

Newsletter

July 2015

 **headspace**
Meadowbrook

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Staff Profile:

Name: Emma



Position: Clinician in hYEPP Continuing Care Team

Background: I am a Clinical Psychologist with a background in Adult Community Mental Health and private practice. Prior to joining the hYEPP team I worked as a private practitioner at the Ipswich and Meadowbrook **headspaces** where I discovered that I really enjoy working with young people.

How you keep your headspace healthy: I enjoy song writing and playing in a band in my spare time. I find being creative in my down-time a great way to relax and unwind.



What's been happening at headspace Meadowbrook?

It's 2016! How did that happen? Time has been flying here at **headspace** Meadowbrook, with all kinds of exciting changes, programs, events and activities underway!

Bloom group:

When? Thursday's 3.30 PM – 4.30 PM

Where? **headspace** Meadowbrook

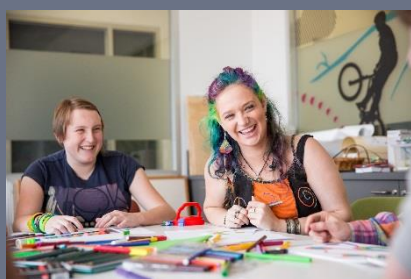
Who? Females ages 12-25

What? Bloom is a closed group which aims to empower and encourage young women experiencing mental health issues to think about and discuss different aspects of their life and mental health whilst creating different pieces of craft.

RSVP:

headspace.meadowbrook@aftercare.com.au

Phone: 3804 4200



Mates Space:

When? Thursday's 11.00 AM

Where? Meet at **headspace** Meadowbrook

Who? Males 12-25 years old

RSVP:

headspace.meadowbrook@aftercare.com.au

Phone: 3804 4200

Anxiety Group:

When? Tuesdays 1.00 PM- 2.45 PM

Where? **headspace** Meadowbrook

Who? Anyone 12-25 years old

What? The aim is for the group to develop a "tool kit" for their anxiety as well as an in-depth understanding of what anxiety is. The group runs over 9 sessions

RSVP:

headspace.meadowbrook@aftercare.com.au

Jam Group:

When? Mondays 1.00 PM

Where? **headspace** Meadowbrook

Who? Anyone 12-25 years old

What? A space to jam and an opportunity to meet other people with a passion for music.

RSVP:

headspace.meadowbrook@aftercare.com.au

Phone: 3804 4200

Family and Friends Group:

When? 29th February 2016 (monthly)

Where? **headspace** Meadowbrook

RSVP: Andrea 0413 947 691

Tess 0402 926 971

An opportunity to meet other family and friends of young people at headspace. Morning tea provided.



Don't forget....



To like us on Facebook!



Splash! Youth Space

Working with **headspace** has been by far the best experience of my young adult life. I was introduced to **headspace** through another youth organization and I feel lucky to have had the opportunity to experience such passion and care towards others. What intrigues me most is the fact that **headspace** is always looking for ways to be more youth friendly. We live in a world that is constantly changing and **headspace** recognizes that and constantly looks for ways to connect to youth. This fact makes youth participation in **headspace** centres very important.

To a centre, a youth reference group is meant to represent the community and bring new ideas to **headspace** to better serve the community. This is important because often you find that individuals or even groups of people know their problems better than the person doing the diagnosis or investigation. Youth reference groups are a powerful tool to have for **headspace** as it helps navigate the different cultural groups that make Australia as well as the many beliefs that influence our everyday life.

I have had the opportunity to work nationally with **headspace** and have participated in many exciting events and projects. One such event will happen in March from the 9th to 10th at the annual forum event which will bring people together from all centres around Australia. This is an exciting opportunity because young people get to learn more and comment on services provided at **headspace**. Events like this are important to young people because we see the importance of re-evaluating your services and improve or change where necessary.

- Honoree (**headspace** Meadowbrook and **headspace** National Youth Reference Group)

Happy birthday hYEPP!

This time last week we celebrated the first birthday of our **headspace** Youth Early Psychosis Program (hYEPP) and acknowledged the incredible staff that work within it!

The **headspace** Youth Early Psychosis Program is an integrated and holistic service for young people experiencing early psychosis or at risk of developing psychosis, and their families. It is an opportunity for **headspace** to make a real difference in the lives of young people and their families across Australia affected by psychosis.

Special thanks to Professor Patrick McGorry, Bert Van Manen MP, Ivan Frkovic from [Aftercare](#), and Phillip and Brian from [Lives Lived Well/headspace Southport](#) for attending the event.

This was also an opportunity to bid farewell (for now) to our incredible Clinical Service Manager Jack who will soon welcome the arrival of a new baby. We are so excited for you! Thank you for your amazing hard work at **headspace** Meadowbrook, you will be missed.

