

TERM 1, 2022

headspace Mildura Newsletter



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- Managing big emotions when returning to school.
- What is DRUMBEAT?
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- Apps that can support your mental health.

What's on at headspace?

- DRUMBEAT group therapy– 10 week program starting 2/2/2022.
- Healthy headspace– 6 week mental health education program starting 9/2/2022.
- Tuning into teens– 6 week program to educate and support parents, starting 10/2/2022.

Hello!



A few members of our team, plus our mascot, Gerome the Gnome!

Headspace Mildura is a one stop shop for young people aged 12-25. At headspace you can access mental health, physical health and sexual health services, work and study support and alcohol and other drug counselling.

Welcome to the January, 2022 headspace Mildura newsletter!

Our aim for the headspace newsletter is that each school term we will present to you a summary of what we have planned for the term. With COVID-19 impacting all of us during 2020 and 2021 we are hoping that 2022 will see us up and running more group activities and engaging with our community. If you would like headspace Mildura to attend your school/organization, please head to our website and under the 'request for presentation/events' tab you can submit an application form. We offer many presentations at schools and organizations which we can tailor to your request!

At headspace we pride ourselves on offering a safe and welcoming environment for young people to come in and access support. After you complete a referral and meet with our Engagement and Assessment (E&A) Clinician we will work with you to find the most appropriate support for your needs.



headspace would like to acknowledge and pay our respects to the traditional custodians of the land where we live and work across the Murray Mallee region. We pay our respects to elders past, present and emerging and we celebrate their continuing culture and acknowledge the memories of their ancestors.

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What is the headspace online referral process?

1. Visit: <https://headspace.org.au/headspace-centres/mildura/>
2. Scroll toward the bottom of the page to our 'More information' section
3. Select the 'Make a referral' tab
 - Select 'Self referral' if you are a young person
 - Select 'Family and Friends referral' if you are a support person
 - Select 'Professional referral' if you are from another agency (e.g. school, GP, Family service)
4. Fill out the form as required and then select submit.

One of our Engagement and Assessment (E&A) Clinicians will be in contact within 3 business days to discuss the referral.

What's an intake assessment and what happens after?

An intake assessment is an opportunity for you to speak with one of our E&A Clinicians about the reason you have had contact with headspace. An intake assessment may include talking about your life including your mood, home, work/school, friends, and family. The E&A Clinician will, with your consent, work with the rest of the headspace team to create a support plan tailored to you. The plan will be dependent on your concerns and goals; support may be inclusive of, but not limited to:

- Group Therapy (e.g: Healthy Headspace, Tuning into Teens and DRUMBEAT)
- Individual or group brief intervention and problem solving with a qualified counselor at headspace Mildura.
- Early intervention and supportive counselling with one of our clinical team members at headspace Mildura.
- Headspace Online supports.
- GP or sexual health nurse, for support, education and/or assessment.
- Referral to one of our partnering agencies for:
 - Alcohol and other drugs assistance from an Alcohol & Other Drugs (AOD) counselor.
 - Education and/or vocational assistance in an individual or group format.
 - Homelessness assistance.

*This support may be onsite at headspace Mildura or at their primary organization

- A supported referral to another agency or professional that best suits your needs (e.g: Private psychologist, Family services, school-based services)



What is DRUMBEAT?

DRUMBEAT stands for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts. It is evidence based group therapy that incorporates hand drumming, behavioural therapeutic principles and cognitive and dialectical elements to achieve positive outcomes.

We know that talk based therapy is not for everyone so DRUMBEAT can be a great alternative where you can have some fun and also learn new skills. DRUMBEAT includes a discussion element where participants will reflect on their relationships, attitudes and behaviours. These conversations are drawn from analogies taken from the group drumming experience.

If you would like to learn more or register your interest please call 5021 2400 or email my.headspace@headspacemildura.com.au

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Managing big emotions when returning to school after the summer holidays.

Returning to school after any break, particularly a long break can come with a mixture of emotions!

For young people school life makes up a large proportion of their time. Young people may feel a wide range of emotions when heading back to school which includes feelings of excitement, anticipation and nerves! Everyone adjusts to the changes differently– some students may settle in quickly, whilst others may find this a daunting and challenging time, and that's okay!

There can be a number of reasons why it might be hard to go school: trying to make new friends, different subjects, new teachers, pressure to get the best marks, dealing with bullying, or perhaps going through a mental health issue such as anxiety or depression.

For many people, there has already been a lot of change and uncertainty due to COVID-19. This can add to any stress and worry, and make these big changes and decisions feel even more challenging.

The good news is that with the right strategies, planning and support, managing big changes can get easier. Remaining connected to your friends and family and being able to talk about any worries can provide reassurance and the feeling you are not in this alone. Learning some strategies can help you feel better prepared to cope with any worry or stress. It may be helpful to make a list of things you enjoy and that help you de-stress, reach out to friends, family or professional help for support.

Most importantly remember to be kind to yourself- Giving yourself a hard time only makes things worse.

Tips for getting a better night sleep.

Sleep is essential to humans, just like air, water and food. Sleep is like food for our brain. During sleep our body repairs itself and our brain files the things that have happened in our day. So, if you're having a tough time, you may have more negative moods, which then make it harder to relax and get to sleep. This is why when we are sleeping well our body feels healthier, our mind is more focused, and we feel more able to handle things that happen during the day.

Things that help us get a better nights sleep include having a regular routine, exercise and a healthy diet. Things that can make it harder to get a good sleep include bright lights, screen time, noise and stress. Try putting your phone down 1 hour before going to bed and doing a calming activity, such as reading or listening to music. If you have concerns about your sleep habits, speak to your GP.



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Apps that may support your mental health.



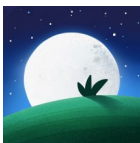
Smiling mind is a free app with guided meditation and mindfulness exercises. You can also complete daily wellness check ins to track your moods.



Calm is an app that includes sleep, meditation and relaxation exercises. There is a free and a paid option.



Headspace has a free and paid option and has meditation, relaxation, sleep and workout exercises.



Better sleep is an app that aims to improve quality of sleep through education and relaxation activities, including sleep stories and meditation. There is a free and paid option.



Sleeptastic tracks your sleep to provide insight on your quality of sleep. There are also sleep sounds which may help with falling asleep faster. There is a free and paid option.



Atmosphere is a free app that offers a range of sounds that may help with relaxation and falling asleep.



Mentemia is a free app that recommends daily articles and exercises to improve education around strategies to support your mental health.