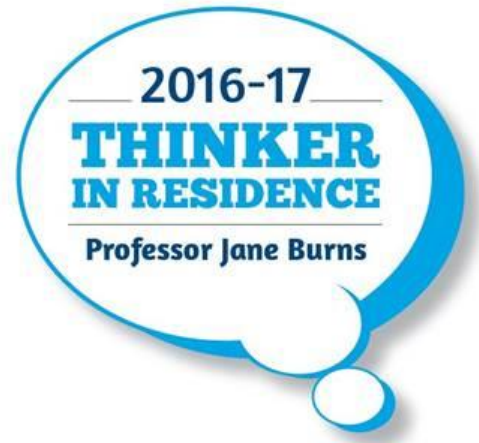




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# Speaking Out and Getting Help Online

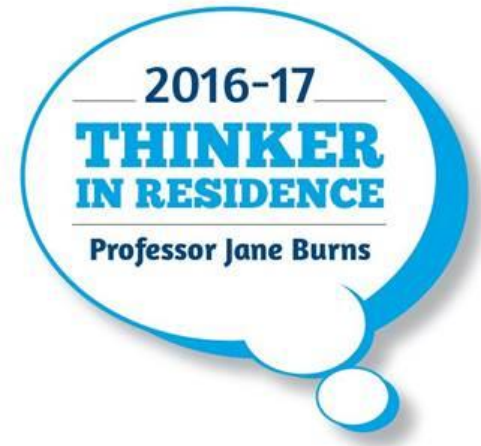
Department for Child protection and Family Support

13 March 2017





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# Professor Jane Burns

2016-17 Thinker in Residence

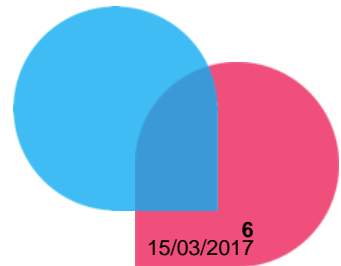


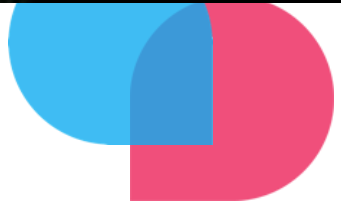


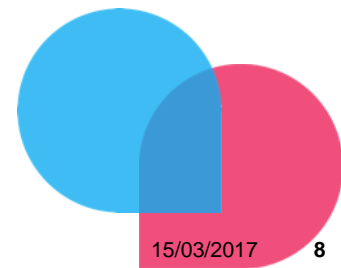




**Technology is changing the way  
the world and its people connect**











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## Speaking Out About Raising Concerns in Care

The views of Western Australian children and young people with  
experience of out-of-home care.

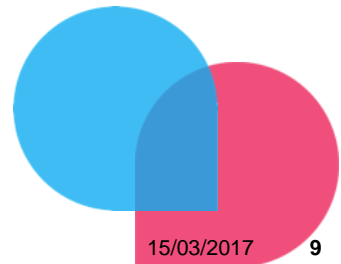
Produced in partnership with



Government of Western Australia  
Department for Child Protection  
and Family Support



October 2016





The most important resource in Australia is not under the ground but inside the heads of our people.

Prime Minister Malcolm Turnbull, April 2016



# Youth Participation

// Our Youth Brains Trust and  
First Peoples Youth Council



**YOUNGANDWELL**  
Cooperative Research Centre

# OUR YOUTH BRAINS TRUST

The **Youth Brains Trust** is a group of enthusiastic and committed **young people** from around Australia, who are passionate about improving their own **wellbeing** and that of their peers.



# FIRST PEOPLES YOUTH COUNCIL



**YOUNGANDWELL**

Cooperative Research Centre

# Participatory Design of evidence-based online youth mental health promotion, intervention and treatment

// A Young and Well Cooperative Research Centre  
innovative methodologies guide

September 2012

Young and Well CRC  
Unit 17, 71 Victoria Crescent  
Abbotsford VIC 3067 Australia  
[youngandwellcrc.org.au](http://youngandwellcrc.org.au)



An Australian Government Initiative



Dr Penny Hagen<sup>1</sup>  
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Atari Metcalf<sup>3</sup>  
Mariesa Nicholas<sup>4</sup>  
Kitty Rahilly<sup>5</sup>  
Nathalie Swainston<sup>6</sup>

# WHY INVOLVE YOUNG PEOPLE?

- Understand the issues from the perspective of young people
- Young people are the experts of their own lives
- Provide meaningful participation in decision making about issues that directly affect them
- Build an empathy for, and connection to, the lives and lived experiences of young people
- Understand proposed interventions from their perspective, how they integrate into their lives and their perception of the impact and benefits.

*A participatory design approach enables us to make mental health objectives **MEANINGFUL** and **RELEVANT** to young people so that our interventions have more **IMPACT**.*

## References include:

- Collin, P., Rahilly, K., Stephens-Reicher, J., Blanchard, M., Herrman, H., Burns, J., 2009. Youth Participation Evaluation: Meaningful participation for promoting mental health and wellbeing of young Australians. Inspire Foundation, Sydney.
- James, A.M., 2007. Principles of youth participation in mental health services. Medical Journal of Australia 187, 57–9.
- Monson, K., Thurley, M., 2011. Consumer participation in a youth mental health service: Consumer participation in a youth mental health service. Early Intervention in Psychiatry 5, 381–388. doi:10.1111/j.1751-7893.2011.00309.x

# GUIDING PRINCIPLES

Effective participation must be well resourced

Not just a pretty face

Seek input and advice

Manage expectations

Feedback to the group

Employ a diversity of methods

Provide value to young people

Include all stakeholders





# SUPPORTING PARTICIPATION

## Personal Wellness Plans

- Minimise barriers
- Maximise engagement

Clinical support for staff and participants

Consider unintended physical or cultural barriers

Allow members to meet online prior to in person

Provide space for reflection but avoid isolation

Build group cohesion and culture of peer support



# KEEPING THEM INFORMED

- Active participation in planning
- Sufficient notice to be available
- Informed decision making
- Resourced to be involved
- Knowledge of available support
- Feedback on outcomes of involvement



# WORKING IN PARTNERSHIP



# YBT SELECTION PROCESS

- Each member must be affiliated with a partner organisation
- Selection panel (5) consists of:
  - Two team members from Young and Well CRC
  - Two team members from partner organisations
  - Alumni member of the Youth Brains Trust
- All nominations are de-identified for the selection panel to create a shortlist
- Selection panel then chooses twenty young people ensuring:
  - Gender and age balance
  - Proportional representation of states and territories
  - Metro, regional and remote locations
  - Diversity of background, ethnicity, physical ability and life experience
  - Range of education levels and research experience.

# EXAMPLES OF INVOLVEMENT



**Board sub-committees**



**Research proposal reviews**



**Project advisory groups**



**Policy development and consultations**



**Presentations and media commentary**



**Digital content creation**

Technologies as part of an integrated youth mental health system will help Australia lead the way in the sector.

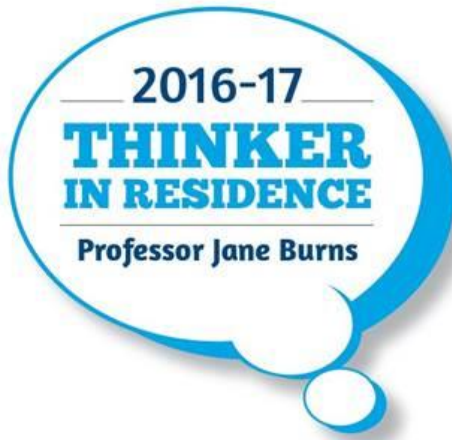


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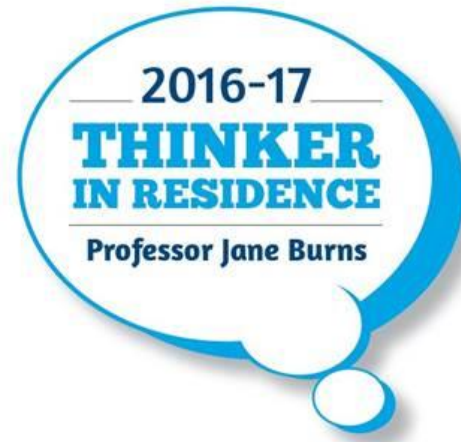
# Thank you to our partners

**RioTinto**



Department of Education  
Child and Adolescent Health Service  
Department for Child Protection and Family Support  
Mental Health Commission





## Find out more

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