



Wyndham Workers with Young People Network

Minutes

Thursday 15th June 2023 -
9.30am - 11.00am – Face to face

1. 9:30 am Welcome

Acknowledgement of the Kulin Nation

Wyndham City Council recognises Aboriginal and Torres Strait Islander peoples as the First Custodians of the lands on which Australia was founded. We acknowledge the Bunurong and Wadawurrung people as the Traditional Custodians of the lands on which Wyndham is being built. We pay respect to Ancestors and Elders who always have, and always will, care for Country and community today and for future generations.

2. House Keeping

Bathrooms, fortnightly newsletter reminders, morning tea provided at the end.

3. Introductions Meeting attendees to give introductions

4. 9:45am Presenter Yusuf Kasap – Youth Services Engagement & Projects team – Presenting Youth Survey Data

Acknowledgement of country

Importance of Youth Survey Data – understanding the community and to inform your own practice as a youth worker.

Who should be the data shared with – external organizations, agencies, - no current data coming from stakeholders, data is not wide but useful to understand the community.


Demographics

10% identify as non-binary. However, census data presents a percentage of non-binary 1.7% in the population. These figures are not reflecting the reality of community. Young people might be more aware of gender identity and how to express it. This is a positive note.

More than half respondents are heterosexual, these result does not correspond with census data.

- The respondents' awareness about sexual identity does not reflect the results in the census.
- Another reason might be that the survey might not be filled out accurately
- Need to advocate for improving methods for data collection

Social Media and Bullying



Bullying in online platforms – is the biggest issue for the young people who responded the survey. Importance of addressing this issue. Majority happens during schooling times.

24% people bullied tried to deal with by distracting themselves. Ideally young people should act instead of just focusing on self-distraction. Need of post- hoc research to ask further questions to young people.

Doing extracurricular activities and talking to friends is also helpful for bullying victims according to the survey findings.

Mental Health and Well being

Findings - In line with general data of mental health issues.

Young people tend to normalise anxiety and stress and they neutralise their response in the survey– the neutral percentage might fall into a negative one.

Improving mental health – being social, diet and exercise, good sleep, self-care, and personal development opportunities and interacting with the community are the best ways to deal with mental health issues.

Question: what are the questions asked about mental health in the survey? – a combination of multiple choice and open answers. They survey report can be found on our website <https://www.wyndham.vic.gov.au/services/youth-services/about-us>

Another issue is the cost of accessing mental health support and complexity of the system. – Mental health literacy is higher in young people than the older generations. Awareness of the importance of accessing mental health support but resources are lower.

Question: Was cultural safety an issue in the report's findings?

Feeling safe in the environment, - top issue in Wyndham today (rating system) – mental health, discrimination, access to services is also represented in the data. The survey included three focus groups: African, Asian and Islander groups – major issue found discrimination and disadvantage to access youth services.

Missing information – survey has not captured all the population groups and other cultural identities.

Introducing focus groups reflected on the 2021 data – new ways of looking at the survey and data collection.

Use of drug and alcohol

Public transport – Young people don't have means to drive, safety, confidentiality is not very accessible to them.

Mental health stigma is an issue for the community according to the data. – Young people want their voice to be heard, they don't find it to be the case. If young people feel there's a stigma about mental health, they might not express it

Malia – Whitelion. There is a strong stigma towards Pacifica Islanders. In Manor Lakes community, if there's a crime, the community tends to accuse other cultural identities to have the blame. Presence of strong bias and invisible bias – youth workers should be taking actions.

Yusuf Youth Services - Youth Services is seeking cultural education and awareness in different trainings.

The Neighbourhood safety

Majority of the community feels safe. However, a significant part doesn't feel safe – what safety issues are there? – crime in the community and police presence – is there enough police presence?

Experiences:

Malia Whitelion – There is crime, but she doesn't see it, she acknowledges the presence of drug dealers. Need to be proactive.

Tanya Youth Services – Our interpretation of what crime is, and safety is subjective

Kristal YSAS – crime exist in shopping malls and Public Transport

George Youth Service – crime might happen among young people and their peers. Need to extend the data gathering and survey to reach other groups.

Sera Youth Service – as adults we might not see the crime, but we see the impact of it after it has reached a point of severe impact. Importance of creating consistency and challenge some of pressure as facilitator of the community. To advocate for community and opportunities for connections.

Nicole Youth Services – bringing community together, people give feedback when the Street Surfer Bus is present, they come together for a purpose. SSB has been the instigator to bridge the community, they have created other positive impacts within the community.

Yusuf Youth Services – Safety might be a perception, created by stigma towards a certain group and creates barriers in the community. Understand the nature of trauma and the presence of community trauma. Being mindful of the impact of trauma in the community of being impacted by a community related issue. Acknowledgment of intersectional identity. Need of gathering data in informal ways, ethnographic way of gathering data. Hopefully implementing data in a more suitable scientific method.

Work and Study

High percentage engage on full time job. Work and study are issues related to mental health and wellbeing.

Young People's Concerns

- Most concern: Social Media, Mental Health
- Least: infectious diseases.
- Drug, Alcohol issues and Public Transport.

How much resources goes to social media and mental health? Based on demographics, findings might differ.

Tanya Youth Services – difficult to get a survey to people who have no education or don't live at home. Missing cohort reflecting in the data.

Who would you go to if you need support or help with a problem? Results:

1. Friends
2. Parents

Is this cohort able to create support for young people's mental health? Importance of intervention from professionals on how to create a support system for mental health available to young people and social circle. Create a support network where people help each other.

Get Psyched and Edu Grams are good programs to educate young people around mental health.

Question: Why Mental Health Kit Program doesn't exist anymore?

- Did not fit in the curricula of schools.
- Need of a more efficient way to deliver information
- Working on a similar program which will be announced once is on the ground.

Malia Whitelion – if parents don't have the education to talk about mental health people can't assist their families.

Yusuf Youth Service – Hear from communities' experience what works and how to create programs. Pay attention to the community, listening to people and what works as a target approach.

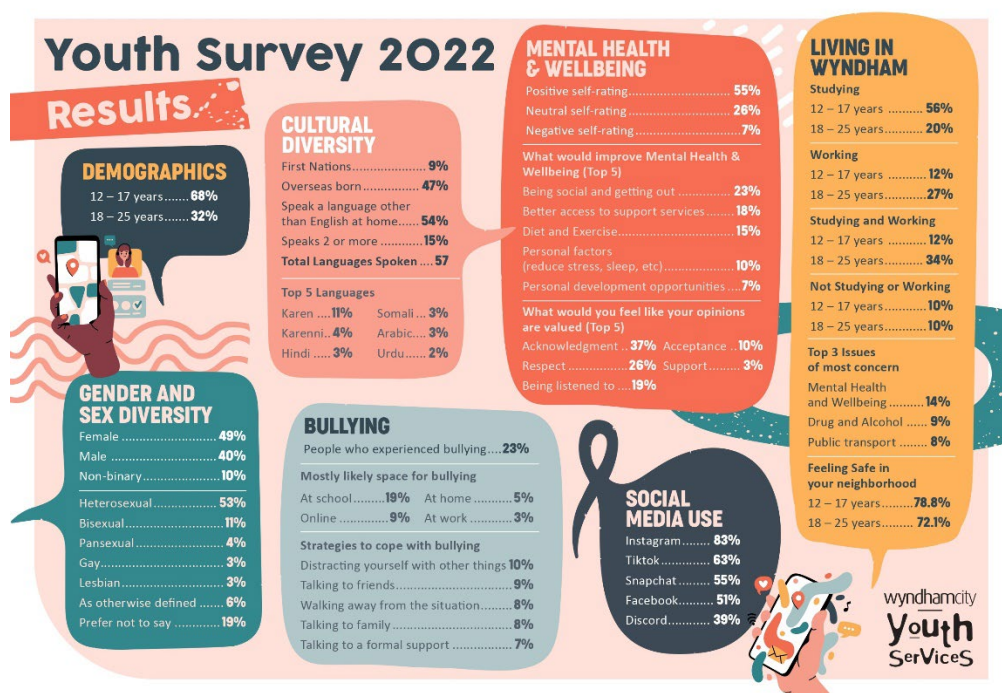
Tanya Youth Services – for the next survey workshop with the network on how to better deliver the survey and improve engagement. Next survey will be actioned first week of term 4.

Sera Youth Services – showcasing art coming from young people consultation with Māori artist representing their conversations through art. The consultation was accompanied by food which was also important for the cultural representation from young people. One of the realisations during the consultation was that young people from Asia were concerned about the pressure in studying coming from a high achiever mindset/community. The consultation resulted in a great outcome.

What would improve your mental health in the community?

- Social life
- Better access to services
- Inclusion and safety

Find the report on our website <https://www.wyndham.vic.gov.au/services/youth-services/about-us>



5. 10:15am Information Sharing

Briar Youth Services – Programs in Manor Lakes

Drop In: <https://www.wyndham.vic.gov.au/whats-on/manorlakesdropin>

On the Ball program: <https://www.wyndham.vic.gov.au/whats-on/on-the-ball>

Sport events:

- Refugee Week Multicultural Sports Event: <https://www.wyndham.vic.gov.au/whats-on/multicultural-sports-event-refugee-week>
- Nothing but Net: <https://www.wyndham.vic.gov.au/whats-on/nothing-netn>

Salma Youth Services – WWWYPN Newsletter might change. The newsletter will be part of Youth in Wyndham News. Everyone in the community will have access to the subscribers list. However, exclusive matters about WWWYPN will be share via email. More information soon.

Adam Spiteri – Detour program: homelessness prevention program:

<https://www.mcm.org.au/services/homelessness/support-services/prevention/detour>

Rage program teaching young people (up to 24) about how to manage aggressive behaviour offer that to schools and other services and working on small groups: For more information visit:

<https://www.mcm.org.au/services/mental-health>

Gennoy Anglicare program – Navigator Boost Program: Pilot group reengage people into education. Boost group educational element, advisors, help with transport, Referral form – department of education. Preventative program. For more information visit: <https://www.anglicarevic.org.au/our-services/education/navigator-helping-young-people-re-engage-with-education/>

6. 10.30am Networking & morning tea

Newsletter

To submit your information for sharing with the Network please complete the [ONLINE FORM](#)

To subscribe to the Network: [SUBSCRIBE HERE](#)

To request to present at a meeting email: WyndhamYouthNetwork@wyndham.vic.gov.au

For previous Network Minutes and meeting dates visit: [Wyndham Workers with Young People Network Website](#)

Any enquires regarding the Youth Resource Centre or Wyndham City Youth Services please contact reception on 8734 1355 or email: youthinwyndham@wyndham.vic.gov.au

Join the next meeting:

To join this meeting – click on the link at the scheduled meeting time:

[Join Microsoft Teams Meeting](#)
[Learn more about Teams](#) | [Meeting options](#)

2023 Meeting Dates



27th July- online

7th September- online

19th October -online

30TH November – Face to Face