

**Multidisciplinary lifestyle intervention in children and adolescents - results of the GRIT (Growth, Resilience, Insights, Thrive) pilot study**

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WEDNESDAY 27TH NOVEMBER 2019				
7.00am REGISTRATION OPEN				
8.30 - 9.15am OPENING PLENARY				
Conference Opening & Welcome to Country				
Keynote: Kareem El-Ansary Australian Youth Representative To The United Nations				
9.15 - 9.50am Keynote: George Patton Professorial Fellow In Adolescent Health Research, University Of Melbourne				
9.50 - 10.30am				
10.30 - 11.00 AM MORNING TEA				
CONCURRENT SESSIONS				
	Oral Presentations	Oral Presentations	Oral Presentations	Oral Presentations
Youth Forum	Aboriginal/Torres Strait Islander Youth Health	Chronic Illness	Mental Health and Resilience	Other Topics
11.00-11.15am	Mieke Snijder: Strong & Deadly Futures: building resilience and preventing drug and alcohol use among Aboriginal and Torres Strait Islander and non-Indigenous youth	Claire Masula: Meeting unpredictability with flexibility; Responsive support for young people living with cancer.	Ruth E Crowther: Digital mental health resources for young people: a guide to finding evidence-based digital mental health programs and apps you can trust.	Daniel Waller: An Exploration of Australian Federal and State Policy on the Health of Young People: A Scoping Review
11.15-11.30am	Claire Treadgold: Supporting healthcare delivery to Indigenous children and adolescents: Starlight's Healthier Futures Initiative	Jane Gauci: What is known about the effectiveness of self-management programs for adolescents with a chronic illness?	Rohan Borschmann: Self-harm in primary school-aged children and adolescents: prospective cohort study	Melissa Kang: "She helped with everything...she linked me in": evaluation of a pilot youth health navigator role in emergency departments.
11.30-11.45am	Chris McKay: 'Next Generation: Youth Wellbeing Study': Chronic disease risk markers among Aboriginal adolescents	Alexandra Rushworth: A multidisciplinary rehabilitation model of care for adolescents with complex chronic conditions	Rohan Borschmann: The health of adolescents detained under the youth justice system: a global scoping review	Ying Ying Liew: Experiences of healthcare navigation and access in NSW for young people of refugee background
11.45am-12.00pm	Christina Heris: "Don't follow the smoke" – listening to the voices and experiences of Aboriginal adolescents in the SEARCH study	Kyros Kyprianou: On Eating Disorders: Reflections of the Monash Health Adolescent Medicine Unit	Sally Bradford: Lifeline Text: A suicide prevention service in the pocket of Australia's youth	Megan Lim: REACHING YOUNG PEOPLE WITH HEALTH PROMOTION ON SOCIAL MEDIA
12.00-12.15pm	Christina Heris: The decline of smoking among Aboriginal and Torres Strait Islander secondary students: implications for future policy	Richard A Lewandowski: The Burden of Illness in Young Adults with Congenital Facial Deformities	Simon Denny: The association between the experience of violence, bullying and harassment on the mental health of secondary school students	Frank Tracey: Planning for a better tomorrow: a population health approach to designing youth health and wellbeing services
12.15-12.30pm	Tara Purcell: Understanding the facilitators and barriers to primary health care for Indigenous adolescents: a systematic review	Cara MC Stapleton: Hot, bothered, and burnt out: Diabetes distress for children and teens living with insulin dependent diabetes in the Top End of the Northern Territory.	Laura Beaton: Australia's new national digital health record system: toward a co-designed health access literacy intervention for adolescents in a school-based health service	Patty Loukas: 8 for Feeling Great: A School-based Healthy Lifestyle Project for Vulnerable Newly Arrived Migrants and Refugee Young People
12.30PM - 1.30PM LUNCH				
AFTERNOON PLENARY 1.30PM - 3.00PM				
Keynote: Summer May Finlay PHD Candidate, University Of South Australia				
1.30 - 2.05pm Walking in the footsteps of ancestors: young Aboriginal and Torres Strait Islander people making their way in a new world				
Keynote: Andrew Fuller Clinical Psychologist				
2.05 - 2.45pm From Surviving to Thriving- Engaging Tricky Teens				
2.45 - 3.00pm Launch of Aboriginal and Torres Strait Islander Youth Health Position Paper				
3.00 - 3.30pm AFTERNOON TEA				
CONCURRENT SESSIONS				
Youth Forum	Oral Poster session1	Oral Poster session2	90 minute symposium	90 minute symposium
	Sexual and Reproductive Health	Mixed Themes		
3.30 - 5.00pm	Kanwal Saleem: MULTICULTURAL COMMUNITY ACTION NETWORK (M-CAN) - A Community-led Initiative Anna D Li: Experiences and unmet needs of adolescent girls with heavy menstrual bleeding and pain Jessica Santos: Tapping on and Scoring Staples: Engaging marginalised youth into health care by overcoming financial barriers - An evaluation of brokerage provision and service access at the Kirketon Road Centre. Alanna Ivory: Sexuality needs of the young person with cancer - are clinician's empowered? Stanya Sharota: Condoms and Consultations: Complementary roles of an LHD Peer Education and Youth Advisory Committee Douglas Russell: Young people's perception of safety in youth-serving organisations is related to their quality of life ... but not in every context Laura E Anderson: All action no talk: Adolescents' sexual communication in the digital age	Jane Ho: Growing AYA services for our hospital Ani Wierenga: Adolescent Health and Wellbeing: Building bridges of trust Jenny A Garnsey: Hellyer Student Residence student support model. Kim Jose: Establishing a young adult renal and transplant clinic in a regional setting: 'It's great that we're not alone' Blanca Forrester: "One-size doesn't fit all": responding to the complexity of implementing health clinics in Victorian secondary schools. Rachel L Buckley: Improving the quality of hospital care for Aboriginal and Torres Strait Islander adolescents. Dr Andrew Ramsay: The Peace Education Program in Commit2Change in Alice Springs Daria Westerman: Occupational Therapy – A Future Leader in Adolescent Healthcare	Crystyn Davies - HPV and related disease in Australia - is the end in sight?	Koori Youth Council: 'Ngaga-dji (hear me) young voices creating change for justice' Taking action on the youth justice system for our children and young people
5.00 - 5.20pm YOUNG PEOPLE PERFORMANCE				
5.30 - 7:30pm WELCOME RECEPTION				

THURSDAY 28TH NOVEMBER 2020					
REGISTRATION OPEN					
MORNING PLENARY					
8.00 am					
9.00 - 9.40am	<p>Keynote: Georgie Harman CEO Beyondblue</p> <p>'The time is now: structural reform for better mental health for generations to come'</p>				
9:40 - 9.50am	<p>WH&amp;Y CRE Research Program Introduction</p>				
9.50 - 10.30am	<p>Keynote: Stuart Kinner Head, Justice Health Unit, Murdoch Children's Research Institute &amp; University Of Melbourne</p> <p>'Health inequalities and the youth justice system'</p>				
10.30 - 11.00am	MORNING TEA				
CONCURRENT SESSIONS					
Oral Presentations		Oral Presentations		Oral Presentations	
Mental Health and Resilience		Youth Participation and Leadership		Sexual and Reproductive Health	
Original and Torres Strait Islander Youth Health/ Leadership		Other / Mixed Themes			
11.00 - 11.15am	<b>Ann-Maree Duncan:</b> What factors influence mental health of international students? A cross-sectional survey of Australian University students	<b>Elissa Phillips:</b> Enriching developmental research with adolescent voices: insights from the Childhood to Adolescence Transition Study (CATS)	<b>Sophie GE Kezidor:</b> Promoting connectedness among adolescents to improve sexual and reproductive health outcomes: a Systematic Review	<b>Ian Williams:</b> Health service use and unmet need: improving healthcare for young people	<b>Hannah Mayr:</b> Multidisciplinary lifestyle intervention in children and adolescents - results of the GRIT (Growth, Resilience, Insights, Thrive) pilot study
11.15 - 11.30am	<b>Jacqueline Kuruppu:</b> Colour the grey: Enablers to responding to child abuse and neglect in primary care settings.	<b>Georgia Carr:</b> No-one else was doing it: Young people teaching and empowering young people on issues of gender	<b>Erin Donnelly:</b> Embracing the future: Engaging parents and carers in improving puberty, sexuality and relationships support for children and young people with intellectual disability and autism spectrum disorders	<b>James A Smith:</b> The development of a promising practice guide for improving the social and emotional wellbeing of Aboriginal and Torres Strait Islander youth	<b>Emma M Heard:</b> Random Acts of Respect: Promoting ethical bystander intervention among a university student community
11.30 - 11.45am	<b>Shaun D'Souza:</b> Resilience, Identity, Labels and Pride - Youth in Transition	<b>Alice Zhang:</b> "Capturing a snapshot of the youth voice": youth participation in the Access 3 study	<b>Michelle Raggatt:</b> Evaluation Of A Co-Designed Sexual Health And Pornography Literacy Digital Resource For Vulnerable Young People	<b>Ben Christie:</b> Understanding health literacy among young Aboriginal and Torres Strait Islander males in the Northern Territory: Implications for policy and practice	<b>Deepthi Iyer:</b> Australian young women's perceptions of dating and dating violence
11.45am - 12.00pm	<b>Karly Cini:</b> Matching action to need: An analysis of adolescent health needs in Myanmar.	<b>Renae Kirkham:</b> Co-designing health and wellbeing research priorities in the NT	<b>Jana K Ventura:</b> Strengthening resilience in young migrants through cultural arts, reflection and self-inquiry	<b>Tirritpa Ritchie:</b> Paving the path to accessible & responsive primary health care: Adapting WHO resources for use with Aboriginal and Torres Strait Islander adolescents	<b>Hoi Lun (Helen) Cheng:</b> Foot growth as a non-invasive marker of early puberty: findings from the ARCHER longitudinal adolescent cohort study
12.00 - 12.15pm	<b>Annie Carter:</b> Substance use among young people in the Pacific Island Countries and Territories: what we do and don't know	<b>Freya Conomos:</b> Ask for Health- improving health literacy for young people through using youth participation.	<b>Rhiannon Jennings:</b> Sexy & Safe - Let's Talk About It	<b>Nina NR Raymundo:</b> Working together as a Collaborative Pair	<b>Melissa Willoughby:</b> Increased risk of violence-related death among young people exposed to the youth justice system
12.15 - 12.30pm	<b>Nisaa Wulan:</b> Establishing the population prevalence of mental health problems amongst Indonesian adolescents	<b>Skye Deards:</b> LiveLab: The development of a youth leadership program supporting the LiveWire online community	<b>Tanya Montoya:</b> Let's Chatbot About Sex: Conversational marketing in sexual health promotion	<b>Stanya Sharota:</b> For US by US: Adapting the NSW Youth Friendly Checklist for Young People.	<b>Christine Cammell:</b> Preparing for the future of School Based Health Services
12.30 - 1.30PM	LUNCH + POSTER VIEWING WITH AUTHORS 12.45 - 1.15PM				
AFTERNOON PLENARY					
1:30 - 2.15 PM	<p>Panel:</p> <p>Michelle Telfer - Paediatrician And Adolescent Physician Director, Department Of Adolescent Medicine Isabelle Langley - Youth Representative Cristyn Davies - Senior Research Associate, Discipline Of Child &amp; Adolescent Health, University Of Sydney</p> <p>'Raising our Voice: advocacy and owning future change'</p>				
2.15 - 3.00 pm	<p>Keynote: Susan Sawyer Director, Centre For Adolescent Health</p> <p>'The Age of Adolescence'</p>				
3.00 - 3.30PM	AFTERNOON TEA				
CONCURRENT SESSIONS					
90 minute symposium		90 minute symposium		90 minute symposium	
3.30 - 5.00 PM	<b>Harry Brown:</b> ChiPS - The recipe for success in peer support Harry Brown	<b>Megan Lim:</b> How to integrate co-design methods into health research	<b>Tatjana Ewais -</b> Health and Law Partnerships in Youth with Chronic Illness	<b>K.C. :</b> The Queer Experience	<b>Lena Sancl:</b> Integrating health and education: challenges and successes with Victoria's School-Based Health Service program

FRIDAY 29 NOVEMBER 2020					
EARLY MORNING 90 MINUTE SYMPOSIA					
90 minute symposium	90 minute symposium	90 minute symposium	90 minute symposium	90 minute symposium	90 minute symposium
7.45-9.15 AM	<b>Karen Spielman:</b> Working well with GPs - enhancing the management of complexity on Youth Health	<b>Julie Mooney-Somers:</b> Using qualitative research methods to engage young people: a workshop about innovative methods and ethics	<b>Esther Walters:</b> Hauora and wairua; keys to building resilience in our youth	<b>Kath Albury:</b> Safety, sexual health and wellbeing on digital dating apps – what app-users want you to know	<b>Lina Gubhaju:</b> Building the capacity of Aboriginal and Torres Strait Islander researchers: Sharing and learning from experiences of trainees and mentors from the Centre for Research Excellence in Aboriginal Child and Adolescent Health (CRE REACH)
MORNING PLENARY 9.30 - 11.00 AM					
Keynote: <b>Deborah Bateson</b> Medical Director Family Planning NSW  'Sexual and Reproductive Right and Young People'					
Keynote: <b>Elissa Kennedy</b> Co-Program Director, Maternal and Child Health, & Co-Head, Global Adolescent Health					
9.30 - 10.15 AM					
10.15 - 11.00 AM					
11.00 - 11.30 AM	MORNING TEA				
	Oral Poster session	Oral Presentations	Oral Presentations	Oral Presentations	Oral Presentations
	Mental Health/ Mixed Themes	Sexual and Reproductive Health	Transition in Care	Youth Leadership and Participation	Youth Leadership/Other/ Mixed
11.30 - 11.45 AM	<b>Kevin Shi:</b> In-hospital acute behavioural disturbances in children and adolescents  <b>Kypros Kyprianou:</b> "It's only a broken leg – why can't you just walk if off..?". What can we learn from acute-care medicine when dealing with Acute Behavioural Disturbance in Adolescents?	<b>Anisa R Assifi:</b> Adolescent access to abortions in New South Wales: Key informants perspectives	<b>Kelsey Gill:</b> Planning and Promoting Adolescent & Young Adult Services (PAPAYAS) – The transition process and experience in Perth, WA	<b>Aish Naidu:</b> Introducing the Adolescent Health Research Commission: Networked Youth Engagement	<b>John Howard:</b> From bullied to bully: experiences of bullying among Bhutanese college students and implications for teacher formation programmes
11.45 - 12.00 PM	<b>Erin Devine:</b> Odds on Youth - A Capacity Building Project to address gambling related harm among young people	<b>Bright O Ahinkorah:</b> Prevalence and Determinants of Adolescent Pregnancy in 30 Sub-Saharan Africa Countries: An analysis of Demographic and Health Surveys	<b>Jane Cooper:</b> Part 1 - Does an on-campus clinic really meet the needs of the private provider, the patient and service providers ? - a diagnostic analysis	<b>Sandra Vale:</b> 250k – Engaging Teens And Young Adults With Severe Allergies	<b>Imogen Aitken:</b> Youth-led Program Development at the Starlight Children's Foundation
12.00 - 12.15 PM	<b>Melissa C Miller:</b> The Power of being an Everyday Leader: Youth Health Leadership Training	<b>Jennifer L Marino:</b> Changing our approach to risk-taking in adolescence	<b>Jane Cooper:</b> Part 2 - A collaborative approach leads to reinstatement of the On-Campus clinic in 2019.	<b>Greg McGahan:</b> Building a Young Adult Health Centre: Tips, traps and learnings	<b>Melissa Miller:</b> The essential recipe for tasty ChIPSI
12.15 - 12.30 PM	<b>Divya Peter:</b> Is Social Media Stress a Potential Risk to Mental Health? A Cross-sectional Study of Australian University Students  <b>Laura Tarzia:</b> Exploring university students' experiences of sexual and intimate partner violence	<b>Stephanie F Zwi:</b> Let's Talk 2019: Young Wom*n's Views on Sex Education	<b>Belinda L Tomine:</b> Improving access for vulnerable young people to vaccinations: a nurse-led model	<b>Veronica Sheanoda:</b> How do young people feel about their participation? Feedback from young people on a Youth Advisory Committee.	<b>Michelle Raggatt:</b> "Facebook Is Dying": Updating How We Recruit And Conduct Research With Young People On Sensitive Health Topics
12.30 - 12.45 PM	<b>Sophia Garlick Bock:</b> Empowering young people to make Positive Choices: Evidence-based resources for the prevention of alcohol and other drug use in Australian schools	<b>Ellie Freedman:</b> Responding to adolescent sexual assault: obstacles and opportunities		<b>Jo Durham:</b> Learning from Beyond the Reef - a community-arts and well-being programme for young Pasifika people	<b>John Howard:</b> A brief intervention for cannabis use to increase the capacity of those who work with young cannabis users to engage and enhance motivation for change
12.45 - 1.00 PM	<b>Sally Gibson:</b> Wellbeing and Health In-Reach Nurse (WHIN) Coordinator in the school setting: a pilot program to support young people in regional NSW	<b>Madeleine SY Lim:</b> Sexual health behaviours and attitudes of Australian university students: a comparison between international and local students		<b>Luke Rycken:</b> Co-Design and Youth Participation: Youth Affairs Council Victoria's Approach to Improving the Mental Health System in Rural and Regional Victoria	
1.00 - 2.30 PM	LUNCH 1.00 - 2.30 pm (AAAH) ANNUAL GENERAL MEETING 1.15 - 2.15 PM)				
CLOSING PLENARY					
2.30 - 2.45 PM	AAAH Outstanding Contribution to Youth Health Award				
2.45 - 3.45 PM	Young people's plenary				