

Newsletter

August 2015

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Article 1 Meet Amelia!

Staff profile:

Name: Jonathon

Position: Clinician - hYEPP

Background: I knew this area was the one for me after I did my first shift as a youth worker and dealt with picking up stoned teenagers, room raids and hash brownies. Since then I've managed to somehow get a few qualifications, and was working in the drug and alcohol sector for a little while until the dark arts and mayhem of working with youths lured me back.

How you keep your headspace healthy: By remembering that I get to choose how I react to any situation, and not letting myself get distracte...



UNMASKED HOLIDAY PROGRAM

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.

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:

- Five sessions over five days facilitated by professional community, mental health and prevention workers with support from a UQ Master of Art Therapy student. The program will run from the 21st September until the 25th September (inclusive), at **headspace** Meadowbrook, 260 Loganlea Road, Meadowbrook. Registrations commence 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.



Splash! Youth Space

From the outside looking in it's hard to understand.
From the inside looking out it's hard to explain.

1 in 4 people like me have a mental health problem, but so many more have a problem with that. Hiding behind their fears, snickering about the mentally ill, refusing to read and educate themselves about brain chemicals and disorders, serotonin, dopamine and more. But just because you don't understand it doesn't mean it doesn't exist.

I didn't chose to be mentally ill. I didn't wake up one morning and decide to be this way. My illness is caused by a chemical imbalance in my brain. My brain, it got sick. I never asked it to. These afflictions are some of the realities of being human, and there should be no more shame in acknowledging them than acknowledging a battle with high blood pressure or the sudden appearance of a tumour.

So please don't treat me like I've got the flu and getting enough rest will make it go away, it won't. Don't tell me to "pull myself together" I am not a pair of curtains. And don't label me. Labels are for jars not people.

My mental illness is a part of me but it doesn't define who I am. I am so much more than a diagnosis.

-Teleea, **headspace** Meadowbrook Youth Reference Group



Brisbane Marriage Equality Rally

headspace Meadowbrook was proud to march alongside representatives from **headspace** Ipswich, **headspace** Redcliffe, **headspace** Taringa and **headspace** Maroochydore at the Marriage equality rally on the 8th August.



We need your support!

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, for free!! These take place on Thursday's at **headspace** Meadowbrook from 4.30 to 5.30pm. (This is open to anyone, irrespective of age). Email us at headspace.meadowbrook@aftercare.com.au to confirm your spot.

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) or registered to volunteer!

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



Bridge to Brisbane team members preparing for the event at our practice run, last weekend!





Meet our new Centre Manager, Amelia!



Amelia is our new Centre Manager here at **headspace** Meadowbrook. She will also be the Regional Manager for Aftercare-led **headspace** Centres in Queensland (**headspace** Meadowbrook, Ipswich, Woolloongabba and Nundah). She comes to us with years of **headspace** experience and we are so excited to have her on board.

Make sure you say hello if you see her!

