



## Moreland Youth Commitment Network Meeting

### Minutes

Wednesday 31 July 2019

Caroline Hart (BSC)		
Michelle Lukey (JSS Navigator)		
Mitch McPherson (Merri Health)		
Steve Huf (Oxygen)		
Kate (Glenroy College RMIT)		
Sandra (Glenroy College RMIT)		
Louisa Caldwell (YMCA)		
Caroline Massa (Anglicare - Compass Program)		
Isolde Scherrer (Salvation Army Gamblers Help)		
Jacinta Vengtasamy (Headspace)		

#### Apologies:

May Header (MCC), Lauren Crome (Northern Community Legal Centre), Fiona Douglas (JSS - Reconnect), Joanne Pampanella (Glenroy College), Sarah Van den Berg (Merri Health – SFYS), Darren Richards (ATEL), Jansu Gaz (INLLEN), Vicki Sarikoudis (North West Area Mental Health), Emma Lee (Northern Community Legal Centre, Giulia Teti (Workways), Sharmila Selvaraju (Workways), Damien Woodcock (MCC), Penny Hsiao (Coburg High - School Nurse), Thomas Mc Gregor (Youth Projects), Anton Bouwer (DET).

**Chair:** Caroline Hart (BSC)

**Minutes:** Steve Huf (MCC)

## Introduction: Welcome to Country – Mitch (Merri Health)

Mitch – Young Carers Program Merri Health

Supports young carers with counselling, peer support and health services.

Support young people 10 – 25 caring for parent, siblings etc. That may have mental health, disability, addiction, where young people have taken on a carer role.

Offer support and case manage young people which includes care plan with school, health, wellbeing, set goals.

Help brokerage support for items such as uniforms, calculators, computer, school books.

Advocates with schools and student support groups.

Have ran sessions at Northland Youth Hub and Central at Hume. They get to use the kitchen and cook for each other.

Help build life skills and have engage with Youth Law, assertive communication, meet with other young carers and many groups and activities.

Partnered with other LG's and organized a family day at Luna Park.

Family day's

Youth week

School holiday programs

And referral support.

Organized winter and summer camps with YMCA and went to Lady Northcote.

How do you get carers?

Hospitals, schools, self-referral, local council. Work with primary and secondary carers.

Is there a wait list?

No and do cover 7 LG's

Support 9 young carers at Pascoe Vale Girls School.

Do navigate with parents. There is a bit of stigma around support for an adult. But help to empower parents.

Do, do home visits.

Contact Details for Mitch:

- 0420 684 006
- 9495 2507
- [Mitchell.mcpherson@merrihealth.org.au](mailto:Mitchell.mcpherson@merrihealth.org.au)

## **Caroline (Compass Program)**

Initiative is funded by Investors

Support for young people leaving care such as residential

Investors see the need for support of young people leaving care and helps find accommodation.

Support young people in Compass with

- Housing
- Health
- Criminal justice
- Through our west and looking to get 6 houses in the north

Referral come through the government departments

Post care referral through referral form

Program has been running since 2014 and in the west since last year.

Eligibility?

5 months – 1-year court order

In NEMR (North East Metro Region)

Similar to Springboard

But can't work alongside Springboard

Tier up Approach – e.g. 30% rent first year to 50% rent second year etc.

No Go's for program

- engaged with Springboard
- NDIS Plan for accommodation (But of NDIS education program)
- TCP Plan that would need to be engaged by 18 1/2

Compass can give help with Centrelink. If not eligible for Centrelink than can't support.

And yes, can be eligible for rent assistance

Funded through investors – and are looking for returns

## **Louisa (YMCA)**

Men of Moreland program – for men to engage in healthy body healthy mind for 18+

Targeting approach for marketing

Program has different partners and looking to shift behavior change.

This has come about as result of problems at Oak Park leisure centre last summer. There were many fights and forward behavior to staff/security/police.

Difficulty having a targeted approach because not sure where the patrons came from but where mainly 16-30 years old.

Program grant came from RACV. Coburg FC and Carlton FC will host some sessions. Will include elements of respectful relationships and healthy relationships.

Will talk about values, learned values, their emotions and the impact they can have.

As it is a pilot program, not sure how it will go.

It's a free program and aim to have a comfortable environment.

Initially see how the age demographics will work.

Casey ran a similar program 3 times and worked very well.

Will approach schools and expand for all men in the north.

Will try to collect postcodes at Oak Park pool this summer.

Louisa will send flyer to Liam to distribute.

Program will include team-based activities and will gauge levels etc. May include boxing/drills from sport clubs.

Has been adapted from Sons of the West.

Suggestion came to engage religion leaders and worth having conversations with them.

### **Asalda (Gambler's Help Salvation Army - Community Engagement Coordinator)**

State wide programs

Awareness of harms of gambling in community.

A lot of money spent on gambling, not pokies and punting anymore.

Young people spend a lot of time on phones/devices.

The design of online games for young people has elements of gambling.

Love the game, not the odds has worked well in school

Have had programs around screen time.

Impact on physical/mental health.

Will email to Liam brochures, contact details etc.

Many of the projects are youth focused.

Work with schools on code of conducts, workshops for year 10-12 and student and parent workshops.

Do you come and offer info sessions to community groups?

Yes – can discuss different types of programs.

### **Michelle (Navigator Program)**

Referrals for young people under 30% attendance at school.

Primarily disengaged young people.

Work out reason for low attendance. Manly Young people present with complex issues.

History of family violence, anxiety, depression. Many have parents with mental health and physical health problems.

### **Jacinta (Headspace)**

Have a youth vocational specialist, Daniel.

Help young job seekers.

Jacinta will send flyers.

Young people work alongside Daniel and Peer workers which helps connect young people.

Daniel has 6 months to place young people in work.

If cannot connect after 6 months will build bridge with Youth Projects.

Jacinta will share timetable of programs with Liam to distribute.

Waiting list for Headspace is pushing 3 months.

Appointments are more flexible during school hours.

Decks at Headspace is platform that is very interactive and will YP if waiting a long time for appointment.

[Headspace.org/decks](https://headspace.org/decks)

Orygen have also created web modules on Facebook/web

Give Headspace a call if frustrated on waiting list and they will help navigate other services.

### **Liam (MCC)**

- Youth strategy;
- Resilience survey; and
- Yammer instructions.