



Youth Services Forum



Minutes

Tuesday 16 March 2021

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Present: Councillor Maxwell (Chair) Woollahra Municipal Council
Kira Brandt JewishCare
Julie MacColl Ascham School
Carole Schlessinger Kids Giving Back
Karen Hamilton REELise
Courtney Morris WAYS
Irena Trajkovska Benevolent Society
Luke WAYS
Joshua Wiffen Randwick City Council
Mimi Zika JewishCare
Lara Galea The Shack
Dr Mike Millard St Vincents Hospital
Amanda Sie This Way Up

Staff: Rachel Bangoura Community Development Officer

1. Opening

1. Acknowledgement of Country

2. Apologies

Apologies were received and accepted from The Mayor, Councillor Susan Wynne (Woollahra Municipal Council), Henry Teofilo (Beaches Outreach Project), Rabbi Kastell (Jewish House), Eliza Katz (JewishCare), Caitlin Dixon (South Eastern Sydney LHD), James Bowles (The Scotts College), Michelle Plant (Woollahra Libraries), Rebecca Wade (Kids Giving Back), Peter Hennessey (St Francis Social Services), Thomas Chivers (Department of Education).

Staff apologies: Nil

3. Declarations of Interest

Nil

4. Late Correspondence

Nil

5. Confirmation of Minutes & Matters Arising from Previous Minutes

Item No: 6.1
Subject: CONFIRMATION OF MINUTES OF YOUTH SERVICES FORUM HELD ON 10 NOVEMBER 2020
Author: Rachel Bangoura, Community Development Officer

Resolved:

THAT the Minutes of the Youth Services Forum held on 10 November 2020 be confirmed.

Item No: 6.2
Subject: MATTERS ARISING FROM PREVIOUS MINUTES
Author: Rachel Bangoura, Community Development Officer

Resolved:

THAT the business arising from the previous minutes be received and noted as follows:

Regarding the RAGE and MAAD programs (Lara Galea, The Shack Youth Services)

- Lara spoke about her experience of the RAGE and MAAD programs and commented that she found it an excellent program that she highly recommended to
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others.

- The Shack plans to run related workshops for their networks before end June 2021
- Noted that although the recent opportunity to participate in these workshops was due to funding received by The Deli, organisations can potentially access training via other channels. Recommend to contact Benna Harding, projects@thedeli.org.au

Regarding 2021 Forum dates (Rachel Bangoura, Woollahra Council)

- Upcoming Forum dates are: Tuesday 11 May, Tuesday 10 August and Tuesday 9 November and hopefully can return to a face to face meeting format.

6. Items for Discussion Items for Discussion

Item No: 7.1
Subject: GUEST SPEAKER - DR MICHAEL MILLARD, ST VINCENTS HOSPITAL
Author: Rachel Bangoura, Community Development Officer

Resolved:

THAT Dr Michael Millard be thanked for attending the Youth Services Forum as guest speaker.

Dr Mike Millard, Clinical Director of the Clinical Research Unit for Anxiety and Depression at St Vincent's Hospital and Director of This Way Up and **Amanda Sie**, Clinical Psychologist, 'This Way Up'

Helping Young People Improve their Mental Health

This presentation highlighted the impact of COVID on young people's mental health, how online programs can help them overcome barriers to accessing effective treatment, and provided an introduction to the programs at This Way Up and how you can support young people in accessing and benefiting from these.

Dr Mike Millard is a Psychiatrist and the Clinical Director of the Clinical Research Unit for Anxiety and Depression at St Vincent's Hospital and the University of NSW. He has particular expertise in the development and use of internet-based cognitive-behaviour therapy programs and is the Director of ThisWayUp.org.au, a leading evidenced based provider of digital mental health and well-being services

Amanda Sie is a Clinical Psychologist providing clinical consultation services at This Way Up. She has been involved in creating and reviewing the online courses at This Way Up, has extensive experience in using This Way Up courses with clients and worked with young people in different clinical settings.

PDF of presentation attached.

If organisations would like to receive information packs with material such as brochures, postcards and business cards that services can give out to young people or put in waiting rooms, please contact contact@thiswayupclinic.org and they can be posted.

For more specific information about This Way Up, please visit the website <https://thiswayup.org.au/> or contact Dr Mike Millard at Michael.Millard@svha.org.au

Item No: 7.2

Subject: **DISCUSSION FOLLOWING GUEST SPEAKER**

Author: Rachel Bangoura, Community Development Officer

Karen, REELise

- Congratulated Dr Millard on the project noting that there is a need for online programs to support positive mental health.
- REELise tried to create a similar online program to manage the impact of cyberbullying and online abuse but the completion rate was extremely low.

Question – how is the completion rate in the This Way Up programs?

- 50 % overall completion rate in the self-help Free programs
- Older people tend to have a higher completion rate than younger people
- Having a fee sometimes helps with completion rate
- Having a clinician or support worker supporting the young person while they do the course will increase completion rates.
- The online platform provides an opportunity for young people to engage with mental health support coupled with or as an introduction to face to face sessions with a clinician.
- There is a huge demand on available mental health care services and this online program provides a solution to this gap in service provision.
- There is a need to provide people with the skills to do things different and engage with online platforms such as this one.

Luke, WAYS

States that this program could be very useful to some young people at WAYS

Question – why are the self-help programs able to be free of charge and the rest not?

- St Vincents have managed to make the self-help programs free of charge through philanthropy in the past and a decision during COVID to remove as many barriers as possible to accessing mental health support.
- Decision to charge a fee on some programs is because a fee sometimes leads to higher completion rate.
- Fee can be waived if cost is a barrier to participation.
- No criteria to meet to be able to access a program
- When you prescribe a course to a client, it is recommended that the clinician stays in contact with the participant and looks out for any alerts that may be triggered long the way.

Julie, Ascham School

Question – what is your main demographic?

- Courses are open to anyone to participate
- 70% metropolitan and 30% regional and remote
- Main mental health issues presented seem to be consistent across all participants.

Lara, The Shack Youth Services

Question – is it CBT only or do the programs include DBT and ACT?

- This Way Up programs are CBT focused.
- There is a need for DBT online programs as well.
- Regarding ACT, there is mindfulness included in the programs.

Mimi, JewishCare

Question – it is very difficult to access psychiatric care for child and adolescents in the Eastern Suburbs. Any suggestions?

- Dr Millard acknowledge that this is a real problem and gap in service provision in the area.
 - He had no suggestions of practitioners in the area.
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Item No: 7.3

Subject: **INFORMATION SHARE AND SERVICES UPDATES**

Author: Rachel Bangoura, Community Development Officer

The Shack

- BBQ's at Maroubra Beach open to 12 – 18yr olds (flyer supplied)
- Free tutoring program – based at UNSW and approx. 20hrs tutoring a year. (application form supplied)

Kids Giving Back

- Youth Change Makers – volunteering opportunities for kids presented on an online platform

JewishCare

- 1,2,3 Magic sessions
- Engaging adolescents parenting workshops – end of May
- Support group for anyone caring for a young person with an eating disorder.

REELise

- Recruiting for new members on the youth committee
 - Film Festival featuring stories of resilience and courage
 - Running a workshop with Ascham on 7th, 8th and 9th July.
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7. General Business

Item No: 8.1

Subject: GENERAL BUSINESS

Author: Rachel Bangoura, Community Development Officer

- Thank you to those you completed the evaluation form earlier this year and submitted their ideas for topics and speakers at upcoming forums
 - Woollahra Council is hosting a talk in collaboration with Waverley Council in May focused on respectful relationships and consent
 - Council has been speaking with service providers about ways to support the ‘party in parks’ culture that has been reported recently in Woollahra LGA. This conversation also includes alcohol and other drugs.
 - There are some great resources on vaping available through the SESLHD.
 - Invitation to members to contribute ideas and speakers for discussion topics at future Forums.
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8. Advisings

Nil

9. Next Meeting

The Future Forum dates for 2021 are scheduled as follows (noting that we are hopeful that the next meeting can be held face to face depending on COVID-19 restrictions):

- Tuesday 11 May
 - Tuesday 10 August
 - Tuesday 9 November.
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There being no further business the meeting concluded at 11.30am.