

# Youth Mental Health - Risk and Protective Factors

Presented by Natasha Wilmann, Youth Health Education



Suicide is the leading cause of death for ages 14 to 24. This program identifies significant adolescent stresses & the protective and risk factors of youth mental health...

Format: Face to Face - Individual

Audience: All Secondary school staff

## Description

Suicide has overtaken the number 1 reason for deaths in youth populations (14-24) and is now a greater threat than road accidents. Youth Mental Health is a program designed to understand the significance and deterioration of mental health in young people, the factors that contribute to improving and decreasing mental health, what today's youth are most worried about, how school environments and individual teacher's classrooms and strategies can improve youth health and well-being including self-esteem, confidence and resiliency.

Objectives;-

- To develop and deliver a presentation to teaching staff on importance and issues of youth mental health
- To increase school staff knowledge and understanding of youth mental health and their influence on student mental health
- To enable teachers to enhance resiliency of students by promoting their communication, participation and teamwork in order to improve youth positive self-esteem, belonging and connectedness to schools
- To reduce stigma, myths and stereotypes amongst the school community in order to increase help seeking behaviour from those who are in need.

### Additional notes about this format

This format allows colleagues from different schools and associations to brain storm , integrate and share effective strategies within their own schools and learning areas. We looks specifically at youth mental health and has interactive activities that allow participants to understand the adolescent psyche. Young people today are misjudged and under-appreciated as youth mental

health information and services often only cater for children or adults and many youth aged between 14 and 24 are pushed into inappropriate services.

## **Occurrences**

There are no occurrences of this format in Australia (NSW) at this time.

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## Sessions

### What is mental health and the different types of mental illnesses

#### 1 hour

This session consists of the definitions of mental health and illness, how it is affected through a biopsychosocial model and the different types of mental illness.

- A historical and cultural perspective of Mental health
- Youth mental health issues in high school aged students
- Why youth mental health is deteriorating

### School and individual teachers helping

#### 1 hour and 30 minutes

- How schools contribute to enhancing and the deterioration of young people's mental health
- Aspects of school environments that play a crucial role in promoting youth mental health by providing;-
- Current school policy and community resources and collaboration
- Parent involvement and interactions
- Aspects of individual teachers and classroom strategies that promote mental health
- Perceptions of learning that enhance mental health of students

### Services, resources, warning signs and what to do

#### 1 hour

This session looks at;-

- How to identify students at risk
- What information, resources and services are most effective
- Which information and services are not affective and why
- What to do in an emergency

### Services, resources, warning signs and what to do

#### 1 hour and 30 minutes

Looking at specific activities for Secondary school year levels, the corresponding AusVEL/ BOSTES NSW levels and outcomes for Health and Well-being classes.

## About the team



### **Natasha Wilmann**

#### **Creator**

Natasha is a Youth Health Education expert and founder of "Youth Health Education". Natasha utilises a holistic approach examining all areas of health such as physical, emotional, cognitive, social, cultural and spiritual health. Natasha tackles youth health issues by confronting those once, uncomfortable topics, such as sexuality, sexual harassment, alcohol and other drugs, mental health, peer pressure, violence and many more, in a professional, educational and interactive way thereby eradicating community stigma, stereotypes and myths which impact youth health outcomes.

Natasha's academic background includes exercise physiology, nutrition and sport psychology, Post graduate in Secondary Teaching with a focus on bullying, violence, stress and peer pressure and a Masters in Youth Health Education and Management.

Natasha's passion and commitment to continued success for positive outcomes is through a whole community approach. Therefore Natasha works with school staff, sporting organisations, parents and students in a positive, holistic way.

Natasha provides a unique perspective having not only the academic background and working with Australian Football League (AFL), Northern League AFL, local councils, Mental Illness Fellowship Victoria, Young Women's Arthritis Support Group and Volleyball Victoria, but also having many lived experiences as an elite athlete, living with disability and chronic illness and many years of teaching and coaching Victorian sporting teams.



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Product: Youth Mental Health - Risk and Protective Factors

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