



**GREATER DANDENONG YOUTH NETWORK – MEETING NOTES**  
***Youth Mental Health | Practitioner Mental Health***

Thursday 20 October 2022  
 9:30am – 11:30 am


**FACE-TO-FACE MEETING**

Greater Dandenong City Council Municipal Offices, Level 2 Meeting Rooms, 225 Lonsdale Street, Dandenong

ITEMS	MEETING NOTES
<p><b>WELCOME</b></p>	<p>All attendees welcomed            Traditional Owners acknowledged</p>
<p><b><u>KEY PRESENTATIONS</u></b></p> <p><b>Guest Speakers</b>  <i>Craig Hamilton, Lead, and Sophie Prober, Advisor, Orygen Youth Health, Service Implementation and Quality Improvement</i></p>	<p><b>1. Finding the Missing Middle</b></p> <p><b>Working definition from Orygen research study (in progress):</b>            “The missing middle is a term to describe a gap in care when existing mental health services do not meet the care needs of individuals in a meaningful way due to systemic issues, including a gap between primary and tertiary services, inflexibility of services (e.g., rigid eligibility criteria affecting access to and continuity of care), and inadequate treatment (limited availability, suitability, and duration of care).            Some individuals may be more likely to be affected by the missing middle care gap, including those with adverse life experiences, chronic illness and/or comorbidities, and individuals facing social exclusion and discrimination (e.g., Aboriginal and Torres Strait Islander young people, CALD young people, LGBTIQ young people).”</p> <p><i>*See accompanying Orygen’s presentation slides.</i></p>
<p><b>Guest Speaker</b>  <i>Naomi Palmer, Senior Consultant, Converge</i></p>	<p><b>2. Compassion Burnout</b></p> <p>Naomi presented to members on understanding the signs of stress, burnout and compassion fatigue in the youth work context – and provided practical strategies for resilience and self-care.  <i>*See accompanying presentation slides.</i></p>

<p><b>INFORMATION SHARING</b></p> <p>The following attendees shared an update via the meeting 'chat' or verbal</p>	<p><b>Chisholm TAFE   Foundation Studies   Margot Eaton,</b> Chisholm Foundation College – General Education for Adults Program (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.</p> <p>In Dandenong and Frankston are also supporting students with special learning needs that would like to become work ready through their 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 Siobhan.paxton@chisholm.edu.au or call Christel Felix on 9238 8577</p>
	<p><b>Chisholm Institute   Reconnect Program   Sarah Ford, Pathways and Outreach Officer</b> A program which supports disadvantaged and disengaged individuals ages 17-64 to return to education. The program offers up to 18 months of support and focuses on confidence building and pathway planning to support clients to return to a tailored education pathway. Currently taking referrals for 2023. Can assist with course/program fees. Contact Sarah Ford, mobile   0481 484 714   Email <a href="mailto:sarah.ford@chisholm.edu.au">sarah.ford@chisholm.edu.au</a></p>
	<p><b>Maxima Joblink   Jobs Victoria Employment Services   Okwom Nyikang Ajobwong   Employment Mentor</b> Maxima can help – whether you are looking for support to gain employment, or an employer who is needing staff. At Maxima, our Jobs Victoria Mentors program assists both jobseekers and employers. Contact Okwom, mobile   0447 361 503   email   <a href="mailto:okwom.ajobwong@maxima.com.au">okwom.ajobwong@maxima.com.au</a></p>
	<p><b>South East Community Links, Temur Rezaie, Afghan Practitioner</b> Temur can work with and support newly arrived / refugee Afghan young people aged 12-25, including one-to-one support as well holiday program activities, homework support, housing, employment etc. Contact Temur, Email   <a href="mailto:trezaie@secl.org.au">trezaie@secl.org.au</a></p>
	<p><b>Greater Dandenong Youth and Family Services, Catherine Maine, Youth Development and Community Engagement Officer</b> <b>Alcohol and other Drugs Awareness Project</b>, looking to enlist passionate content creators to help us prevent substance-related harm amongst young people, 6-week program starts 2 November – refer interested young people <b>Soccer Committee 2022</b> Six-week program starting on 26 October to help plan and deliver future soccer tournaments, learn sport event management skills Contact Youth and Family Services telephone 9793 2155 or email   <a href="mailto:youthservices@cgd.vic.gov.au">youthservices@cgd.vic.gov.au</a></p>
	<p><b>CGD Youth and Family Services   South East Community Links   Students Connect FREE homework and tutoring support</b> Free tutoring and study support, recreational activities, and employment guidance. Every Tuesday @ Noble Park Community Centre 3:30pm - 6pm Contact Junior Melo, SECL, mobile   0435 916 339</p>

	<p><b>Connect Health, Gamblers Help, Grace McArthur</b> Upcoming webinar, Gaming, gambling and young people, Wednesday 26 October   12:00 12:45 pm Help your children game safely by gaining a better understanding of online games and the links in some areas with gambling-related themes. We will talk about why kids game, different gaming elements, ways to keep gaming habits healthy, services that can help, and resources that can assist you to understand your kids' games <a href="https://www.eventbrite.com.au/e/parent-webinar-gaming-gambling-and-young-people-tickets-423027585897">https://www.eventbrite.com.au/e/parent-webinar-gaming-gambling-and-young-people-tickets-423027585897</a> For more information contact Grace   telephone 9575 5332</p>
	<p><b>Springvale Learning and Activities Centre, Dane Lao, Youth Participation Project Officer</b> Establishing a program to engage young people 16-25 years to be involved in planning key activities and projects that can be scheduled by SLAC to build stronger youth connection and participation. Refer interested young people, Dane mobile   0421 755 576   email   <a href="mailto:projects@springvale.org.au">projects@springvale.org.au</a></p>
	<p><b>Centre for Multicultural Youth (CMY)   CSG South Sudanese   Tempest Alphonse and Reath Tot</b> Running several programs, you can refer South Sudanese young people ages 12-2, including basketball, girls' program etc. All events are free. Email the team for more info: <a href="mailto:talphonse@cmynet.au">talphonse@cmynet.au</a>, <a href="mailto:rtot@cmynet.au">rtot@cmynet.au</a></p>
	<p><b>MiCare, Saied Rezawi, Social Worker</b> Settlement engagement program, casework with MiCare, can assist young people with a range of needs including access to services such as Centrelink, library services, connection to community Contact Saied, <a href="mailto:saied.rezawi@micare.com.au">saied.rezawi@micare.com.au</a></p>
	<p><b>Maxima, Registered NDIS Provider, Maree Harris</b> Support and coordination and psychosocial support, for individuals living with a mental health and /or physical disability condition. Contact Maree, Mobile   0407 342 021   Email   <a href="mailto:maree.harris@maxima.com.au">maree.harris@maxima.com.au</a></p>
	<p><b>Strive Pacific Australia Community Service, Registered NDIS Provider, Olivia Partsch</b> Support and coordination and psychosocial support, for individuals living with a mental health and /or physical disability condition. Also provide bi-lingual and culturally specific support to CALD, Pacific, and Samoan Communities. Contact Olivia, Mobile   0401 024 683   Email <a href="mailto:info@spacs.com.au">info@spacs.com.au</a></p>

<p><b>POSITIVE YOUTH PATHWAYS WEBSITE</b></p>  <p><b>Youth Positive PATHWAYS</b> GREATER DANDENONG • CASEY • CARDINIA</p>	<p><b>Greater Dandenong–Casey–Cardinia Online Youth Services Directory</b></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 <b>routinely check</b> 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.  <a href="https://www.youthpositivepathways.com.au/about">https://www.youthpositivepathways.com.au/about</a></p>
<p><b>GDYN E-NEWS</b></p>	<p>Reminder to network members: for promotion of programs/services in the monthly GDYN eNewsletter  November edition: submissions due Friday 28 October COB, please send a short blurb to <a href="mailto:aishling.fagan@cgd.vic.gov.au">aishling.fagan@cgd.vic.gov.au</a></p>
<p><b>NEXT MEETING</b></p>	<p><b>Thursday 30 November</b>  Online via zoom  Time: 9.30am – 11.30am  Topic: To be confirmed  Agenda to be distributed closer to the meeting via calendar appt.</p> <p>For further information, please contact Aishling Fagan, Team Leader Youth and Community Development on 9793 2155 or email <a href="mailto:aishling.fagan@cgd.vic.gov.au">aishling.fagan@cgd.vic.gov.au</a></p>