**MINUTES**

**GREATER DANDENONG YOUTH NETWORK**

***COVID-19, young people and the online world***

**Thursday 25 June 2020**

11.30am – 12.30pm

ONLINE MEETING

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| **ITEMS** | **NOTES** |
| **Welcome** | All welcomed and Traditional Owners acknowledged. |
| **Introductions** | Attendees were invited to complete a short poll to share their experiences over the past few months, as well as their current work situation. 31 responses were received (from 86 attendees).   * Two-thirds of respondents indicated that they were working from home during the meeting; with one-third in the office. * 71% indicated that some of their face to face services had recommenced. 16% indicated that they were yet to resume any face to face services; and no respondents indicated that their face to face services had fully resumed. * 65% indicated that since COVID-19 restrictions were introduced, their organisation had moved towards delivering services online for the first time. A further 25% indicated that their organisation was already delivering services online prior to the pandemic. * Of those delivering services online, 83% said that their organisation had policies or procedures in place to support the online safety and wellbeing of young people. (The remaining 17% of respondents were unsure.) |
| **Guest Speaker**  *Dr Evita March,*  *Federation University*  *Senior Lecturer and Researcher, Psychology* | Dr March presented an overview of the emerging trends around young people’s use of technology during the COVID-19 pandemic.  Highlights included:  There is very little research to indicate time spent online is associated with negative wellbeing   * Orben and Przybylski (2019) found little evidence for substantial negative associations between digital-screen engagement and adolescent wellbeing. The effect was believed to be small enough that adolescents “would need to report 63 hours and 31 minutes’ more of technology use a day in their time-use diaries to decrease their wellbeing” by an amount big enough for them to notice. * However, increased online use = increased possibility of online harm. (The eSafety Commission reports that the number of complaints about cyber-bullying, image based abuse and sex-based extortion have tripled since COVID-19 restrictions took effect.) * A crucial impact on wellbeing seems to be *how* adolescents spend their time online. Shift from research exploring intensity of use to focus on online activities.   Findings from Hootsuite in April 2020, indicated that of internet users aged 16 to 64 years (in selected countries):   * 57% reported using streaming services more (to watch shows and movies) * 47% reported using social media for longer * 46% reported spending longer on messaging services * 35% reported spending more time playing computer or video games   For young people the transition to online communication has been easier (increase in habits rather than establishing habits):   * Noted that young people have expressed increased desire for face-to-face interaction (still valued and sought after) * Social media was designed to *complement* our usual interactions. COVID-19 has seen it *replace* these interactions. Much research is underway to understand the impact of this (expect to see research findings emerge over the next 6 months).   Accessing COVID-19 related news online:   * Gen Z were accessing more news during the pandemic, and were more reliant on social media as a news source compared to other age groups. This can be problematic as research shows news sourced via social media may cause more anxiety than traditional news sources. 56% of Gen Z reported that accessing COVID news made them feel anxiety * Gen Z were the most likely age group to accessing the Department of Health website * Gen Z most likely to fact check the information they read/see – but least likely to ‘block’ unreputable sources. Young people may not be aware this is an option.   *Refer to attached presentation slides for full details.* |
| **Information Sharing & Service Updates**  *All attendees were encouraged to share an update via the meeting ‘chat’ or through email to the network convenor.* | **Lana Powell - Chisholm TAFE**  Classes are still running on-line still at this stage  **Greg – Family Life (Shine program)**  Hi I am Greg, I am a Family Support Worker from Family Life within a program called Shine. We are an early intervention program for children with early signs of mental health issues.  ​  **Bakhtawar Mohammad Ali – Family Life (Shine program)**  Hi everyone, my name is Bakhtawar Mohammad Ali. I am working with FamilyLife (SHINE) team.  ​  **​Anita Khalil - NEAMI**  Anita Khalil - Service Manager from Neami Noble Park Youth Recovery Residential Service. Still taking referrals as usual. It’s a recovery residential service for young people 16-25, living on site for up to 12 months. 0428 788 495 or anita.kahlil@neaminational.org.au for more info.  **​Margot Eaton – Chisholm Foundation College**  Hi, Margot from Chisholm Foundation College. Classes are continuing online. We have been assisting some students to access loan computers.  ​  **Zupinder Billing – Uniting (Reconnect and Finding Solutions)**  Hey all! I am Zupinder, Case worker from Reconnect and Finding Solutions from Uniting. The program aims to support and prevent homelessness for young people.  ​  **Fatima Kanwar – SMRC**  Hi everyone, My name is Fatima Kanwar and I am a social work student and I am doing a placement at Southern Migrant and Refugee Centre.  ​  **Helen Rabot – SELLEN**  We are still working from home. Working on resources for schools. SWL placements are healthy since students returned to school. YPEP going well. Navigator assisting young people disengaged from school. Newsletter will go out today. Please email me if you would like to be added to the mailing list.  hrabot@sellen.org.au  ​  **Kimberly Cheetham - MOIRA**  Hi everyone, Kim from MOIRA Youth, Disability, Family here. We are still accepting referrals for all programs and are providing over the phone/online support for young people.  ​  **​Calypso Spendlove – Ardoch Foundation**  Hi everyone, Calypso from Ardoch. We work with a number of under resourced schools in Dandenong. Our volunteers are currently unable to be present in schools but we have been supplying ongoing PD sessions to keep volunteers engaged, as well as keeping up to date with our schools to support however we can.  ​  **Jonathan Sugumar – Concern Asutralia**  Jonathan from Hand Brake Turn - We are back to face to face training. Next class in Dandenong kicks off on 7th July. Contact me on: 0406 456 599 or jonathan.sugumar@concernaustralia.org.au for more information and referrals  **​Crystal Naismith - SMRC**  Hi, I'm Crystal from the Southern Migrant & Refugee Centre . We have a range of service and programs all available remotely. [www.smrc.org.au](https://www.smrc.org.au)  ​  **Kim - St Kilda Gatehouse**  Hi, I'm Kim from the Young Women's Project Dandenong, from St Kilda Gatehouse. I am team leader at the project. We support young women (aged 12-25) at risk or involved in sexual exploitation. We are currently on limited work hours due to COVID-19 and running telehealth services at the moment.  ​  **Anne Clancy – headspace**  Hi everyone. Anne Clancy Senior Youth and Adolescent Health Nurse headspace Narre Warren and Dandenong. The Youth Health Clinic has been busy with us offering a combination of face to face and telehealth appointments. Our experience is that YP are experiencing increased psychological distress during COVID. A reminder that the YHC provides YP 12-25 years access to sexual health services including a nurse led sexual health clinic. Kind regards Anne. PS we continue to work in 5 secondary schools in the Doctors in Secondary Schools Program  **Robbie Hendry - TaskForce Community Services  Traineeship program**  We've had an extension to the program now taking referrals for young people interested in paid traineeships in Cert III in individual support (Aged Care) and Cert IV Community Services. robbieh@taskforce.org.au m: 0435 807 925  [​View program information here](https://youthservices.cmail19.com/t/d-l-mkjhkhl-htirkkkhy-yd/)  **Lauren Zelunka** - **Taskforce**  Lauren from TaskForce, taking over a program in secondary schools called Breakthrough which works with students who have between 30 - 50% attendance to try and encourage re-engagement/better engagement in school. Happy for people to contact me if you want to know more.  Laurenz@taskforce.org.au  ​  ​  **Nicole Grimwood** **– Mission Australia**  Hi I'm Nicole Grimwood from the Youth Learning Pathways program. The YLP supports young people 17-25yrs who have had involvement in the justice system. We're still taking referrals. If you have any questions contact me on: 0490 271 462 or at ylp@missionaustralia.com.au.  ​[View program flyer here](https://cgdadmin.mmgsolutions.net/cms-v2/Resources/WebSite/SiteDocuments/Build%20Your%20Own-FINAL.pdf)  **Andrea Savarin – Mission Australia**  Hi everyone. Great to catch up and find out what's happening in the Greater of Dandenong. Mission Australia still provide Employment support to young people in the local community and we are open to referrals.  Contact 0490 889 404 - [SavarinA@missionaustralia.com.au](mailto:SavarinA@missionaustralia.com.au)  ​  As a Community Engagement Co-ordinator, I foster collaboration with the local community to help vulnerable people with Disability, such as Mental Illness (e.g. Depression, Anxiety, PTSD), physical limitations and any addictions (e.g. Gaming, Drug and Alcohol), to get their life back on track through education, case management, financial assistance, employment opportunities and ongoing support (Age 14 to retirement age). Through a person-centred and strengths-based approach, and a great Government initiative, Mission Australia is able to use its extensive network of employers and community relationships to place jobseekers into suitable and sustainable employment and will continue to offer support for 12 months once the jobseeker employment goals have been achieved.  [https://www.missionaustralia.com.au/what-we-do/employment-skills-training/disability-employment-services](https://protect-au.mimecast.com/s/cX2CCnx1J7SjYXmI9sEtf?domain=missionaustralia.com.au)  **Paora Te Paki – Le Mana Program, Centre for Multicultural Youth**  Hi Everyone, my name is Paora Te Paki. I am a part of the CMY Le Mana (Empower) Pasifika project working with Temese Leilua and Phill Start. We cover Casey and Dandenong areas working with Pasifika young people and their families. Please feel free to contact us for secondary consults or any other information.  We have received some emergency funding to support Pasifika young people and families who are affected by Covid 19. Many of our families weren’t eligible for Job Seeker or Job Keeper and are on the Special Category Visa 444 ( NZ citizens ). People can self refer or be supported by a third party. For more information please contact lemana@cmy.net.au  Paora Te Paki ptepaki@cmy.net.au or 0400 937 404  [View program flyer here](https://cgdadmin.mmgsolutions.net/cms-v2/Resources/WebSite/SiteDocuments/PFSP%20Information%20Sheet.pdf)  ​**Christina McInnes - Uniting**  Hi all, Christina McInnes here from Uniting, Acting TL for Reconnect, Finding Solutions and Finding Solutions Plus. Reconnect accepts community referrals for young people 12-18yrs who are at risk of homelessness - Reconnect offers case management support for 12 weeks, outreach (usually) and some family mediation is offered. All programs are currently available on online platforms. Finding Solutions accepts some community referrals, primary referral pathway is from Child Protection. All programs are currently at capacity, we also don't hold a wait list.  **Amy Shaheen – Uniting Family Services**  Family Services Dandenong (Uniting) - we are all also accepting referrals as usual that need to go through the Child FIRST service and they can be contacted on 03 9705 3939.  *Service Updates Received Via Email*  **Jeff Andrews – Rite Mentoring**  Rite Mentoring is offering a group mentoring program for young men aged 14-17, running weekly for 6 months starting in October (subject to government advice) in Keysborough. The program includes a 4 day camp in the bush. Program is fully funded. Limited places. More information will be posted on our website in coming weeks. Referrals open in August.  Contact [jeff@ritementoring.org.au](mailto:jeff@ritementoring.org.au) or visit [www.ritementoring.org.au](https://protect-au.mimecast.com/s/wpY8CGv0KzHGnxGtr0Kfm?domain=ritementoring.org.au)  ***Reminder to network members: for promotion of programs/services in the monthly eNewsletter please send a short blurb to*** [***kylie.wilmot@cgd.vic.gov.au***](mailto:kylie.wilmot@cgd.vic.gov.au) |
| **Feedback** | GDYN members are invited to share feedback from this meeting or to suggest future meeting topics.  [[Click here to access the link](https://forms.office.com/Pages/ResponsePage.aspx?id=I0DaEP0fIESTPadIjctnQa_xtunmBT5NhecgkYIwsGtUQTFVRDQ2MDg0MFI1TU04RkpOOVlWUDFQSS4u) to the online form](https://forms.office.com/Pages/ResponsePage.aspx?id=I0DaEP0fIESTPadIjctnQa_xtunmBT5NhecgkYIwsGtUQTFVRDQ2MDg0MFI1TU04RkpOOVlWUDFQSS4u) |
| **Next Meeting** | **Date:** Wednesday 12 August 2020  **Time:** 9.30am – 11.00am  **Topic:** To be confirmed  **Venue:** Online meeting (link to be sent closer to the date)  For further information or to RSVP please contact Kylie Wilmot, Youth Development and Community Engagement Officer on 9793 2155 or email [kylie.wilmot@cgd.vic.gov.au](mailto:kylie.wilmot@cgd.vic.gov.au) |