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

Mayr, Hannah; Cohen, Felicity; Isenring, Elisabeth; Soenen, Stijn; Fossheim, Therese; Marshall, Skye

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<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-9:35</td>
<td>Welcome Declaration of the Chair: Dr. Andrew Ramsay</td>
<td>Dr. Andrew Ramsay</td>
<td>Launch of Aboriginal and Torres Strait Islander Youth Health Position Paper</td>
</tr>
<tr>
<td>9:35-10:00</td>
<td>Keynote: The Burden of Illness in Young Adults with Congenital Facial</td>
<td>Dr. Andrew Ramsay</td>
<td>Keynote: &quot;The Burden of Illness in Young Adults with Congenital Facial Defects&quot;</td>
</tr>
<tr>
<td>10:00-10:15</td>
<td>Afternoon tea</td>
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</tbody>
</table>
## Oral Presentations

### 11.45am - 12.00pm
- **Stanya Sharota:** Other/Mixed Themes
  - Aboriginal and Torres Strait Islander Youth Health/Leadership
  - 90 minute symposium
- **Michelle Raggatt:** Other/Mixed Themes
  - Youth Participation and Leadership
  - 90 minute symposium

### 12.15 - 12.30pm
- **Jana K Ventura:** Other/Mixed Themes
  - Sexual and Reproductive Health
  - 90 minute symposium

### 12.00 - 12.15pm
- **Nina NR Raymundo:** 90 minute symposium
  - Sexual and Reproductive Health

### 11.15 - 11.30am
- **Harry Brown:** Mental Health and Resilience
  - Harry Brown: Mental health problems amongst Indonesian and don't know the Pacific Island Countries and Territories: what we do and don't know
- **Annie Carter:** Mental Health and Resilience
  - Annie Carter: Adolescent health needs in Myanmar.
- **Karly Cini:** Mental Health and Resilience
  - Karly Cini: Youth in Transition settings.
  - Responding to child abuse and neglect in primary care
- **Jacqueline Kuruppu:** Mental Health and Resilience
  - Jacqueline Kuruppu: Establishing the population prevalence of Substance use among young people in ChIPS - The recipe for success in peer mentoring.
- **Ann-Maree Duncan:** Mental Health and Resilience
  - Ann-Maree Duncan: Matching action to need: An analysis of Mental Health and Resilience Establishing the population prevalence of Substance use among young people in ChIPS - The recipe for success in peer mentoring.

### 11.00 - 11.15am
- **Megan Lim:** Mental Health and Resilience
  - Megan Lim: Online community Skyde: The development of a youth leadership program supporting the LiveWire Resource for Vulnerable Young People
- **Skye Deards:** Mental Health and Resilience
  - Skye Deards: Youth Friendly Checklist for Young People: Collaborative Pair Islander adolescents resources for use with Aboriginal and Torres Strait Islander youth in primary care: Adapting WHO practice the Northern Territory: Implications for policy and wellbeing of Aboriginal and Torres Strait Islander youth
- **Freya Conomos:** Mental Health and Resilience
  - Freya Conomos: Let's Chatbot About Sex: Conversational marketing in sexual health promotion

### 10.30 - 11.00am
- **Georgia Carr:** Mental Health and Resilience
  - Georgia Carr: Childhood to Adolescence Transition Study (CATS) + POSTER VIEWING WITH AUTHORS 12.45 - 1.15PM
- **Elissa Phillips:** Mental Health and Resilience
  - Elissa Phillips: 'Capturing a snapshot of the youth voice': youth participation in the Access 3 study
  - 'Raising our Voice: advocacy and owning future change'
  - Enriching developmental research with adolescent voices: insights from the Embracing the future: Engaging parents and carers in improving puberty, Strengthening resilience in young migrants through cultural arts, reflection and storytelling

### 9.50 - 10.30am
- **ChIPS - The recipe for success in peer mentoring.**
  - Interview with youth
  - 'The time is now: structural reform for better mental health for generations to come'
  - 'Health inequalities and the youth justice system'
- **Tatjana Ewais:** Mental Health and Resilience
  - Tatjana Ewais: How to integrate co-design methods into health research

### 10.00 - 10.30am
- **Megan Lim:** Mental Health and Resilience
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- **Skye Deards:** Mental Health and Resilience
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### MORNING SESSIONS

**9.30 - 10.15 AM**

**EARLY MORNING 90 MINUTE SYMPOSIA**

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<tr>
<td>9.30</td>
<td>Medical Director Family Planning NSW&lt;br&gt;Sexual and Reproductive Right and Young People</td>
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<tr>
<td>10.15</td>
<td>Belinda L Tominc: Youth Leadership and Participation Oral Presentations</td>
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<tr>
<td>11.00</td>
<td>Jo Durham: Sexual and Reproductive Health Oral Presentations</td>
</tr>
<tr>
<td>11.45</td>
<td>Kelsey Gill: Youth Leadership/Other/ Mixed Themes Oral Presentations</td>
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<tr>
<td>12.15</td>
<td>Jane Cooper: Transition in Care Oral Presentations</td>
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**12.30 - 12.45 PM**

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<tr>
<td>12.30</td>
<td>Madeleine SY Lim: The Power of being an Everyday Leader: Youth Health Leadership Training</td>
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<td>12.45</td>
<td>Julie Mooney-Somers: Working well with GPs - enhancing Patient and service providers - a diagnostic analysis</td>
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**12.00 - 1.00 PM**

**MORNING TEA**

### EARLY AFTERNOON SESSIONS

**1.00 - 1.15 PM**

**EARLY MORNING 90 MINUTE SYMPOSIA**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>1.00</td>
<td>Kypros Kyprianou: Disturbance in Adolescents?</td>
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<tr>
<td>1.15</td>
<td>Kevin Shi: &quot;It's only a broken leg – why can't you just walk it off? - A review of the literature on dealing with acute behavioural disturbances in adolescents</td>
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**1.30 - 1.45 PM**

**EARLY MORNING 90 MINUTE SYMPOSIA**

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<tr>
<td>1.30</td>
<td>Julie O'Brien: Co-Program Director, Maternal and Child Health, &amp; Co-Head, Global Adolescent Health&lt;br&gt;Disturbance in Adolescents?</td>
</tr>
<tr>
<td>1.45</td>
<td>Karen Spielman: In-hospital acute behavioural disturbances on Youth Health Medicine when dealing with Acute Behavioural Disturbances in Adolescents</td>
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**2.00 - 2.15 PM**

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<tr>
<td>2.00</td>
<td>Melissa Miller: The Power of being an Everyday Leader: Youth Health Leadership Training&lt;br&gt;Part 1 - Does an on-campus clinic really meet the needs of the private provider, the patient and service providers? A diagnostic analysis</td>
</tr>
<tr>
<td>2.15</td>
<td>Imogen Aitken: Adolescent access to abortions at the school gates: key challenges, perceptions and implications for future training programmes</td>
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**2.30 - 2.45 PM**

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<td>2.30</td>
<td>Madeleine SY Lim: The Power of being an Everyday Leader: Youth Health Leadership Training&lt;br&gt;Part 2 - A collaborative approach leads to reinstatement of the On-Campus clinic in Sydney</td>
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<tr>
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<td>Julie Mooney-Somers: Working well with GPs - enhancing Patient and service providers - a diagnostic analysis</td>
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**3.00 - 3.15 PM**

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<tr>
<td>3.00</td>
<td>Madeleine SY Lim: The Power of being an Everyday Leader: Youth Health Leadership Training&lt;br&gt;Planning and Promoting Adolescent &amp; Young Adult Services (PAPAYAS) – The model</td>
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<tr>
<td>3.15</td>
<td>Julie Mooney-Somers: Working well with GPs - enhancing Patient and service providers - a diagnostic analysis</td>
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**3.30 - 3.45 PM**

**EARLY MORNING 90 MINUTE SYMPOSIA**

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<td>3.30</td>
<td>Madeleine SY Lim: The Power of being an Everyday Leader: Youth Health Leadership Training&lt;br&gt;Introducing the Adolescent Health Research Commission: Networked Youth Engagement</td>
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<td>3.45</td>
<td>Julie Mooney-Somers: Working well with GPs - enhancing Patient and service providers - a diagnostic analysis</td>
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### LUNCH 1.00 - 2.30 PM