

# 1. Youth Engagement and Participation – Young people at the forefront of system change

## Abstract

Real involvement of young people in service design, delivery and evaluation has often in the past been regarded as 'aspirational' yet is increasingly being recognised as not only something which can benefit the wellbeing of those young people involved, but a strategy which enhances the quality of services into models that young people really want to use and engage with. This workshop will provide a synthesis of theory and practice with 'live' examples of good practice from three active and innovative programmes of youth mental health from Ireland, Australia and England. This is an opportunity to learn about youth participation practices from young people and youth participation practitioners with real experience of evolving service approaches that are fit for purpose and that are driven by and fully integrate young people. Suitable for commissioners, young people, family members, youth workers, mental health clinicians and service managers, or anyone with a curiosity about youth participation the workshop will provide practical strategies to take home, as well as opportunities to consider how youth participation and engagement strategies can assist with global challenges in promoting youth mental health and wellbeing.

Facilitators Dr Paul Patterson, Public Health Research Programme Manager, Youthspace, Birmingham,

UK.

Katherine Monson, Manager Mental Health Promotion and Consultation, Orygen Youth Health, Melbourne, Australia.

James Barry, Youth Engagement Officer, Headstrong, Dublin, Ireland.

## 2. Twitter aint just for Twits: using technology to improve the mental health and wellbeing of young people

### Abstract

Technology enables us to provide cost effective and large-scale early intervention to larger populations, as well as supporting targeted care during all stages of mental health problems. These interventions are more likely to be utilised by young people because they are being delivered in a way that is familiar to them. We know that 99% of young people in Australia use the Internet and it is already a key source of mental health information for them. New technologies provide young people with confidential information and support that are accessible where ever they are when they need it.

This workshop will explore a range of social media platforms, apps and other online tools to show how they can be used to create greater engagement with end-users and other key stakeholders. Practical examples will be drawn from the Young and Well CRC Better Practice Guide for Services: Using technologies safely and effectively to promote young people's wellbeing, a range of Young and Well CRC partner organisations and the experiences of the facilitators. We will also examine the current role of information and communication technologies in suicide prevention and what that may look like in the future.

### Facilitators

Associate Professor Jane Burns, Chief Executive Officer, Young and Well Cooperative Research Centre and Principal Research Fellow, Orygen Youth Health Research Centre, Centre for Youth Mental Health, University of Melbourne

Associate Professor Jane Burns is the founder and Chief Executive Officer of the Young and Well Cooperative Research Centre. Its

establishment is a culmination of Jane's work in suicide and depression prevention and builds on her national and international partnerships with the corporate, philanthropic and not-for-profit sectors.

Jane holds a VicHealth Principal Research Fellowship at Orygen Youth Health Research Centre, Centre for Youth Mental Health at the University of Melbourne and an Honorary

Fellowship at the Brain & Mind Research Institute, University of Sydney. She was a Commonwealth Fund Harkness Fellow at the University of California, San Francisco. She joined beyondblue: the national depression initiative in its start up phase and established and managed the youth agenda. Jane completed her PhD in Medicine as a National Health and Medical Research Council Scholar at the University of Adelaide.

Jane was a Victorian Finalist in the 2012 Telstra Business Women's Awards and was listed in the Financial Review and Westpac Group 100 Women of Influence in 2012.

Dr Michelle Blanchard, Head of Projects and Partnerships, Young and Well Cooperative Research Centre and Honorary Research Fellow, Orygen Youth Health Research Centre, Centre for Youth Mental Health, University of Melbourne

Dr Michelle Blanchard is the Head of Projects and Partnerships for the Young and Well CRC and an Honourary Research Fellow at Orygen Youth Health Research Centre, Centre for Youth Mental Health, University of Melbourne. Michelle holds a PhD in Youth Mental Health from the University of Melbourne, as well as a Bachelor of Arts (Hons) degree and a Graduate Diploma in Adolescent Health and Welfare.

In 2010, as part of the Inspire Foundation team, Michelle project managed the bid to establish the Young and Well CRC. Prior to that

she was a Senior Research Officer at Inspire working on a range of research projects exploring the role of technology in improving wellbeing for young people, with a particular focus on young people vulnerable to the development of mental health difficulties.

Prior to joining Inspire, Michelle worked in state and local government on projects promoting social, civic and cultural participation for young people. She was also a Co- director of a peer-led youth leadership program for three years.

Kris Gesling, Youth Participation and Technology Officer, Young and Well Cooperative Research Centre

Kris Gesling is the Youth Participation and Technology Officer for the Young and Well CRC. Kris has a Bachelor of Social Science at the University of Newcastle and a Certificate IV in Alcohol and Other Drug Work.

For over five years Kris was a Youth Ambassador at the Inspire Foundation and assisted the team in its bid to establish the Young and Well Cooperative Research Centre in 2010. He has worked for the Newcastle University Students' Association and the University of Newcastle in a range of roles working with the student community. Kris has a passion for participatory research methodologies and practices, and enjoys all things outdoors.

### 3. Developing mental health services for young people – what is required?

#### Abstract

With mental health being one of the primary health concerns affecting many young people today, the development of accessible, appropriate and acceptable services has never been more important. In many countries current mental health systems are not resourced to respond to young people with emerging mental health difficulties. Access to early, timely and appropriate support is the key to resolving many of the difficulties that young people experience. Evidence suggests that taking a preventative approach can reduce the prevalence of lifelong mental health difficulties.

In recent times there has been an increased focus on the necessity of delivering youth specific mental health services. This workshop will explore the potential for communities to develop their own tailor-made youth mental health service. With the continuing drive to improving the physical health of our communities, it is equally important that priority is given to the mental health of young people, their families and communities. Families and communities are the best equipped to support young people in the long term and it is important that services are developed with this in mind. It is not always about creating something new – it is often about changing what is already in existence and prioritising on the basis of need in the community. A key ingredient to success is the positive engagement with traditional mental health services and other youth support systems. Appropriate utilisation of the skills and expertise across the community and service sector is central to the evolution of any successful service.

This workshop will allow participants the opportunity to explore the potential to develop a responsive service within their own community. Participants will be aware of the steps and priorities in establishing a youth specific mental health service.

The workshop will focus on:

Rationale for intervening early International evidence for youth specific mental health services Necessity of engaging with young people Creating a shared vision Building & sustaining strategic partnerships

Creating a sense of community ownership Type of intervention & support needed Examples of best practice from an International perspectives Environmental & cultural factors Philosophy, ethos and approach Governance Spectrum of services on offer Theoretic approaches and practice frameworks

The workshop is open to all who work with young people in a formal or informal way. It is also open to all those who are engaged with young people in a community setting.

Facilitators

John Fitzmaurice, Program Manager, Jigsaw Youth Health Service, Galway, Ireland Deb Howe, Director Central Coast Children and Young People's Health, Gosford, Australia

## 4. Vocational Recovery in Youth Mental Health

### Abstract

Why a workshop on vocational recovery in Youth Mental Health?

The onset of most mental illnesses occurs at a stage of life when people are engaging in some very important developmental tasks. One of these is vocational development – finishing secondary school, moving to further study or training and entering the workforce. The disruption of this development has potentially very serious consequences for the future employment of the young person. Across all mental illnesses there are increased rates of unemployment and non-participation in the workforce. This leads people with mental illness to be less economically independent and more likely to be less engaged socially. In addition the toxic effects of unemployment on mental and physical health, relationships and accommodation stability, which are well known in the general population, are equally present for those with mental illness who are unemployed.

Traditionally, employment has been seen as something that young people were referred to other agencies to deal with, or more likely encouraged to not worry about until they had made a ‘full recovery’. Increasingly though, vocational recovery is seen as an important element of the recovery journey. All of this raises the question for service users, carers, clinicians and policy makers – what can we do about this?

What will the workshop cover?

This workshop will answer that question. The workshop will start by developing a base of knowledge about young people, mental health, education and employment, and the interventions that have been used to address education and employment for young people with mental ill health. This base will then be used to illustrate various

scenarios around this issue, as well as drawing on participants' experiences to add depth and relevance to the day.

Who should attend this workshop?

If you are a young person with a mental health issue, work with or care for a young person with a mental health issue, or are a policy maker or manager of a mental health service that works with young people, then this workshop will be of relevance to you.

What will be you take from the workshop?

At the end of the workshop participants will be aware of the scope and impact of the problem of disruption of vocational development for young people with mental ill health and the range of interventions which can address these and the research around them. They will also have had the opportunity to contribute their own experiences concerning this issue to the workshop. These experiences will be able to be discussed in the context of the knowledge base, and as this is an international conference to look at similarities and differences faced in different settings.

Facilitators

Associate Professor Eóin Killackey is an NHMRC Fellow and the Director of Psychosocial Research at Orygen Youth Health Research Centre and the Centre for Youth Mental Health at The University of Melbourne. His research is primarily in the area of functional recovery for young people with mental illness, with particular emphasis on vocational recovery. He is a founder of the International First Episode Vocational Recovery group.

Gina Chinnery is a youth vocational specialist with over 7 years experience in first episode psychosis. She has been a key contributor to the development and evaluation of innovative vocational interventions for young people with psychosis at Orygen



Youth Health. She has also contributed to the development of the vocational module of HORYZONS and will provide consultation and supervision of vocational interventions provided within the online platform.

## 5. Young people and personality disorder

### Abstract

Personality disorders, such as borderline personality disorder (BPD), are among the most distressing and disabling of all mental disorders and are therefore a priority for prevention and early intervention. They can now be reliably diagnosed in their early stages and when identified, they demarcate a group with high levels of current and future morbidity and mortality. Data also suggest considerable flexibility and malleability of personality disorder traits in youth, making this a key developmental period during which to intervene.

The Helping Young People Early (HYPE) program in Melbourne, Australia is a novel prevention and early intervention program for severe personality disorder in youth. It provides early detection of severe personality disorder and early intervention using an integrated, team-based model comprising assertive case management, general psychiatric care and Cognitive Analytic Therapy (CAT; Ryle & Kerr, 2002). This workshop will give an overview of: 1) The rationale for prevention and early intervention for severe personality disorder; 2) The HYPE model of care and Cognitive Analytic Therapy; 3) Practical application of the model, using case examples and including specific skills that clinicians can apply in day-to-day clinical practice.

A variety of teaching modes will be used, including group discussion, didactic teaching and DVD material.

### Facilitators

Associate Professor Andrew Chanen & Dr Louise McCutcheon

### Affiliations

Orygen Youth Health Research Centre & Centre for Youth Mental Health,  
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Melbourne, Australia

