**MINUTES**

**GREATER DANDENONG YOUTH NETWORK**

***COVID-19 and Mental Health: How are we faring***

**Thursday 13 August 2020**

9.30am – 11.00am

ONLINE MEETING

|  |  |
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| **ITEMS** | **NOTES** |
| **Welcome** | All welcomed and Traditional Owners acknowledged. |
| **Guest Speaker**  *Dr Eric Tan,*  *Swinburne University*  *Centre for Mental Health*  *Postdoctoral Research Fellow* | Dr Eric Tan presented a summary of the COLLATE project, which captures a monthly snapshot of the mental health impacts of the COVID-19 pandemic.   * The survey commenced in April 2020, at the beginning of Australia’s first COVID-19 restrictions * The survey is open for 72 hours at the start of each month * Participation is welcomed from people aged 18 years or older   For notifications when the monthly survey opens, register at [**https://tinyurl.com/collateregistry**](https://protect-au.mimecast.com/s/b8ooClx16XSylOxfyLX6M?domain=tinyurl.com)  [*For a summary of the key research themes to date, please view Eric’s presentation slides here.*](https://cgdadmin.mmgsolutions.net/cms-v2/Resources/WebSite/SiteDocuments/COLLATE%20presentation%20slides%20Dr%20Eric%20Tan.pdf)  Eric has also made available a number of research papers drawing on data from the COLLATE survey findings to date:   * [Alcohol Use in Australia During the Early Days of the COVID-19 Pandemic](https://cgdadmin.mmgsolutions.net/cms-v2/Resources/WebSite/SiteDocuments/Alcohol%20use%20in%20the%20early%20days%20of%20the%20COVID-19%20pandemic.pdf) * [Mental Health Status of Individuals with a Mood-Disorder During the COVID-19 Pandemic In Australia](https://cgdadmin.mmgsolutions.net/cms-v2/Resources/WebSite/SiteDocuments/Mental%20health%20status%20of%20individuals%20with%20a%20mood%20disorder%20during%20the%20COVID-19%20pandemic.pdf) * [Considerations for Assessing the Impact of COVID-19 on Mental Health in Australia](https://cgdadmin.mmgsolutions.net/cms-v2/Resources/WebSite/SiteDocuments/Considerations%20for%20assessing%20the%20impact%20of%20the%20COVID-19%20pandemic%20on%20mental%20health%20in%20Australia.pdf) * [Exercise and Eating Behaviours during the COVID-19 Pandemic in Australia](https://cgdadmin.mmgsolutions.net/cms-v2/Resources/WebSite/SiteDocuments/Eating%20and%20exercise%20behaviours.pdf) |
| **Presentation**  *Catherine Maine,*  *City of Greater Dandenong Youth & Family Services* | Catherine presented an overview of a localised research project, which seeks to understand the impact of COVID-19 for families and young people in Greater Dandenong.  Youth and Family Services are seeking expressions of interest from local agencies who would be willing to support this project through promoting the opportunity to their clients and/or assisting in supporting their participation in either:   * An online survey * A 1:1 interview * A small focus group discussion   Consultation activities are commencing in August 2020, and are expected to run until November 2020. All consultation will initially be conducted online/remotely until COVID-19 restrictions change.  Project details and survey links are available online at: <https://youth.greaterdandenong.com/content/33926/have-your-say-covid-19-community-consultation>  For further information about this project, please contact:   * Catherine Maine, [Catherine.Maine@cgd.vic.gov.au](mailto:Catherine.Maine@cgd.vic.gov.au) or 9793 2155 * Kylie Wilmot, [Kylie.Wilmot@cgd.vic.gov.au](mailto:Kylie.Wilmot@cgd.vic.gov.au) or 9793 2155 |
| **Information Sharing & Service Updates**  *All attendees were encouraged to share an update via the meeting ‘chat’ or through email to the network convenor.* | **Tuan Dao, City of Greater Dandenong Youth and Family Services**  Youth and Family Services are on the look out for young performers whose talents can be showcased via social media and as a part of an upcoming online event.  Details: <https://youth.greaterdandenong.com/content/32537/call-out-for-performers>  Contact: [Tuan.Dao@cgd.vic.gov.au](mailto:Tuan.Dao@cgd.vic.gov.au)  **Lara Gerrand, headspace**   1. Are you a parent or carer of a young person aged from 12 to 25 years? Headspace Dandenong & Narre Warren want to reach out to parents and carers to learn more about how you’re doing during this time so that they can develop tools and links to resources to help improve your caring role. The survey will take 10-15 minutes to complete. It is completely anonymous and because it is anonymous your privacy is protected and no-one is identified. Please complete the survey here: [https://bit.ly/2XMPAZr](https://protect-au.mimecast.com/s/K22iCxngj8CyMp3uvCAcv?domain=bit.ly) 2. Collecting Solidarity Art Project.   We are putting together a mural of individual art pieces and would love for lots of young people to contribute towards it! This is for anyone aged 12-25 years.  We will provide you the canvas and you can use whatever art medium you like (paint, oil pastels, ect) to express and represent your experience or understanding of mental health, or what it means for you through artmaking.  If you are keen, or want more information then put your details in the listed survey and we will be in contact.  This project is being facilitated by Jodie, who is an arts therapy student on placement here at headspace. [https://www.surveymonkey.com/r/STV98HS](https://protect-au.mimecast.com/s/aoreCzvklQH3gXAcKnduV?domain=surveymonkey.com)  Contact: [Lara.Gerrand@each.com.au](mailto:Lara.Gerrand@each.com.au)  **Jess McKenna, City of Greater Dandenong Youth and Family Services**  Youth and Family Services will be providing a series of online activities during the upcoming school holidays.  Details will be shared on the Youth Services website (youth.greaterdandenong.com) when available  Contact: [Jessica.McKenna@cgd.vic.gov.au](mailto:Jessica.McKenna@cgd.vic.gov.au)  **Courtney Dunn, City of Greater Dandenong Youth and Family Services**  In recognition of Wear It Purple Day on Friday 28 August, the Unite Alliance group are leading the ‘We Stand United’ campaign. Content will be shared on Youth Services’ Facebook and Instagram pages or can be found online at <https://youth.greaterdandenong.com/content/31372/unite-alliance>  Contact: [Courtney.Dunn@cgd.vic.gov.au](mailto:Courtney.Dunn@cgd.vic.gov.au)  **Jeff Andrews, Rite Mentoring** Group mentoring program for young men aged 14-17 starting in October online. Open for referrals. [www.ritementoring.org.au/whatwedo/community](http://www.ritementoring.org.au/whatwedo/community) (Note: Info needs updating, now partnering with Big Brother Big Sister for this program in response to Covid-19).  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)  **Theresa Sengaaga Ssali, President, African Women's and Families Network (AWAFN)**  Looking for supports for clients aged 25-30 years (not eligible for youth services). Concerns include mental health and employment. If you can assist, please contact: tssali@hotmail.com.au & [awafn11@gmail.com](mailto:awafn11@gmail.com) or call mobile: 0401 515 117.  **Brendan Titford, Chisholm Reconnect program**  Reconnect is an engagement program which is funded by the Department of Education and Training and supports disadvantaged and disengaged individuals to return to education. The Reconnect Program is not currently taking referrals for clients, but we have been informed that an extension of our contract will be granted in the very near future. Once registrations have been re-opened we will be contacting services with an update.  If you or your organisation have clients who are potentially looking at education/training as a pathway into employment, most likely for courses starting Term 4 or for 2021, and they meet the eligibility criteria (eligibility stated below) please refer to our program for assistance and we will engage with them as quickly as possible.  Please contact Matthew Ross, Project Manager, [matthew.ross@chisholm.edu.au](mailto:matthew.ross@chisholm.edu.au) or call 0436 364 949 for further information.  If your clients are not eligible for Reconnect and are interested in a course at Chisholm, the Caroline Chisholm Scholarship fund may be a good alternative option for students with financial hardship. Their application form and eligibility criteria can be found here on this link. <https://www.chisholm.edu.au/about-us/caroline-chisholm-education-foundation/scholarships>  **Danielle Jackson, DVJS Employment**  Although our offices are closed during Stage 4 restrictions, staff are working remotely and assisting via telephone, email and video conference such as Zoom or Face Time to remain connection. We are still accepting new clients, either referred from Centrelink or direct registrations. Reception is operating on 1300 385 738, Monday to Friday from 9am – 3pm.   |  |  | | --- | --- | | |  | | --- | |  | |   **Janet Sharp, Taskforce Skills First Reconnect Program**  Taskforce has some additional funding to work with clients until the end of 2020 to provide support to engage with education/training options.  Clients are potentially eligible for Reconnect if they meet the following criteria:   * Early school leaver with no Year 12 or certificate 2 qualification (there can sometimes be exemptions) * Over 17 years old ( no upper age limit) * Not currently engaged with work/training/education * AUS/NZ citizenship or PR status * Interested in re-engaging with education within the next 6 months * Living in any of the following areas:  Bayside, Kingston, Glen Eira, Dandenong, Casey, Cardinia   Any enquiries and referrals to be forward to Janet Sharp via email/phone j[anets@taskforce.org.au](mailto:anets@taskforce.org.au) or 0423 335 926.  **Andrea Savarin – Mission Australia**  Mission Australia provides employment support with compassion and perseverance for young people and adults going through personal challenges, 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, job opportunities and ongoing support. (Age 14 to retirement age).  Further assistance with Centrelink advocacy, coaching, career advice, resume writing, interview skills, interview clothes, gain access to work experience and work trials, job searching, calling employers, referrals to jobs in the local area, wage subsidies to employers (eligibility criteria), modification of work areas (when required), post-placement support once in employment and much more.  Contact 0490 889 404 - [SavarinA@missionaustralia.com.au](mailto:SavarinA@missionaustralia.com.au)  **Karen Burton, Uniting**  We have been continuing our services in both School Leaver Employment Support and Disability Employment Services, on line. We moved within a week on line to ensure that our clients and schools were supported quickly. I can assist with application for NDIS for school leavers that have a disability that want to do the SLES program next year. also can assist with Disability support pension.  I have been doing lots of online meetings and enrolments for the SLES and DES.  Contact: 9794 3008 or 0466 796 905. Email: Karen.L.Burton@vt.uniting.org  **Greg Kavarnos, Family Life**  I am a family worker from non-profit organisation Family Life, an early intervention program called Shine for children aged 0-17 with early signs of mental health issues. Please email me on [gkavarnos@familylife.com.au](mailto:gkavarnos@familylife.com.au) for more information on our program.  **Jesse Boyd, South Migrant and Refugee Centre** Jesse Boyd here from Southern Migrant and Refugee Centre in Dandenong. We are still running our homework club on line, our YAG , a variety of workshops and case management services. Please do get in touch if you work with any young people who could use some support with remote learning!  Contact [jesseb@smrc.org.au](mailto:jesseb@smrc.org.au)  **Achok Bieth, Community Support Group** Hello everybody, CSG Dandenong and Casey is running a social inclusion program on zoom for south Sudanese youth. Send me an email if you have any south Sudanese youth that you’re working with. Email Abieth@cmy.net.au The program is called Dine and Connect run on Thursday 6:30pm. Thank you.  **Kylie Wilmot, City of Greater Dandenong Youth and Family Services**   1. Nominations are now open for the City of Greater Dandenong Australia Day Awards - do you know someone who could be the Young Leader of the Year? Details at <https://greaterdandenong.com/document/25995/australia-day-awards> 2. Are your organisation's details up to date on the Youth Positive Pathways directory? We are working with our colleagues at Casey and Cardinia Youth Services to update and relaunch this directory. Check [www.youthpositivepathways.com.au](https://www.youthpositivepathways.com.au) - if you need to request an update or add a service please email me at Kylie.Wilmot@cgd.vic.gov.au   **Introductions and brief updates submitted via the meeting ‘chat’**   * Yohana Jury, from City of Greater Dandenong (Youth Engagement and Participation team), yohana.jury@cgd.vic.gov.au * Hi everyone Gul Selvi from Sirius College * Hi everyone! Temur from CMY here * Hi everyone, it's Mo here from YRIPP (CMY). * Hi, Crystal from the Southern Migrant & Refugee Centre here crystaln@smrc.org.au  I hope you are all fabulous and get a chance to enjoy some sunshine today * Hi all, I'm Katrina, Health Promotion Practitioner from Monash Health. katrina.stevenson@monashhealth.org * Morning All - Steve from Mas National here - (AASN - Australian Apprenticeship Support Network provider, provding advice and career counselling services) * Good morning, I'm Kate, settlement social worker from MiCare. kate.phillipson@micare.com.au * Hey everyone, thanks for having me. Nikki McNeilage, Career Development Coach specializing in Community Engagement and barrier management WISE Employment South East Melbourne [Nikki.mcneilage@wiseemployment.com.au](mailto:Nikki.mcneilage@wiseemployment.com.au) * Hi Good morning everyone - Peter from IYF - (International Youth Fellowship, providing youth leadership mindset education) * Hi All! Sara here from the Better Futures Program at Monash Health (a part of the Mission Australia Consortium) working with young people in care/leaving out of home care. As a part of the Youth & Family team I am also closely linked in with our Youth Hub program at Thomas St. sara.kwestroo@monashhealth.org * Our CALD Youth Program for Casey/Cardinia can support Participants over 25 who need support finding employment living in Casey/ Cardinia, fpolataivao@thebridgeinc.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 online feedback form](https://forms.office.com/Pages/ResponsePage.aspx?id=I0DaEP0fIESTPadIjctnQa_xtunmBT5NhecgkYIwsGtUOUJIUzJVSEk2NkJQRVZLQVpGWTBEVVFBRi4u) |
| **Next Meeting** | **Date:** Wednesday 16 September 2020  **Time:** 9.30am – 11.00am  **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) |