

Youth Mental Health & Well-Being Conference 2014

Tuesday, October 21st,
INEC, The Gleneagle Hotel, Killarney



Conference Programme

9am – 9.30am

Registration

Welcome Address

Mr Aidan Murphy, Chairperson, Child & Youth Mental Health Working Group

Aidan is both project manager and clinical coordinator of Jigsaw Kerry. Aidan qualified as a Mental Health Nurse in 2001 and has been employed by the HSE since then. Aidan has held posts as staff nurse, Community Mental Health Nurse and Clinical Nurse Manager with Kerry Mental health services.

Ms Alison Nulty, Journalist with Radio Kerry

Alison is an award winning journalist with Radio Kerry, one of Ireland's most listened to Local Radio Stations. Alison has over 11 years experience as a journalist in both Ireland & the United Kingdom. She is interested in health, human rights, politics, economic empowerment, poverty alleviation and arts & culture. Alison will be our MC for the day.

10am

Humourfit Theatre: 'The Value of Life'

Humourfit Drama Company was established in 1990 as a Theatre in Schools Project. The company has a very successful record presenting important issues such as bullying, substance misuse and mental health through drama to secondary school students throughout Ireland in order to enhance the life skills of students. This drama focuses on mental health awareness. It features a research based introduction on mental health followed by a play. The focus of the drama is on positive mental health – Everyone has a future no matter how down they may feel!

11.30am

Break:
Information Stands from Services & Supports Available to Young People in Kerry

12pm

Keynote Address: Dr Claire Hayes

Dr. Claire Hayes has over twenty-four years experience as a clinical psychologist, educational psychologist, an executive coach, lecturer, author, researcher and teacher to help individuals, groups and large organisations to understand the particular nature of their stressors and to apply evidence based psychological principles to help them cope with these. In addition, Claire also works with Aware as its Clinical Director. She works with a dedicated team of volunteers and staff to support people with depression and their families. Her PhD research, 'A psychoeducational approach to helping adolescents cope' has formed the basis of the 'Beat the Blues' programme for Senior Cycle students. Since 2012 over 70,000 students have been introduced to proactive approaches to understanding, preventing or managing depression.

12.45pm

Lunch Break:

Hot carvery or light lunch options are available to buy in the Ballroom from 12.30.

**Lunch Time
(Optional Workshops)**

- Music & Rap Workshop with GMC Beats (12.45 – 1.20pm in the Mangerton Suite)
- Kerry Fire Service: Car Crash Demo (1.00 -1.30pm in the car park)
- Jigsaw Kerry: Summary of Workshop on Deliberate Self Harm for Schools (1 - 1.15pm in the Press Room 1st Floor)

1.30pm

Welcome Back: Ms Alison Nulty

1.35pm

Mr John Lonergan, Former Governor of Mountjoy Prison

John entered the prison service in 1968 and in the years that followed, he saw human nature at its worst and often, unexpectedly, at its best. He was Governor of Mountjoy until his retirement in 2010. Through his experience he has developed a deep understanding both of human nature and of Irish society. John will share his learning with us and encourage young people to be the best that they can be.

2.20pm

GMC Beats: Music & Minding Your Mental Health

GMC - Garry McCarthy is a producer & rapper who runs rap, performance, beat-making & music technology workshops in schools, youth groups, businesses & for special occasions. Garry's mission is to teach people of all ages and abilities how they can easily compose their own lyrics and music, in a fun, creative and open setting, using the latest recording and production technology. Garry's focus is on giving people a voice through rap music.

3 - 3.15pm

Conference Summary & Close: Ms Alison Nulty