

## Volunteers Needed for TPOT Research Study – FREE Courses!

Dear Parents, Guardians, Carers and Students

Volunteers are still needed for the ongoing research project titled **First Aid Training for Parents of Teenagers (TPOT study)**, which is being run by The University of Melbourne. Parents who have a teenager aged between 12-15 years and the teenagers themselves, are invited to take part (one teenager and one parent per family).

Past research has shown that mental health problems tend to emerge in adolescence and that teenagers often turn to parents and friends when seeking help. However, many adults have limited skills in recognizing the early signs of a mental disorder. The study aims to teach parents the skills to recognize and respond to emerging mental disorders in teenagers, as well as first aid injuries. There is no requirement for teenagers to have an existing mental or physical health problem in order to participate, but those who do can also participate.

We are offering the following 2-day courses to parents for **FREE**:

- **Youth Mental Health First Aid**, which teaches the skills to recognize the early signs of mental illness, identify potential mental health-related crises and assist early help-seeking.
- **Apply First Aid**, which teaches the skills to sustain life, reduce pain and minimise the consequences of injury and illness until professional help arrives.

These will be held from 9am – 5pm as follows:

<b>30 April – 1 May 2014 (Wed &amp; Thurs)</b>	<b>155 Somerset Drive (Corner Kinross) MOUNT MARTHA VIC 3934</b>
<b>8 – 9 April 2014 (Tues &amp; Wed)</b>	<b>Brotherhood of St Laurence 24 – 26 High Street FRANKSTON VIC 3199</b>

**Registration is done on the trial website at:**  
[www.tpot.net.au](http://www.tpot.net.au), by clicking on 'Sign Up'.

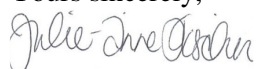
At the end of the online registration process, the parent will be prompted to select two courses. A computer will randomly place the parent into **one** of the courses that they select. This will be confirmed by email. A few days after that, we will contact the parent and teenager for a brief phone survey which asks about their knowledge of health problems. Once complete, the parent can attend their free course! (Please note that although the teenager takes part in a phone survey, they do not attend the training, it is only for the parent).

The project is likely to empower parents to better deal with a teenager's emerging mental health problem or a physical injury needing assistance.

Questions? Please contact the Trial Manager, Julie-Anne Fischer on Tel: **9035 6770**, Mobile: **0401 772 648** or email: [jfischer@unimelb.edu.au](mailto:jfischer@unimelb.edu.au). The study has ethics approval from the University of Melbourne's Behavioural and Social Sciences Human Ethics Sub-Committee, (ID: 1135679) DEECD (2012\_001480) and the Catholic Education Office of Melbourne (CEOM) ID: 1877. It is funded by the National Health and Medical Research Council (NHMRC).

On behalf of the research team, we look forward to welcoming you to the study!

Yours sincerely,



**Julie-Anne Fischer**

First Aid Training for Parents of Teenagers (TPOT) Research Study [www.tpot.net.au](http://www.tpot.net.au)  
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