

Coordinating Committee: ACT Child and Youth Mental Health Sector Alliance

MINUTES

9:30am – 11:30am, Wednesday 14 February 2024, Online

Attendance:

- Erin Barry, Youth Coalition of the ACT
- Prof Alison Calear, ANU
- Lee-Anne Rogers, OMHW (Chair)
- Samantha Gill, Marymead CatholicCare
- Yvonne Gritschneider, Families ACT
- Kirsten Stafford, CAMHS
- Joan Webb, ACT Education Directorate
- Sam Thomas, Youth Lived Experience
- Shannon Lanza, Youth Lived Experience

Apologies:

- Stephanie Lentern, Capital Health Network
- Vikki Radford, Grand Pacific Health

1. Welcome and Introductions

- a. The Chair welcomed everyone and provided an Acknowledgement of Country; and acknowledgement of lived experience.
- b. There were no confidentiality and conflict of interest declarations made by members. Erin explained Yvonne's new casual role providing Alliance project support at the Youth Coalition. Yvonne will continue on the Coordinating Committee in her Families ACT capacity.
- c. The Committee endorsed the actions and minutes of the previous meeting.
- d. Members discussed and agreed to provide the Minutes on the Alliance website (following endorsement at the subsequent meeting) in keeping with the Alliance principles relating to transparency and accountability.

Agreement / Action: Previous Minutes and Minutes of this meeting to be sent to members via email, with an opportunity to provide feedback. Previous Minutes will then be provided on the Alliance website.

2. Administrative Update on Alliance Activities

- a. The lead agencies provided an update on the Governance Workplan:
 - The Alliance website is available in draft form for feedback from CC members. It is intended to be 'launched' in the March eBulletin and will continue to evolve over time.
 - The TORs are finalised and included on the website.
- b. Reporting structures of the Alliance: This has been delayed due to a number of external committees under review and being restructured. Two relevant groups for Alliance updates may include:
 - the newly restructured Mental Health Coordinating Group, which brings together the public clinical services, CHN, the Mental Health and Suicide Prevention Division, Canberra Health Services, and relevant non-government peaks. This group looks at the wider sector and broader community issues relating to mental health.



- Inter-Directorate Committee for Mental Health and Wellbeing (as it relates to the community, not only the 'mental health system').
- Members agreed that providing Alliance updates to both of these groups and/or other key agencies.
- Members discussed how the Alliance fits within and contributes to the wider mental health system, and the need to use multiple pathways for reporting and advocacy.

Action: Lee-Anne and/or Stephanie to circulate the TOR for the new Mental Health Coordinating Group; and locate a visual map of the various committees in the mental health system and how they relate to each other.

3. Update from Youth Reference Group

- a. A written report has not been provided for this meeting. The future intent is that YRG reports will be endorsed by the YRG prior to being sent to the Coordinating Committee.
- b. A verbal update was provided – the YRG is progressing through their two projects to develop resources for the sector.

Action: A written report endorsed by the YRG will be provided at a future date or the next meeting.

4. Alliance Working Group update

- a. The working group, which has 18 members, has met three times since the last meeting and has developed a workplan. The working group will have a two-fold role, (1) to progress its own projects and tasks, and (2) contribute to or support existing projects and initiatives that relate to the two projects (e.g. MACR, MindMap).
- b. The first two key projects of the working group include:
 - Improving services readiness to collect and use service experience feedback from young people and families
 - Clarify legislation and policy related to information-sharing, privacy and consent and how these can be better enacted in practice approaches

Action: Lead agencies to circulate Working Group Initiatives workplan to the Coordinating Committee.

5. Alliance Forum – 10 April

- a. The Alliance Forum is planned for 10 April, with a venue to be confirmed.
- b. Suggested items for discussion or presentation at the Forum included:
 - Working Group consultation with members about service readiness to use service feedback from young people and families
 - Update from the Service Development Working Group in relation to Head to Health Kids, Headspace Early Psychosis and Youth at Risk
 - Youth Reference Group presentation and/or consultation relating to their projects
 - MACR: Presentation on what changes have occurred or are upcoming
 - Forthcoming changes to the mandatory reporting / CYP Act
 - Potential discussion relating to Issues Register
 - Updates on Alliance activities – e.g. website

Action: Lead agencies to progress agenda and logistics for the April forum.

6. Issues Register

- a. There are three parts to the Issues Register: (1) Overview of current initiatives and activities, (2) Characteristics / cohorts of children, young people and families who may experience difficulties accessing mental health support, and (3) Service and system constraints and challenges.
- b. **Part One:** Several initiatives and activities need to be updated – e.g. IART, JaMMED, intersection between AOD and Mental Health, trauma-informed position statement
- c. **Part Two:** Potential service gaps arising, such as trauma services for children under 12. There has been an increased in self harm, especially among young females of all ages, including children. There are ongoing impacts from COVID-19, including feelings of disconnection. A data linkage project across mental health and education may be occurring.
- d. **Part Three:** Constraints related to data collection for the child and youth mental health sector, means there is no current, reliable way to determine service demand and use. This will be noted as system issue. It was also noted that definitions across the system are not consistent, which is a further barrier to meaningful data collection.
 - It was also noted that navigation through the service system continues to be a challenge and can further exacerbate young people’s mental health concerns. Members discussed that the findings of the JaMMED qualitative study tracking young people’s experiences navigating through the ACT mental health system may soon be available and could provide a platform for the Alliance to progress this.

Action: Lead agencies to update Part One in consultation with relevant agencies.

Action: Lee-Anne and Alison to consider the existing item relating to self-harm for children and young people and potentially draw out further.

Action: Item to be included regarding systemic data constraints.

Action: Lee-Anne and Sam to consider the existing item relating to system navigation to see whether further changes are required.

7. Alliance Evaluation Approach

- a. Upcoming evaluation activities include an Alliance member survey in May, following the Forum to capture members’ views about the first year of the Alliance and its future potential. Two surveys will also be developed in relation to the YRG around April: (1) of YRG members and (2) of the agencies/projects that have consulted with the YRG to gather data about the value the YRG contributed to those projects. Limited stakeholder interviews are also planned.
- b. There is some existing evaluation data falling from previous events that will be drawn upon, in addition to the observations / reflective activities of the lead agencies and Coordinating Committee.
- c. Current observations include:
 - the capacity limitations of the membership. The Alliance operates as an additional activity outside of service delivery, and timelines and activities have had to be adjusted to meet this high interest but limited capacity. Lead agencies are looking at streamlining activities to ensure that key agencies are leading work and creating opportunities for others to engage.
 - Sustainability of the Alliance and future funding is currently uncertain. Looking at setting up structures so that the Alliance is not dependent on any particular community agencies into the future. Future funding may be needed for a secretariat role and brokerage for projects.

8. Other Business

There was no other business to note from the Committee.

9. Reflection and Next Steps



Summary of Actions:

- **Agreement / Action:** Previous Minutes and Minutes of this meeting to be sent to members via email, with an opportunity to provide feedback. Previous Minutes will then be provided on the Alliance website.
- **Action:** Lee-Anne and/or Stephanie to circulate the TOR for the new Mental Health Coordinating Group; and locate a visual map of the various committees in the mental health system and how they relate to each other.
- **Action:** A written report endorsed by the YRG will be provided at a future date or the next meeting.
- **Action:** Lead agencies to circulate Working Group Workplan to the Coordinating Committee.
- **Action:** Lead agencies to progress agenda and logistics for the April forum.
- **Action:** Lead agencies to update Part One of Issues Register in consultation with relevant agencies.
- **Action:** Lee-Anne and Alison to consider the existing item in the Issues Register relating to self-harm for children and young people and potentially draw out further.
- **Action:** Item to be included in Issues Register regarding systemic data constraints.
- **Action:** Lee-Anne and Sam to consider the existing item in the Issues Register relating to system navigation to see whether further changes are required.