



Brought to you by



Transcultural
Mental Health Centre



National Disability Coordination Officer Program
an Australian Government Initiative



Funded by



*clubGRANTS scheme is a shared State
Government-Club Industry program*

YOUTH MENTAL HEALTH SUMMIT 2016

The YMHS successfully took place on the 9th March with approximately 300 high school students and teachers from across the region taking part in the Summit. The objective of the summit was to assist in addressing and removing the negative stigma associated with mental health issues, by providing students and teachers with the skills, knowledge and resources to identify mental health issues, thereby building their capacity to help their broader school community and their families.

Funded by the Mounties Group through ClubGRANTS, the YMHS is a collaboration between local mental health and community service providers to help students and teachers create a mental health Action Plan for participating high schools in the Fairfield and Liverpool LGA.

Students were divided in 3 mixed school groups and took part in 3 workshops run by Mind Blank and WEAVE as well as meeting the Community Service Providers, a mental health expert Q&A panel session and creating a 5 meter banner around the theme of mental health and wellbeing.

33 Teachers had a 5 hour professional development session titled "Accidental Counsellor".

All attendees were asked to complete an evaluation form and the following is a summary of the key responses:

Summary of selected evaluation feedback from YMHS 2016:

- 95% of students agreed that mental health is important and it needs to be talked about more (93% teachers agreed)
- 82% of students learnt something new about mental health at the YMHS (77% of teachers agreed)
- 96% of students would recommend the YMHS to their friends or colleagues (100% of teachers agreed)
- 97% of students had a positive experience at the YMHS and thought it helped to reduce the stigma attached to mental health (100% of teachers agreed)
- 89% of students met a new service provider at the YMHS that they were not previously aware of (63% of teachers met a new service provider, with some not having the opportunity to do so during their limited break in between the professional development session)



Clockwise. Top Left: Melissa Malu (SWC) Presents Mounties Director with a Certificate of Appreciation during the YMHS Summit. Top Right: Students in the auditorium for the introduction. Bottom right: Students participated in designing a 5 meter banner around Mental Health. Bottom Left: Panellists during Panel Discussion, Leonie Fernando, Strong Minds Team Leader - Woodville Alliance, Nicole Loehr, School Liaison Officer - STARTTS, Greta Kretchmer, Social Worker - Youth Health Counsellor - Fairfield Liverpool Youth Health Team - FLYHT, John Lomnicki "Walk a mile" project, Sunil Varma Manager of COPMI Children of Parents with Mental Illness - COPMI, May Lin.- headspace Youth reference group.

A post YMHS follow up session took place at the headspace office in Liverpool on the 3rd of June and was attended by 14 teachers from across 12 schools. The 90 minute session was well received by teachers with many sharing ideas, strategies and resources for creating a healthy school environment as well as discussing challenges.

Moving Forward

As a result of the YMHS, many schools are now planning to form Youth Mental Health Action Teams lead by students. Some teachers have already enquired about booking in a new group of students for next year's YMHS.

As for the teachers follow up program, a number of teachers have requested to continue the interaction and conversation within the group over the next few terms ahead of the 2017 Youth Mental Health Summit. Even further, there was a suggestion to set up a "Youth Mental Wellness Alliance" (final name to be decided by the teachers) where teachers can meet onsite at a different high school each time and share strategies and resources, possibly with the assistance of a neutral third party mental health community service provider at each session.

Acknowledgements

South West Connect would like to thank our partners and all the exhibitors who participated in the Youth Mental Health Summit 2016. We look forward to working with you again at the upcoming Youth Mental Health Summit 2017.

- Liverpool City Council
- Fairfield City Council
- headspace Liverpool
- Transcultural Mental Health Centre
- Western Sydney University - National Disability Coordination Officer Programme
- Good Shepherd Australia & New Zealand
- Community First Step
- Youth Off The Streets
- FLYHT (Fairfield Liverpool Youth Health Team)
- Woodville Alliance
- STARTTS
- Mission Australia
- NSW Health COPMI (Children of Parents with a Mental Illness)
- Youth Action - OUTBURST! Friend2Friend program

Youth Mental Health Summit 2017

Funded by the Mounties Group through Club-GRANTS, the YMHS is a collaboration between local mental health and community service providers to help students and teachers create a mental health Action Plan for participating high schools in the Fairfield and Liverpool LGA.

The YMHS successfully took place in term 2 and featured workshops, exhibitions and an engaging keynote presentation on topics such as identity, stress and anxiety management, trauma, domestic violence and more.

Mary MacKillop Catholic College and John Edmondson High School presented their successes and challenges in reducing stigma and improving mental wellness in a showcase segment that was well received by the audience.

The event was attended by 350 students and teachers from across 20 high schools in the region. Initial feedback from the evaluation forms has been extremely positive and 100% of participants agreed that the YMHS was an important and useful event in helping to remove the stigma associated with mental illness and in promoting positive mental and overall wellbeing in the school and home environment.

A further 40 community stakeholders and volunteers helped to make the event successful. Their feedback too was positive and they are looking forward to contributing towards the 2018 YMHS event.

A Post Summit Professional Development session for Teachers called "Accidental Counsellor" took place in term 3. Accidental Counsellors are people who find they are placed in a counselling/mentoring role by accident, as a result of requests for help from students, friends, colleagues, clients or others.

Areas covered in the training included:

- Evidence based Wellbeing strategies from the field of Positive Psychology
- Connection processes including reflective listening and the Perception Process
- How to influence using Solution Focused Communication

The comments and feedback from all 30 participants was overwhelmingly positive. Although 'role plays' are commonly viewed as awkward and uncomfortable, the role play scenarios demonstrated and practiced throughout the workshop proved to be thought-provoking, inspiring and ultimately very helpful in dealing with potentially challenging situations that participants may encounter in the future.



Featuring:

- + LIVIN
- + Mind Blank
- + Batyr
- + Local service providers



There is no charge for this event.

Morning tea and lunch provided.

All participants receive a show bag containing information and resources.

Bookings essential.

Date: Wednesday 3rd May 2017 (Week 2, Term 2)
Time: 9:00am - 2:30pm
Casula Powerhouse Arts Centre
1 Powerhouse Rd, Casula, 2170

The Youth Mental Health Summit will feature:

- Workshops, Exhibitions and an engaging keynote presentation on topics such as Identity, Stress and Anxiety management, Trauma, Domestic Violence and more.
- Selected schools will share their successes and challenges in reducing stigma and improving mental wellness in a showcase segment.
- Chance to engage and identify Mental Health and Resilience based workshops offered by local service providers.
- Post Summit Professional Development opportunity for Teachers.

Places are limited.

For any enquiries contact the Youth Collective Impact team
Phone: 02 9822 9370 and select option 2 or Email: info@swconnect.org.au

Brought to you by



The Connection Experts



In collaboration with:

- Liverpool City Council
- Fairfield City Council
- headspace Liverpool
- Transcultural Mental Health Centre
- Western Sydney University - National Disability Coordination Officer Programme
- Good Shepherd Australia & New Zealand
- Community First Step
- Youth Off The Streets
- FLYHT (Fairfield Liverpool Youth Health Team)
- Woodville Alliance
- STARTTS
- Mission Australia
- NSW Health COPMI (Children of Parents with a Mental Illness)
- Youth Action - OUTBURST! Friend2Friend program

Funded by



ClubGRANTS scheme is a shared State Government-Club Industry program