

MINUTES
GREATER DANDENONG YOUTH NETWORK
COVID-19 Recovery for Young People in Greater Dandenong

Thursday 18 February 2021

9.30am – 11.00am

ONLINE MEETING

ITEMS	NOTES
Welcome	All welcomed and Traditional Owners acknowledged.
Guest Speaker Greater Dandenong COVID Research Project – Key Findings Upuni Mapali-Gamage and Saduni Jasin-Pathiranage <i>Peer Research Assistants, City of Greater Dandenong Youth and Family Services</i>	Upuni and Saduni provided an overview of the key findings from the City of Greater Dandenong's COVID Research Project. <u>Project objectives:</u> <ul style="list-style-type: none"> Engage with diverse community members, Gain an in-depth insight into how the COVID-19 outbreak has affected young people and families in Greater Dandenong, Seek to identify community needs and appropriate service responses, Empower young people to consult with other young people <u>Project reach</u> 209 young people aged 12-25, and 58 carers of persons aged 8-25 Consultation took place between August and December 2020, which covers the period of the tightest lockdown measures, through to their eventual easing. <u>Top Concerns</u> For young people: 60% were worried about the health of their family and friends 45% were worried about their own health 41% were worried about the impact on their education

For parents and carers:

53% were worried about the education outcomes for their children

49% were worried about the health of family and friends

44% were worried about money and their ability to afford basic needs

The report covers a wide range of themes include physical and mental health, social connections, education, employment, racism and discrimination and financial impacts.

The survey asked young people how they were staying informed about COVID restrictions

24% reported feeling confused “always or often”

A further quarter stated that they felt confused sometimes

Priorities for recovery

For young people

- (1) Employment Support - this includes support looking for work, resume writing, interview skills; and better access to career counselling
- (2) Social Connection - including opportunities to come together and meet new people. Young people also spoke about programs and groups where they could learn new skills - they felt that having a common purpose would help them to meet other people and make new friends.
- (3) Mental Health Support - including improved access to information about how to maintain a positive mindset and well as self-care. For those requiring additional support with mental health, many young people recognised that services are available but were unsure of how these could be accessed. They requested that information on referral and eligibility be more widely promoted.

For parents and carers

- (1) Local facilities and amenities
- (2) Community safety
- (3) Youth employment and volunteering opportunities

	<p><u>Recommendations</u></p> <p>The report contains 9 recommendations – the broad themes are outlined below, however please refer to the report for full details.</p> <ul style="list-style-type: none"> (1) Focus on the three priority areas identified by young people for COVID recovery (employment, social connectedness and mental health) (2) Develop initiatives targeted at specific cohorts who may be more impacted (3) Ensure services are responsive and flexible whilst COVID-19 continues to impact the community. (4) Enhancing information sharing and referral pathways (5) Improving promotion of services (6) Clearer health promotion messages (7) Building on the positive impacts (8) Youth programming that is structured, purposeful and consistent (9) And promoting the voices of young people and families <p><i>For further information, contact Youth and Family Services on 9793 2155.</i></p> <p><i>To review a copy of the full report, visit https://youth.greaterdandenong.vic.gov.au/networks-and-publications/covid-19-research-project-key-findings</i></p>
<p>Key Updates: Youth Mental Health and Substance Use</p>	<p>Mark Dollin, Senior Transitions Clinician, headspace</p> <ul style="list-style-type: none"> • Seeing strong themes of disempowerment, aligning strongly with the findings of the COVID research project as just presented • Operated via telehealth during Stage 4 restrictions last year (limited exceptions to see high risk clients face to face, and under strict COVID guidelines)

	<ul style="list-style-type: none"> • Service was busy during lockdown, however saw real influx of demand when lockdown ended and young people returned to school. Key issues included high levels of social anxiety, school stress, increasing school disengagement. • Received 12 months funding to specifically work with year 11 and 12 students, with a focus on those who would have been OK had it not been for COVID. Seeing these young people at schools, at their homes and in headspace centres. • Currently 3-week wait from referral to intake process (seeking to fast track young people where possible/required). Social isolation groups have not yet fully returned to face to face delivery. <p><i>For more information, contact Mark Dollin: mdollin@each.com.au or 0428 094 016</i></p> <p>Stef Tan-Kristanto, Southern Dual Diagnosis Service, Monash Health</p> <ul style="list-style-type: none"> • Southern Dual Diagnosis Service (SDSS) has now expanded to include three youth focused clinicians • During COVID the accessibility, quality and cost of substances all changed. The cost increased, whilst the quality and accessibility declined. • With poorer quality substances being used, tolerance also declined – greater number of overdoses during COVID. • Sales of substance have also now moved to online advertising/sale. • Seeing increase in dual diagnosis referrals at present, with acuity increasing in both AOD and mental health. • Emergency departments reporting an increase in alcohol-related presentations. • Service impacts: <ul style="list-style-type: none"> - Psych Triage Service still responsive however higher level of mental health acuity presenting for support - Withdrawal units (including Windana and YSAS) are operating at reduced capacity due to COVID precautions (no shared rooms etc). Also reporting lots of 'no shows' to withdrawal units. - Monash Health withdrawal unit is not youth specific but could be an option for young people with complex medical presentations. <p><i>For more information, contact the Southern Dual Diagnosis service on 9556 5255 or sdds@monashhealth.org</i></p>
<p>Network Activities in 2021</p>	<p>Meetings will continue to be held on a bi-monthly basis, on alternating days of the week.</p> <p>Future meeting dates: Tuesday 20 April Thursday 17 June Tuesday 17 August Thursday 14 October</p>

	<p>Wednesday 24 November</p> <p>Network members are also encouraged to 'save the date' for two special events:</p> <p>Thursday 13 May – South East Regional Professional Development Forum (in partnership with Casey and Cardinia)</p> <p>Thursday 9 September – Greater Dandenong Youth Network Professional Development Forum</p> <p><i>All GDYN meeting dates and past minutes can be accessed on the website at:</i></p> <p>https://youth.greaterdandenong.vic.gov.au/networks-and-publications/greater-dandenong-youth-network-gdyn</p>
<p>Information Sharing</p> <p><i>All attendees were encouraged to share an update via the meeting 'chat' or verbally.</i></p>	<p>Updates shared during the meeting</p> <p>Anita Khalil - Neami YRR Anita from Neami Youth Residential Recovery service in Noble Park. We have young ppl 16-25 with a mental illness, living on site and working on their recovery for up to 12 months. Have a chat to me if you have someone you'd like to refer, or just come for a visit and see the site! anita.khalil@neaminational.org.au</p> <p>Bess - Big Issue Hi all, I'm Bess from the Big Issue Street Soccer Program. It's my first time joining this group as we are just about to start a new women's soccer program in Dandenong. The details are: Women's Street Soccer Program, on Tuesday Afternoons (4-6pm) at JC Mills in Dandenong. My email is bschnioffsky@bigissue.org.au or call me on 0431205922</p> <p>Steve Roberts – MAS National Morning All - Steve from Mas National here, providing free tailored career advice sessions for anyone that needs help!</p> <p>Molly Johnson - STREAT Hi Everyone, I'm Molly from STREAT, we run Hospitality job readiness programs in Collingwood! Please email me if you have any questions - molly.johnson@streat.com.au</p> <p>Greg K - SHINE - Family Life Hi, I am a family worker from Shine Program within Family Life organisation. gkavarnos@familylife.com.au</p>

Phill Start – Centre for Multicultural Youth

Phill Start form CMY Le Mana Pasifika Youth Project 0402 660 680

Le Mana project currently funded until June but hopeful of extension.

Focus on working with Pasifika community – now working in ‘north west’ and ‘south east’ rather than designated local government areas. Means flexibility to work in Cardinia Shire now, as well as Greater Dandenong and Casey.

Cathy Barker

Hi everyone, I'm Cathy, a MH Community Health Nurse working at the Dandenong MDC with people and families of all ages who have experienced family Violence and or sexual Assault and need help/support/advocacy accessing healthcare/assessments. Here is my mobile and email contacts for any client referrals or secondary consults: 0466304420 catherine.barker2@monashhealth.org

Hanh Vu - Alfred Health Carer Services

Hi everyone, I'm Hanh from Alfred Health Carer Services. We support all carers including young carer with respite, goods and equipment, including school books, camps. We have free events for carers young. Please call us on 1800 512 121 or

<https://www.carersouth.org.au/carers-self-referral-copy>

Matthew- Wayss EYA

Hi Everyone, am Matthew I work for Wayss (EYA), which is an emergency crisis accommodation, for young people from 16-25. We run as 6 week program with the prime focusing at supporting young people to find long term accommodation, as well as case managing that focus on the young peoples goals

Tarryn Burrows, SDDS

SDDS training is currently online. I'll try to attach our current calendar. We still have some spots available at present. Should you wish to attend, please email sdds@monashhealth.org

Note calendar attached to minutes

Katherine Hamilton – Whitelion

Whitelion assists young people to find housing. We have a waiting time of 4-6 weeks.

Anita Peters - Skillinvest

Hi Everyone, I am working on a new 6mth project funded by the govt to support Chisholm TAFE students impacted by Covid 19 who couldn't access their mandatory work placements last year in the Community Services and Health Sector. Would love to chat with any org interested in supporting the project to discuss WP opportunities in Bach Community Mental Health & AOD, Diploma Comm Services & Cert IV MH. Call me on 0419 627 142 or email anita.peters@skillinvest.com.au to discuss. Thanks!

Engy Abdelsalam – Wellsprings for Women

I just wanted to give an update on our upcoming workshop, Making a difference. Please find attached flyer for our upcoming series of workshops. Please note this is NOT a women only workshop. All is welcome. Please forward to any interested community groups or community organisations. This is a train the trainer workshop. Following this series of workshops, participants will be provided with a manual to run customised sessions with their respective communities with our ongoing support. This is an excellent opportunity to build sector capabilities for grass roots engagement on these key topics.

To register please contact me on engy@wellspringsforwomen.com

Cath Currie - Peninsula Community Legal Centre

Peninsula Community Legal Centre has a Tenancy Assistance & Advocacy Program (TAAP) which operates in the Bayside Peninsula & Southern Metropolitan Regions. The Program assists private tenants rooming house and caravan park residents. Appointments are available daily either by phone or face to face (special circs). Common issues we see are rental arrears, repairs, evictions notices, VCAT hearings, Bond & Compensation amongst many others. Appointments can be made by workers or tenants calling directly on 9783 3600. We also offer information sessions about the Program and renting in general. My email is ccurrie@pclc.org.au should you have any questions. Cheers Cath Currie

Peta de Burgh – SECASA

SECASA (South Eastern Centre Against Sexual Assault) current waitlist low.

Referrals can be made for clients who have experienced sexual assault or family violence.

Jess McKenna - City of Greater Dandenong Youth and Family Services

FReeZA program has recommenced for 2021 – now accepting referrals. To find out more contact Jessica McKenna or Tuan Dao, 9793 2155 or visit <https://youth.greaterdandenong.vic.gov.au/programs/freeza-youth-committee>

The school holiday activities calendar for April will be released soon – details can be found on the website or social media once bookings open mid-March.

Mahamed Ahmed – City of Greater Dandenong Youth and Family Services

Mo from City of Greater Dandenong Youth Services. Flagging upcoming soccer tournament for young people (aged 12-25 years) across both male and female divisions on Saturday March 13 at JC Mills Dandenong. Also Impact Volunteer is back this upcoming school holidays, hands on introductory volunteer experience for young people aged 16-25 years. keep an eye out for registration forms for both these events very soon :) If you have any questions feel free to email me on Mahamed.ahmed@cgd.vic.gov.au

Gatluak Puok Puoch – Department of Families, Fairness and Housing

Role as senior advisor to the CSG project providing support to South Sudanese young people and families – based in Dandenong with outreach into Casey and now expanded to Cardinia. CSG provides a holistic program of supports. If you wish to reconnect with the CSG/CMY team, please do not hesitate to contact me on: 04473356186, or gatluak.puoch@dffh.vic.gov.au.

Courtney Dunn – City of Greater Dandenong Youth and Family Services

Holiday Activities Committee is an introductory leadership committee for young people aged 12-16 years where they will help plan and peer lead the April school holiday activities. Program starts next Monday 22 February at Springvale Library (delayed 1 week due to the snap lockdown). Referrals can be made by contacting 9793 2155 or Courtney.dunn@cgd.vic.gov.au

<https://youth.greaterdandenong.vic.gov.au/programs/holiday-activities-committee>

Catherine Maine – City of Greater Dandenong Youth and Family Services

Young Leaders program starts in April – applications now open (close 28 March). Leadership opportunity for young people aged 16-25 years. To find out more visit <https://youth.greaterdandenong.vic.gov.au/programs/young-leaders-program> or contact Catherine.Maine@cgd.vic.gov.au

Stephen Jenkinson – Whitelion

Hi All, Whitelion will be piloting our Breakthrough Mentoring program in Victoria in the coming weeks (running 15 yrs in NSW), which places young people (16 to 25) not in employment with a TAFE-trained Mentor. Mentor and Mentees will work together for 18 weeks one-on-one to help a young person plan for, gain and maintain employment. Will be seeking referrals in coming weeks - if you have suitable young people - feel free to reach out and I will be sure to send referral info -

stephen.jenkinson@whitelion.asn.au

Weda Mohseni – Komak Program (Uniting)

Offering free driving lessons for young people aged 17-24 years from Afghan backgrounds.

Accepting referrals now – contact weda.mohseni@vt.uniting.org

Updates sent prior to the meeting

Harlin Gandhok – Hampton Park Secondary College

We have a number of VCAL students studying a Cert III Community Services. As part of their studies they are required to have a work placement 1 day per week on a Wednesday or a Friday. If the organisation is not for profit the \$5 per day payment required is waived. If anyone is interested, they can contact Tee Kruse on (03) 8795 9429 from Hampton Park Secondary College.

Andrea Savarin - Mission Australia

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).

Contact Andrea Savarin - Community Engagement Coordinator - 1300 883 067 or 0490 889 404 -
SavarinA@missionaustralia.com.au

<https://www.missionaustralia.com.au/what-we-do/employment-skills-training/disability-employment-services>

Rebecca Roberts – St Kilda Gatehouse

St Kilda Gatehouse, Young Women's Project supports young women aged between 12-25 years in the Greater Dandenong area, who are at risk of sexual exploitation. Gatehouse has a Group Work Program, which runs on a Thursday for low risk young women who may be experiencing social isolation as well as a number of other low-risk factors. The Term 1 Program is an Adventure Therapy Program out in the community and runs from 10-4pm (lunch included). For more information or further enquiries regarding the referral process please contact our Group Work Coordinator, Alissa Franklin at alissa@stkildagatehouse.org.au

Yvette Shaw – Department of Families, Fairness and Housing

The Victorian Premier announced a major Machinery of Government (MoG) change which resulted in the Department of Health and Human Services becoming two departments – the Department of Health and the Department of Families, Fairness and Housing. The change took effect from 1 February 2021.

The Department of Health will be responsible for the Health and Ambulance Services, Mental Health and Ageing portfolios and, importantly, continue leading the Government's public health response to the COVID-19 pandemic.

The Department of Families, Fairness and Housing will include the current DHHS portfolios of Child Protection, Prevention of Family Violence, Housing and Disability – ensuring the delivery of the significant investments from the recent Budget in Victoria's recovery. The new department will also be responsible for the key policy areas of Multicultural Affairs, LGBTQI+ Equality, Veterans, and the offices for Women and Youth – meaning better alignment with other policy areas focussing on the recovery and growth of our diverse communities.

Currently all DHHS email addresses are still operation until advised otherwise.

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

Next Meeting

Tuesday 20 April 2021, 9.30am – 11.30am

	<p>For further information please contact Kylie Wilmot, Youth Development and Community Engagement Officer on 9793 2155 or email kylie.wilmot@cgd.vic.gov.au</p>
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