

PRELIMINARY CONFERENCE PROGRAMME / DAY 1 / MONDAY 22ND SEPTEMBER 2025

0745	Registration desk open	
0800	Trade Exhibition open	
0830 - 0850	Mihi Whakatau	
0850 - 0905	Welcome	
0905 - 0925	Conference Opening	Hon Matt Doocey Minister for Mental Health and Associate Minister of Health
0925 - 0950	Setting the Scene: Navigating Rough Waters - Support Networks for Youth	Dr Georgia Rudd Research Fellow UOA / Our Voices Project / Professional Teaching Fellow UOA / Tē Mātou Rerenga - Our Journey
0950 - 1015	Speed Meet - Whakawhanaungatanga in Action A structured, high energy networking session to help you meet new faces, swap ideas and build relationships across the Youth Health and wellbeing space	
1015 - 1045	Morning Tea & an opportunity to visit our Exhibitors	
1045 - 1115	Silent Struggles: Unpacking Eating Disorders in Youth From early signs to effective interventions, what every youth-focussed health professional should know.	
1115 - 1145	Positively navigating new Online Sexual Landscapes	Nikki Denholm Founder of the Light Project / MNZM / Finalist of New Zealander of the Year Awards
1145 - 1205		
1205 - 1215		
1215 - 1255	Beyond Labels & Embracing Neurodiversity Personal story meets systemic challenge - a fresh youth lens on neurodiversity from someone who lives it	Tom Little Neurodiversity Advocate / Public Speaker / Business Owner / Aspiring Accountant & Commercial Law Professional
1255 - 1340	Lunch, Networking & Visit Exhibitors	
1340 - 1350	ADHD in Aotearoa - The new clinical framework explained Making senses of the new approach to ADHD in youth assessment, support and shared care models	
1350 - 1440	Too Young to Scroll? A panel on Social Media and the under 16's An expert panel discusses the risks, rights and realities of Social Media for under 16s. Are we protecting our rangatahi or leaving them to navigate the digital minefield alone? #B416	
1440 - 1505	Table Talk Choose one of the topics that interest you and join a table talk session with an expert. These smaller group discussions are a great opportunity to ask questions, share perspectives, and learn in a relaxed, interactive environment.	
1505 - 1535	Afternoon Tea & Visit Exhibitors	
1535 - 1555	Abstract # 1	
1555 - 1650	Keynote: Be Kind to your Mind - Mental Health Insights with Heart Laughter, music, real talk - a unique keynote to uplift and inform	Julia Grace International Keynote / Public Speaking Assoc. NZ Educator of the Year / Singer / Songwriter / Mental Health First Aid Trainer
1655	End of Plenary	
1700	Networking Wrap up the day with networking, refreshments, great connections & conversations	

Evening Networking -

- Tickets are included in the two day registrations, or additional tickets may be purchased for those attending one day, or just wishing to attend the networking event.
- RSVP's required for catering purposes

Te Tūhono Rangatahi | Connect & Collaborate for Youth Wellbeing



Programme as of 30.7.25 Version 2 - Programme subject to change

PRELIMINARY CONFERENCE PROGRAMME / DAY 2 / TUESDAY 23RD SEPTEMBER 2025

0745	Registration desk open	
0745	Trade Exhibition open	
0815 - 0825	Welcome & Housekeeping	
0825 - 0915	Keynote: Brains in the making - What Neuroscience is teaching us about Youth Development. Reflecting the latest neuroscientific research discoveries and their practical implications for everyday life. How to better understand how people grow, learn and develop	Nathan Wallis <i>Conscious Intelligence / Teacher / Human Development / Disseminator of Neuroscientific Research</i>
0915 - 0945	Blunt Truths - Tackling Drug & Alcohol use	
0945 - 1015	Morning Tea & an opportunity to visit our Exhibitors	
1015 - 1045	Vaping & its risks to Rangatahi	
1045 - 1105	Rheumatic Fever: Early Action - Lifelong Impact	
1105 - 1145	Our wellbeing - sustainable practice	
1145 - 1210	Supporting our Rainbow Rangatahi	
1210 - 1255	Lunch, Networking & Visit Exhibitors	
	Transition into two streams	
1255 - 1350	# Concurrent A: Youth Homelessness 15 mins	## Concurrent D: He Kohanga Whakaruruhau - A Youth Health Nursing Practice Development Guide 20 mins Jodi Cash <i>Nurse Adviser - Te Kāhui Rangatahi Youth Health Aotearoa (formally SYPHANZ)</i>
	# Concurrent B: Māori Rangatahi 20 mins	## Concurrent E: Research The vital role of School Nurses in enhancing health outcomes for Rangatahi, specifically, defining the role within Aotearoa 20 mins Lara Wall <i>Final year PhD candidate / Lecturer in Nursing University of Waikato / Board Member Te Kāhui Rangatahi Youth health Aotearoa (formally SYPHANZ)</i>
	# Concurrent C: Pacifica Youth 20 mins	## Concurrent F: Clinical & Academic Pathways 15 mins
1350- 1355	Transition	
1355 - 1420	Table Talk: Choose a topic that interests you and join a table talk session with an expert. These smaller group discussions are a great opportunity to ask questions, share perspectives, and learn in a relaxed, interactive environment.	
1420 - 1445	Afternoon Tea & Visit Exhibitors	
1445 - 1515	# Concurrent G: Abstract # 2 15 mins Abstract # 3 15 mins	## Concurrent H: Skill Building
1515 - 1520	Transition	
1520 - 1615	Keynote: Celebrating the power of transformation, resilience and purpose. An inspiring journey of poverty & violence to leadership & success	Ben Purua Young Māori Farmer of the Year / Dairy Manager of the Year / Finalist 2025 Kiwibank Young New Zealander of the Year
1615 - 1625	Looking ahead / Evaluation	
1625	Conference Closes Karakia	

= All other delegates

= Nurse Specific

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