



As we move into the final term of the year, we look forward to celebrating **International Day of People with Disability in December**, a valuable opportunity to recognise and promote inclusion, accessibility and the contributions of people with disability in our schools and communities (page 2). This term will also feature a professional development workshop on **29 October focused on Stepping Stones Triple P Parenting Programs**. These programs strongly align with the evidence that supporting parents and carers are an important part of helping children and young people thrive (page 3).

The Intellectual Disability and Mental Health School-Link Service

Our state-wide School-Link service operates from the Children's Hospital at Westmead and can support staff from public, independent and Catholic schools, as well as health professionals.

We can provide support and information on appropriate referral pathways, resources, non-clinical complex case discussions, and advice for children and adolescents with intellectual disability and/or autism who are experiencing mental health difficulties.

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Calendar

International Day of People with Disability (IDPwD) - 3 December

International Day of People with Disability (IDPwD), celebrated on 3 December, is an opportunity for schools to recognise diversity, promote inclusion, and celebrate the contributions of people with disability. We encourage schools to get involved through activities, learning opportunities, or celebrations that help foster a sense of belonging and highlight the value of inclusive school communities. To view curriculum-aligned lesson ideas and activity sheets designed to start important conversations about disability and help students understand the need for accessibility and inclusion see here: [School resources](#)



Why Evidence Based Parenting Support Makes All the Difference - Dr Lisa Studman Stepping Stones, Triple P Programs

Dr Lisa Studman, co-author of Triple P Stepping Stones Program, will exclusively present to our School-link and Mental Health and Intellectual Disability HUB audience on 29 October at 11am on why evidence-based parenting support makes all the difference.

This information session will cover:

- An introduction to the Triple P - Positive Parenting Program
- Raising kids with additional needs
- An overview of Stepping Stones Triple P; flexible delivery modalities
- Program refinement and the development of Stepping Stones Triple P Online
- A live walk-through of the online platform and content
- Integrating Stepping Stones Triple P into practice
- Training, implementation support and free promotional resources

About your speaker

Dr Lisa Studman is a clinical and developmental psychologist working for Triple P International as a trainer and implementation consultant, based in Western Australia. She has over 30 years of experience providing parenting support to parents of infants, toddlers, children, and adolescents. She is also co-author of Stepping Stones Triple P, a program for parents of children with developmental disabilities, neurodivergent children, and those with additional needs

Date: 29 October 2026

Time: 11:00 to 11:45am (AEDT)

Location: Microsoft Teams

Join the meeting now

Meeting ID: 487 284 947 185 376

Passcode: EM6ij2xe



Thriving Kids Update

The NSW Government's Thriving Kids website provides information for families and carers, including program information, explainers, and links to relevant resources and supports.

The Australian Government's Thriving Kids website includes further information about the program, and links to resources and services including:

- Thriving Kids Information and Resources Hub (<https://raisingchildren.net.au/thrivingkids>) – evidence-based information and resources for families and professionals on childhood development, developmental delay and neurodevelopmental difference.
- A national phonenumber (1800 882 436 or by video call, 7am to midnight, 7 days a week) – expert advice from maternal and child health nurses on child development and behaviour.
- Thriving Kids Autism Helpline (1300 654 789, 8am to 7pm, Monday to Friday) – autism-specific information and advice for families with children aged 0 to 8 who may be on a journey to an autism diagnosis or have a diagnosis (or <https://www.amaze.org.au/thrivingkids>).

The NSW Department of Communities and Justice Thriving Kids webpage will continue to be updated with information for service providers about the Thriving Kids program and upcoming opportunities to be involved. This includes information about service delivery requirements and supporting the sector and workforce with the transition to Thriving Kids.



One Day Course for Primary and Secondary Teachers on Sexualised Behaviour: [Sexual Health Education for Life: the PDHPE Curriculum for Students with Disability - Family Planning Hub](#)

You CAN ask that! - Council for Intellectual Disability You will learn more about sexual health, consent, safe relationships. This workshop can help you to make decisions about your body, healthcare, relationships. You must be a woman with intellectual disability who is 16 years or older to attend.

Positive Partnerships have one to two day parent and carer workshops. The workshops are designed to build upon participant's knowledge of their children and support home-school partnerships.

Further information and registration is [located here](#).

NDIS Webinars: Understanding the NDIS webinars are national sessions that explain the scheme's roles, processes and supports, helping participants and communities access and navigate the NDIS. Topics include how to apply, develop and use plans, and how decisions are made. There are also webinars on post-school life. These sessions are for participants, carers, families, and mainstream services (not providers). They run via Microsoft Teams, with registration closing one business day prior.

AGASA 2026 National Symposium: Setting National Norms: Technology Use in Early Childhood. A national online symposium helping parents, doctors and early childhood educators set consistent norms around technology for young children. Six sessions across two extended lunchtimes, Thursday 26 and Friday 27 November 2026, with recordings included for all registrants. Register (\$105 Early Bird): <https://www.agasa.org.au/news-events>

Adult Intellectual Disability in Mental Health ECHO Adult Intellectual Disability Mental Health ECHO is a NSW Health capacity building initiative that supports healthcare professionals from diverse disciplines and service settings to improve mental health outcomes for people with an intellectual disability. Through participation, healthcare professionals can develop confidence and specialised knowledge to deliver specialised mental health care to adults with intellectual disability within their own local communities.

Further Reading and Resources

Co-designing COMPASS, a practice-ready framework for conversations about problematic screen use and anxiety: a practitioner-only feasibility and acceptability study

Social Media Ban: Life beyond the ban with Daniel You and Micah Boerma - Kids Health Explained: **Social Media Ban: Life beyond the ban with Daniel You and Micah Boerma**

Understanding emotion-based school avoidance through case formulation. **The Reconnect to School Toolkit. Training and slides and the toolkit are available here: Reconnect to School Toolkit and Webinar Resources** by Leann Brooke, Senior Psychologist Education

Improving the Safety and Quality of Care for Children and Young People With Intellectual and Developmental Disability. The Motivated for Change Programme in a Paediatric Emergency Department Setting. A Mixed Methods Study,” Health Expectations 10 (2026): e70776. <https://doi.org/10.1111/hex.70776>.

What do parents think about the quality and safety of care provided by hospitals to children and young people with an intellectual disability? A qualitative study using thematic analysis. Health Expect. 2024; 27:e13925. [doi:10.1111/hex.13925](https://doi.org/10.1111/hex.13925)



Thank you!

As we wrap up another wonderful year, we thank our School-Link readers and the dedicated education and health professionals who support children and young people every day. This term, we delivered eight school clinics and two webinars, celebrated Dr David Dossetor's appointment as an Officer of the Order of Australia, continued to grow our School-Based Wellbeing Hubs Community of Practice, and provided ongoing consultation, support, and resources for our education colleagues. We value your feedback and invite you to complete our end-of-year [School-Link Survey](#) to help shape our future work. Wishing you a safe, restful and joyful holiday season. Thank you for your ongoing support, and we look forward to connecting with you in the new year.

Hebah Saleh and Janelle McNicholas



All artwork shown were entries into 'Operation Art' Exhibitions, completed by students across NSW.
Visit
<https://artsunit.nsw.edu.au/program/operation-art>
for more information