Mental Health

What matters the most to you?

access to services that under stand me

affordable services

easy to understand and access resources

What do you wish those running the health system better understood about young people today?

young people are not the same.

we need MORE service providers

There is more to mental health than just headspace (even if it is fantastic)

What would you like to see as the norm in -20 years?

services that reflect the consumers

Who does it benefit?

LGBTQI+ Health

What matters the most to you?

- holistic healthcare
- social determinents
- intersectional identities
- Greater awareness & understanding of asexuality, and aromanticism (and spectrum of these)
- Basics, like respectful and inclusive forms
- Fewer assumptions, less need to explain oneself
- Collection of relevant data about LGBTIQA+ community
- a lot less inappropriate curioutity
- can improvements been made by simplifying, not adding complexity
- Data gaps (eg. Census)
- family violence inclusive practice

What do you wish those running the health system better understood about young people today?

- Health professionals knowing more about split attraction (eg sexual, romantic attraction not being the same)
- Aromantic or asexual
- Seconding the asexual, aromantic, split attraction stuff
- Intersection between being gender diverse and being autistic (sensitive, appropriate & co-designed health services)
- Awareness of how multiple identities intersect
- Breadth of non-binary identities
- Diverse ways in which humans communicate

What would you like to see as the norm in -20 years

- data collection improvements
- [illegible]
- health practitioner training and understanding of asexuality and aromanticism
- (LGBTQIA Health Alliance has great reasources - name change)
- Basics of gender and sexuality diversity included in medical training
- Intersection between being gender diverse and being autistic (sensitive, appropriate & co-designed health services)
- Respectful, inclusive reprod uctive health services
- Tailored mental health care
- Family violence - changing the gender lens and approaching it from a diversity lens.
- Provision & funding of LGBTIQA+ inclusive domestic violence services
- Sexual & gender diversity is normalised within healthcare settings
- Transitions between paediatric and adult health services are well-managed, and gaps are bridged
- transitioning services into older youth - particularly around multiple identities
- Access to inclusive sexual health education in schools
- Partnering with young people to co-design research
- More free/low-cost health care (e.g., bulk-billed mental health care)
- increased bulk billing - especially in mental health care
- health provider understanding about non binary genders
- Inclusive pathology

Cultural diversity and health promotion

What matters the most to you?

What do you wish those running the health system better understood about young people today?

What would you like to see as the norm in -20 years

Access to health services: digital & telehealth

What matters the most to you?

What do you wish those running the health system better understood about young people today?

What would you like to see as the norm in -20 years

Climate and health

What matters the most to you?

What do you wish those running the health system better understood about young people today?

What would you like to see as the norm in -20 years

Who does it benefit?

Covid and health

What matters the most to you?

sense of loss

What do you wish those running the health system better understood about young people today?

What would you like to see as the norm in -20 years

Who does it benefit?

Disadvantage and health

What matters the most to you?

What do you wish those running the health system better understood about young people today?

What would you like to see as the norm in -20 years

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1

How can we become BETTER INFORMED?

IDEAS for better data *about* young people

IDEAS for better understanding *among* young people

Guides for discussion among young people about health; transparent communication taught in schools and families; health system navigation taught in schools

All young people informing what data and research happens re youth health and wellbeing

Involve young people in what 'questio
are being
ata is
hats
us to

Ask young people what data is meaningful and important to them

better funding for true co-design & improved research translation so the research get to the people who needs to hear it!

FUNDING for more data collection!!!

Census capture of lgbtqia+ populations

Enabling young people to connect with others who are, or have been, in similar circumstances, so that people can benefit from sharing lived experience and learn from each other.

More engagement & linkage with data sources which already capture/differentiate by age - e.g. ABC Talks

Community co-design of research - young people being involved in determining research priorities and designing studies (this has been successfully done before, with a different population, in healthcare research)

Utilising communication professionals and designers to tailor information delivery to young people we need multi-sectoral approaches e.g. health and education working togeher

better liaison between DHHS & DET to get permission to work with schools to get data from yp

We need govt / donors to invest in this generation! Better data (for example) needs $$.

Using forums that youth are familiar with. Collecting data over short surveys on instragram stories or facebook. Making health relevant to youth.

researchers to work together to share their data. data need to be linked. less replication and better access.

Link why collecting data can help Politicans/Gov "get what they want"

Incorporating the basics of healthcare system navigation into the high school health curriculum. Making free/low-cost short courses available via VET/TAFE providers.

2

How can we better INCLUDE young peoples' perspectives?

IDEAS for empowering young people to participate

IDEAS for governance that enables young people to be represented

IDEAS for getting the lived experience of young people better heard

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Co-
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Follow through and acknowledge their inputs

Offer young people multiple ways to connect and work i.e., remote meetings, submitting written pieces, art, etc

Pay young people for their time/ expertise

Ensure participation is inclusive of all different types of young people

Including young people at all levels of governance - including boards and executive teams

Appointing youth leaders and actually given them a platform where they will be listened to by policy makers
- We only just got our youth minister back who is not a relevant or accurate representative for youth

Board mentorships/scholarships before active placement on boards (health/hospital services could be a good place)

In WA, all health organisations must have a youth representative. It's a fantastic first step but the problem is its often box ticking rather than actually listening to what we have to say

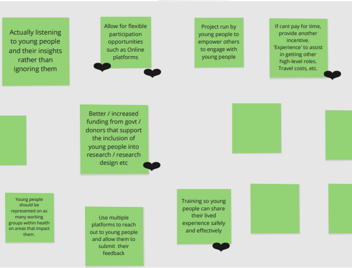
Policy and governance education opportunities

Provide them with a safe place to firstly share

Work through trusted workers or community leaders.

Provide young people with a platform to share their stories and connect with partners who have the power to take the lived experiences into real action plans

Partner young people or youth groups with well-know or respected community leaders or proffessionals



Actually listening to young people and their insights rather than ignoring them

Allow for flexible participation opportunities such as Online platforms

Project run by young people to empower others to engage with young people

If cant pay for time, provide another incentive. 'Experience' to assist in getting other high-level roles. Travel costs, etc.

Better / increased funding from govt / donors that support the inclusion of young people into research / research design etc

Young people should be represented on as many working groups within health on areas that impact them.

Use multiple platforms to reach out to young people and allow them to submit their feedback

Training so young people can share their lived experience safely and effectively

Representation in media and news

acknowledging lived experience as a skill/asset

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better funding for true co-design & improved research translation so the research gets to the people who needs to hear it!

involvement from the beginning of a process rather than just "screening" ideas

3

How can we improve SERVICES for young people?

If a service has been designed for (and ideally by) young people, invite other young people not involved with the process to road test it.

Following up with young people who may have disengaged through diverse avenues. Not putting the onus on the healthcare consumer to do all the legwork.

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IDEAS for more relevant services co-designed by young people

Engage funders in the type of services that young people are wanting to see.

Better service transitions beyond 18

IDEAS for services being more affordable for young people

Access to public transport for rural youth to be able to access health services that can't be delivered through telehealth

High end needs, complex mental health insurance

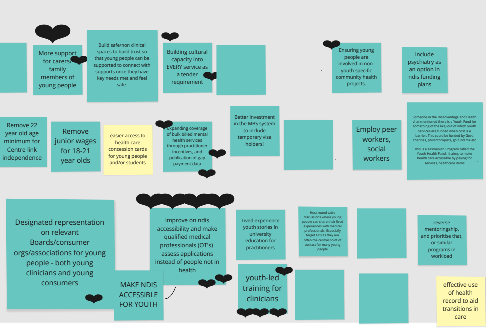
IDEAS for better understanding of ung people by health practitioners

Building comprehension of diverse ways people communicate. Awareness & acceptance of the fact that everyone develops at their own pace - and that's okay.

Mental health workforce - attract people from more diverse backgrounds

360 degree review of healthcare practioners and youth patients

not all young people at a certain age are in the same situation



More support for carers/ family members of young people

Build safe/non clinical spaces to build trust so that young people can be supported to connect with supports once they have key needs met and feel safe.

Building cultural capacity into EVERY service as a tender requirement

Ensuring young people are involved in non-youth specific community health projects.

Include psychiatry as an option in ndis funding plans

Remove 22 year old age minimum for Centre link independence

Remove junior wages for 18-21 year olds

easier access to health care concession cards for young people and/or students

Expanding coverage of bulk billed mental health services through practitioner incentives, and publication of gap payment data

Better investment in the MBS system to include temporary visa holders!

Employ peer workers, social workers

Someone in the Disadvantage and Health chat mentioned there is a Youth Fund (or something of the like) out of which youth services are funded when cost is a barrier. This could be funded by Govt, charities, philanthropists, go fund me etc

This is a Tasmanian Program called the Youth Health Fund. It aims to make health care accessible by paying for services, healthcare items

Designated representation on relevant Boards/consumer orgs/associations for young people - both young clinicians and young consumers

improve on ndis accessibility and make qualified medical professionals (OT's) assess applications instead of people not in health

MAKE NDIS ACCESSIBLE FOR YOUTH

Lived experience youth stories in university education for practitioners

youth-led training for clinicians

Host round table discussions where young people can share their lived experiences with medical professionals. Especially target GPs as they are often the central point of contact for many young people

reverse mentoringship, and prioritise that, or similar programs in workload

effective use of health record to aid transitions in care

National health system navigation tool for youth 16+ that covers key issues for youth across the whole system - private & public so they can get the right information at the right time when they need it.

Nurse navigator or Healthcare liaison to help young people navigate the health system with more ease. Particularly for those with Chronic illness or a disability who require multiple appointments each day/month.

remove out of hours surcharge

Cross-organisation collaboration - lots of places have media connections, training about sharing lived experience etc.

asking the right questions about gender and sexuality

design services with young people. ask them what they want, and how they want it delivered.

Creating a training program delivered by young people in hospitals/medical centres to healthcare practitioners

education RE how to use telehealth as a practitioner

lower medicare threshold for young people

Bring together health apps iinto one place instead of requiring users to download several, separate applications

Universal service guarantee including right to internet

Being open to feedback on the tech

Organising tech feedback receiving sessions with young people, or use other platforms such as social media to capture feedback

Investment in improving tech infrastructure

Address digital inclusion as a universal service! Not all YP have online access.

Not an app idea: But considering internet access in regional, rural or remote areas and how that may increase inequity

Incentives to practitioners to actually use tech - my health record is totally under utilised

government (centerlink, medicare) phone helplines should direct to a person not a digitised redirecting type 50 numbers in kind of service

less barriers by health systems in using tech that Young People access

There's a tendency to think young people = an app/platform! Tends to fail more often than not because they're not integrated into the every day life of young people.

If you ask young people, usually they don't want a new app or platform.

IDEAS for better accessible

digitised services should be an addition not a replacement to irl services/customer support

completely digitising health services makes them inaccessible, to combat this include staff behind these things because questions are nuanced and default digitised answers are not always accurate or relevant

Have Young people contribute to funded govt initiatives at the consultation phase

Commitment to certainty in funding DH in health services

Increase access to digital assistive technologies, internet, and training in the skills to use them for people with disability (especially intellectual disability), e.g., via NDIS plans

Continuous feedback via paid beta testers, focus groups, etc. from diverse backgrounds

platforms / apps
by young people

How can we improve health TECH that young people use?

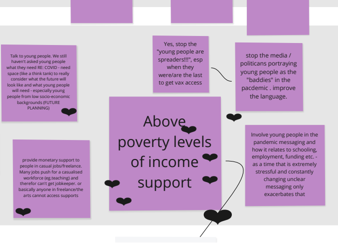
4

Youth homelessness, especially hidden homelessness such as couch surfing, is on the rise, and requires specific intervention.

we need the medical system to not be overloaded because people with chronic illness cannot access 'elective surgeries/procedures' that are necessary to their quality of life

Young people who are frontline health workers need support

Young people have been at higher risk of domestic/family violence during COVID-19 - early intervention trauma services for young people are crucial.



Talk to young people. We still haven't asked young people what they need RE: COVID - need space (like a think tank) to really consider what the future will look like and what young people will need - especially young people from low socio-economic backgrounds (FUTURE PLANNING)

Yes, stop the "young people are spreaders!!!", esp when they were/are the last to get vax access

stop the media / politicans portraying young people as the "baddies" in the pacdemic . improve the language.

Above poverty levels of income support

Involve young people in the pandemic messaging and how it relates to schooling, employment, funding etc. - as a time that is extremely stressful and constantly changing unclear messaging only exacerbates that

provide monetary support to people in casual jobs/freelance. Many jobs push for a casualised workforce (eg.teaching) and therefor can't get jobkeeper. or basically anyone in freelance/the arts cannot access supports

advocate as a group on making changes to inequities that COVID has highlited
- universal income
- casualisation of work
- de-valuing of early childhood education, teaching, aged care and other 'essential services' that aren't highly paid

Looking at evidence w/ bushfire recovery - building resilience & social connection is important = what would this look like for youth mental health?

Identify leading o
that can collabor
response. Focus
interventions that
transition back to
in next 1 - 3 years
Headspace, VicHe
Blue, YAC??? Who
engagement in

Help young people develop resilience rather than catastrophising the event

I think we need an advocacy road map that identifies key focus areas for organiations, health bodies to focus on to build collective impact....Where do we start?

Relaxing university admission requirements for the current cohort of Year 12s; investing in affordable education and training

organisations
rate on a MH
on upstream
help youth to
a new normal
s. Is it Orygen,
ealth, Beyond
o can support
this space.?

IDEAS for better acknowledgement of COVID as significant life disruptor for young people

Financial support to people who need it - not to big businesses

Encouraging trades and tafes as a genuine and legitimate pathway choice (tafe also in dire need of funding I think?)

How can we improve our PANDEMIC RESPONSE?

5

Empty dwelling taxation to discourage housing hoarding

Disability awareness and acceptance, accessibility and inclusion fundamentals taught in schools

See young people not only as consumers of health

Also more culturally safe vaccine rollout esp in remote areas.

Investment (money, time, effort, expertise, education) into empowering young people to create communities of support

Require mapping of and connecting with similar projects before launching funding for new items

rural-background and Indigenous-background quotas for allied health + more rural placements

broadening elibility to youth allowance so YP don't need a full time job for independence

Invest in mentally healthy communities, not just psychiatric services

Health funding needs to be long term, sustainable, and agile.

Too many restrictions and barriers and short term funding prevent our systems from being responsive to community needs

Youth advisory council to every state premier department

Commitment by political leaders to engage and partner with young people is crucial

universal basic income

Youth advisory council to Prime Minister/ Inner cabinet?

Focus on community building initiatives

Addressing social determinats - housing, justice, employment

Improve policy communication and independedpnt news through secure funding of national news network (eg decoupling abc funding from the whims of politicians)

funded universities - to increase diversity of incumbent health practiconers. Parents generation attended University for free, youth must incur debt

More money for preventive health

In schooling ableist slurs are used in teaching instead of proper terms (especially with Shakespeare) such as ‘cripple’ and ‘hunchback’ with the reasoning that “but that was the language of the time” as an excuse. This isn’t allowed with racist words or homophobic words so why is it okay with ableism? It is incredibly harmful to teach impressionable teenagers that this language is okay

Carbon tax, resource rent tax , and removal of capital gains concessions - reinvest into social determinants and community wellbeing

Lived experience needs to be embedded in every aspect of the health care system - governance, policy making, funding and commissioning, research, clinical practice and social services

IDEAS that don't

Impressionable teens isn’t very youth friendly language

Umm.. (feeling less brave) I am a youth who wrote it and now I’m confused??? I can’t read your tone fit anywhere else!

Anything ELSE?

6

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