is worth a visit. It's a bit of a typical tourist attraction, but I had a great time doing the tour and then visiting the Sports Museum as well. If that's not your cup of tea, I'm sure you'll find a good one, or a coffee, at one of many quirky cafés nearby!" *Jeremy Peris, Youth Forum Committee*

Legendary live music

Melbourne's live music scene is legendary. You will find local and international musicians playing at many city venues every night of the week. Keep a look out for a free copy of Beat Magazine, a weekly street press with the latest music news, arts and gig guide.

"Melbourne has the best live music scene and is never short of gigs at pubs or bars each night. The Esplanade Hotel in St Kilda, better known as 'The Espy' to locals, is an Australian live music icon that is not only gives you some of the best bay views in Melbourne but also boasts a line-up that includes some of the best local and international acts seen in Melbourne. Whilst it is closed for renovations at the moment, it will be open in time for summer!"

Another great place worth checking out is the Corner Hotel – this one stop shop for live music has hosted big names from around the world such as Blink 182, Jet, Missy Higgins, Paul Kelly, Evermore, All American Rejects, U2, Wolfmother, Powder Finger, The Cat Empire, Conrad Sewell, and Xavier Rudd just to name a few. The best thing about the Corner Hotel is that it has a vast variety of music played there and includes under-18 music events." *Maddy Haydar, Youth Forum Committee*

Scratch the surface

Melbourne, known as the Kulin Nation to its traditional owners, has many galleries and museums with an Aboriginal or Indigenous focus, including the Koorie Heritage Trust. Art is on display everywhere you look in Melbourne. Think beyond galleries and museums and you'll find some inspiring and innovative art right where you'd never expect to find it.

Stretch your legs in the morning and go for a walk along Birrarung Marr, on the Yarra River's north bank and only a short distance from the Conference venue. The Birrarung Wilam installation celebrates the diversity of Victoria's indigenous culture by interpreting stories through public artworks. A winding pathway acknowledges the significance of the eel as a traditional food source and a semicircle of metal shields represents each of the five groups of the Kulin Nation.



Insider's Guide to Melbourne



“My favourite is the street art located all around Melbourne, particularly lining the streets throughout the city. Some good streets to check out are Union Lane, La Trobe St, Chapel and Brunswick St and the surrounding side streets.

If you have time make sure you visit National Gallery of Victoria (NGV) - the oldest gallery in Australia. It has been host to over 70,000 works both international and local artists and hosts a number of exhibitions and events around fashion and design, sound and dance and contemporary art. Just across the other side road at Federation Square are the National Design Centre and the Australian Centre for the Moving Image (ACMI) which has a number of cinemas, galleries and studios to with great exhibitions worth checking out. To see local artists, there are a number of galleries around Richmond and Fitzroy, where there are working tours and you can check out the local artists studios.” Maddy Haydar, Youth Forum Committee

Find that Something Special: Shopping and Markets

It's the people and their stories that give Melbourne its edge and it's what they do as much as anything else that makes the city so intriguing. With fashion-forward boutiques, elegant arcades and buzzing shopping centres, Melbourne is Australia's best shopping destination. Melbourne has plenty of opportunities to find that special something if you know where to look.

Never a dull moment

Ever popular during the day, the Queen Victoria Markets also hosts an annual Summer Night Market every Wednesday night from 4 November 2015 – just in time for the Youth Health Conference. The relaxed and varied stalls showcasing unique food, drink, art and performers, ensuring there won't be a dull moment. Night Market is very popular with locals catching up after work to enjoy local crafted beverages and paella fresh from the giant pan. You'll arrive to a buzz of sound and smells - wander through the craft and fashion stalls, before grabbing a bite at one of the 30 food stalls. Live music will keep you entertained as the sun goes down and you might even be game enough to get up and give salsa dancing a go.

Vintage vibes

Journey down Chapel Street into a treasure-trove of vintage finds, eclectic eateries and boutiques. Make a beeline for Greville Street, the spiritual hub of Prahran. Its unique vibrancy owes thanks to the scattering of vintage stores, an independent record shop, edgy cafes, gallery spaces and outposts of local designers. Fossick through stalls packed with retro homewares, vintage clothes and collectables at Chapel Street Bazaar.

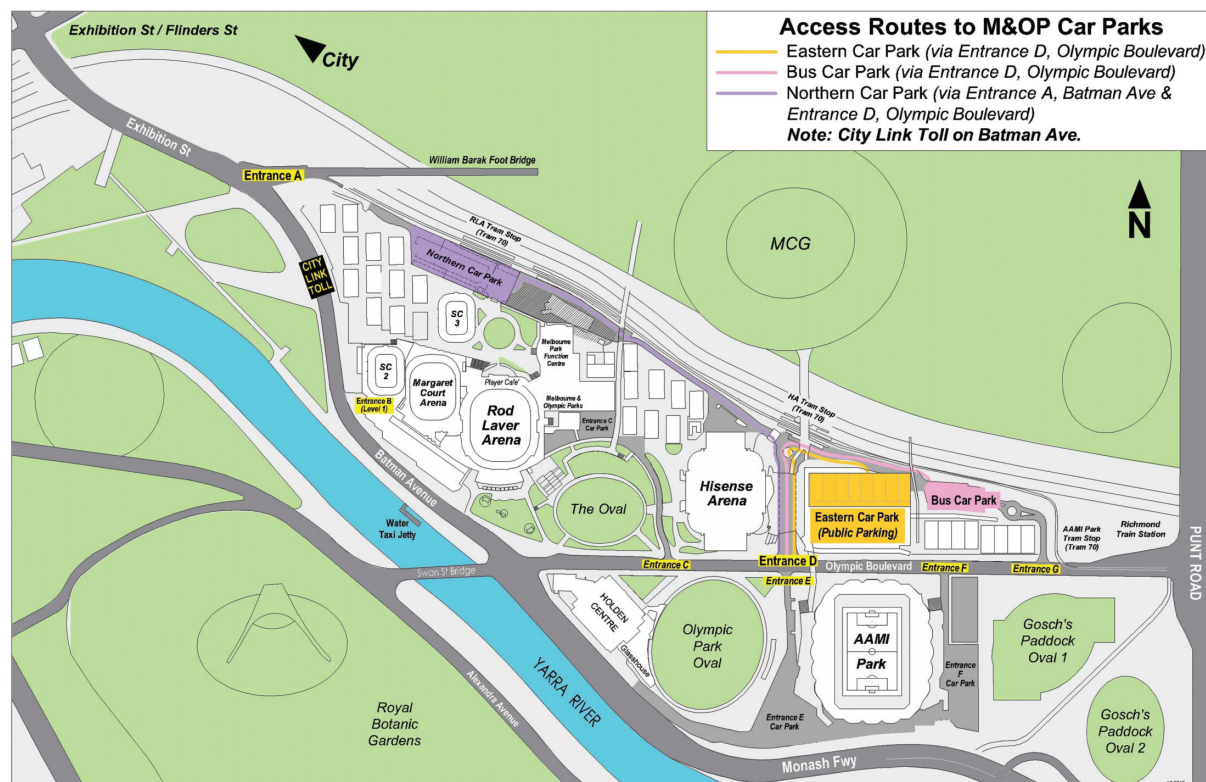
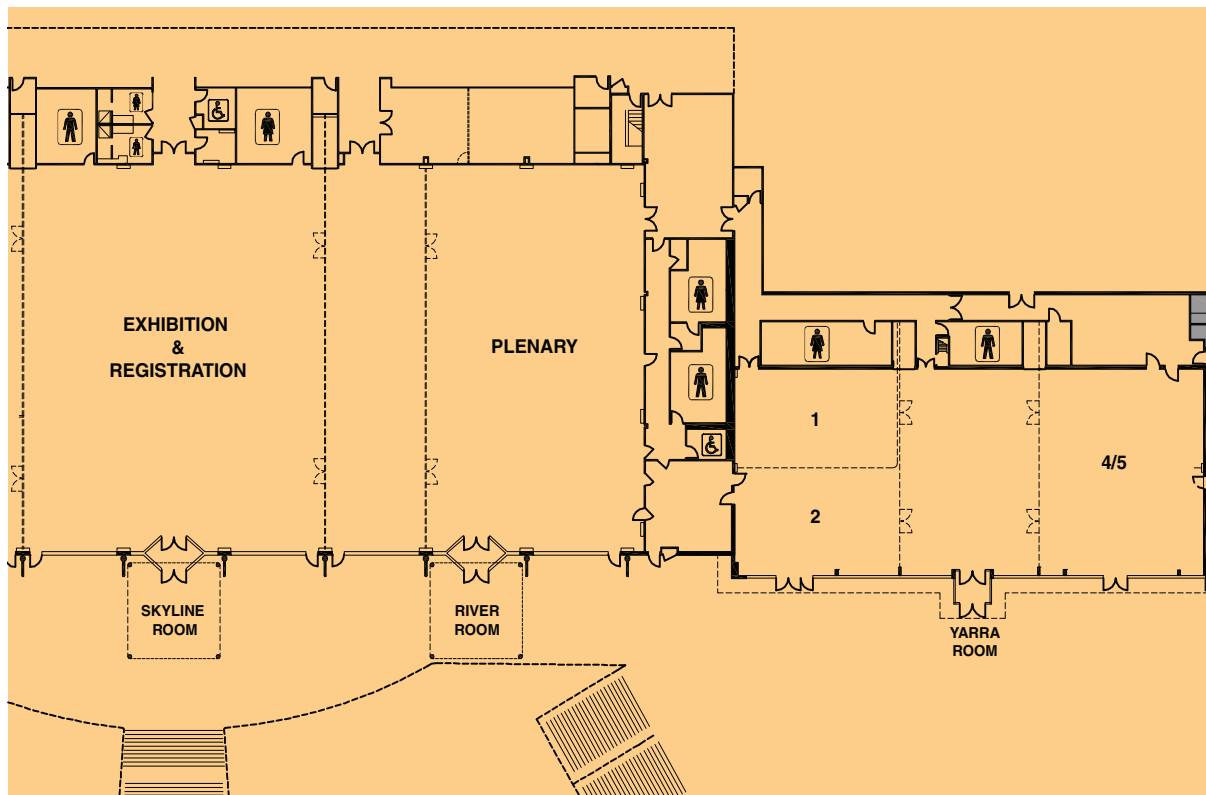
Take the amount of time you've allotted to hang out on Gertrude Street, and double it. This part of Fitzroy used to be known for its criminal history and struggle street poverty but the cheap rent and proximity to the city eventually drew students and artists to its decrepit, yet still grand, old buildings. A new Gertrude Street has emerged over the past two decades and while it still has an edge (albeit a smoothly polished one), it's now home to some of Melbourne's most creative entrepreneurs from restaurateurs to designers, vintage retailers, book and music stores and fashion boutiques.

Special thanks to the Youth Forum Committee members for their input in creating the “Insider's Guide to Melbourne”.

Content: City of Melbourne “What's On” www.thatsmelbourne.com.au

Venue Map

Melbourne & Olympic Park Function Centre
Batman Ave, Melbourne, Australia
Melbourne and Olympic Park
www.mopt.com.au



The Speakers

Keynote Speaker

A/Professor Sam Winter



Sam Winter works in sexology at the School of Public Health at the Faculty of Health Science at Curtin University in Perth. His interests include sexual and gender development and diversity, rights, health and education. A psychologist by training and professional experience, Sam has taught, researched and published extensively in trans health and rights. He has also worked extensively as a psychologist with trans clients. He has worked with WHO (being one of those responsible for proposals for ICD-11 diagnostic reform), and with UNDP (authoring their 2012 Lost in Transition report). Since 2009 he has been a board member of the World Professional Association for Transgender Health (WPATH). He was one of the authors of their most recent Standards of Care (SOC-7). He has done advocacy work regionally and worldwide, working with Asia-Pacific Transgender Network (APTN) and Global Action for Trans* Equality (GATE).

Invited Speakers

Professor Ngiare Brown



Professor Ngiare Brown is a Yuin nation woman from the south coast of NSW and is passionate about Indigenous health and social justice.

Ngiare was one of the first Aboriginal medical graduates in Australia. She completed her medical degree at the University of Newcastle in 1992 and graduated with a Masters in Public Health and Tropical Medicine from JCU in 2000.

She was foundation chief executive officer with the Aboriginal Indigenous Doctors Association.

Ngiare has also held other positions as an Associate Professor and Director of the Poche Centre of Indigenous Health at the University of Sydney, and a Fellow of the Royal Australian College of General practitioners. She has been Indigenous Health Adviser to the AMA and Manager of Preventative Indigenous Health Programs for World Vision Australia. She was the Assistant Director at the Menzies School of Health Research in Darwin, where she developed a program around child health and human rights within the child health division. In 2005 she was named the AMA's Woman in Medicine for her contributions to the profession. She is committed to early childhood and adolescent wellbeing and has worked over the past two decades to develop an extensive international network in indigenous health.

Ngiare has made extensive contributions in research process, bioethics, policy, translation and practice within Aboriginal and Torres Strait Islander health research.

Professor Donna Cross



Professor Donna Cross is a Winthrop Professor with the Faculty of Medicine, Dentistry and Health Sciences at the University of Western Australia and the Telethon Kids Institute. Donna has been awarded over \$17m in competitive grants addressing child and adolescent health promotion which has supported 42 applied school and community-based research intervention projects investigating ways to enhance social and emotional development and reduce bullying (including cyberbullying) and other anti-social behaviour among children and adolescents. She currently leads seven 3-5 year research projects that aim to enhance students' wellbeing, especially their social competence, and other skills to reduce all forms of anti-social behaviour and mental health harms among school-age children and adolescents. In 2012, Donna received the award for Western Australian, 'Australian of the Year' for her services to children's health.



Jane Martin



Jane Martin, BA (Hons), MPH, is Executive Manager of the Obesity Policy Coalition (OPC) and of Alcohol and Obesity Policy at the Cancer Council Victoria. She is a Senior Fellow at Melbourne University and an Honorary Fellow at Deakin University.

In her role at the OPC, Jane advocates for policy and regulatory reform to prevent overweight and obesity, with a focus on food marketing, labelling, and tax and pricing measures. Jane has worked extensively in public health advocacy, first in tobacco control then in obesity prevention and more recently alcohol control. Her interests lie in advocacy, partnerships, policy oriented research and using evidence-informed arguments for policy reform.

She has published a number of book chapters and papers, contributes to research grants and is active in the media and with other related advocacy initiatives. She is a member of international and national advisory committees, Vice-President of the Australia New Zealand Obesity Society, a Churchill Fellow and is a board member of Family Planning Victoria.

Zoe McCallum



Zoë McCallum is a general paediatrician who has worked in the field of child obesity for over 15 years. She consults in the Royal Children's Hospital Weight Management Service and at Melton Health, a public paediatric weight management service which is part of Djerriwarh Health Services. She has conducted several research studies working with GPs to improve the management of childhood obesity (LEAP and Hopscotch Trials). She is passionate about supporting families and clinicians improve the health of our children.

Professor George Patton



George Patton is Professorial Fellow in Adolescent Health Research at the University of Melbourne and NH&MRC Senior Principal Research Fellow. He has a clinical background in child and adolescent psychiatry and later trained in epidemiology. He has both domestic and global focus in his research. In Australia, he has led a series of long term longitudinal studies dealing with the emergence of health risks in adolescence, and their consequences in later life and for the next generation. He has also been engaged in large scale prevention trials in community and schools settings, as well as trials of health interventions in primary care. Globally he has played a

lead role in the first studies of death, burden of disease and health risks in adolescents. He has led two series in adolescent health for the Lancet and is currently the Chair of a Lancet Commission in Adolescent Health and Well-being. He has had advisory roles with the UN, World Health Organization, the World Bank and UNICEF.

Professor Susan Sawyer



Susan Sawyer is Director of the Centre for Adolescent Health at the Royal Children's Hospital, and holds the Geoff and Helen Handbury Chair of Adolescent Health at the University of Melbourne. A paediatrician by training, Professor Sawyer has helped build the field of Adolescent Health and Medicine in Australia, the Asia Pacific region and increasingly further afield. Her interests in health services for adolescents include the development and evaluation of clinical models of care for young people in specialist and primary care settings. She co-led two series on adolescent health for The Lancet which have helped frame the importance of adolescent health globally. She is a lead Commissioner for the 2016 Lancet Commission on Adolescent Health and Wellbeing, a global collaboration of academics, global policy makers and young people which will frame opportunities for future investments in adolescent health. She currently chairs the Technical Steering Committee on Maternal, Newborn, Child and Adolescent Health for WHO, and has had various advisory roles with UNICEF, UNFPA, the Partnership and the World Bank. She is Vice-President of the International Association of Adolescent Health and a board member of the Society for Adolescent Medicine (USA). Recent capacity building activities include the development of a Massive Online Course on Global Adolescent Health.

Christopher Zinn



Christopher Zinn is a consumer advocate and activist who works towards helping people make the most of the consumer revolution which is being delivered by technology. His initiative Determined Consumer works with a number of start-up online businesses, groups and campaigns which seek to empower us through the purchasing decisions we make. He is also interested in the impacts of excessive consumerism, especially on the young, and has recently raised the issue in a number of forums including being part of a national speaking tour. Christopher has worked as a journalist and broadcaster in Australia and overseas including a number of programs on both the ABC and Channel Nine and newspapers including the UK's Guardian and Telegraph. He lives in Bondi and has two teenage sons.



Performances

Performances at the Welcome Reception

Dig Deep Collective

**NSWKIDS
+FAMILIES**



Dig Deep is Arts Centre Melbourne's flagship hip-hop and urban music mentoring program. An incredibly diverse range of young artists work with a team of established hip-hop practitioners to create and present new work, develop peer mentoring skills and collaborate with young artists from other creative disciplines. The Dig Deep Collective are renowned for their passionate, high energy live performances and have become a well respected mainstay of Melbourne's Hip-Hop scene.

Transit Dance

Transit Dance is Australia's newest dance institution, founded in September 2014 under the direction of Paul Malek and Karen Malek, we empower and nurture the next generation of contemporary dance artists to transition into their future roles as dancers, choreographers and teachers. Performing tonight, with choreography by Paul Malek, is a mixture of our main artistic initiatives, Transit Dance Company, Origins Youth Dance Company and our Transit Dance Pre-Professional Students.



Westside Circus



Westside Circus is Melbourne's leading NFP organisation for young people's participation in quality artistic circus experiences. We believe young people, especially those from disadvantaged backgrounds, deserve access to creative and healthy activities to assist them to build positive pathways to successes in life.

We engage young people aged 2-25 from diverse social, economic and cultural communities and enhance their physical and emotional health through our unique brand of contemporary circus. Our participants' demographics include: at risk youth, CALD communities, newly-arrived migrant families, young people with disabilities and families living locally with an interest in circus. Our workshops and performances inspire future leaders to be creative problem solvers by encouraging physical play and exploration alongside analytical thinking on social and personal issues.

In the last few years our Youth Troupe has partnered with or performed at the Melbourne Festival, National Gallery of Victoria, Opening parade for Opera Australia's Ring Cycle and community festivals such as Malahang Community Festival, McLeod Youth Fest, Sydney Rd Street Party, Arty Farty Kids Festival, Knox Festival, Darebin Kite Festival and Catapult (the National Youth Circus Festival held in Bathurst, NSW).

Get free quality professional learning in improving student mental health and wellbeing.



Principals Australia Institute (PAI) delivers KidsMatter Primary and MindMatters, two mental health initiatives designed to help build student resilience and mental health.

To learn more about how we can support your school, call **1800 1 PAI PAI** or visit www.kidsmatter.edu.au/primary and www.mindmatters.edu.au



KidsMatter Primary is funded by the Australian Government Department of Health and backed by the expertise of beyondblue, Australian Psychological Society and Principals Australia Institute. MindMatters is a national mental health initiative developed by beyondblue in association with Principals Australia Institute and with funding from the Australian Government Department of Health.



Performances during the conference

Drumlines: Thursday morning 9am



Formed in 2013, MRD (Mount Ridley College Drumline) has steadily become one of Mount Ridley College's leading music ensembles. It connects students from across different year groups through a common interest: drums! 2015 has seen the group really make their mark by performing at all major college events including the Opening Ceremonies for both the Sport and Athletics Carnival. The group features Daniel Posumah (Centre Snare), Brayden Dwyer (Snare), Ida Namaan (Snare), Marcus Bramwell (snare), Kayla Harvey (Tenors) Eray Mehmet (Tenors), Robjeet Singh (Bass) and Lewis Mason (Bass). They are incredibly excited and proud to bring their grooves to you for the opening of the 2015 AAAH National Youth Conference.

Somebody's Daughter Theatre Company: Friday morning 9am



Somebody's Daughter Theatre (SDT) is a unique company, which has been working with the community of the disadvantaged for over 30 years, producing high quality theatre, music and art. In particular, the Company works with:

- disadvantaged young people (particularly in regional and rural areas)
- women in prison and after they have been released

SDT works regularly in collaboration with education, health and welfare agencies to establish community partnerships using the performing arts as a driver to break cycles of abuse, addiction and disengagement and to motivate more inclusive communities.

In 2000 the Company's first official offspring, HighWater Theatre (HWT), was developed in Albury/Wodonga in partnership with Gateway Health and the Victorian Department of Education and Training. HWT is a creatively led education program for young people outside the mainstream school system. Now in its fifteenth year, it is based at Gateway Island, on the banks of the Murray River.

In 2014, SDT began working in the Greater Geelong Region with young people, carers, schools and community agencies and the company works between Melbourne, Geelong and Wodonga,

Working together



Program

Thursday 12 November 2015

0730 – 0900	Registration Open
0900 – 0930	Welcome and Opening <i>Performance by Drumlines</i>
0930 – 1015	Keynote Address

1015 – 1045	Morning Tea	
1045 - 1145	Resilience and Wellbeing Yarra 1 Symposium Money can't buy... Wellbeing, identity and the critical role of young people in systemic change Lauren Oliver Lily Graham Crystal Moon	Chronic Illness and Disability Yarra 2 Symposium Chronic Illness, Peer Support and Youth Empowerment Allesha Fecondo James Williams Heather Campbell
1200 - 1300	Resilience and Wellbeing Yarra 1 Oral Presentations Young people and mental illness: breaking down stigma through music Joshua Cunniffe 13 questions to ask young people about their ways of using music Cherry Hense Exploring Young Peoples 'Motivation' in Attending Outdoor Music Festivals Alison Hutton Leading youth forward through mentorship Ciara Stapleton	Chronic Illness and Disability Yarra 2 Oral Presentations Linking in and grooving out: the use of music to address social connectedness for young people with disability transitioning between school and adult services Melissa Murphy Livewire: putting a price on social connection Kylie Johnson Livewire – Connecting teens and inspiring creativity in the hospital Rebecca Carr Angela Grant Transition camp for adolescents with chronic conditions Silja Kosola
1300 – 1400	Lunch	
1400 – 1445	Youth Forum Plenary	



River Room



River Room

Morning Tea

Weight and Health
Yarra 4 & 5

Symposium

Atypical Anorexia Nervosa - A weighty issue!

Michele Yeo
Elizabeth Hughes
Martin Pradel

Health Education Interface
River Room

Extended Oral Presentations

Supporting transition, inclusion and improved educational outcomes for adolescent students with specialised health needs in Queensland state schools

Geraldine Dyer
Helen McCullagh
Kim Bennett

The Childhood to Adolescence Transition Study (CATS): The Middle Years - A Foundation for Future Health and Wellbeing
Lisa Mundy



Weight and Health
Yarra 4 & 5

Oral Presentations

What factors are associated with overweight and obesity in young rural Australians?

Georgina Luscombe

A systematic review of energy requirements during puberty in healthy non obese adolescents

Hoi Lun Cheng

How green is my menu?

Alice Pryor

Failure to thrive and growth impairment: the link to inhalant abuse

Rose Crossin

Health Education Interface
River Room

Oral Presentations

The association between schools' conflict resolution practices and bullying behaviours between students: a multilevel observational study of 80 secondary school from New Zealand

Simon Denny

'It is poorly covered in our school and in our system' A community health service approach to meeting the need for sexuality, relationships and gender education in Moreland

Carolyn Mogharbel

Randomised controlled trial of a complex intervention to improve school-based HPV vaccination for adolescents: the HPV.edu study

Rachel Skinner
Cristyn Davies

A Multi-disciplinary rehabilitation program for adolescents with Chronic Fatigue Syndrome: Reduction in mental health symptoms and increases in school attendance

Zamia Pedro



Lunch

River Room





Program

Thursday 12 November 2015, cont.

1445 – 1530

Resilience and Wellbeing

Yarra 1

Symposium

Participatory design
Michelle Blanchard
Jim Rimmer

Chronic Illness and Disability

Yarra 2

Oral Presentations

Biological markers of stress and anxiety in childhood cancer survivors

Mazen Amatoury

Promoting resilience wellbeing and recovery:
 The banksia ward therapeutic group program at the
 Royal Children's Hospital

Emily Smith

Direct from the source: youth views on stress,
 coping, and seeking help

Emma Edwards

1530 – 1600

Afternoon Tea

1600 – 1700

Resilience and Wellbeing

Yarra 1

Symposium

Understanding resilience and young people
 in Victoria

Irene Verins
Dana Bradford
Michelle Gooley

Chronic Illness and Disability

Yarra 2

Oral Presentations

Examining school functioning in adolescents with
 Chronic Fatigue Syndrome

Michelle Tollit

Chronic illness peer support: Travelling together the
 rocky road

Mickey Dandachli

A Young Adult Health Centre - From rhetoric to
 reality

Greg McGahan

Two heads are better than one - joining forces to
 deliver comprehensive transition services in New
 South Wales, Australia

Madeleine Bridgett

1900 – 2300

Conference Party



Weight and Health
Yarra 4 & 5

Extended Oral Presentations

Examining cognitive psychopathology and behavioural symptoms of eating disorders across binge/purge profiles

Jasmine Smithers
Kirsty Bulloch

Medical instability in children and adolescents with an eating disorder: Findings from a tertiary service

Donald Payne

Health Education Interface
River Room

Oral Presentations

Transitionmate: A mobile phone application to support transition and self-management in young people with chronic illness

Harriet Gunn

Embarrassing Bodies or Worried Minds

Lee-Ann O'Brien

Preventive health care for adolescents - what works best?

Elina Hermanson

**Principals
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Afternoon Tea

Weight and Health
Yarra 4 & 5

Invited Symposium

Adolescent obesity: from victim blaming to clinical, community and political actions

Christopher Zinn
Jane Martin
Zoe McCallum

Health Education Interface
River Room

Joint Policy Symposium

Penny Dakin
Sally Gibson
Jenny Proimos

**Principals
Australia
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Melbourne Aquarium





Program

Friday 13 November 2015

0800 – 0900	Registration Open
0900 – 0930	Welcome and Opening <i>Performance by Somebody's Daughter</i>
0930 – 1015	Keynote Speaker Gender, health and law: the case of trans youth A/Professor Sam Winter

1015 – 1045

Morning Tea

1045 - 1145	Resilience and Wellbeing River Room Invited Symposium The promise of Global Adolescent Health Professor Susan Sawyer Professor George Patton	Gender and Sexuality Yarra 4 & 5 Extended Oral Presentations Royal Australasian College of Physicians Sexual and Reproductive Health Care for Young People Position Statement Sarah Martin Fertility preservation in transgender and gender diverse children and adolescents Charlotte Elder
1200 – 1300	Resilience and Wellbeing River Room Symposium Mental health in adolescence: Protective factors and emerging risks Gerry Redmond Fiona Brooks John Freeman	Gender and Sexuality Yarra 4 & 5 Oral Presentations Parental experience raising children with gender dysphoria Emily Wilson Early medical treatment of Gender Dysphoria in a national Gender Dysphoria Service: Baseline characteristics of a UK cohort beginning early intervention Harriet Gunn All Of Us - teaching sexual diversity, gender diversity and intersex topics in schools Matthew Parsons Suicidality among sexuality diverse young people - any positive changes since 1997? Atari Metcalf

1300 – 1400

Lunch

Australian Association for Adolescent Health AGM – River Room



River Room

Morning Tea

Vulnerable Youth

Yarra 1

Invited Symposium

Professor Ngiare Brown

eHealth and Technology and Vulnerable Youth

Yarra 2

Symposium

YOUth Talking It Up: Bringing the 'e' to eHealth

Madeleine Bridgett

Anjali Balakrishnan

Olivia Barendregt

Mae Rafrat

Lynne Brodie

Jane Ho

Vulnerable Youth

Yarra 1

Oral Presentations

A national profile of Indigenous adolescent health: Identifying priority areas for action

Pete Azzopardi

'Our Health Our Way' - Building the Bridge between Aboriginal Youth & Health Services

Kimi Halapio

Family tribes - an innovative program for young aboriginal carers

Tracey Brown

Before School Soccer: A carefully crafted wellbeing and engagement program. It started as an idea, and has now been developed into a fully fledged program that is literally kicking goals

Ry Cielens-Johnston

eHealth and Technology and Vulnerable Youth

Yarra 2

Oral Presentations

The eheadspace work and study program - Vocational Support in an online environment

Genevieve Smith

Young and BRAVE: An evaluation of a community eMental Health intervention for youth anxiety

Luka Byrne

Young people, wellbeing and technology: Findings from the Second Young and Well CRC National Survey

Laura Ospina-Pinillos

Tech Savvy and 'Appy

Fiona Robards

Lunch

Australian Association for Adolescent Health AGM – River Room



Program

Friday 13 November 2015, cont.

1400 – 1445

Resilience and Wellbeing River Room

Symposium

Working together in CAMHS: Creative and collaborative work between mental health clinicians, teachers and families to maximise the resilience and wellbeing of adolescents

Catherine Mollica
Kathy Eyre
Amity McSwan

Gender and Sexuality Yarra 4 & 5

Symposium

Hearing it firsthand, the experience of trans young people and their families

Rebekah Robertson
Georgie Stone

1445 – 1530

Resilience and Wellbeing

Invited Symposium

Closing the Chasm between Adolescent Intervention Research Evidence and Policy and Practice

Professor Donna Cross

Gender and Sexuality

Symposium

Gender Affirming Schools: Building support for transgender students across research, policy and practice

Joel Radcliffe
Elizabeth Smith
Rebekah Robertson

1530 – 1545

Afternoon Tea

1545 - 1645

Resilience and Wellbeing River Room

Oral Presentations

Protective factors of resilience in young people: a review of the epidemiological evidence

Michelle Tollit

Support, Develop, Empower: Youth Leadership at CanTeen

Natalie Meti

Peer program: Effects of a residential camp program on sense of belonging, psychological flexibility, coping, and self-compassion for youth living with cancer

Elizabeth Kelly-Dalgety

Promoting adolescent wellbeing through outdoor programs and camps: A novel approach to understanding best practice

Lauren Rose

Gender and Sexuality Yarra 4 & 5

Oral Presentations

Yep crew: peer education in practice, overcoming sexual health education challenges

Rachel Fuller

'This survey is not for lesbians': How can we make sexual health research more inclusive?

Elise Carrotte

Voices of sexuality education: Giving voice to the experiences and opinions of a diverse range of young people, families and communities

Kylie Stephens

Mobilising and enhancing youth sector networks to support young people's sexual health promotion

Rachel Fuller

1645 - 1700

Closing address



Vulnerable Youth

Yarra 1

Symposium

Right time? Wrong place?: Adolescents presenting to emergency departments

David Bennett

Sally Gibson

Kate Steinbeck

Lena Sanci

eHealth and Technology and Vulnerable Youth

Yarra 2

Symposium

Fitness Inspiration on Social Media: How Inspiring is #fitspo?

Megan Lim

Stephanie Jong

Ivanka Prichard

Elise Carrotte

Vulnerable Youth

Oral Presentations

Addressing the implications of mental ill-health for a young person's physical health

Eoin Killackey

eHealth and Technology and Vulnerable Youth

Oral Presentations

Working with the Communities That Care process to coordinate interventions to prevent adolescent alcohol use: A randomised community trial

Bosco Rowland

Predicting early onset of intoxication a population based longitudinal study of Norwegian adolescents

Froydis Enstad

Project Tune Your Mood - an online platform using preferred music to connect with young people in and beyond therapy

Carmen Cheong-Clinch

Afternoon Tea

Vulnerable Youth

Yarra 1

Oral Presentations

Ask us! Young people from refugee backgrounds as advisors enhancing social inclusion within their school

Kath Cooney

Can you see the board? A collaborative approach to optimising learning through health

Elizabeth Donaldson

The junction hub collective impact

Mel Blake

Angst - adolescent friendly GP study

Kaitlin Duell

eHealth and Technology and Vulnerable Youth

Yarra 2

Oral Presentations

Teens on wheels and consequences - a population-based study of moped and scooter accidents

Silja Kosola

Adolescent and parental rating of puberty and associations with serum hormone concentrations

Ben Balzer

Healthy young people see cancer as an inevitable trajectory towards death: Findings from creative research methods with school students

Peter Lewis

Preconception mental health problems and impaired maternal-infant bonding: insights from the Victorian intergenerational health cohort study (VIHCS)

Yvette Alway

Sponsors & Exhibitors

Australian Association for Adolescent Health (AAAH)

Exhibitor

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AAAH is a national organisation dedicated to raising awareness of the health needs of young people and advocating for improved health outcomes for this group.



Australian Research Centre in Sex, Health and Society (ARCSHS), La Trobe University

Exhibitor

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ARCSHS is a multidisciplinary centre for social research into sexuality, health, and the social dimensions of human relationships.



Association for the Wellbeing of Children in Healthcare

Exhibitor

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The Association for the Wellbeing of Children in Healthcare (AWCH) is a non-profit organisation of parents, professionals and community members who work together to ensure the emotional and social needs of children, adolescents and their families are recognised and met within hospitals and the health care system in Australia.

See more at: <http://www.awch.org.au/about-awch.php#sthash.tsA5LWWv.dpuf>



The BRAVE Self-Help Program

Exhibitor

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Website: <https://brave4you.psy.uq.edu.au>

BRAVE Self-Help is a free, interactive online program for the management of anxiety. It is available to all 8 - 17 year olds and their parents.

BRAVE Self-Help is a collaboration between the University of Queensland, University of Southern Queensland, Griffith University, Uniquet and Beyondblue.



City of Melbourne

Sponsor

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The City of Melbourne has a growing and diverse population across all ages and abilities. Through its Melbourne for All People Strategy 2014-17, Council advocates people's right and aspiration to live safe,





healthy and connected lives. The City of Melbourne is committed to ensuring that all young people have the opportunity to participate and engage in the social, economic and cultural life of the city. Council aims to ensure that all young people have access to and benefit from a range of educational, social and cultural activities. We work with young people, schools, universities and community organisations to ensure that young people are valued and contributing members of their communities.

Department of Education and Training, Victorian Government

Major Partner



Contact: Dr Jenny Proimos
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We're making Victoria the Education State by building an education system that produces excellence and reduces the impact of disadvantage.

In the Education State parents can have confidence that every child will get every chance to achieve their potential and learn the skills they need for the future.

We're introducing new programs to support our most vulnerable students, and putting a renewed focus on health and wellbeing with ambitious targets for student resilience and physical activity.

We're also preparing our kids for life and work through the new curriculum with subjects such as digital coding and respectful relationships.

To find out more about the Education State, visit www.education.vic.gov.au/educationstate

NSW Kids and Families **NSWKIDS + FAMILIES**

Associate Partner & Exhibitor

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Website: www.kidsfamilies.health.nsw.gov.au

NSW Kids and Families provides leadership to the NSW health system. We partner with our stakeholders to champion outstanding health, wellbeing and healthcare for all children, young people and families and reduce the health impact of sexual, domestic and family violence, child abuse and neglect.

Website: www.kidsfamilies.health.nsw.gov.au Twitter: @NSWKidsFamilies

Principals Australia Institute

Sponsor

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Principals Australia Institute is a not-for-profit company providing principals and school communities with quality professional learning services and leadership development. Our major initiatives include KidsMatter Primary, MindMatters and Australian Principal Certification.

**Principals
Australia
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Learning. Leading.

Redkite

Exhibitor

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Sponsors & Exhibitors

Redkite provides information, counselling, financial help and education and career support for children and young people (24 and under) with cancer, and those close to them.

ReachOut Australia

Exhibitor

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Website: www.ReachOut.com and
www.Professionals.ReachOut.com



ReachOut provides practical tools and support to help young people get through everything from everyday issues to tough times.

Sexual Health and Blood-borne Virus Program, WA Department of Health

Sponsor



Government of Western Australia
Department of Health

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Website: <http://healthywa.wa.gov.au/>

The Sexual Health and Blood-borne Virus Program coordinates the prevention and control of Sexually Transmitted Infections (STIs) and Blood-borne Viruses (BBVs) in Western Australia.

Starlight Children's Foundation-Livewire Program



Exhibitor

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Starlight's mission is to brighten the lives of children and young people. Last year we helped over 146,000 sick children and their families.

The Link Youth Health Service



Sponsor

Contact: David Perez
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Website: www.thelink.org.au

The Link Youth Health Services provides a wide range of services to young people. Our services are FREE, confidential and respectfully focus on individual needs.

Trapeze, The Sydney Children's Hospitals Network



Exhibitor

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Trapeze is a specialist adolescent chronic care service supporting young people with chronic conditions aged 14-25 years as they make the leap to adult services.



**NSWKIDS
+FAMILIES**

**Supporting young people
to be healthy, safe and
well.**

+ OUR PURPOSE

NSW Kids and Families provides leadership to the NSW health system. We will partner with our stakeholders to champion outstanding health, wellbeing and healthcare for all children, young people and families and reduce the health impact of sexual, domestic and family violence, child abuse and neglect.

Check out our youth health resources at www.kidsfamilies.health.nsw.gov.au and Follow us @NSWKidsFamilies or @YouthHealth



Health

Web: www.kidsfamilies.health.nsw.gov.au
Twitter: @NSWKidsFamilies



FREEDOM TO CHOOSE. IT'S TIME TO TAKE CONTROL.

trapeze.org.au

Trapeze supports young people with chronic conditions aged 14 – 25 years as they move from the children's hospital to adult health services.



trapeze
a supported leap into adult health

**The Sydney
children's
Hospitals Network**
care, advocacy, research, education

Notes

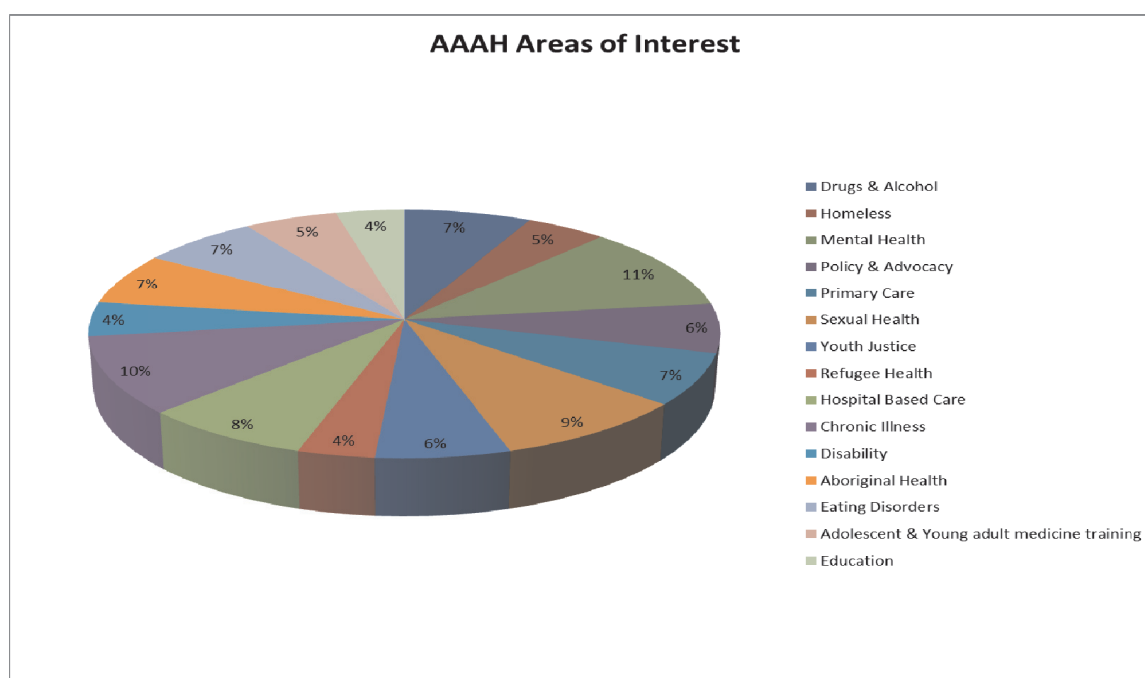




Join AAAH today

Membership of AAAH provides the chance to be part of an increasingly influential, national, multidisciplinary organisation dedicated to raising awareness of young people's health and advocating for improved health services for this group.

The membership is diverse – drawn from all States and Territories in Australia and from a wide range of disciplines (see figure below).



AAAH provides the opportunity for colleagues from across the country to share ideas, develop networks and advocate on behalf of young people with one voice.

Join today by visiting the AAAH booth at the conference or log on to www.aaah.org.au



www.youthhealth2015.com.au

