

Wellbeing Sessions for Schools

Holyoake offers a range of educational sessions and presentations to suit your school's health and wellbeing priorities and scheduling. These interactive services can be delivered to parents, teachers and/or students. Suitable audiences are indicated below: Parents (P), Teachers (T), Students (S).

Topics include but are not limited to:

Introduction to Alcohol and other Drugs (P, T, S)

While we want to make sure that we (and our children) are educated, it can sometimes be difficult to separate fact from fiction when discussing alcohol and other drugs. This session incorporates the latest research to provide an outline of the main categories of drugs, the levels of use, and the impact of alcohol and other drugs on the brain and body.

Alcohol and the Brain (P, T, S)

Alcohol can have a huge long term impact on the brain. This session focuses on how the brain's reward system works and how alcohol can easily affect the brain. See how the brain continues to develop until our mid-20s and how alcohol can compromise this phase. The session also explores topics such as standard drink measures and levels of risk in alcohol use.

Harm Minimisation and Reduction (P, T)

While alcohol and drug use is not always ideal, it is an inevitable part of society. Harm minimisation aims to prevent and reduce the harms associated with alcohol and other drugs. This session provides a closer look at some of the factors that influence alcohol and other drug use, and discusses strategies for managing and reducing risk related to use. Strong emphasis is placed on treating each person as an individual, and remaining open to discussion of some of the triggers for use.

Healthy Body, Healthy Mind (P, T, S)

While people generally consider ways to ensure healthy bodies, keeping mentally well is not addressed as often. Stress, depression and anxiety are common aspects of modern living; everyone experiences them in varying degrees. This session encourages participants to think about their own ways of coping with stress - including alcohol and drugs. It also explores strategies that promote self-responsibility and resilience.

Trauma (P, T)

Up to 25% of students will experience at least one traumatic event by the time they reach late adolescence. Their reaction can impact their learning and behaviour at school. Having an understanding of trauma, including what it is, what causes it, and some of the signs, can assist staff and parents in supporting teenagers.

Stress and Resilience (P, T, S)

We live in a fast-paced world that can get stressful, and as a result we use all kinds of things to cope; alcohol, cigarettes, illicit drugs, prescription medication, food, gambling, internet, work, and so on. The ability to be able to identify and manage coping mechanisms is important so that they don't become problematic. This session will briefly define and discuss stress and resilience, as well as the impact of stress on our families and daily life.

Talking to your Teen (P)

Research shows that parents have a big influence on their teenagers (even though it might not feel like it!). Sometimes having a discussion with them about alcohol and other drug use can be daunting- lecturing and using scare tactics are often ineffective ways of getting your point across. To help you get started, this session will provide some key points about communication, to help you open up a dialogue. Topics include key information about alcohol and other drugs, dealing with 'push-back' as well as frequently asked questions.

Mental Health Information (P, T, S)

Knowing how to recognise the signs and symptoms of mental health is the first step in responding to, and reducing, the impact of mental health issues. The dialogue around mental health is changing, and this session will deliver an outline of common mental health issues, symptoms, and responses.

Early Responses to Mental Health (S)

Often some of the first people to recognise mental health issues are the peer group. This session is aimed at increasing knowledge around mental health, decreasing stigma, and providing strategies for having discussions. The session is targeted at teenagers, and encourages the group to take responsibility for their responses to others.

Mindfulness (P, T, S)

Mindfulness is a technique that encourages the individual to focus on the present moment, rather than living in the past or future. Mindfulness has been shown to improve physical and mental health, concentration and emotion regulation. Learn about the basic principles of mindfulness, as well as beginner strategies for practising mindfulness on a daily basis.

For more information and pricing please email training@holyoake.org.au or call Alan Beattie on (08) 9416 4444.