



Youth in the Know





Program Overview

National Association of Loss and Grief (NALAG) Dubbo is an organisation established in response to the needs of community within the surrounding regional and remote towns of NSW. Dubbo NALAG is the NSW State Office. NALAG undertakes to strengthen the capacity of communities and individuals to improve their wellbeing following loss, grief and adverse life events. NALAG is committed to supporting education and training to volunteers, support workers, students, professionals and the wider public. The Centre attracts both local and national speakers from various disciplines to educate in the area of loss and grief. Specific education programs include *Seasons for Growth* (children and adults), *Blue Healers* Depression and Stress Program, *Bereavement Buddy* Group Support Program, *Season for Healing* (Aboriginal), Grief and Loss Volunteer Training, Suicide Bereavement, Palliative Care Grief Support, Healing Days/Remembering Ceremonies and Seminars, Conferences and Workshops. Training can also be provided on specific topics as requested.

NALAG is offering ***Free training** as part of the **Youth in the Know** Program which is about educating youth in wellbeing from the ages of 10 to 18 year olds. This program is funded under Primary Health Network (PHN).

NALAG'S role is to provide evidence based educational training programs to assist wellbeing in children and young adults who have experienced trauma or distress because of loss and grief experiences within their lives. It's also an opportunity for settings such as schools to have more awareness around these complex trauma issues to assist and support their students, teachers, school staff and the extended school community. These programs are an acceptable framework within *The Wellbeing Framework for Schools: Connect, Succeed and Thrive* concept.

Four Stages of Youth in the Know Program

-  **Stage One** Free* Training
-  **Stage Two** NALAG Educators
-  **Stage Three** Complex Trauma
-  **Stage Four** Sustainability



STAGE ONE

FREE* TRAINING, TRAVEL AND ACCOMMODATION to each participant is PROVIDED IN THE FOLLOWING 3 PROGRAMS, all held at DUBBO RSL. Two participants can attend from each of the 11 sub regions*. Each participant can attend all 3 training programs, i.e. 8 days of training or only attend one of the training on offer based on their individual school needs.

Rock and Water Program - 13th, 14th, 15th February 2019, Jacaranda Room, DUBBO RSL



This program assists children, young people and adults with pathways to self-awareness to increase self-confidence and social functions. Each person goes through a journey of self-awareness as they learn about responding to life with either a Rock or Water attitude. *"If you do not know and understand yourself, you cannot really understand someone else and therefore will struggle to build a trusting, respectful relationship"*.

Over three comprehensive days of training, participants learn the philosophy and theory, games and exercises and best practice strategies to deliver *Rock and Water*. On completion of training this program can be tailored to suit your own school needs. It can be focused on specific outcomes such as social skills, bullying, class cohesion, anti-violence, confidence development, goal setting and improved absentee rates. *Rock and Water* resources and ongoing support will be provided after training to those schools who participate.

DrumBeat Program - 12th, 13th, 14th March 2019 Starlight Room, DUBBO RSL



Drumbeat is a powerful and effective program incorporating hand drumming, behavioural therapeutic principles and cognitive and dialectical elements. It is used in small groups across a variety of settings. The name DRUMBEAT is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts.

As humans, we are social beings and by our very nature dependent upon relationships for our survival and prosperity. Relationships define identity, connect us in meaningful ways, and let us experience rich and fulfilling lives. DRUMBEAT facilitates the social and emotional skills for healthy relationships and values. This process of re-connection with self and interconnection with others enables profound social and behavioural changes in the following areas: mental wellbeing, knowledge and understanding of relationship issues, reduction in psychological distress and antisocial behaviour, reduction in school absenteeism and reportable school based behavioural incidences, improved self-regulation, increased social and emotional learning and empathy.

Holyoake's DRUMBEAT program is based on documented research that identifies key issues related to health and social outcomes. It also incorporates recent development in neurological research which notes the beneficial impact of rhythmic interventions on primal brain systems associated with anxiety and emotional control. Trained participants will receive ongoing support, drums and resources to implement.



Through Our Eyes Photography Program - 25th, 26th February 2019, Jacaranda Room, DUBBO RSL

Through our Eyes is a hands-on, practical workshop that uses photo-interactive activities to enhance young people's self-knowledge, awareness and wellbeing. This program activates positive social change, reduces social exclusion, assists in expressing grief and ultimately strengthen communities. This workshop aims to assist in the emotional healing and learning of young people impacted by complex trauma.

Photography involves more than simply taking photos. It also includes other photo-interactive activities such as photography as emotional communication rather than photography as art. No prior photography experience is needed and all ongoing support and resources including cameras, exhibition costs, printing of photos will be provided for trainees after training for those participating schools.



STAGE TWO

NALAG Trained Educators will provide each of the school communities that take up this offer a free 2-hour workshop on loss and grief to teachers, school staff and school community at a time that suits e.g. 9.30am to 11.30am or 3.30pm to 5.30pm to those participating schools.



STAGE THREE

National and renowned psychologist Mr Philip Hilder, who specializes in complex trauma, depression and anxiety, will provide comprehensive training in complex trauma focused on school-aged youth 10 – 18 year olds. This one-day workshop will be to enhance the skills of the participants that have attended any of the three training programs offered by NALAG and have also implemented at least one of these programs in their schools. NALAG will provide accommodation/travel to the Dubbo venue.



STAGE FOUR (Sustainability)

The final stage is a 'thankyou' from the NALAG team for your contribution towards the *Youth in the Know* Program. This funded incentive is to allow each school within the *sub regions to continue with the principles and philosophy of the *Youth in the Know* program, using evidence-based practice and knowledge to continue the sustainability of educating wellness within their school community.

Only 22 places will be available for each training program on offer. **Get in quick!**

FURTHER INFORMATION

Contact Judy Scolari-Gibson
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*Sub Regions

Sub Region 1	Parkes, Forbes, Condobolin and Cowra
Sub Region 2	Gilgandra, Coonamble, Walgett and Coonabarabran
Sub Region 3	Cobar, Nyngan and Narromine

NALAG
National Association for
Loss and Grief (NSW) Inc



DRUMBEAT
BUILDING RESILIENCE THROUGH RHYTHM

HOLYOAKE
FAMILY HEADSPACE ROOMS



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An Australian Government Initiative

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