

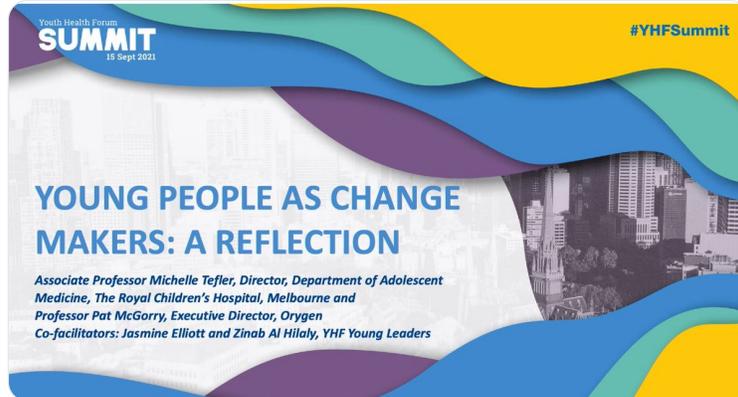


#YHFSummit @WePublicHealth

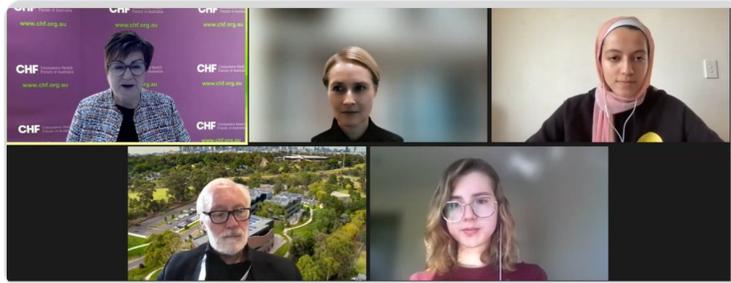
Sep 15, 2021 · 35 tweets · [WePublicHealth/status/1438012738156986368](https://www.tweetdeck.com/status/1438012738156986368)



Young people as change makers - [@all\\_that\\_jas](#) and Zinab al Hilaly in [#YHFSummit](#) conversation with [@michelle\\_telfer](#) and [@PatMcGorry](#) [#YHFSummit](#)



[#YHFSummit](#)



We're reminded that [@MichelleTelf](#) featured in a recent [@AustralianStory](#)



**A Balancing Act | Michelle Telfer**

Dr Michelle Telfer is a world leader in providing lifesaving treatment for children and teenagers with gender dysphoria, guiding them through their first steps towards transitioning. But her work is...

<https://www.abc.net.au/austory/a-balancing-act/13352452>

Q: how make sure engaging with the most marginalised young people....

[@michelle\\_telfer](#) says that is an issue in her work trans kids/young people - have worked with various groups to increase access, but need to work on more systemic change across the whole health system.

. [@PatMcGorry](#) - [@orygen\\_aus](#) lucky that it operates in v diverse, multicultural area of Melb (also bearing brunt of COVID). But that can be deceptive, definitely underperforming for some communities - "we don't see what we don't see". Have work to do on that. [#YHFSummit](#)

Re participation: typically national ref/advisory groups for clinical/research groups biased towards 'high end' young people, need more cultural/class diversity to better represent young people, acknowledges [@PatMcGorry](#) [#YHFSummit](#)

Within 'young people' is so much diversity, which needs to be recognised/included, says [@all\\_that\\_jas](#)

Respecting young people's autonomy, rights re sharing - need safe spaces, respect boundaries, says Zinab al Hilaly [#YHFSummit](#)

For greater engagement with diverse communities need diverse people involved, cultural competency, and acknowledgement of power and privilege: Zinab al Hilaly [#YHFSummit](#)

Re safe spaces - this is key for young people to engage in health care says [@michelle\\_telfer](#) - says her service was painted by media as unsafe: misinformation which was very damaging to young people and their families. Was important to fight that narrative [#YHFSummit](#)

One of ways to address that misinformation was to have young people tell their stories, says [@michelle\\_telfer](#) - the recent [@AustralianStory](#) had important focus on them and their needs/priorities



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[#YHFSummit](#)

Q: What does meaningful engagement mean to you and how do you bring it to life?

[@PatMcGorry](#): 20 years ago was clear in the emerging 'youth mental health field' of the need to design 'oases of care'. Asked young people to work with us to do that - [@headspace\\_au](#) impt [#YHFSummit](#)

"We've got young people's voices at important levels...still got a way to go, but you actually listen and learn from each other, is mutual respect." [@PatMcGorry](#) on meaningful engagement [#YHFSummit](#)

The next wave of good ideas in mental health have to come from young people, from the next generations, says [@PatMcGorry](#) - "we need each other to get things right". No room for tick box approaches. [#YHFSummit](#)

Q: How do you acknowledge contribution of young people in work?

[@michelle\\_telfer](#) says clinicians like to feel they in control, have all the answers...well-intentioned but don't like ambiguity or feeling unsure. Better if they can [#YHFSummit](#)

When talk re meaningful engagement, it needs to be everywhere, including in the clinical interaction - "what would you like to do, what is your plan?" - to the top/board level, where young people make decisions. [@michelle\\_telfer](#) [#YHFSummit](#)

. [@PatMcGorry](#) adds: [@orygen\\_au](#) slogans 'revolution in mind', 'never settle' - we can't ever be satisfied, have to look to constant change/improvement, fight complacency/inertia [#YHFSummit](#)

Effecting change in a rigid health care system, can be v difficult/overwhelming for young people to engage - what skills are important for emerging leaders, among the COVID generation? [@all\\_that\\_jas](#) [#YHFSummit](#)

Tapping into the tremendous energy young people have is critical, says [@PatMcGorry](#) - he says he wasn't able to have impact till was in his 40s, now sees younger people having influence/opportunities much earlier. [#YHFSummit](#)

. [@michelle\\_telfer](#) observes that past generations had to rally in large numbers on the streets to bring about change, but now is more opportunity to mobilise/amplify via social media. Courage, conviction, consistency are key skills. "Being brave is v v important" [#YHFSummit](#)

Important for ambitious young people who want to shape the world to get good at something, have expertise not just opinions. The 10,000 hours idea. "Put in the hours". [@PatMcGorry](#) [#YHFSummit](#)

"We have a lot to be angry about....we're the first generation who will be worse off than our parents," says [@all\\_that\\_jas](#), pointing first to climate crisis (and quoting [@GrattanInst](#)) . [#YHFSummit](#)



. [@PatMcGorry](#) agrees society has let young people down in a big way, that's why we're seeing a mental health crisis. Maybe time to go back to 1968. [##YHFSummit](#)

Reflecting on her change-making and advocacy work, Zinab Al Hilaly says empathy and confidence, or "being brave and being passionate" are key. Need to understand different experiences/perspectives. [#YHFSummit](#)

Q: As a young multicultural person who has navigated the system, we know accessing support can be difficult: affordability, access, safety. How do young people become change makers in such systems? What examples in action? [#YHFSummit](#)

"I like to think we can achieve great change in a small period of time, but we also need small steps," says [@michelle\\_telfer](#), who points to advocacy years ago by a young person who objected to having to identify gender just to be able to watch a movie at the hospital. [#YHFSummit](#)

"It's about asking the question. It's about speaking up and expecting someone to listen," says [@michelle\\_telfer](#) on making change. [#YHFSummit](#)

[@PatMcGorry](#) acknowledges terrible slow pace of change, points to racism

"Things actually can get worse," warns [@PatMcGorry](#) pointing to the impact of [#COVID](#) on an already 'broken' mental health system in Australia.

"Change is a war," he says, and it can result in injury - acknowledges [@michelle\\_telfer](#)'s experience [#YHFSummit](#)

[#YHFSummit](#)

"I work as a mental health support worker, and my gender diverse clients have IMMENSE issues with hospital services not respecting their pronouns/gender identities. It shouldn't be the onus of trans consumers to constantly battle...just to feel safe and respected."

"As trans people in government/health we're often the ones who feel an urgency to do the work it takes to push change through around these things." [#YHFSummit](#) participant

"Great tag line from this session, lets remember to rock the boat and never fear change!" [#YHFSummit](#) participant

Takeaways....

"There are millions of small steps happening and we need to celebrate that.: Zinab Al Hilaly

"Not just giving us a seat at the table, but making sure we can be heard."

[@all\\_that\\_jas](#)

"I'm reminded I can never be complacent, young people and their needs will constantly change, we need to be listening and working with them to make sure we get it right together." [@michelle\\_telfer #YHFSummit](#)

. [@PatMcGorry](#) warns against notions that young people are an homogenous group [#YHFSummit](#)

"Young people don't have to wait to have influence. So many platforms that create that opportunity."

"Passion, passion, passion."

Takeaways from [@LeanneWells63](#) from Change Maker session at [#YHFSummit](#)

plz unroll [@threadreaderapp](#)

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