



# Sector Capacity Building Initiative

## A Brain-Based Approach to Youth Mental Health

A one-day workshop to support human service professionals in the Gladstone Region to advance impactful approaches working with and supporting the wellbeing of young people living in the Gladstone Region.

This workshop offers a comprehensive approach to youth mental health, drawing on current neuroscience, evidence-informed strategies, and established therapeutic models to support a deeper understanding of the experiences and needs of young people.

Training is suited to human service practitioners and professionals working with young people and their families in the Gladstone Region.

In-person



### Training Day

**Wednesday 25 June 2025**

**8:45am-4:00pm**

CQUniversity Gladstone  
Leo Zussino Building

### Cost

\$124 per participant. If cost of training is an inhibitor to participation, please contact GRT.

The Sector Capacity Building Initiative partnership has sponsored:

- ✓ Training Venue
- ✓ Training Catering
- ✓ Training Coordination and Administration
- ✓ Training Facilitator Accommodation and Travel

### About Training Facilitator

Train with psychologist and sought-after speaker Karen Young. Karen works with schools, government bodies, and child and adolescent-focused organisations, both in Australia and overseas to build resources, implement procedures, and support the professional development of staff.

### Contact

For further information contact GRT:

**P:** 07 4970 7382

**E:** [togetherinlearning@gladstoneregiontogether.org.au](mailto:togetherinlearning@gladstoneregiontogether.org.au)

**W:** [www.gladstoneregiontogether.org.au](http://www.gladstoneregiontogether.org.au)

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## Training Overview

### A Brain-Based Approach to Youth Mental Health

*With profound advances in modern neuroscience, we now have a deep understanding of the neural foundations of behaviour, regulation, relating and learning. Drawing on these insights, we can dramatically influence the growth and development of the young brain to provide the solid foundations for a happy, successful life. We can 'neuronurture' our children, to better support their growth, learning, social and emotional development, relationships, and a rich, wholehearted engagement with the world. This dynamic workshop will translate neuroscience into powerful insights and practical strategies that can nurture the holistic development of all children.*

Participants will explore:

- the neural foundations of behaviour, learning, and emotion
- how the brain develops from infancy through childhood, to adolescence; what children need at each developmental stage
- what neuroscience can tell us about how best to respond to tantrums and emotional distress
- why many common behaviour management techniques don't work, their impact on the developing brain, and what to do instead
- the importance of attachment in building the strong neural foundations for essential areas of development including the ability to form meaningful relationships, emotional regulation, joy, empathy, independence, and resilience
- how to activate attachment systems; the impact of trauma on the developing brain, and how to support children and adolescents
- the remarkable changes in the adolescent brain, and how to use this to support adolescents in their relationships, learning, decision-making, emotional growth, and optimal living
- parent/child conflict during adolescence - why it happens, how to manage it, how to strengthen relationships;
- the impact of drugs and alcohol on the developing brain, and how to engage and empower young people towards healthy choices
- how addiction happens in the brain (including social media, gaming, drugs, alcohol), and how to explain addiction to young people in a way they will hear
- a model for understanding, explaining, and working with anxiety, self-harm, depression
- when behaviour is extra big - the common origins of big behaviour, how to respond in the moment, and the practical strategies that will effect lasting change
- how to support parents and other important adults establish meaningful boundaries with love and leadership, and how to respond when those boundaries are challenged
- supporting parents, in a loving, shame-free, optimistic way, to understand how their own attachment histories might be impacting their children, how this might contribute to family conflict, and how to support growth and healing
- how to build relationships that protect, heal and strengthen all children and why this is essential
- a new model for behaviour and regulation that will make way for a more effective, compassionate, targeted response.