



PRELIMINARY PROGRAMME

AS AT 23 SEPTEMBER 2026

Friday 9 October		
8.00am – 8.40am	Mihi Whakatau Venue: Wharenuī	
8.40am – 9.00am	Light refreshments / Registration	
9.00am – 10.15am	Conference opening and Plenary 1 Chair: Jess Allen Venue: The Hub	
9.00am – 9.05am	Welcome from the Board Jess Allen, Lara Wall	
9.05am – 9.45am	Growing Up in NZ Rebecca MacKenzie, Ben Fletcher	
9.45am – 10.15am	Current Realities Facing Young People in Aotearoa Liz Hosking-Clement, Te Aorangi-Kowhai Morini, Rosalie Norton	
10.15am – 10.45am	Industry Exhibition and Morning Tea Venue: The Hub	
10.45am – 12.20pm	Plenary 2 Chair: Jodi Cash Venue: The Hub	
10.45am – 11.15am	Te Ūkaipō: A Vision and Values Framework for Youth Health Audrey Robin	
11.15am – 12.15pm	The Digital Landscape for Rangatahi: Understanding Experiences and Responding in Practice Nikki Denholm, The Light Project and Kate Whitaker, Classifications Office	
12.15pm – 12.20pm	Rangatahi reflections	
12.20pm – 1.15pm	Industry Exhibition and Lunch Venue: The Hub	
12.45pm – 1.15pm	Te Kāhui Korowai Rangatahi Youth Health Aotearoa Annual General Meeting Venue: The Hub	
1.15pm – 2.45pm	Concurrent Session	
	1A: School Health Chair: Vicki Shaw, Georgia Dearing Venue: The Hub	1B: Research Chair: Bridget Farrant Venue: Wharenuī
1.15pm – 1.35pm	Surveillance of Kids and Youth with Automated Continuous Glucose Monitoring Knowledge for Early Response (The Skywalker Study): A Randomised Controlled Trial Ameila Butler, L Chepulis, H Crocket, M de Bock, R Paul	Conducting Research with Young People at the Margins – Lessons Learned in Four Participatory Youth Health Studies in Cambodia, India, Sweden and Zambia Kaaren Mathias, F Jonsson, P Pat, C Mulubwa, B Jegannathan
1.35pm – 1.55pm	Maximising Collaboration for Supportive School Environments: Addressing Youth Self-Harm L Bowden, Sarah Fortune, S Hetrick, TC Clark	‘It’s Like Exercise for the Soul’: Creative Ways to Youth Wellbeing Amber Walls
1.55pm – 2.15pm	Addressing the Gap in Concussion Recognition and Response in New Zealand Schools	Trends in Premature and Preventable Mortality in Young New Zealanders

	Stacey Mowbray, K Old, PJ Borell	Compared to Young Populations in Other High-income Countries Jessica Kerr, KF Francis, M O'Connor, P Azzopardi
2.15pm – 2.30pm	KaRangaTahi: Youth Lived Experience Liam Teichmann, Benjamin Phillips	Young People as Partners in Mental Health Research: Reflections on Participatory Methods from the I'M YOUTH Research Project Rebecca Mitchell, Meretene Davis, K Mathias
2.30pm – 2.40pm	Sexual Wellbeing Nicola Warmington	
2.40pm – 2.45pm	Rangatahi reflections	Rangatahi reflections
2.45pm – 3.15pm	Industry Exhibition and Afternoon Tea Venue: The Hub	
3.15pm – 4.15pm	Concurrent Session	
	2A: Chair: Vicki Shaw, Georgia Dearing Venue: The Hub	2B: Workshop Chair: Teresa McGovern Venue: Wharenui
3.15pm – 3.45pm	Cardiac and Respiratory Foundation – Vaping Workshop Sharon Pihema	3.15pm – 4.15pm Strapping Workshop - Ankles, Knees and Fingers Amiria Koopu, Rebecca Armstrong <i>Limited numbers must pre-register</i> Proudly sponsored by 
3.45pm – 4.15pm	The World of Unregulated Peptides Emily Hughes	
4.15pm – 4.20pm	Move rooms	
4.20pm – 5.30pm	Plenary 3 Chair: Jess Allen Venue: The Hub	
4.20pm – 5.00pm	ADHD: A Degustation Menu David Chinn, Lucia Griffith, Charlie Zonneville	
5.00pm – 5.20pm	Te Ūkaipō – The “Walking-Together” Art of Doing It Maryjane Pratt, Sara Moeke, V S Shaw	
5.20pm – 5.25pm	Rangatahi reflections	
5.25pm – 5.30pm	Karakia	
5.30pm – 6.30pm	Whakawhanaungatanga – Connection Venue: Exhibition Area <i>Ticket includes canapes with limited beverages, a contactless bar will be operating (Eftpos, Visa and Mastercard)</i>	
	Free evening	

Saturday 10 October		
8.00am – 8.25am	Registration Opens	
8.25am – 10.00am	Plenary 4 Chair: Lara Wall Venue: The Hub	
8.25am – 8.30am	Whakatuwheratanga	
8.30am – 9.30am	Youth Appropriate Care Simon Denny, Kya Hurihanganui	
9.30am – 10.00am	Youth Disability Voice Eleanor Rawson, Pinky Solitude, Liv Fountain	
10.00am – 10.30am	Industry Exhibition and Morning Tea Venue: The Hub	
10.30am – 11.55am	Concurrent Session	
	3A: Mental Wellbeing Chair: Francisco Prada Venue: The Hub	3B: Realising Potential Chair: Jodi Cash Venue: Wharenui

10.30am – 10.50am	Engagement in Early Psychosis Engaging “Hard-To-Reach” Youth in Mental Health Sheridan Mclsaac, Fiona Stokes	What’s Missing for Siblings? Insights from an Audit and a Youth Advisory Group Julie Blamires, Kelsy Shearer, J Gardiner, M Mitchell, C Hofer, B Eagles, C Collmat, A Davies
10.50am – 11.10am	Exploring Filipino Young People’s Experiences of Disclosing Mental Health Diagnoses Lovely Dizon, V Sharma, R Ramalho, R Peiris-John	Open Closed Doors: Implementing the Bergen 4-Day Treatment for OCD in Aotearoa New Zealand Marthinus Bekker, Emma Chapman
11.10am – 11.30am	Aoake Te Rā: Supporting Young People Bereaved by Suicide Eve Leonard, B Morrison	Five-Year Trends in Adolescent Eating Disorder Inpatient Admissions: Reviewing the Impact of Introducing an Eating Disorders Team in 2024 Catherine Scott, Charlotte Stanczuk
11.30am – 11.50am	Oho Mauri: Awakening Rangatahi Potential Beyond the Deficit Model Lizana Tuake	Titoki: An Innovative Global-First Initiative Empowering Rangatahi with FASD Through Connection, Confidence, and Advocacy in Aotearoa Anna Gundesen
11.50am – 11.55am	Rangatahi reflections	Rangatahi reflections
11.55am – 12.50pm	Industry Exhibition and Lunch Venue: The Hub	
12.50pm – 2.10pm	Plenary 5 Chair: Lara Wall Venue: The Hub	
12.50pm – 1.10pm	The Youth Hub Christchurch Evaluation Sue Bagshaw, T O’Connor, Aniva Bell	
1.10pm – 2.10pm	Already Decided? Rangatahi Rising Above the Reality of Health Inequity Megan Hakaraia, Casey Stokes	
2.10pm – 2.40pm	Industry Exhibition and Afternoon Tea Venue: The Hub	
2.40pm – 4.30pm	Plenary 6 Chair: Jess Allen Venue: The Hub	
2.40pm – 3.20pm	Breaking the Mirror Anganette Hall	
3.20pm – 4.00pm	Gender Affirming Care Steven Lillis	
4.00pm – 4.25pm	Fostering Safe and Affirming Relationships with Pacific Rainbow+ Young People Letavai Faava Tuigamala, Penni Wolfgramm	
4.25pm	Rangatahi reflections	
4.30pm	Whakakapi	

POSTER PRESENTATIONS

1	All Things Sex- 90-Minute In-Depth Sexual Health Education for Senior Students Delivered Outside of the RSE Curriculum Tessa Cameron, ND Drake
2	Provision of School-Based Health Services in the Waikato - A Descriptive Regional Desk Audit Kelly Berentson-Taratoa, S Heath, L Wall, J Whitehead, B Wagner

THANK YOU FOR YOUR SUPPORT

CONFERENCE PARTNERS

WORKSHOP PARTNER



EXHIBITORS

