



GREATER DANDENONG YOUTH NETWORK MEETING MINUTES

Meeting 4 | Body Image and Eating Disorders

Wednesday 30 August 2023

Online via Zoom

ITEMS	MEETING NOTES
WELCOME	All attendees welcomed Traditional Owners acknowledged
<p>PRESENTATION 1</p> <p>Guest Speaker Helen Bird Manager of Education Services</p> <p>Butterfly</p>	<p>Helen Bird - Manager of Education Services - Butterfly</p> <p>Helen Presented an overview of body image and disordered eating in young people, sharing latest statics, the trends Butterfly are seeing as well as signpost a range of resources and programs for schools and community organisations offered by Butterfly and others to support body image and early intervention in young people.</p> <p>Butterfly - Australia’s largest NFP supporting people experiencing body image issues and eating disorders and their carers and support networks</p> <ul style="list-style-type: none"> ○ Advocacy and awareness – Medicare rebate ○ Recovery and support services – online and Hobart ○ Treatment programs – Wandí Nerida ○ Prevention services – schools, sports, and communities ○ National helpline – 7 days, 8am-midnight ○ Other <ul style="list-style-type: none"> ▪ Rely on community fundraisers and corporate and philanthropic partners ▪ Programs have reached over 1.8 million young people <p>What is body image?</p> <ul style="list-style-type: none"> ○ The thoughts and feelings and attitudes a person has about their physical self ○ Perceptual – how you SEE your body ○ Affective - the way you FEEL about your body ○ Cognitive – the way you THINK about your body ○ Behavioural – the BEHAVIOURS you engage in <p>Why should professionals supporting body image</p> <ul style="list-style-type: none"> ○ Affects over 1 million Australians each year ○ One of the highest mortality rates of any mental illness in Aus ○ Body dissatisfaction is one of the strongest predictors for eating disorder development

	<ul style="list-style-type: none"> ○ Body image consistently ranked as a top concern for Aus young people (15-18yo) ○ 50% of adolescent girls want to be thinner ○ 33% of boys want more muscles ○ For more statistics see slides <p>Conducted Body Kind survey end of September last year</p> <ul style="list-style-type: none"> ○ Deep dive into body image experience into Australians ○ Continued prevalence of body dissatisfaction – young ○ 2022 Findings are available online: Body Kind Youth Survey Findings - Butterfly Foundation <p>Goal of prevention work</p> <ul style="list-style-type: none"> ○ Protect young people ○ Establish positive environments – schools, homes, sports, dance, online, and communities ○ Dismantle and disrupt harmful societal systems and values – diet culture, fitness, beauty <p><u>Please see accompanying links for access to Helen’s presentation slides.</u></p>
<p>PRESENTATION 2</p> <p>Guest Speakers Graham Lai Kah Heng Senior Psychiatry Registrar and Bridie Hellings Senior Clinician Coordinator</p> <p>Monash Health Wellness and Recovery Centre</p>	<p>Graham Lai Kah Heng - Senior Psychiatry Registrar, and Bridie Hellings - Senior Clinician Coordinator at Wellness and Recovery Centre</p> <p>Graham and Bridie provided an overview of the services for young people at the Wellness and Recovery Centre (WRC). The WRC is a specialist Eating Disorder program that offers comprehensive assessment and evidence-based treatment to individuals affected by Eating Disorders.</p> <p>Overview</p> <ul style="list-style-type: none"> ● Screening for disordered eating ● Local and community supports ● Monash Health services and levels of support <p>Local and Community Supports</p> <ul style="list-style-type: none"> ● Initial GP for assessment and referrals ● Community dieticians ● Mental health practitioners ● Mental health professionals ● Family/couples therapy ● Private psychiatrist <p>Helpful websites:</p> <ul style="list-style-type: none"> ● Centre of Excellence in Eating Disorders (CEED) contains useful information and resources and links http://ceed.org.au ● Centre for Clinical Interventions has a free workbook to guide recovery, information sheets and worksheets

	<ul style="list-style-type: none"> National Eating Disorder Collaboration contains useful information and resources (e.g. booklet for school staff) https://nedc.com.au <p>Monash Health Services:</p> <ul style="list-style-type: none"> Wellness and Recovery Centre (WRC) Specialist eating disorder assessment and treatment program https://monashhealth.org/services/eating-disorders/ Referral can be initiated by the individual, family, other treatment providers or GP https://monashhealth.org/services/eating-disorders <p>Programs:</p> <ul style="list-style-type: none"> Day program - 12 weeks, 4 days a week WRC adult outpatient treatment - 18-65 years, located at Monash Medical Centre Clayton WRC adult inpatient treatment - 18-64 years, located at Dandenong hospital – only funded for 4 beds <p><u>Please see accompanying links for access to Graham and Bridie’s presentation slides.</u></p>
<p>PRESENTATION 3</p> <p>Guest Speaker Dr Veya Seekis Lecturer and researcher School of Applied Psychology, Griffith University</p>	<p>Dr Veya Seekis - Lecturer and researcher - School of Applied Psychology, Griffith University</p> <p>Dr Veya presented her research which focuses on how appearance-related social media interacts with, and influences, young peoples’ body image. Veya is also examining the effects of body neutrality TikTok content on young women’s appearance processing, functionality and body appreciation.</p> <p>What is Body Image?</p> <ul style="list-style-type: none"> Multidimensional Attitudes emotions and how we behave towards our body Positive and negative not the same continuum <p>Negative body image</p> <ul style="list-style-type: none"> How we feel about our body Problematic when thoughts behaviours attitudes become a daily issue Can lead to disordered eating Drive for thinness and muscularity <p>Positive body image – body appreciation – difficult but can rejig</p> <ul style="list-style-type: none"> Functionality appreciation – not an able-bodied construct Bodies with physical limitations are still capable of functioning Rejuvenate, communicate, etc. <p>Objectification Model</p> <ul style="list-style-type: none"> Areas in which objectification can occur → body surveillance → body shame, appearance anxiety → pathologies: eating disorders, depression, body dysmorphic disorder

	<p>Social Comparison Theory</p> <ul style="list-style-type: none"> ○ Drive with individuals to gain accurate self-evaluations ○ Social comparison as a way of self-enhancement ○ Concept of downward and upward comparisons ○ Much of what is dictated via social media <p>Body neutrality trend on TikTok – alternate to body positivity</p> <ul style="list-style-type: none"> ○ 1.1b views ○ Body positivity – aims to redefine – can be difficult ○ Body neutrality – changing the importance we place on beauty and society – functionality is not about an ableist attitude, all kinds of functions <p><u>Please see accompanying links for access to Veya’s presentation slides.</u></p>
<p>INFORMATION SHARING</p> <p>The following attendees shared a program/service update</p>	<p>Racism and Discrimination in Greater Dandenong Survey</p> <p>The 2023 Greater Dandenong Young Leaders have developed a survey to further understand local young people’s (12 – 25 years) experiences of racism and discrimination and to learn what are the barriers to young people not reporting their experience. Have Your Say – Complete the Young Leaders Racism and Discrimination in Greater Dandenong Survey</p> <p>For more information contact Bethany Roche Bethany.Roche@cgd.vic.gov.au</p> <p>CMY Le Mana Pasifika</p> <p>CMY Le Mana Pasifika are supporting the 4C’s Cultivating Creative Cultures with Communities Showcase to celebrate community and support VCEVM student outcomes.</p> <p>Monday 11 September</p> <p>For tickets see link: www.bunjilplace.com.au/events/4cs-showcase-cultivating-creative-cultures-communities</p> <p>Le Mana Referral Form https://forms.office.com/pages/responsepage.aspx?id=dSJPRy_7Jkuldg19leqIrBkWeRzDdmBAo1pzJAklQztUM1hCNFo2S1pKRzRLT1gxSkowOEIzMVVSRi4u</p> <p>For more information contact Paora Te Paki ptepaki@cmy.net.au M:0400937404</p> <p>South East Community Links (SECL)</p> <p>SECL Youth Links have opened the Youth Hub in Noble Park</p> <p>Shops 2-4, 49 Douglas Street Noble Park VIC 3174 Monday, Tuesday, Wednesday and Friday</p>

10am to 4:30pm

Thursday until 6pm

Welcoming services and young people to come visit to find our more

Thursday 21st September - Bring a Bill Day at the Youth Hub - For young people who need a hand with their bills or consumer rights

For more information contact Junior Melo - Manager - Youth Engagement

E: junior@secl.org.au

M: 0435 916 339

Chisholm Foundation College – General Education for Adults Program, Cert I, II, & III (Cert II - year 10 equivalent)

Supporting students from 16 years old upwards that benefit from an alternative to school learning environment or are re-engaging with education through our General Education for Adults programs at Dandenong, Berwick and Frankston. In Dandenong and Frankston, we are also supporting students with special learning needs that would like to become work ready through our Work Education programs. Ongoing enrolments throughout the year – individual learning plans – one to one teaching in classroom, personal pathways and wellbeing support. Spaces available.

For enquiries and/or enrolments please contact – Janis.mitchell@chisholm.edu.au or FoundationCollege WE_GE@chisholm.edu.au or call Christel Felix on 9238 8577

Extended Families Tham Gia South

Fun events for children and families living with disabilities.

\$10 per family

Upcoming events:

- 16 September - Our Fiesta
- 30 September - Mid-Autumn Moon Festival
- 23 September - ROBOT fun day for secondary students living with disabilities from Vietnamese backgrounds

For more information contact Samantha-Jane Potter

E: samantha@extendedfamilies.org.au

M: 0406 229 071

Sport4All Program - Any sport, anywhere for anyone

Pilot program funded by the Australian Government to support mainstream clubs and schools build awareness around disability inclusion.

City of Greater Dandenong is partnering with Get Skilled Access to deliver the Sport4All program with the aim of giving sport clubs and schools the support and skills to include people with disability when, where, and how they choose.


For more information, please watch Dylan Alcott's video <http://vimeo.com/530614067/2558763a8b>

For more information contact Bita Divsarnaz, Inclusion Coach - City of Greater Dandenong

Mobile: 0422570202

Bita.Divsarnaz@cgd.vic.gov.au

<https://sport4all.com.au/>

<p>AUGUST MEETING EVALUATION POLL</p>	<ul style="list-style-type: none"> • 100% of participants agreed that the presentation by Butterfly Foundation was informative and relevant • 95% of participants agreed that the presentation by Monash Health Wellness and Recovery Centre was informative and relevant • 100% of participants agreed that the presentation by Dr Veya Seekis was informative and relevant • 85% of participants agreed that the meeting exposed them to new ideas and helpful information • 90% of participants agreed that the meeting increased their knowledge of services and supports available for young people
<p>YOUTH POSITIVE PATHWAYS</p>  <p>GREATER DANDENONG • CASEY • CARDINIA</p>	<p>Greater Dandenong - Casey - Cardinia Online Youth Services Directory</p> <p>There are many services for young people and families within the City of Greater Dandenong, the City of Casey, and Cardinia Shire. This directory brings local service information together in the one place. It aims to assist young people, families, schools, and agencies by improving awareness of and accessibility to services available to young people and their families across the City of Greater Dandenong, the City of Casey, and Cardinia Shire.</p> <p>Please routinely check your service and program information on the website to maintain its accuracy and currency. Also, if your service is not yet listed, please visit the website, and log your service information. www.youthpositivepathways.com.au/about</p>
<p>GDYN E-NEWS</p>	<p>Reminder to network members to promote programs/service updates in the monthly GDYN eNewsletter.</p> <p>October edition: submissions due Monday 18 September COB. Please send a blurb to Bethany.Roche@cgd.vic.gov.au</p>
<p>NEXT MEETING</p>	<p>Thursday 18 October 2023 In person Greater Dandenong Council Civic Centre 25 Lonsdale Street, Dandenong Time: 9.30am – 11.30am</p> <p>For further information, please contact Bethany Roche, Youth Planner and Engagement Officer by phone 9793 2155 or email Bethany.Roche@cgd.vic.gov.au</p>