

# Difficult times

We express our profound sorrow for the loss of life, homes, livelihoods, wildlife and habitat that occurred in the bush-fires of Saturday 7 February 2009.

Among those needing support will be many young people who may be more vulnerable than children to the after-effects of trauma of such magnitude. Experts are stressing the need for significant adults to model healthy responses to the situation. *Youth Studies Australia* has published two papers on bereavement and young people, and we maintain a list of organisations concerned with grief and loss. For more information, see: [www.acys.info](http://www.acys.info) We have also included an abstract of a paper on young people's coping with the death of a peer.



VOLUME 28 NUMBER 1 MAR 2009

## **Do youth workers stop young people getting help?**

Are we less likely to refer young people with mental health issues to professionals if we won't seek help for our own issues? It seems the answer is 'yes'!

## **Who else stops young people getting help?**

There seem to be a variety of reasons why young people often take years to seek help, these may include factors such as parental resistance and peer pressure.

## **What helps with complex problems?**

Factors including harm minimisation, service collaboration, fitting the service to the client and client involvement are all important to successful service delivery.

## **Treating aggression with CBT in school**

CBT training in a behavioural school had mixed results with some improvements in disruptive behaviours, suspensions and withdrawals over the training period.

## **Apathetic or just different?**

It is argued that young people are not apolitical, it's just that we have been defining political participation too narrowly.

## **Education inappropriate for young people's needs?**

Our education system is framed within an industrial model, but young people want to be educated in different skills.

## **Gen Ys embrace neoliberalism**

Embracing neoliberalism, Gen Ys believe they are responsible for their own lives. But, their autonomy may come "unstuck" in the economic downturn.

## Gatekeeper training for youth workers

TANIA CARTMILL, FRANK DEANE & CORALIE WILSON

Adults who act as gatekeepers for young people may have the same barriers to help-seeking for mental health issues as young people. This study investigated the personal help-seeking practices of 47 Australian youth workers prior to and after a training workshop on youth mental health issues.

Tania Cartmill: [Tania.Cartmill@SESIAHS.HEALTH.NSW.GOV.AU](mailto:Tania.Cartmill@SESIAHS.HEALTH.NSW.GOV.AU)

## Young people's experiences of mental health care

ANJALEE COHEN, SHARON MEDLOW, NORM KELK, IAN HICKIE & BRADLEY WHITWELL

In-depth interviews with young people revealed that many had been aware of their mental health problems for several years before seeking help. Barriers to help-seeking included a range of social, cultural and demographic factors. Additionally, their perceptions of care received focused on interpersonal aspects of their relationships with mental health care providers.

Norm Kelk: [nkelk@med.usyd.edu.au](mailto:nkelk@med.usyd.edu.au)

## Complex solutions for complex needs

SALLY BEADLE

Services for young people with complex needs can be fragmented, crisis-oriented and focused on single solutions to complex needs. Successful collaboration is necessary, but it requires considerable and multilayered effort at the individual and organisational level.

Sally Beadle: [beadles@unimelb.edu.au](mailto:beadles@unimelb.edu.au)

## Aggression management training for youth in behaviour schools

ANNA WHEATLEY, RACHAEL MURRIHY, JACOBINE VAN KESSEL, VIVIANA WUTHRICH, LOUISE RÉMOND, REBECCA TUQIRI, MARK DADDS & ANTONY KIDMAN

With the number of behaviour schools in Australia increasing, effective psychological treatments in behaviour school settings require investigation. This preliminary study produced some promising findings.

Rachael Murrihy: [Rachel.Murrihy@uts.edu.au](mailto:Rachel.Murrihy@uts.edu.au)

## Researching youth political participation in Australia

IAN FYFE

There is a need to expand the focus for future investigations into youth political participation. This would tell us more about young people's motivations, how they participate and the outcomes of their actions.

Ian Fyfe: [ian.fyfe@ed.ac.uk](mailto:ian.fyfe@ed.ac.uk)

## The changing context of Australian youth and its implications for social inclusion (reprint)

JOHANNA WYN

Some of the trends in contemporary educational approaches have isolated education from broader social trends through an increased inward focus (e.g. standardised testing, ranking of school performance).

Johanna Wyn: [j.wyn@unimelb.edu.au](mailto:j.wyn@unimelb.edu.au)

## It's all about 'I': Gen Ys and neoliberal discourse in 'new times'

NOLA ALLOWAY & LEANNE DALLEY-TRIM

While Gen Ys exhibit a robust belief that their futures are in their own hands, the data revealed that a 'breakdown biography' was already the lived experience of many of the young people involved in the study.

Leanne Dalley-Trim: [leanne.dalley@jcu.edu.au](mailto:leanne.dalley@jcu.edu.au)

*We have the right to make our own decisions and to follow our dreams. Nothing should create a negative influence.*

GEN Y PAPER

**Media inquiries** Sue Headley, Editor, Youth Studies Australia

**P** (03) 6226 2591 **F** (03) 6226 2578 **E** [Susan.Headley@utas.edu.au](mailto:Susan.Headley@utas.edu.au) **W** [www.acys.info](http://www.acys.info)