

Working Group: ACT Child and Youth Mental Health Sector Alliance

MINUTES

9:30am – 11:30am, Friday 23 August 2024
Youth Coalition of the ACT: 46 Cliathus St, O'Connor

Attendees:

- Alyssa Morse, ANU
- Erin Barry, Youth Coalition of the ACT
- Hannah Turner, Australian Childhood Foundation
- Lee-Anne Rogers, Office for Mental Health and Wellbeing
- Paul Spooner, Mental Health Policy and Strategy, ACT Health
- Penny Stott, Woden Community Service
- Stephanie Hodson, Relationships Australia Canberra and Goulburn
- Stephanie Lentern, Capital Health Network (Chair)

<p>1 9:30 – 9:40am</p>	<p>Welcome and Introductions</p> <ul style="list-style-type: none"> • Acknowledgement of Country • Acknowledgement of Lived Experience • Previous Minutes were approved • Members agreed that the endorsed meeting minutes from the June meeting will be uploaded to the Alliance website. 	<p>Lee-Anne Rogers</p>
<p>2 9:40 – 11:00am</p>	<p>Literature Reviews: Scope of Work</p> <p><i>Aim:</i> To discuss and refine the scope of three literature reviews being undertaken by Dr Alyssa Morse at ANU, to support the working group projects:</p> <p>Alyssa is a Research Fellow at the Centre for Mental Health Research, ANU. She is a Lived Experience researcher who started in ACACIA, with research interests in how to use and integrate lived experience into service delivery and youth mental health.</p> <p>Alyssa will be undertaking three literature review / scoping pieces for the Alliance. Members provided input into the first two.</p> <p>Item 1. Best practice and principles for collecting and using feedback from young people (adolescents and young adults):</p> <p>Member input:</p> <ol style="list-style-type: none"> While this project will focus on experience rather than clinical outcomes, the processes that are used to ask for feedback (whether about experience and/or outcomes) 	<p>Dr Alyssa Morse</p>



- are important. What does the literature say about giving voice to young people, alongside measurement tools?
- b. The process of support is as important as an 'outcome': i.e. young people can value feeling heard, supported and validated, even if there was not a change in their mental health or circumstances.
 - c. Considering young people's preferences for giving feedback, e.g. drawing, surveys, iPads, during, after. The ACF has developed a feedback kit, with a box of playful activities children can use.
 - d. The literature review will examine the grey literature looking at what processes have been used elsewhere, and what has been evaluated.
 - e. Considering the preferences and needs of culturally diverse young people, and for First Nations young people. Different groups may prefer different processes and different timelines – there is a need to consider intersectionality and culturally-safe practice.
 - f. Considering clinical and non-clinical settings, formal and informal processes; principles and ethical considerations, and at which points in young people's service journey.
 - g. Consider where experience is impacted by not being the right service at the right time for that young person.
 - h. Further exploration of Forum themes: data, storage, 'who will know what I've said', 'what will happen with it, how will it be used', managing feedback loops.
 - i. Is there anything in the literature about word of mouth between young people, or how services are marketed – to support the to engage in the first place? The look and feel of the service.
 - j. Exclude objective measures of outcomes (e.g. HoNOS, K10) but consider self-reported consumer outcomes? Self-reported mental health is a valid way of collecting feedback.
 - k. Peer-led work: Is there anything in the literature about young people being involved in collecting and asking these questions? What are the ethical principles or implications involved in doing this?
 - l. Alyssa will develop a question that can be extended out to the Alliance members, to assist in scoping existing resources.

Item 2. Existing PREMS (experience measures) for children and young people:

- a. Both children and adolescents
- b. Restrict to child and adolescent-rated measures, not parent measures



	<p>c. Look across sectors (not only health or mental health)</p> <p>d. Consider also – School Climate Survey, Year 7 Health Check within Education</p>	
<p>3 11:00 – 11:20am</p>	<p>Other related initiatives</p> <p><i>Aim:</i> To provide an opportunity for members to update on other initiatives, and/or identify potential tasks the WG could undertake to contribute to other initiatives.</p> <p>PERKS Parenting Seminars: Delivered by Woden Community Service, with topics including ‘boys behaviour and growth’, pre-school transition. These seminars are currently focused on parents of children aged 0-8; previous seminars have also focused on adolescents and mental health.</p> <p>Mental Health Commissioning: There has been a delay to the release of the draft Investment Plan due to Caretaker. It is expected this will be released in late 2024 for feedback.</p>	<p>All members</p>
<p>4 11:20 – 11:30am</p>	<p>Next Steps</p> <ul style="list-style-type: none"> • Meeting minutes will be drafted and sent to working group members for comment. • Next meeting will focus on the information-sharing project. • Proposed next meeting: October 	<p>Lee-Anne Rogers</p>
<p>11:30am</p>	<p>Meeting Close</p>	