

MYAN ACT

Minutes

Date: 4 July 2024

Time: 10:00-11:30am

Location: In person & online

Attendance

Thomas Stevens - The Youth Coalition of the ACT
Zakia Patel - Multicultural Hub Canberra & Regional NSW
Mahri Henderson - Conflict Resolution Service
Alicia Twohill - Education Directorate
Ciára Duggan - Education Directorate
Hannah Watts - Education Directorate
Hongsar Channaibanya - Companion House
Nurhan Raihan - ANU
Lesley Cioccarelli - CIT
Joel Artup - Woden Community Services
Ravi Krishnamurthy
Ivapene Seiuli - Health Care Consumers' Association

Agenda Items

1. **Acknowledgement of Country**

Thomas opened the meeting by acknowledging the Ngunnawal people as the traditional owners and continuing custodians of the lands of the ACT, and paid respect to the past, present and future Elders, families and ancestors.

2. **Erin – Discussion about Commissioning**

- a. The Mental Health NGO sub-sector has just released their insights report that pulls together feedback from their consultations. They are now just starting to put together the first draft of their investment strategy.
- b. Through their consultations they didn't hear much from the Child and Youth Mental Health sector.
- c. We offered to consult with the sector and gather feedback for them. They appear to be receptive to our feedback which could assist in informing the investment strategy.
- d. There appears to be a key focus on the intersection between children, young people and families in the culturally diverse space.
- e. The commissioning team said they would be happy to discuss with the group directly if that is something we would like them to do.
- f. There was a discussion around potential ideas that could be included in the Youth Coalitions submission. This included:

- i. How we might address the missing middle, a group of young people who are either too severe or not severe enough to access services.
- ii. Looking at a holistic, non-clinical, safe and inclusive walk-in centre that doesn't just focusing on Mental Health, but also connects them with other services and programs.
- iii. How we could utilise spaces that already exist for Multicultural Communities and fund mental health workers to work within these spaces.
- iv. How we could could we be more explicit in recognising and supporting programs and services that are already implementing active holding and how we can have more dedicated resourcing for this.

3. Service Update

a. Zakia Patel – (Mhub)

- i. Stand Out conference: We recently had a conference in Jindabyne and looking to do another next year.
- ii. Embrace Multicultural Mental Health with Mental Health Australia: Implementing a suicide prevention program in the ACT. This includes creating video resources in various languages and providing assist training for 140 workers, many of whom previously felt unequipped. Support groups are available for those who have lost someone to suicide, with a focus on involving multicultural communities.
- iii. Gunner Place Drop-In Sessions: At Gunner Place, we host a drop-in session every Wednesday afternoon, attracting 20-25 young people each week.
- iv. School Holiday Program: Our school holiday program next week is at capacity.
- v. Monthly Drop-In Sessions: Starting this month, we will have a drop-in session on the last Friday of every month from 5-7 pm.
- vi. Bimberi Fortnightly Sessions: Fortnightly sessions are held at Bimberi, but they stop during school holidays so we partnered with The Junction to offer a healthy relationships program next Friday.
- vii. Writing Competition: We are launching a writing competition called "Don't Tell Me How to Identify," centered around cultural identity. The project will be led by Vinnies in partnership with Mhub.
- viii. Welcome to Canberra Expo: The Expo for the "Welcome to Canberra" program is scheduled for August 3rd. The expo is an opportunity for multicultural community members to directly hear from programs and services about what they can access.
- ix. We've seen an increase in referrals from schools and for individual case management.
- x. We took on a work experience student. It was an incredible experience. She is visually impaired providing a valuable learning opportunity and a great experience for all involved.
- xi. Multicultural Drug Action Team: We run the Multicultural Drug Action Team through the Alcohol and Drug Foundation. Over the next eight months, we will be looking to address the lack of data on AOD (Alcohol and Other Drugs) harm among multicultural young people in the ACT.
- xii. Active Beginnings Program: Active Beginnings is a program led by UC in partnership with Mhub and Health Care Consumers' Association. The

program is aimed at women who are pregnant or considering pregnancy. The program encourages them to be more active through physical activities and has been co-designed by a group of six women over two years. We released an animation and a resource booklet and 466 women registered. Activities include Zumba, aqua aerobics, and core and floor exercises. To conclude the program, we held a cultural dance night with 100 women participating, including two young girls who taught their traditional dance. The event was family-friendly, accommodating mothers and children, recognizing that participants often don't have childcare options.

b. Ivapene Seiuli – Health Care Consumers' Association

- i. We're working a lot with Mhub because of their connections with community.
- ii. Capital Health Network has commissioned us to do some work to consultations to see how multicultural community members are accessing primary health care. We are doing the consultations in partnership with Mhub.

c. Mahri Henderson – Conflict Resolution Service (CRS)

- i. We run the Family Connections Program in partnership with mHub. The program has Therapeutic case managers from CRS and mHub who work alongside a family mediator and family counsellor to help multicultural family who are experiencing conflict and stress in the home. This could include young people who have left the home and want to return or just general conflict in the home. A theme that appears to be coming up is parents who immigrated to Australia who have kids that have grown up in Australia. The program is going well and almost at capacity but positions always open up. We have the capacity to meet them in the community but also have drop-ins.
- ii. We are doing drop-in at Erindale College and also Lake Tuggeranong.
- iii. We also have brief connections which provides 2-3 hours of support, but if young people keep coming back that's fine also.
- iv. Work with the whole family – 15-25, but will also work with young siblings.

d. Senior Youth Work Team

- i. Connecting youth workers in schools with programs in the community services.

e. Nurhan Raihan – Theirworld

- i. I am the Global Ambassador for Theirworld.
- ii. It is based in the UK and US..
- iii. Working with Grammar school over the next few weeks
- iv. We also run a number of initiatives, for example paying for computers for Ukrainians to be able to engage with Education.

f. Lesley Cioccarelli – CIT

- i. Fee-Free TAFE: places still available in some courses for Semester 2, but encourage people to apply ASAP

- ii. Information, courses and eligibility and priority criteria can be found here: https://cit.edu.au/study/fee_free_tafe
- iii. CIT Open Day: Friday 13 September 12:00-6:00
- iv. Across all campuses – please check website for relevant campus for your course!
- v. CIT will have a stall at the Multicultural Hub Welcome to Canberra event on 3rd August, and I will be there for career and course advice.
- vi. For information, here are the Open Day dates and website links for other Canberra tertiary institutions:
- vii. CIT Open Day: Friday 13 September:
https://cit.edu.au/citevents/cit_open_day_2024
- viii. UC Open Day: Saturday 14 September:
<https://www.canberra.edu.au/about-uc/events/open-day-2024>
- ix. ACU Open Day: Saturday 14 September 2024:
<https://openday.acu.edu.au/>
- x. Australian Defence Force Academy and UNSW Canberra Open Day: Saturday 17 August: <https://www.unsw.edu.au/canberra/open-day>
- xi. ANU Open Day: Saturday 29 March 2025: <https://openday.anu.edu.au/>
- xii. If anyone is looking interstate, there is a list here:
<https://www.uac.edu.au/future-applicants/open-days>

g. Joel Artup – Woden Community Services

- i. I oversee the Youth Engagement and Raw Potential teams.
- ii. Coming into school holiday period which makes it a very busy time of year for us.
- iii. We have our winter program coming up.
- iv. We're running our pre-learner licence course which is always popular.
- v. Raw potential is expanding into training around supporting young people with education and employment.
- vi. We've also been successfully running for 12 months a training package with hospitality providers to get young people early qualifications.
- vii. We are looking at offering white card training to broaden some young people's employment opportunities.
- viii. Due to shifts in specialist homelessness programmes in the ACT we've seen a significant increase in demand for both of our youth services.
- ix. We are currently operating waitlists across both of our programs. It's up to 6 months which is an incredibly long wait time for young people.
- x. We've had no increase in capacity but a 200% increase in referrals with the closure of Ted Noffs, Take Hold program and Barnardos Couch Surfing Program.
- xi. We have a family fun day coming up in the holidays with our family case management team.
- xii. We had a successful Sunset Festival for Youth Week.

4. Youth Co Update

- a. We have partnered with the ANU to co-design a digital public health strategy and resources to prevent gambling harm in young people. Currently in the ACT there are no publicly accessible gambling harm education resources specifically designed for young people. From the project we will develop a major digital hub

with public health resources targeting online gambling, parents/carers and young people.

- b. We will be running more Talk to them sessions later in the year. The training aims to support youth workers with the knowledge and confidence needed to open a conversation with young people about DFV.