

# Queensland CHAPTER EVENT



**Clinical Professor David Bennett AO MBBS FRACP FSAHM**  
**University of Sydney and The Children's Hospital at Westmead**

Professor David Bennett is an adolescent health physician working to improve the health and wellbeing of young people through responsive health care, collaborative research, professional and community education, networking and advocacy. Previous roles include Head of Department of Adolescent Medicine at The Children's Hospital at Westmead (1977 - 2004), President of the *Association for the Wellbeing of Children in Healthcare*, President of the *International Association for Adolescent Health* and Consultant with World Health Organization. David is Head of the *NSW Centre for the Advancement of Adolescent Health* and serves on a number of high-level State and Commonwealth government policy committees.



David was honoured with an AO (Officer in the General Division of the Order of Australia) in 1995 for 'service to medicine, particularly in the field of adolescent health and medical care', is a Paul Harris Fellow with Rotary International, and has received other awards for his service to community. He is co-author of *I just want you to be happy: Preventing and tackling teenage depression*, co-editor of *Challenges in Adolescent Health: An Australian Perspective*, and the author of numerous other books, monographs, chapters and professional articles in the field of adolescent health. David is married to Anne with four grown-up children and three grandchildren.

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***"Advancing the health of young people: New challenges in research, professional development and advocacy"***

Adolescence is a unique and fascinating time of life when profound changes have the potential for huge impact on both current and future wellbeing. Notwithstanding their reputation as 'the healthiest group in the population', young people have to cope with 'the perils of puberty', the challenges of emerging relationships and identity-seeking, and the dangers to health and life of experimentation and risk-taking. The prevalence of social and psychological problems has increased in young people! Fortunately, adolescence is *a time of second chances*. New findings from neuroscience plus research into parenting and school-based programs provide a 'blueprint' for helping young people develop resilient traits and ward off problems before they occur. Drawing upon work undertaken by the *NSW Centre for the Advancement of Adolescent Health*, established in 1998 'to implement an organised, multi-sectoral approach to improving the health of young people', this presentation also addresses contemporary developments in youth health care, professional development and advocacy ([www.caah.chw.edu.au](http://www.caah.chw.edu.au)).

## NSW CAAH Update, February 2011

### NSW CAAH Key focus areas



**Developing information and resources** to increase knowledge and understanding of youth health issues



**Capacity building** to increase workers' skills and confidence in addressing young people's health



**Supporting applied research** and promoting better practice in youth health care



**Supporting advocacy & policy** development to increase leadership and action for adolescent health

### *Healthy bodies, healthy minds, vibrant futures: The NSW Youth Health Policy*

NSW Health has developed a new youth health policy, together with NSW CAAH and other stakeholders, to identify priorities, guide program development and promote better health outcomes for young people aged 12-24 throughout NSW.

The Policy was launched by the Deputy Premier and Minister for Health, The Hon. Carmel Tebbutt MP on Friday 17 December, 2010.

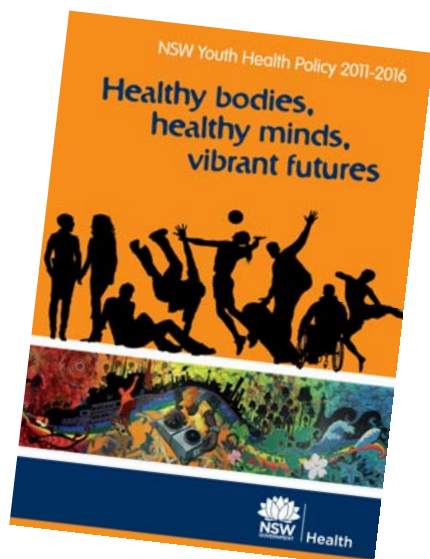
The Policy can now be downloaded from the NSW CAAH website, policy section.  
[www.caah.chw.edu.au/policy/policy.htm](http://www.caah.chw.edu.au/policy/policy.htm)

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## Youth Health 2011

The 8th Australian & New Zealand  
Adolescent Health Conference  
3rd IAAH Asia Pacific Congress

### *The 8th Australian and New Zealand Adolescent Health Conference & 3rd IAAH Asia Pacific Congress*

*9-11 November 2011, Sydney*

Co-convened by The NSW Centre for the Advancement of Adolescent Health and the Department of Adolescent Medicine, The Children's Hospital at Westmead, Youth Health 2011 will bring together the diverse field of Adolescent Medicine and Youth Health including hospital services, primary health care, youth work, researchers and academics alongside young people. In collaboration with The International Association for Adolescent Health, the conference is an opportunity to bring the Asia Pacific region together and raise the profile of Youth Health.

Enquiries and to join the e-list:

Tel: 02 9431 8641

E-mail: [YouthHealth2011@conferenceaction.com.au](mailto:YouthHealth2011@conferenceaction.com.au)

[www.youthhealth2011.com.au](http://www.youthhealth2011.com.au)

Twitter @YouthHealth2011 join in the conversation #YH2011

## Youth Health Forum (YHF)

There will be three Youth Health Forums during 2011. Topics include:

- *e-health: Connecting with young people (16 March)*
- *Mental Health (8 June)*
- *Working with at-risk young people (31 August)*

## Youth Health Forum DVDs

Looking for an easy way to hold some training on youth health issues? Can't find a speaker for your local network meeting? YHFs are being recorded on DVD to promote wider access to youth health education and training.

DVDs from 2010 now available include:

- *"Who cares? We do!" supporting young carers*
- *Youth homelessness: evidence and approaches to working effectively together*
- *Research and practice innovation*

## Regional Youth Health Forums

Regional YHFs involve a local screening session of a YHF DVD combined with discussion and networking. DVDs are being used as a tool to facilitate interaction on important youth health issues in your local area.

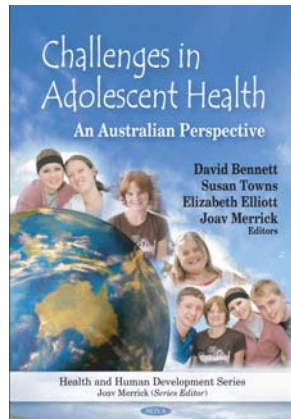
Resources and guidelines to assist organisations to run a Regional YHF in their area are located under the resource section of the CAAH website: [www.caah.chw.edu.au/resources](http://www.caah.chw.edu.au/resources)

## Recent book publications

*International Health Issues in Adolescent Medicine*, Adolescent Medicine: State of the Art reviews (Vol 20, No 3) edited by Dr Robert Brown and Professor David Bennett, published by American Academy of Paediatrics, Elk Grove, Illinois.

### *Challenges in Adolescent Health: An Australian Perspective*, Nova

Science, New York, is a joint initiative of NSW CAAH, Adolescent Medicine and the University of Sydney, Children's Hospital at Westmead Clinical School.



## Young people's e-health project

Supported by a University of Sydney Medical School Summer Research Scholarship, Monika Dryburgh began work on this project with Fiona Robards in December 2010 by conducting a critical review of the literature.

The project examines the role of information communication technologies (ICT) in facilitating direct communication (such as text messages and email), health promotion, research and evaluation, and health interventions such as online support groups and clinical tools including 'serious games'. Ultimately the aim is to produce a set of guidelines for service providers on how to safely and effectively incorporate ICT into their practice with young people, as well as how to best engage young people.

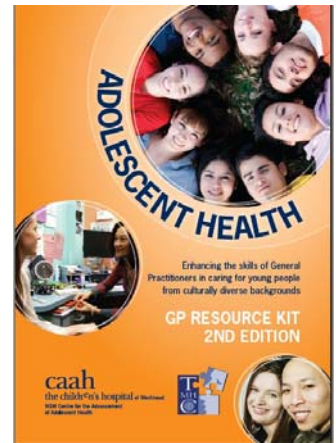
## GP Strategy

### Adolescent Health GP Resource Kit, 2nd Ed

Jointly published by NSW CAAH and NSW Transcultural Mental Health Centre, the GP Resource Kit is a practical guide to providing culturally sensitive health care to adolescents in general practice.

The Kit is endorsed by the RACGP and GP NSW. Although this Kit is designed primarily for GPs, it is also useful for anyone working in the youth health sector.

The Kit can be purchased from Kids Health (02 9845 3585; \$35 for 1 copy or \$30 for 2 or more copies including GST, excl postage). A free online version is downloadable from [www.caah.chw.edu.au/resources](http://www.caah.chw.edu.au/resources)



## Youth friendly GP training

A new training manual - *The Youth Friendly General Practice: Essential skills in youth health care* - is being developed as an adjunct to the Adolescent Health GP Resource Kit, 2nd edition. This manual aims to improve young people's access to GPs by providing high quality youth health training. The project steering group includes representatives from UWS, University of Sydney, the RACGP, several DGPs, STIPU and The Children's Hospital at Westmead. The first training session has been trialled in both Sydney and Coffs Harbour and was very positively received. It is now being polished before going to the publication stage. A second training day is also in development.

## Adolescent health check advocacy

NSW CAAH is leading a joint submission to advocate to the Federal Government regarding the introduction of a preventive health check to enable GPs to provide more comprehensive adolescent health assessments. The submission was recently sent to the Prime Minister, Minister for Health and Ageing, and Minister for School Education, Early Childhood and Youth, and a media release has been prepared.

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