

## What is School-Link?

School-Link is a collaboration between NSW Health and the Department of Education and other services to improve the mental health and well-being of children and young people in NSW.

This collaboration aims to improve mental health for children and young people, as well as enhancing partnerships between child and adolescent mental health services and their local schools and TAFE colleges.

School-Link coordinators are employed by mental health services across the state in each Local Health District. Our Local Health District stretches from Tweed Heads in the north to Grafton in the south, and west to Woodenbong and Drake.

School-Link coordinators work with education and health staff to:

- Develop clearer pathways to care for children and young people with mental health problems
- Support mental health prevention and early intervention programs in schools and TAFE
- Facilitate training for DoE staff on mental health and wellbeing
- Help DoE staff to support students and their families

For more information about School-Link or to see how the program can support your school, teachers, students and families, please contact your local School-Link Coordinator:

## Welcome to our first newsletter!

Hi Everyone – and welcome to the end of the year! This can be an exciting time of year spending time with family and friends, but it can be a challenging time too. Many of us may feel mentally and physically tired or experience feelings of loneliness if we are not with our loved ones during the holidays. Christmas can also be a time of stress with increased expenses, activities and at times conflict. It's important during this time to consider setting limits on the amount of social events we can realistically attend, and ask for support as sharing the load can reduce stress. We've listed some online supports for students and ourselves. Wishing you a great Christmas and wonderful New Year, see you in 2018!

Best wishes, Kim and Irene

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# GOT IT!- Getting it done

Children in Northern NSW can now be part of an early intervention program helping them take charge of their feelings and become better problem solvers.

GOT IT! – Getting On Track In Time! – is an exciting initiative for early intervention mental health in young primary school children.

The program is a collaboration between the NSW Ministry of Health and the NSW Department of Education involving mental health clinicians, DoE staff, primary school teachers and families in delivering a multi-faceted program to school children in years K-2.

Northern NSW Local Health District has its own GOT IT! team, split between Byron Central Hospital and Yamba Community Health to meet the needs of primary schools across the large geographical area of our LHD.

GOT IT! identifies children with social and emotional difficulties and supports them to respond to challenges. It teaches them skills for continued use throughout their lives.

This early intervention aims to reduce conduct-related behaviours within school and home environments, with the goal of increasing the child's learning opportunities and improving the family dynamics as well as reducing mental health concerns later in life.

For children, GOT IT! provides opportunities to learn about and manage their feelings and behaviours both at home and school. Kids involved in the program develop problem solving skills and become more confident and resilient within themselves.

The targeted clinical component of GOT IT! also involves the parents and carers of children and offers support in their parenting roles to promote a positive family environment.

The second component of GOT IT! provides training to teachers in the Fun Friends resilience program which enables schools to implement social and emotional learning structures within their classrooms to benefit every K-2 child.

This year has seen the new Northern NSW GOT IT! team working extremely hard setting up the program, while commencing roll-out across six primary schools from Tweed Heads to Grafton.

As 2017 comes to a close the team is already busily preparing for the new schools coming on board next year. For more information on the program please contact Byron Central Hospital on 02 6639 9141, or Yamba Community Health on 02 6603 0900.



The following information is from *e-Mental Health Resources for Young People*. This brochure can be accessed from:

[www.emphrac.org.au/resources/allied-health-professionals/](http://www.emphrac.org.au/resources/allied-health-professionals/)

Young people concerned about mental health are increasingly turning to the internet for help. Allied health professionals can provide important guidance to help young people find safe, credible e-Mental Health resources.

eMH resources can help young people identify problems, work out which interventions might suit them and tackle the uncertainty, fear and stigma that can hinder help-seeking.

eMH intervention programs can teach young people how to tackle symptoms of anxiety and depression and improve resilience and coping skills. These programs draw on evidenced-based therapies such as cognitive behaviour therapy, and can be self-help and/or therapist-assisted.

The eMH services and programs described here are free unless otherwise stated. Many can be used anonymously and many are 24/7. eMH is flexible and can be used before, during and after other forms of treatment.

#### Find information and peer support

##### **BITE BACK**

BITE BACK Promotes wellbeing and resilience in young people (12-18 yrs) through psycho-education, positive psychology and related approaches.  
[www.biteback.org.au](http://www.biteback.org.au)

##### **ReachOut.com**

ReachOut Provides practical tools and support to help young people aged 14-25 yrs get through everything from everyday issues to tough times. Includes information on mental health, peer support forums, and apps. ReachOut Next Step service for 18-25 yrs recommends support options. ReachOut Parents provides information and support to "help parents help teens".  
[www.reachout.com](http://www.reachout.com)

##### **The Toolbox**

The Toolbox on ReachOut.com recommends mental health and wellbeing apps endorsed by mental health professionals and young people aged 13-25 yrs. Includes links to apps, reviews and information.  
[au.reachout.com/sites/thetoolbox](http://au.reachout.com/sites/thetoolbox)

## Finding e-Mental Health Resources for Young People

#### Intervention programs for children and young people

##### **The BRAVE Program**

BRAVE is a free online self-help program for prevention, early intervention and treatment of anxiety in young people. It has child (8-12 yrs), teen (12-17 yrs), and parent components.

[www.brave4you.psy.uq.edu.au](http://www.brave4you.psy.uq.edu.au)

##### **MoodGYM Online Program**

This program that teaches skills from CBT to help prevent and manage symptoms of depression for 15+ yrs. Also useful for anxiety.

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

##### **OCD? Not Me! Online**

This program for people aged 12-18 yrs with OCD. It has eight stages and provides information, as well as support for parents and caregivers.

[www.ocdnotme.com.au](http://www.ocdnotme.com.au)

##### **Smiling Mind**

Smiling Mind Online and app based program to improve wellbeing of young people through mindfulness meditation. Provides agespecific content for 7-11, 12-15, and 16-22 yrs.

[www.smilingmind.com.au](http://www.smilingmind.com.au)

##### **OnTrack (Get Real! Early Psychosis Program)**

OnTrack offers the Get Real! program for managing unusual experiences/early psychosis for 14+yrs. Program consists of self-guided modules and interactive tools.

[www.ontrack.org.au](http://www.ontrack.org.au)

##### **Stay Strong**

A mental health and substance misuse intervention in an iPad app (available on iTunes for a small fee) for 10+ yrs. The app guides users and therapists through a structured, evidence-based intervention that is culturally appropriate for Indigenous clients. [menzies.edu.au/page/Resources/Stay\\_Strong\\_iPad\\_App/](http://menzies.edu.au/page/Resources/Stay_Strong_iPad_App/)

