

ACT Mental Health Advisory Council

Public Communique - Meeting of 14 November 2019

The ACT Mental Health Advisory Council convened on Thursday 14 November 2019. The meeting was chaired by Chair, Ms Sue-Ann Polden. The topic for discussion at the meeting Children and Young People's Mental Health and Wellbeing.

The Council welcomed the guest presenters, Natalie Johnson (Change Leader, Office for Mental Health and Wellbeing) and Heidi Prowse (Chief Executive Officer, MIEACT).

Children and Young People's Mental Health and Wellbeing

The Council heard that the mental health needs of children and young people is a priority of the Minister for Mental Health. It was also identified as a key action in the Office for Mental Health and Wellbeing Work Plan following community consultations in early 2019.

The Office for Mental Health and Wellbeing engaged Mental Illness Education ACT (MIEACT) to partner with the Office to undertake a review Children and Young People's Mental Health and Wellbeing across the continuum from 0-25 years. The project sought to understand the challenges and issues facing our younger community to inform future initiatives for government and non-government. The project commenced in mid-2019 and will conclude with a report to the Minister in December.

The Council were pleased to learn that the consultation process and tools were codesigned with young people, service providers and ACT government. There were three codesign community workshops with 117 participants. Moreover, the community consultation survey received 714 responses with a good representation of age groups.

The project team also held youth engagement workshops where 54 young people participated through the following groups: Headspace Youth Reference Group; ACT Youth Advisory Council; Multicultural Youth Reference Group; and MIEACT.

The top 3 issues young people are facing identified through the review were:

- Anxiety/Stress(coping)
- School or study problems
- Experiencing bullying

The top 3 obstacles to accessing help identified through the review were:

- Affordability
- Accessibility of services
- Stigma – especially self-stigma.

The Council considered the presentation and proposed recommendations from the Children and Young Person Review and identified the need for further considerations regarding assistance and support for parents and families.



Next meeting

The next meeting will be held on Thursday 6 February 2020, the focus at this meeting will be planning for 2020. The Council is also keen to receive an update regarding the ACT Regional Mental Health and Suicide Prevention Plan.

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

For further accessibility information, visit: www.health.act.gov.au/accessibility

www.health.act.gov.au | Phone: 132281

© Australian Capital Territory, Canberra