

0745	Registration desk open	
0800	Trade Exhibition open	
0830	Mihi Whakatau	
0850	Welcome	
0900	Conference Opening	Hon Matt Doocey Minister for Mental Health & Associate Minister of Health
0910	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
0935	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	Jenni Falconer
1000	Morning Tea & an opportunity to visit our Exhibitors	
1030	Silent Struggles: Unpacking Eating Disorders in Youth	Kellie Lavender Senior Clinical ED Specialist. BEd. MHSc (Hons) NZEDC Reg Psychotherapist, Certified AFT/FFT/CBT
1110		
1115	Inside the Youth Digital Sexual Landscape Trends, Research and Risk	Nikki Denholm Founder of the Light Project / MNZM / Finalist of New Zealander of the Year Awards
1155	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 / Founder, Pūkare Ltd
1230	Group Photo	
1240	Lunch, Networking & Visit Exhibitors	
1335	ADHD in Aotearoa - The new clinical framework explained Making sense of the new approach to ADHD in youth assessment, support and shared care models	Dr Colette Muir Developmental Paediatrician / Researcher / Co-Chair Paediatric Society of NZ Neurodevelopmental Clinical Network
1400	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	
1435		
1440	Abstract: Transforming Youth Care: Waikato Hospital Youth Networks impact alongside rangatahi Youth centred, Culturally safe & grounded in Whanau ora model of care	Ellyn Proffit Clinical Nurse Specialist - Adolescent & Young Adult Cancer Service: Midland
1500	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.	
1525	Afternoon Tea & Visit Exhibitors	
1555	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	Day One Wrap up / Closing notes	
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

Programme as of 24.10.25 Version 6 - Programme subject to change

0745	Registration desk & Trade Exhibition open	
0815	Welcome & Housekeeping	
0825	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 Conscious Intelligence / Teacher / Human Development / Disseminator of Neuroscientific Research
0925		
0930	Understanding Substance Use and Harm Reduction Presenting on common substances affecting young people with a focus on volatile substances ("huffing") and sharing current harm reduction work and practical tools to help keep rangatahi safe	Spencer Dietrich Programme Lead / Kaihautū Kaupapa Te Puna Whakaiti Pāmamae Kai Whakapiri / NZ Drug Foundation
1000	Morning Tea & an opportunity to visit our Exhibitors	
1030	Behind the Vape - Youth, Policy, Trends and Marketing	Dr Lucy Hardie PhD in Public Health / Research Fellow University of Auckland / Expert panel member for Health Coalition Aotearoa / Smokefree Expert Advisory Group / Centre for Addiction Research
1100	Rheumatic Fever: Early Action - Lifelong Impact	Dr Bridget Farrant Adolescent & Young Adult Physician at Kidz First Centre for Youth Health / Chair of the Northern Regional Youth Health Network
1130	Our wellbeing - sustainable practice	Kathy Shaw Registered Nurse / Life Coach / Professional Supervisor
1210	Lunch, Networking & Visit Exhibitors	
	Transition into two streams	
1300	Concurrent A: Māori Rangatahi Pakiaka Framework - Kaupapa developed from Rangatahi aspirations for Mental Health & Wellbeing. Aspiration led, Rangatahi centered practice Amy-Leigh Hopa (Ngāti Wairere, Ngāi Te Rangi)	Concurrent B: He Kohanga Whakaruruhau - A Youth Health Nursing Practice Development Guide An update of the national Youth Health Nursing Knowledge & Skills Framework commissioned by Te Whatu Ora Jodi Cash Nurse Adviser - Te Kāhui Korowai Rangatahi Youth Health Aotearoa (formally SYPHANZ)
1320	Transition	
1325	Concurrent A: Pasifika Youth Health Yvonne Kainuku Senior Lecturer, School of Health, University of Waikato / Pacific Mental Health & Youth Wellbeing	Concurrent B: The vital role of School Nurses in enhancing health outcomes for Rangatahi, specifically, defining the role within Aotearoa Lara Wall Final year PhD candidate / Lecturer in Nursing University of Waikato / Board Member Te Kāhui Rangatahi Youth health Aotearoa
1345	Transition	
1350	Being Young & Navigating Cancer	Ellyn Proffit Clinical Lead - Adolescent & Young Adult Cancer Network Aotearoa
1410	Abstract: Ko te Kāinga ko au: Housing as Identity. What Rangatahi & Kaimahi reveal about Housing, Health & Belonging	Dr Polly Atatoa-Carr Assoc Professor Te Ngira, Public Health Physician for Child & Youth Health Kayla Manuirangi & Tui Barrett Students at Te Ngira, Institute of Population Research, University of Waikato
1430	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.	
1455	Afternoon Tea & Visit Exhibitors	
1520	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	Looking ahead / Evaluation	
1625	Conference Closes / Karakia	

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