

Wellbeing Matters

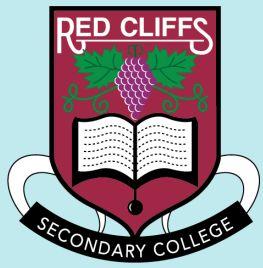
Wellbeing encompasses many different elements. This includes positive emotions, such as happiness, joy, contentment, excitement, wonder, and calmness.

The aim of the wellbeing program at RCSC is to support students to explore ways to develop their psychological, social, mental, emotional, spiritual, academic and physical health to achieve their optimal functioning.

The Wellbeing team can support students:

- Counselling
- Build strategies and skills to overcome mental and physical health concerns
- Offer support around advice around navigating difficult relationship issues at school or home
- Support students to manage study stress and build better school work habits and achieve their personal best.
- Advocate for external and internal programs and referrals to support the young person.

≡ YOU ARE ≡
enough



Brittany Russo

Wellbeing Coordinator

About Me

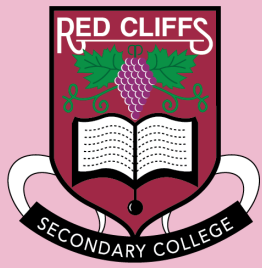
My name is Brittany Russo and my role at Red Cliffs Secondary College, is the Wellbeing Coordinator. I completed my Bachelor of Human Services & Master of Social Work degree at Latrobe Mildura in 2020.

Prior to starting at Red Cliffs Secondary College in 2022 I worked at Mallee Domestic Violence, Mallee Sexual Assault Unit which I loved!

I have a strong passion and dedication to providing the highest quality of support to our young people, families, and the community, ensuring everyone has access to the supports they need.

The most special thing, for me, is the professional relationships I am able to create with the students and families within the Red Cliffs community. In my personal time, I love to spend time with my family and friends, going on trips in the caravan and walking my dog Finn.





Marita Barnes

Mental Health Practitioner

About Me

~ “nothing is impossible, the word itself says I’m possible” ~

Hi, I’m Marita, I am the Mental Health Practitioner. I work part time Monday, Thursday, and Friday as I have two tiny humans at home that need my attention!

I am qualified with a Master of Social Work and Bachelor of Human Service and have extensive experience working with diverse populations of adolescents. Prior to commencing my role at Red Cliffs Secondary College in 2021 I worked at headspace Mildura for 7 years working with local young people from the age of 12-25 years. I started at headspace Mildura during the early conception of the centre, which was really exciting, being able to have input into the centre’s establishment. This opportunity has allowed me to develop intimate knowledge of issues impacting young people in our area and an extensive knowledge of a range of services.

Prior to this, I worked in the Mallee as a rural generalist social worker travelling around to small country communities supporting families and young people. My passion is supporting young people as they navigate adolescence

providing them with coping mechanisms to help navigate their challenges times. Knowing that I can make a just a small positive difference in a young person’s life is one of the things that makes my role so rewarding.

When I am not at work, I enjoy being in nature, by the river. I am the queen of organisation and like any female, love shopping at Kmart for a bargain.





Nick Mazza

Wellbeing Clinician

About Me

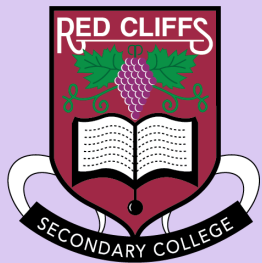
Hi, My name is Nick Mazza and I am the Wellbeing Clinician at Red Cliffs Secondary College. I have completed a Degree in Psychology (with a major in philosophy) through Deakin University. I am currently intending to complete an Honours program and will look to go on to do further studies once that is completed. In addition to this I have undertaken many short courses over my 15 years in the field, and have a strong grounding in trauma, neurodiversity, AOD and mental health. I have undertaken this study because I have a passion for knowledge and supporting people, to live the lives they want to live and reach their full potential.

I have worked in a multitude of different roles over my career. Specifically, I have worked in roles supporting:

- Families
- Individuals that have experienced trauma
- Those with AOD issues
- People experiencing mental health distress
- Offenders on correction orders
- Perpetrators and victims of Family violence
- Suicide prevention
- Students in schools

Outside of work I enjoy, spending time with my family, doing martial arts, camping and fishing, reading and listening to music.





Jordan Fishlock School Nurse

About Me

Hi, I am Jordan - the new Secondary School Nurse at RCSC.

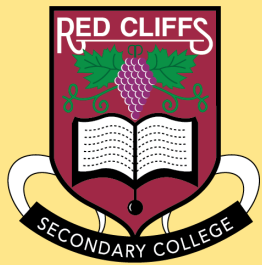
My background is Emergency nursing in which I have worked for 3 years in a busy Emergency Department in Adelaide and now have been at the MBH Emergency for a year and a half. I grew up in Adelaide and studied at the University of Adelaide.

I have always had a passion for helping people in which nursing was a natural career choice, however I always knew if I wasn't to do nursing I would've loved to be a teacher. I find this new role being a nurse and educating students a perfect blend of two amazing careers. I recently moved to Mildura a year ago for a change of scenery with my partner.

My hobbies include

- netball
- going for walks with my new puppy
- spending time with my friends and family.





Eddy Wellbeing Dog

About Me

Heya I'm Eddy, I am the wellbeing dog at Red Cliffs Secondary College. I was born in October 2022 in Queensland, however, have been living with my human family in Mildura since December 2022.

I live with Marita and attend school with her on Monday, Thursday, and Friday's. I have been supporting students 1 on 1, and in the classroom since the middle of 2023 and I have LOVED every second of it.

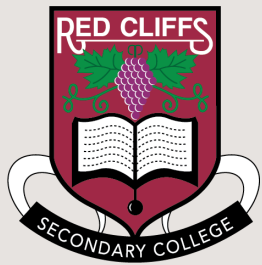
I am lucky to have a great range of staff at RCSC that are trained to look after me during school time, in classes and in the yard. I have my own timetable, the same as the students, during the term so I can ensure I am consistent in attending and supporting students in the classroom.

My role at RCSC is to support students emotionally, as well as being utilised through a teaching and learning model, so staff members can use my behaviours and reactions to educate the students. I love when students come and pat me in the yard, and I love spending time getting to know all the different kids that attend RCSC. Red Cliffs Secondary is supported and accredited by the Dogs Connect Program and will continue to utilise the resources and knowledge passed on through the program to ensure

I am always utilised the best way I can be, to support our students and staff members ongoing.

I am always looking forward to meeting new students.





Websites

- au.reachout.com - youth issues
- brave4you.psy.uq.edu.au - worry/anxiety program
- bullyingnoway.gov.au - bullying
- www.betterhealth.vic.gov.au - health
- www.eheadspace.org.au - mental health issues
- www.parentline.vic.gov.au - Department of Education and Training
- www.parentline.com.au - linked with kidshelpline
- www.yodda.org.au - youth, drugs and alcohol advice
- www.youthbeyondblue.com - mental health issues

Numbers

- Centacare Family Services. 5051 0050
- Child and Youth Mental Health Services (CYMHS) 5022 3500
- Child and Family Information, Referral and Support Team. 1300 625 533
- Child Protection 1300 664 997 or 131 278(AH)
- Headspace 5021 2400
- KidsHelpline 24/7 1800 551 800
- Lifeline 24/7 131 114
- Mallee Domestic Violence 24/7 5021 2130
- Mallee Family Care 502 5966
- Mallee Sexual Assault 24/7 5025 5400
- Mental Health Triage 24/7 5022 3500
- Mildura District Aboriginal Services (MDAS) 5018 4100
- Murray Mallee Community Legal Service 1800 243 002
- ParentLine 132 289
- Suicide Call Back Service 1300 659 467
- Sunraysia Mallee Ethnic Communities Council (SMECC) 5022 1006
- Sunraysia Community Health Services 5022 5444
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