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Developing the resilience of Bayside youth

Developing the resilience of Bayside youth is the focus of four local state high schools as they promote and support the social and emotional well-being of students.

Wynnum, Wynnum North, Victoria Point and Alexandra Hills State High Schools have chosen to be involved in the Resiliency in Bayside Schools partnership project funded by Queensland Health through the Connecting Healthcare in Communities Initiative.

This month, 42 staff from these local state high schools and local health and community organisations participated in *Mind Matters* level one training.

South East Alliance of General Practice (Brisbane)'s project officer Olivia Fisher said *Mind Matters* is a resource and professional development program that supports Australian secondary schools.

"It's an evidence based, whole school resiliency framework," she said.

"This project was developed as a result of consultations by the Bayside Chronic Disease Forum, through which it was realised more could be done to support our young people and better use local resources."

"Over the next two and a half years, we'll be working with these four Bayside schools to develop stronger relationships with local primary health care providers, mental health services and community organisations, and during the course of the project, we'll also be inviting other state high schools in the Bayside area to be involved."

"By engaging with guidance officers, principals and school based youth health nurses, we're aiming to improve knowledge of mental health referral options."

"There will be an emphasis on promoting resiliency, as well as identifying those at risk early, to prevent mental health problems developing, as well as to reduce inappropriate referrals to hospitals, mental health services and other non-government organisations," Ms Fisher said.

Project partners include South East Alliance of General Practice (Brisbane) (lead agency); Queensland Health's Bayside Mental Health Service, Brisbane Southside Population Health Unit and school based youth health nurses; Department of Education, Training and the Arts; BABI Youth and Family Support; and In-SYNC.