

headspace Camperdown autumn newsletter 2020



PHOTO: Some of our headspace Camperdown team Pre-COVID-19

Service Update

Welcome to the first edition of our new headspace Camperdown newsletter for Autumn, 2020. With all the changes that the current CoVid-19 pandemic has brought we are trying to find new and different ways to stay in touch with young people and their families. This newsletter is a way to let young people, their families and friends know what is happening at headspace Camperdown, and also a place for young people to share their stories of surviving the Corona crisis.

I am pleased to say that headspace is still operating and offering pretty much all of the services that we have always offered. **We are still accepting referrals and you can still call us on 9114 4100.**

All of our appointments have moved to telehealth and so young people are being seen via either Zoom or telephone, including GP appointments. The team here has done a fantastic job of transitioning the centre to new technologies in this difficult time and young people and their families appear to be coping well with receiving headspace services in this way. We are also still running the majority of our groups and will soon be starting

up the remainder of these through online means via Zoom.

We are concerned about young people during this time and are particularly mindful of the unique challenges that young people face in the aftermath of the community response to CoVid-19. headspace Camperdown remains committed to providing high-level care and support for young people during this time and so if you are worried about yourself, a friend or family member please call us on **9114 4100** and don't forget to visit [headspace](https://headspace.org.au/eheadspace/) as well

<https://headspace.org.au/eheadspace/>

Dr. Blake Hamilton

Clinical Services Manager

headspace Camperdown

(02) 9114 4100

**stay at home,
but stay connected**



Staff Chats

One of our lovely Youth Advisory Group members Megan asked two of our headspace Camperdown team members about adapting to providing online services to young people during COVID-19

Dr Amy Burton is our Clinical Lead, she manages our Youth Access Team.

Benjamin Larke is one of our Psychologists, he supports young people with therapy and also group work.

Have you found anything limiting about having to use remote communication with Young People during isolation?

A.B The technical difficulties are definitely annoying and get in the way of the work. I have found young people to be so adaptive to this new method and understanding of the current limitations.

B.L I've actually been surprised at how smooth the transition to video and phone conferencing has been with most young people I'm working with. The one thing that I think we risk missing out on is the pre- and post-session time that young people often spend either preparing mentally for their sessions, or digesting what we've just discussed and agreed. Normally we don't even have to think about this as it just takes place on the bus or in the car on the way to and from our appointments, or in the waiting room, or kitchen of headspace. When our connection is instant, however, and we're

suddenly face-to-face – shifting right out of whatever we were doing into therapy and then back again – it can be harder to take the time to get the most of therapy by thinking about what we want to raise, or mulling over what we just talked over. Because of this, I've tried to encourage the people that I'm working with to set aside time before and after sessions so they get the same benefit from the work we're doing. Some have done this to good effect, with a couple of people now taking me with them on walks to a nearby park while we talk!

Are technical difficulties impacting your work or interactions with colleagues/Young People?

A.B Yes, but we have usually found a way around it and problem solved together. It's a bit annoying and takes up time but also satisfying when you can solve the "puzzle"

B.L Not really – sometimes the zoom streaming can get a bit laggy, but I'm finding that if we just flag that and can repeat what needs to be repeated, we don't miss out on anything that's being discussed. For some people it can be confronting to have the window showing themselves open during a video call, but if that's the case we can usually find a work around and occasionally we might spend time talking about how and why this is confronting as part of our work together.

Do you think we're doing everything we can to support young people accessing headspace?

A.B There is always more we would like to do but there have been major barriers to be able to achieve that. I can say that we are doing the best that we can with the resources that we have, the skills and technology that we have and the difficulties of the present time. I am hopeful that we will be able to do more over time as we get better at using the technology and are able to be more creative in our approach.

B.L I think so, it's been great to see the team and management step up to this situation to

do our best to not miss a beat in the delivery of our services. These are testing times, but my sense is that the whole team at headspace recognize that the work we do becomes more important when everyone's anxiety levels have just done the logical thing and jumped up to respond to being in the current situation!

Is isolation/coronavirus worries having a negative impact on your work ethic?

A.B I have been as busy as ever, so in a way I haven't had too much time to worry about coronavirus or pay too close attention to the news. I am too busy trying to keep the clinical service running, supporting our headspace clinical team with telehealth and have been doing radio shows and articles about the impact of covid on young people and suggestions of how to cope.

B.L Not really – I'm trying to apply the same principles in my own life that I spend a lot of my working day discussing with others: building structure, getting outside as often as I can, pushing myself to remain connected to friends and family who aren't nearby and thinking about my values and how I can channel them within the limitations of the current situation. We can make a choice at these times to focus on all the things we can no longer do as a result of the lockdown, or to try to get creative with the things that are left for us. It's not that I'm going to end up river-dancing on YouTube (!), but I do try to stay focused on what remains, what's possible and making the best job of that I can.



Support for family and friends



For our first newsletter I would like to tell you about our Family and Friends groups and courses.

headspace Camperdown Family and Friends Support Group runs on the first Wednesday of every month from Feb-Nov from 4.30-5.30pm. This support group is for Family and Friends of a young person (aged 12-25) experiencing a mental illness and has an educational aspect. Family and Friends can attend to share stories, offer support and compassion to others (you are not alone!), and to learn from health professionals we get in to discuss various topics of interest to our Family and Friends. Topics of interest are delivered to help learn and improve communication, understanding, and knowledge so you can better support your family member or friend with mental illness as well as offering discussions to support you as a carer.

Some of the topics over the past 18 months for our monthly group have been as follows:

- **Alcohol and other drug use**
- **Online gaming**
- **Body image**
- **Bullying**

- **What to do if a young person refuses help**
- **Self-compassion and self-care**

In addition to our monthly group, we run two Family and Friends courses at headspace Camperdown. The first is Tuning in to Teens, a course that has been developed by the University of Melbourne and is based on emotion coaching to help Family and Friends better support a young person (aged 12-25years). Some of the tools taught and discussed in this course are:

- **Communicating more effectively with a young person**
- **Understanding and managing a young person's emotional processes and reactions**
- **Helping a young person to better understand and manage their emotional reactions**
- **Gaining a better understanding of a young person's development and how this may impact their behaviour**
- **Supporting a young person to better deal with conflict**
- **Supporting a young person as they grow towards independence**

The second course we have on offer is **Youth Mental Health First Aid**. This course has been developed by Mental Health First Aid Australia and discusses adolescent development and the signs and symptoms of mental health decline and illness in young people. Some of the main mental health issues covered are depression, anxiety, eating disorders, psychosis and substance misuse. Additionally, this course will give you the tools to support a young person to get the appropriate professional help.

If you are a Family member or Friend of a young person experiencing mental health decline you are more than welcome to get in touch regarding our groups and courses by

emailing us:

headspace.camperdown@sydney.edu.au .

You can also request to join our Family and Friends closed facebook group - [Headspace Camperdown Family & Friends Support Group](#)

Thank you,
Donna Fowler
Family and Friends Co-ordinator
Administration Assistant

Helpful links

PARENT LINE

<http://www.parentline.org.au/>

MENS LINE

<https://mensline.org.au/>

KEEP MOVING!

headspace has teamed up with The Australasian College of Sport and Exercise Physicians to launch the **Keep Moving** campaign, that shows some of Australia's biggest sports stars joining together to demonstrate the importance of exercise and activity in not only keeping our bodies fit and healthy, but in maintaining our mental health too.

The series of videos filmed at home by Adam Goodes (former AFL), Samantha Stosur (tennis player), Alyssa Healey (cricket player), Tayla Harris (AFLW) and Chris O'Connell (tennis player), shows what they are doing to keep active to support their physical and mental health.

Check out the new campaign!

<https://headspace.org.au/keepmoving/>



WE'RE HERE TO HELP

headspace Camperdown is committed to continuing to support Young People (12-25) who are having a hard time with their mental health. Young people can refer themselves or be referred by a professional, friend, family member or supportive other. Call **(02) 9114 4100** and our administration team will talk you through the process.

To keep everyone safe during COVID-19 we are providing our therapy and support by phone and online.

CHECK US OUT ONLINE

More information about our service and resources

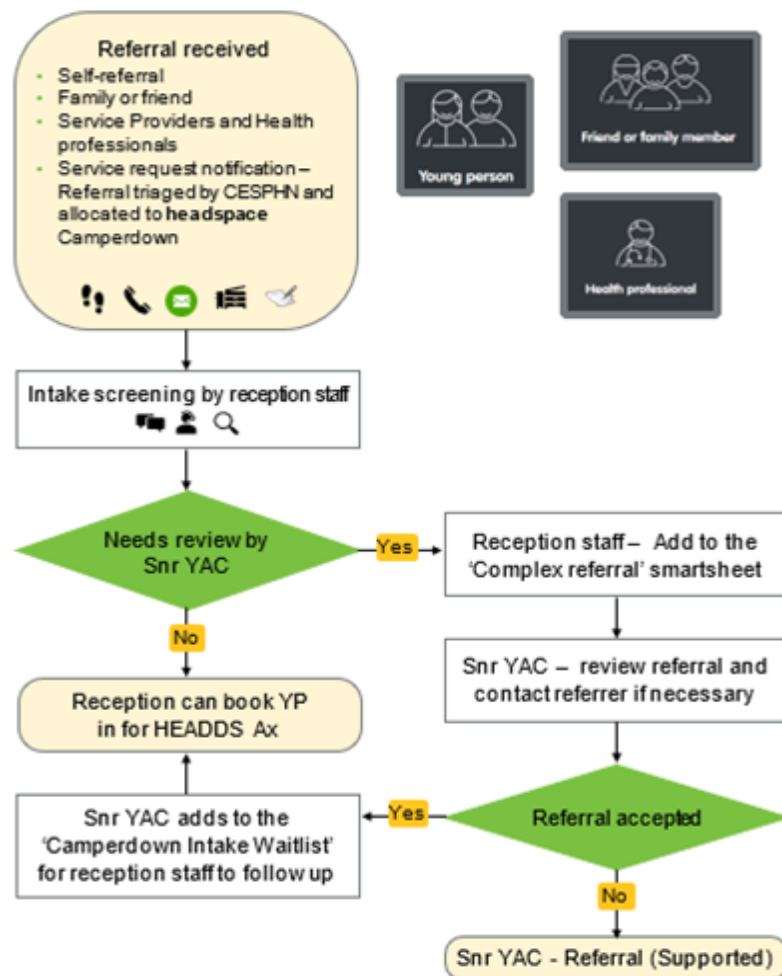
<https://headspace.org.au/headspace-centres/headspace-camperdown/>

Like us on facebook for regular updates

<https://www.facebook.com/headspacecamperdown>

Referral pathways

Entry



GET THAT ROUTINE HAPPENING! 😊



Advice from Jordan from our headspace Camperdown Youth advisory group

If I don't set a routine, I will find myself lost down any number of rabbit holes. I won't eat until lunchtime, I'll surf the internet for hours, and I'll find a way to convince myself that I absolutely must binge that new TV show.

With a routine, I wake up at the same time every day. I go for a sunrise walk, have a big breakfast, workout, shower, get dressed then sit at my laptop to get some uni work done. And it's only 8am. The best thing about scheduling my day is that once the sun goes down, I feel accomplished, and that I deserve tonight's Netflix binge.

And on the days when that routine falls apart – where I sleep in an hour longer or get caught up in a long phone conversation with a friend – I forgive myself and jump back on the horse. It will happen, and that's okay. We're all doing our best.

Are you a young person who has some advice you'd like to share relating to mental health and wellbeing.

We'd love to hear from you!
Please send us an email:

headspace.camperdown@sydney.edu.au

OTHER NEWS:

IDAHOBIT DAY MAY 17, the international day of promoting inclusion for **LGBTIQA+ community members**.

<https://www.idahobit.org.au/>

NATIONAL RECONCILIATION WEEK 27 MAY-3 JUNE

Reconciliation is a journey for all **Australians – as individuals, families, communities, organisations and importantly as a nation**. At the heart of this journey are relationships between the broader Australian community and **Aboriginal and Torres Strait Islander Peoples**.

<https://www.reconciliation.org.au/national-reconciliation-week/>

If you need to speak to someone urgently, please call Lifeline on 13 11 14 or Kids helpline 1800 55 1800.

If you need immediate support, call 000.

You can also get help in person at a headspace centre located near you or via our online support service at eheadspace. Visit:

headspace.org.au/headspace-centres/
headspace.org.au/eheadspace/