

# Young people's experiences with CAMHS

Young people are invited to take part in a focus group or interview in June, to provide feedback (1) about their experiences accessing and engaging with CAMHS, and (2) on a new brochure for young people and families about the new adolescent mental health unit.

## **Eligibility**

We would like to speak with young people who either are currently or have previously been supported by CAMHS; or who have tried to get support from CAMHS\*. Some type of CAMHS involvement, including attending a CHOICE appointment, is required to take part.

## **How to get involved**

You can choose whether you would like to take part in a focus group (for young people aged 16-25), or an individual interview (for young people aged 12-25).

There are two options for focus groups:

- **Wednesday 14 June, 5:30pm – 7pm, at the Youth Coalition of the ACT** (46 Clianthus St, O'Connor). We can help with transport if you need it, and we will provide food.  
OR
- **Thursday 22 June, 5:30pm – 7pm, Online via Microsoft Teams**  
There will be up to six young people in each focus group.  
If you would prefer to take part in an individual interview, we can arrange this at a time and place that suits you, either in-person, online or over the phone.

## **You will receive \$50 for providing your time.**

Please refer to the Information Sheet attached for more information. To get involved, send an email to [projects@youthcoalition.net](mailto:projects@youthcoalition.net).

## **What is CAMHS?**

CAMHS (Child and Adolescent Mental Health Services) is an ACT Government mental health service for children and young people up to the age of 18. Most children and young people access it by contacting a CAMHS Northside or CAMHS Southside team. CAMHS is not the same program as headspace.

[www.youthcoalition.net/camhs](http://www.youthcoalition.net/camhs)



## INFORMATION SHEET FOR YOUNG PEOPLE

### Consultations about CAMHS

You are invited to take part in a **focus group or individual interview** in June to help further develop youth mental health programs and services in the ACT. The Youth Coalition is asking young people, and also parents, for their views about: (1) changes being trialled at CAMHS to make it easier for young people to access, and (2) a brochure developed for young people and families about a new mental health inpatient unit at Canberra Hospital for young people aged 12-17.

Your participation is **voluntary**. This means that you do not have to take part.

If you choose to participate, you will be given a **\$50 gift voucher** in thanks for your time and information.

#### ***Am I eligible to take part?***

Young people are eligible to take part if they are currently, or have previously, been supported by or tried to get support from CAMHS. **Some type of CAMHS involvement, including attending a CHOICE appointment, is required to take part.**

#### ***What is CAMHS?***

CAMHS (Child and Adolescent Mental Health Services) is an **ACT Government mental health service** for children and young people up to the age of 18. Most children and young people access it by contacting a CAMHS Northside or CAMHS Southside team. CAMHS is not the same program as headspace.

#### ***How old do I have to be?***

Young people aged 16-25 can take part in focus groups.

Young people aged 12-25 can take part in interviews. We will seek consent from parents and caregivers for young people under the age of 16.

### ***What will happen at the focus group or interview, if I decide to take part?***

You will be asked to share your thoughts about two topics:

1. Your experiences accessing and engaging with CAMHS
2. Feedback on a brochure for young people and families about the new adolescent mental health inpatient unit.

**You can choose to skip questions that are not relevant to you, or you do not want to answer. You can also withdraw participation at any point.**

**Questions will focus on service experiences - we will not ask you questions about your personal mental health.**

Questions about **CAMHS** might include:

- How easy or difficult was it when you first tried to contact CAMHS for support?
- How easy or difficult was it when you first started engaging with CAMHS? (e.g. meeting for initial assessment or intake)
- How easy or difficult was the process of leaving CAMHS?
- What could have made your experience with CAMHS better, or would make it better for other young people?

Questions about the **brochure for the adolescent mental health unit** might include:

- Does the brochure tell you what you would want to know?
- What information is missing from the brochure? Are there any parts that are confusing or don't make sense?
- What do you think about the design of and language used in the brochure?

### ***How long will the focus group or interview take?***

You can choose to take part in an interview (a conversation with the researcher), or a focus group (which will include up to 6 young people).

The focus group will be about 1.5 hours long, but you can leave the group or take a break at any time. There is the option to attend an in-person focus group, or online focus group. The focus group will have two researchers.

Interviews with a researcher will take up to one hour, and you can leave or take a break at any time.

***Can I have someone with me, if I choose?***

If you decide to participate in an interview, you can choose to have a support person, such as a family member or your caseworker, with you during the interview if you like.

***What personal information will I need to share?***

We will ask you for your name and your email address, so we can send you a \$50 e-gift voucher for providing your time and sharing your views.

***Will my information be confidential?***

Your information is ***confidential***. This means only the research team will have your name and email address. We promise that:

- we will not share them with anyone else, and
- we will not name or identify you in any way in the report or during any verbal presentations.

In the focus groups, we will be asking all participants to respect each other's privacy and consider others' views and experiences respectfully. We will help participants to establish some group rules at the start.

***Will CAMHS know that I took part?***

The Youth Coalition is not a government organisation. Nothing you share will impact your access to CAMHS, or to other mental health services, and they will not know that you participated.

***What is the Youth Coalition?***

The Youth Coalition is the ACT peak body for young people and youth affairs. We work with youth workers, programs and government to try to improve supports for young people in Canberra, and to ensure that young people's views are heard. If you want to know more about what we do, visit [www.youthcoalition.net](http://www.youthcoalition.net).

***What will happen after the focus group or interview?***

We will write a report for the ACT Government based on what everyone tells us. You will not be mentioned by name and no one will be able to identify you. We can send you a short summary of what we heard, if you wish.

### ***How do I get involved?***

Interview and focus group places are limited and will take place during June. To get involved, please email [projects@youthcoalition.net](mailto:projects@youthcoalition.net) so we can provide more information.

### ***What if I need to access support after the focus group or interview?***

The research team can talk to you about services that may be able to assist if you need support after participating in the interview or focus group. Here also are some details of services you could contact:

Mental health services:

- MindMap ACT (for help finding ACT child / youth mental health programs): 1800 862 111 or <https://www.mindmap.act.gov.au/s/>
- Safe Haven Belconnen (age 16+): 0421154147, 56 Lathlain St Belconnen, open 3-10pm Tuesday to Saturday
- Lifeline: 13 11 14 (national)
- Kids Helpline: 1800 55 1800 or <https://kidshelpline.com.au/>
- Mental Health ACCESS team: 1300 094 187

Financial Counselling: Care Inc - (02) 6257 1788

Legal Advice: Legal Aid ACT Helpline - 1300 654 314

Family Violence: DVCS Crisis Line ACT - (02) 6280 0900

Homelessness and Refuge: Referrals through Onelink – 1800 176 468

Alcohol and Other Drugs: Canberra Health Services' Alcohol and Other Drugs 24 Hour Helpline: (02) 5124 9977

### ***If you have any questions or concerns, please contact:***

Dr Justin Barker

Youth Coalition ACT

O'Connor ACT 2602

Phone: 02 6247 3540

Email: [justin@youthcoalition.net](mailto:justin@youthcoalition.net)