

Coordinating Committee: ACT Child and Youth Mental Health Sector Alliance

MINUTES

9:30am – 12pm, Wednesday 20 September 2023
Youth Coalition of the ACT

Attendance:

- Erin Barry, Youth Coalition of the ACT
- Pauline Gallacher, OMHW
- Natalie Johnson, OMHW
- Samantha Gill, Marymead CatholicCare
- Sam Thomas, Youth Reference Group
- Shannon Lanza, Youth Reference Group
- Stephanie Lentern, Capital Health Network (Chair)
- Vikki Radford, Grand Pacific Health
- Yvonne Gritschneider, Families ACT
- Kirsten Stafford, CAMHS
- Joan Webb, ACT Education Directorate

Apologies:

- Prof Alison Calear, ANU

1. Welcome and Introductions

- a. The Chair welcomed everyone to the second Coordinating Committee and provided an Acknowledgement of Country; and acknowledgement of lived experience.
- b. There were no confidentiality and conflict of interest declarations made by members.
- c. Members introduced themselves.
- d. The Committee endorsed the actions and minutes of the previous meeting.

2. Administrative Update on Alliance Activities

- a. The lead agencies reported that the August Community of Practice Meeting was very engaged, useful and beneficial to the members. It was noted that for the October meeting there will be presentations from:-
 - MOST, Orygen - Trial of a digital youth mental health platform in the ACT with CAMHS, headspace and Marymead CatholicCare Youth and Wellbeing Program.
 - Fearless Women - A mentoring program for young women in the ACT.
 - Personnel Group - TPG Growth in allied health and NDIS programs
 - Messengers, Tuggeranong Arts Centre - a non-clinical arts-based group for young people aged 9-25 experiencing mental ill-health, social isolation and/or other issues.
- b. Erin provided an update on the planning for the webpage / site development. It was noted that the webpage will provide an online home for the Alliance. Erin added that there will be a new logo for the Alliance, and this will be shared on all documentation in the coming weeks.
- c. It was noted that there were items that the Committee intended to discuss at the meeting (e.g. Issues Register), however, due to timing and other Committees being formed it was best to put these on a future agenda.

Action 1: Community of Practice Agenda will be shared as part of the next Alliance ebuletin.

3. Endorsement of Alliance and Coordinating Committee Terms of Reference

- a. The Committee reviewed the draft Alliance and Coordinating Committee Terms of Reference.
- b. The Terms of Reference was endorsed by the Committee with no changes or update for noting.
- c. It was noted that MHCC and ATODA are in the process of developing an Alliance following an existing model in NSW. There are a number of other emerging steering groups in the suicide prevention space, including a new Suicide Prevention Collaborative, and Universities Partnership Group that are forming and there is potential for the Alliance to join forces and share the work at future meetings.

Agreement: Endorsement of the Alliance and Coordinating Committee Terms of Reference.

Action 2: Future CC meetings to include an appendix with a brief update from the ATOD/MH Alliance and other emerging groups.

4. Update from Youth Reference Group

- a. The Committee received an update by the Youth Reference Group Members regarding current activities and focus areas of work:-
 - Issues Register has been approved.
 - The YRG are currently creating Lived Experience Engagement document.
 - Some members of the group would like to advocate for more funding so that members can be reimbursed for their time as some have opted to be a part of extra meetings and other working groups that does not include being paid.
 - The group are currently thinking about further training opportunities that they could be a part of.

Action 3: The Issues Register will be raised at the next meeting.

5. Progressing Alliance Initial Strategic Priorities

- a. The Committee discussed the purpose of establishing an Alliance Working Group to progress strategic priorities that were identified at the July 2023 Forum. The two identified priorities were:-
 - *Improving children, young people's and families' experiences of mental health services*
 - *Improving service and system responses to children and young people with mental health concerns and complex / co-occurring concerns.*
- b. An EOI was circulated for the Working Group and there have been 11 applications to date.
- c. There is potential for the Working Group to have a range of functions to progress new initiatives acting as a mechanism to progress existing initiatives and provide an opportunity for discussion and consultation.
- d. It was raised that there is limited representation on the Working Group from young people. It was noted that the YRG Coordinator will participate in the working group and that efforts would be made to actively reach out to the YRG on specific activities so that all members have an opportunity to contribute.
- e. It was also raised that agencies engaged with specific cohorts or population groups of children and young people (e.g. LGBTQIA+, First Nations, CALD) were not represented on the working group. The high consultation demand placed on and limited capacity of these agencies was also noted. Members agreed that the working group would need to make efforts to actively reach out to these agencies on specific activities where appropriate.

Action 4: Progress report of the Working Group activities will be provided at the next meeting.

6. Alliance Forums

- a. The Committee reviewed and discussed the feedback that was received from the July Forum and if there were any suggestions on improvements.
 - It was noted that there was a large number of service providers at the forum and not enough representation from consumers / lived experience. It was suggested that young people from other YRGs could also be invited.
 - The forum was viewed as a good networking opportunity.
 - At the small group discussions, it was felt that conversations often centred around ongoing challenges and existing problems and it would be better to focus on ideas and potential solutions moving forward. This could be achieved by having a clear objective on being solutions focused and for this to be communicated during the opening remarks. It could also be communicated to attendees ahead of the forum to start thinking about solutions.
 - The Committee felt that at the small group discussion they did not hear enough around strategies and supports for CALD and First Nations children and young people.
- b. The Committee reviewed the draft eligibility criteria.
- c. The Committee identified some gaps in representation on the Alliance from ACT Libraries, Chief Ministers Directorate (CMTEDD), Australian Psychological Society (APS), SHFPACT, Independent Schools Association, representation from a sporting wellbeing program or peak, and ACT Parents or P&C in Schools.
- d. The Committee noted the Alliance Working Group will commence in October and a proposed agenda item was to discuss potential topics for the November Forum. It was unanimously agreed that it would be more valuable to postpone the Forum until March/April 2024 as this would also allow the CC to meet again in February, to identify further topics and ideas for discussion at the Forum.

Action 5: Lead agencies to invite representatives from The Committee identified some gaps in representation on the Alliance from ACT Libraries, Chief Ministers Directorate (CMTEDD), Australian Psychological Society (APS), SHFPACT, Independent Schools Association, representation from a sporting wellbeing program or peak, and ACT Parents or P&C in Schools.

Action 6: The Committee secretariat to convene the next Forum for March/April 2024.

7. Alliance Evaluation Approach

- a. Members reviewed the proposed Evaluation Approach, which will use a developmental approach to evaluating the Alliance within the first 12-18 months. It was noted that the Alliance Evaluation Framework will be circulated to the Committee for comment out of session.

Action 7: Alliance Evaluation Framework to be circulated for comment.

8. Other Business

There was no other business to note from the Committee.

9. Reflection and Next Steps

- a. The Committee noted the importance of maintaining a feedback mechanism for the CC via the online survey, as this will support continuous improvement.
- b. The Committee were happy with the agenda and length of meeting, and meeting in-person.

Summary of Actions:

1. Community of Practice Agenda will be shared as part of the next Alliance ebulletin
2. Future CC meetings to include an appendix with a brief update from the ATOD/MH Alliance and other emerging groups.
3. The Issues Register will be raised at the next meeting.

4. Progress report of the Working Group activities will be provided at the next meeting.
5. Lead agencies to invite representatives from The Committee identified some gaps in representation on the Alliance from ACT Libraries, Chief Ministers Directorate (CMTEDD), Australian Psychological Society (APS), SHFPACT, Independent Schools Association, representation from a sporting wellbeing program or peak, and ACT Parents or P&C in Schools.
6. The Committee secretariat to convene the next Forum for March/April 2024.
7. Alliance Evaluation Framework to be circulated for comment.