

Time	DESTINATION WELLBEING: Empowering young people to be resilient and mentally healthy	
7:30 – 8:30	FOYER	ARRIVAL TEA AND COFFEE
8:15 – 8:45	FOYER	REGISTRATION
8:45 – 8:50	BALLROOM	Welcome and housekeeping PAMELA MEDLEN
8:50 – 8:55	BALLROOM	Welcome to Country INGRID CUMMINGS
8:55 – 9:00	BALLROOM	Welcome from SDERA Manager ANNE MILLER
9:00 – 9:15	BALLROOM	Official opening and launch of Drug Talk and Wraparound HON. SUZANNE MARY ELLERY MLC MINISTER FOR EDUCATION AND TRAINING
9:15 – 10:15	BALLROOM	PROFESSOR DAN LUBMAN, MONASH UNIVERSITY Substances and the adolescent brain: A toxic combination? <p>Early onset substance use has consistently been associated with increased risk for a range of adverse outcomes in late adolescence and early adulthood. However, the mechanisms that underlie this relationship are not fully understood. Recent advances in developmental neuroscience, together with emerging literature on early onset substance use, suggests that the adolescent brain may be more vulnerable to the effects of addictive substances because of the extensive neuromaturation processes that are occurring during this period. While such findings are suggestive of disrupted developmental trajectories in early onset users, there is growing evidence that adverse events during childhood (e.g. early trauma or abuse) may also impact on brain development. Further, recent studies of youth at high-risk of problematic substance use suggest that this group may have premorbid neurobiological vulnerabilities. This presentation will provide an overview of our current understanding of the relationship between substance use and brain development, and its implications for public health policy and early intervention approaches.</p>
10:15 – 10:45	FOYER	MORNING TEA BREAK
10:45 – 11:25	BALLROOM	DR LYNNE COHEN, EDITH COWAN UNIVERSITY Factors to consider when building resilient youth <p>People face adversity and challenges during their lifetime. Some encounter very challenging situations which place them at risk for serious negative psychological, physical, and social consequences. However, not all individuals respond similarly to these types of situations. Some go on to engage in antisocial and risky behaviours (e.g., crime, violence or substance abuse) while others go on to lead healthy and productive lives. This presentation will explore whether developing resilience in young people at an early age, will contribute and promote positive outcomes for these young people.</p>
11:25 – 11:30	BALLROOM	Video message PROFESSOR DONNA CROSS
11:30 – 12:10	BALLROOM	DR STACEY WATERS, HEALTH PROMOTIONS SOLUTIONS What works in Road Safety, Drug and Resilience Education? The Story of Implementation <p>This presentation will unpack the reasons why evidence-informed and evidence-based road safety and drug education programs aren't always as successful as their theoretical foundations suggest. One of the most significant barriers to success in these school-based health programs is implementation failure. The presentation will explore the study of Implementation Science, a framework to assist the uptake of evidence-based and evidence-informed programs in to routine practice. The framework provides practical advice to address some of the most significant barriers to implementation of what is otherwise a theoretically sound program.</p>

12:10 – 12:30	BALLROOM	An introduction to SDERA ANNE MILLER		
12:30– 1:30	FOYER	LUNCH		
1:30 – 2:30		SESSION 1 – BALLROOM	SESSION 2 – PRESTON A	SESSION 3 – PRESTON C
		PROFESSOR DAN LUBMAN Promoting effective help-seeking among school students <p>This workshop discusses the latest evidence regarding youth help-seeking and how programs that teach young people how to overcome barriers to seeking help, have a help-seeking conversation with a friend and engage with a variety of professional helpers, empower young people to access early treatment.</p>	Health and wellbeing across the school <p>This session focuses on the benefits of implementing a whole-school approach. A local school will showcase how they achieved a whole-school approach using SDERA's funded Changing Health Acting Together (CHAT) model. Delegates will also consider how best to develop a school drug education plan to support their Student Behaviour policy.</p>	It's more than just the drug <p>This session will explore best practice school drug and alcohol education, from teaching and assessing age-appropriate programs using SDERA's resources that are mapped to the WA Health and Physical Education syllabus and General Capabilities, to providing intervention support for students experiencing drug use issues.</p>
2:30 – 2:50	FOYER	AFTERNOON BREAK		
2:50 – 3:50		SESSION 4 – BALLROOM	SESSION 5 – PRESTON A	SESSION 6 – PRESTON C
		PROFESSOR DAN LUBMAN Promoting effective help-seeking among school students <p>This workshop discusses the latest evidence regarding youth help-seeking and how programs that teach young people how to overcome barriers to seeking help, have a help-seeking conversation with a friend and engage with a variety of professional helpers, empower young people to access early treatment.</p>	Beyond bouncing back <p>This session looks at key social and emotional skills children need through life to be successful both academically and socially. SDERA's curriculum mapped resources and a range of teaching and learning strategies that are easily transferred into classroom practice will be modelled and discussed.</p>	Taking on the road safety challenge <p>Attend this interactive session to learn more about the extensive collection of ready-to-implement resources and programs supporting road safety education to students in all year levels. Information and delivery will be organised into Early Childhood, Primary – Lower Secondary and Upper Secondary groupings.</p>
3:50 – 4:00	BALLROOM	Close PAMELA MEDLEN		