



# Newsletter July 2015



headspace  
Meadowbrook

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### Staff profile:

**Name:** Tamara

**Position:** Intake and Triage Clinician

**Background:** I completed a Masters in Educational and Developmental Psychology at QUT. During my practicum, I completed a placement at Headspace Southport and loved it. I was lucky enough to get a position with Meadowbrook when it opened! It was great timing. Growing up and into my early young adult years I was involved in a Youth Development Program with Department of Defence which was really influential in developing my passion for working with young people. It was really inspiring watching the young people I worked with flourish and gain confidence in themselves. My research background is in the area of Bullying and Cyberbullying; an area I am also extremely passionate about. I hope to continue my pursuit in reducing bullying and the detrimental effects it has on young people, specifically in the adolescent period.

**How you keep your headspace healthy:** I love being creative! I sew, knit, colour, and decorate my place! It's a great way to wind down or switch off. I also enjoy exploring the area I live in and going for drives into the hinterland to escape the chaos of the city. I would also love to exercise with a dog...if I had one... \*hint hint to my partner!

## What's happening at headspace Meadowbrook?

There are a number of exciting projects underway here at headspace Meadowbrook!

### TRUE COLOURS

In identifying the need for social and peer support for young people with diverse bodies, genders and sexualities in the Logan area, PCYC Crestmead and headspace Meadowbrook have collaborated on a joint project to reinstate True Colours. The new approach will draw on elements that made the former group successful, but provide a more accessible referral pathway for young participants.

The group will take place fortnightly, and will rotate location between PCYC Crestmead and headspace Meadowbrook.

True Colours will have a structured 12 week program, with room for flexibility within it (e.g. planning an event) at the group's request.

The age range for the group is 12-18. Meetings will take place fortnightly from 4.00 pm – 5.00 pm, at PCYC Crestmead and headspace Meadowbrook (rotating location). Two facilitators will be present at each meeting.

The group begins on the 22<sup>nd</sup> July at PCYC Crestmead.

If you are interested in registering or require more information, please contact Rochelle (primary contact) [rlewis@pcyc.org.au](mailto:rlewis@pcyc.org.au), Anna Benton ([anna.benton@headspaceaftercare.org.au](mailto:anna.benton@headspaceaftercare.org.au)), or Lauren Butler ([lauren.butler@pcyc.org.au](mailto:lauren.butler@pcyc.org.au)).

## UNMASKED

Unmasked aims to utilise creative processes in fostering resiliency and mental wellbeing in young people by improving their self-esteem, self-identity and social connectedness skills through project participation. These factors in turn can be protective in delaying and preventing Alcohol and Other Drug (AOD) use and other AOD issues. Participants will engage in a mask making creative workshop combined with AOD prevention, education and mental health promotion, to be facilitated by staff and students from Lives Lived Well (LLW), Metro South Addiction and Mental Health Services (MSAMHS), headspace Meadowbrook and University of Queensland (UQ). Participants of Unmasked will exhibit their completed pieces at a community event in Logan.



## Unmasked Continued...

The Unmasked program was developed in partnership by LLW and MSAMHS and has been funded by Logan City Council as part of the Community Services Grants. Project partners include **headspace** Meadowbrook and UQ.

The Unmasked program will comprise of:

Six weekly sessions facilitated by professional community, mental health and prevention workers with support from a UQ Master of Art Therapy student beginning on the 19 August. Sessions will be held at **headspace** Meadowbrook, 260 Loganlea Road, Meadowbrook with registrations commencing at 9.30am for a 10:00am start. Sessions will be of approximately 4 hours' duration, concluding at 2:00pm.

Each session will consist of health and wellbeing messages, a mindfulness activity, art and craft. A light lunch and bottled water will be served. Participants will be encouraged to complete weekly evaluations to ensure best practice.

If you are interested, or know of a young person who may be interested in participating in the Unmasked program or you have any further questions, please contact Trinh Ngo via email: [trinh.ngo@health.qld.gov.au](mailto:trinh.ngo@health.qld.gov.au).



## Bloom group

Bloom is a closed group which aims at empowering and encouraging young women suffering from psychosis to think about and discuss different aspects of their life and mental health whilst creating different pieces of craft. Each week will focus on a different interpersonal/mental health topic and on different types of art/craft i.e.; creating dream catchers and driftwood mobiles and discussing aspects of sleep in a supportive environment. It runs every Wednesday 3pm-4:30pm at headspace Meadowbrook. It will run for 10 weeks.

## NAIDOC week

headspace Meadowbrook had the privilege of being involved in a number of NAIDOC events throughout July.



***We all Stand on Sacred Ground: Learn, Respect and Celebrate***



***Clinical Manager Jack, at Musgrave Park on the 10<sup>th</sup> July!***

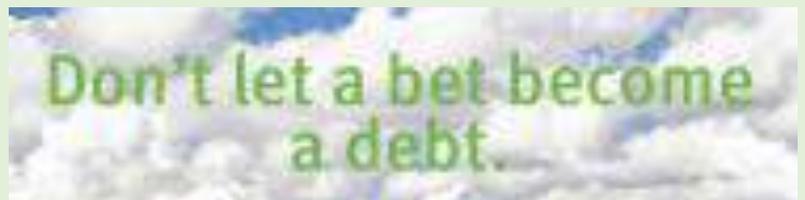
## Gambling Awareness week Morning Tea

To celebrate Responsible Gambling Awareness Week, please join Relationships Australia Gambling Help Service, Canefields Clubhouse, **headspace** Meadowbrook and Metro South Addiction Services

**For a FREE morning tea, with a quiz and prizes!**

Where: Canefields Clubhouse,  
2/11-13 Logandowns Drive,  
Meadowbrook

When: 10am-12 noon, 30<sup>th</sup> July



## Bridge to Brisbane:

1. Go to - <http://bridgetobrisbane.com.au> and register under 'team' entering the team number:  
For the 10k Team: 54563  
For the 5k Team: 85985

2. When given the option to fundraise choose **headspace** Aftercare's Everyday Hero Page for Bridge to Brisbane:  
<https://b2b2015.everydayhero.com/au/team-headspace-aftercare>

When you select "Join Team" you will be invited to create your own supporter page, please set an aspirational and realistic fundraising goal for yourself.

3. Tell your supporters (family, friends, neighbours) what you're doing, why, and the effort you are putting in to support your important cause.

4. You can join our **running club** with Personal Trainer Colin Stuart for free!! This will be run every Thursday starting 23<sup>rd</sup> July from 4.30 to 5.30pm at headspace Meadowbrook. (This is open to anyone, irrespective of age). Email us at [headspace.meadowbrook@aftercare.com.au](mailto:headspace.meadowbrook@aftercare.com.au) to confirm your spot.

5. We will have a fun practice run on Saturday 22<sup>nd</sup> August, followed by a BBQ.

If you are not a runner but would still like to show your support- we are looking for volunteers! Volunteer shifts are for 3 hours on the day of the event. Register here to volunteer or stay up to date: <http://eepurl.com/bsevND>

Please let Anna know that you have joined our team ([anna.benton@headspaceaftercare.org.au](mailto:anna.benton@headspaceaftercare.org.au)) or registered to volunteer!

<http://play.smilebox.com/SpreadMoreHappy/4e44457a4e6a51784d7a5a384e7a55334e7a49324d7a673d0d0a>



## Splash! Youth Space



### BENEFITS OF MULTICULTURALISM

To parents out there who fear allowing their kids to associate themselves with people of different backgrounds, and to young people out there who see only negativity in mixing cultures.

Throughout my life I have lived with people of different cultures and different nationalities. I have spoken 5 different languages and came across different religions and cultural practices and learnt to respect them but at the same time keep my own religion and cultural practices.

Knowing others is not meant to change us, it is meant to increase our knowledge of others as well as of ourselves. After all, in the near past some of our ancestors have crossed paths. We have a shared history therefore knowing each other improves our knowledge of ourselves.

My most valued benefit of multiculturalism which I owe to the fact that I have been able to interact with people of different cultures is that, when you connect with people you share a little bit of yourself and they in turn give back a little bit of themselves. I feel like I can go anywhere in the world and not feel lost because I feel like I'm a citizen of the world. I have a birth country but I feel like my life's work should benefit the whole world because we are all connected now in so many ways.

I have allowed myself to be open and let other into my world and what this means for me is that I have opened many doors for myself in future. I know I can work with anyone no matter where they come from because I have educated myself about others and educated others about me.

In the words of Kofi Annan, "We may have different religions, different languages, different coloured skin, but we all belong to one human race."

- Honoree (Youth Reference Group)