



In This Issue

- Welcome
- Plugging into Healthy Communities
- Research News
- Introducing
- Lighten up
- On the lighter side
- Web site updates
- Getting In Touch
- Contributing to In Touch

Welcome!

Welcome to issue two of In Touch, the CQ Healthy Communities newsletter. You can access the newsletter from our web site by clicking [here](#).

Things are starting to get underway well and truly for the new year. I will relate some of the activities that CQU is undertaking in this banner.

You will also be introduced to one of our newest staff members, a new appointee who brings some great ideas and energy to the team.

Of course, the aim is to not only relate news and developments but also an outlet for you and your organization to promote events and activities in the scope of Healthy Communities.

Details on how you can contribute to the newsletter can be found on the back cover.

Plugging into Healthy Communities

Networking is a fundamental principle of establishing a community for themself or they for research or other purposes. Often one of the first steps in the process of networking is during an industry placement. Health Promotion students on a Bachelor of Health Promotion will have the opportunity to network through attending the Health Forum, held as part of the course.

The Health Forum consists of a single day where a number of students will present their work to their colleagues and Health Promotion professionals. It is also encouraged to take part in the presentations and discussions. As part of the course, Health Promotion Planning and Evaluation, the Health Forum is to encourage networking between the students and Health Promotion professionals; currently being undertaken within Health Promotion; and also for those enrolling in an Honours program upon completion of the course.

This year, the Health Forum will be held on Tuesday 15th March. Should anyone be interested in attending, please contact Dr Tanya Bell (07-4150 7155).

(Thanks to Wendy Madsen for the above article).

Research News

Promoting Mental Health Care in a Regional Paediatric Unit

A participatory action research project (a Golden Cask project) is currently being carried out in collaboration with nursing staff at Rockhampton Hospital and the Department of Health and Human Services, University of Queensland. The members of the research team include Dr Reid-Searl (RN – Paediatric Unit, Lecturer – CQU), Loraine Reid (RN – Paediatric Unit, Lecturer – CQU), Trudy Dwyer (RN – Intensive Care Unit, Lecturer – CQU), Jodie Happell (RN – Mental Health, Professor – CQU), Jodie Reid (RN – Paediatric Unit, CYMHS).

The aim of the project is to improve patient outcomes and reduce the need for admissions that will empower general nurses who have limited or no access to mental health provision to care for patients who have a mental illness. In the past, 1/3 of these psychiatric admissions to the paediatric unit have almost doubled, and the safety and wellbeing and family dislocation is kept to a minimum.



Click on the image above to read about the highly successful development of podcasts on the web

