

Regional Youth Health Forum

Regional Youth Health Forums have reached

- Parkes
- Broken Hill
- Bourke
- Condobolin
- Cowra
- Dubbo
- Gilgandra
- Orange
- And now your region!!

Regional Youth Health Forums involve local screening sessions, followed by discussion with your fellow colleagues and your local networks. The Youth Health Forum DVD will be used as a tool to facilitate discussion around important youth health issues in your local area. A tool kit outlining how to run a Regional Youth Health Forum has been developed for use alongside the DVDs of the Sydney.

Create an opportunity to:

- Meet
- Update knowledge and skills
- Network
- Exchange information
- Strengthen youth health network at a local level



Regional Youth Health Forum held at Broken Hill West Football Club

Youth Health Forums currently on DVDs are

- **We're bringing sexy back: innovative sexual health programs (Mar 09)**- new and sexy!
- **Future directions in youth mental health (Oct 08)**- people are still talking about it!
- **The risks of adolescence - can we keep young people safe? (Aug 08)**- no risk involved to get a copy!
- **Bouncing back: building resilience in young people (May 08)**- a very worthwhile forum!
- **Bullying and young people - a shared responsibility? (Nov 07)**- it's still hot!
- **Double trouble - understanding the impact of comorbidity in diverse settings (Sept 07)**- check out the program!
- **Getting back on track - a community focus on Aboriginal Health (Jun 07)**- meet kids who are now back on track!
- This list will go on



Some of the feedback received:

- *DVD put the day into context*
- *Provided good stimulus to start discussions*
- *It was current and had excellent information*
- *They were very good and engaging. I don't think that if they were not of such a high quality they would not have been as interesting*
- *Due to large distances, technology assists*
- *I found it very interesting and very helpful as I didn't know that there was so much help available*
- *DVD good, won't get access to the calibre of speaker otherwise in rural areas*
- *I found the time I spent at the forum valuable. Thank you for the inviting me*

To run your own Regional Youth Health Forums, download the tool kit and DVD order form from www.caah.chw.edu.au/resources/speaker_notes/