

Young People's Mental Health

Submission To

~~The Senate Select Committee On Mental Health~~

From

**The Platform Team
at ORYGEN Youth Health**

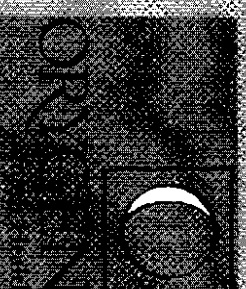


Welcome!

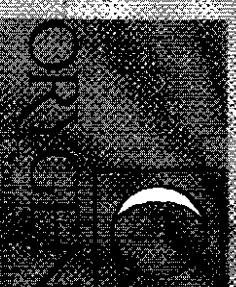
Hi, we're the Platform
Team and we are
going to tell you a
little about ourselves,
what we do and how
we think mental
health services
should be set up for
young people.



Who We Are



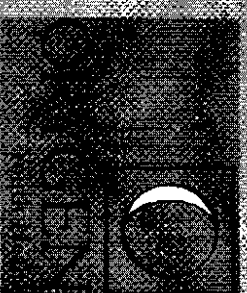
- We are young (16-30).
- We are past or present clients of ORYGEN Youth Health.
- We have all experienced a serious mental health issue at some stage.
- We are passionate about making mental health services better for young people.



Why We Got Involved

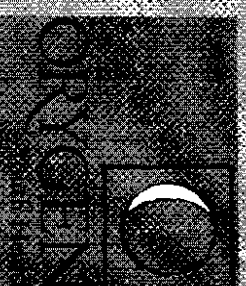
- We had a positive experience with ORYGEN
- Many of us had some very negative experiences in other services before we came to ORYGEN
- We want to help make ORYGEN services even better
- We want other mental health services to learn how to provide appropriate services to young people

What We Like About ORYGEN



- It has group programs that are educational, social, confidence building, therapeutic, good for your emotional and physical health, helpful for future work or study and fun!
- Most of its staff really care and are sensitive to the needs of young people.
- Its approach is different to other mental health services – its not “take your medicine and get out the door.”
- It is only for young people so we can make peer connections and get the right kind of help.

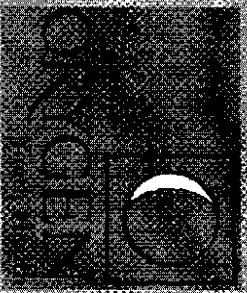
What We Do



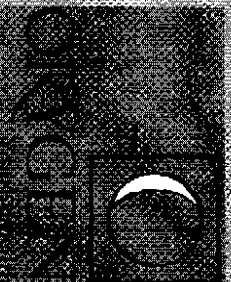
“When I first got involved with Platform, I expected it would be pretty tokenistic, but as this list shows I was wrong....” Emily, Platform Team Member

- We provide peer support
- We provide a newsletter (run by clients for clients)
- We help develop initiatives within ORYGEN (e.g. a client feedback process, participation on staff interview panels, assisting with the preparation of published materials for clients)
- We participate in internal ORYGEN committees (e.g. Quality Committee and Health / Arts Committee)
- We run youth participation workshops for other mental health services
- We give information talks at schools and to graduate classes of health students
- We meet with politicians
- We came up with the ORYGEN name!

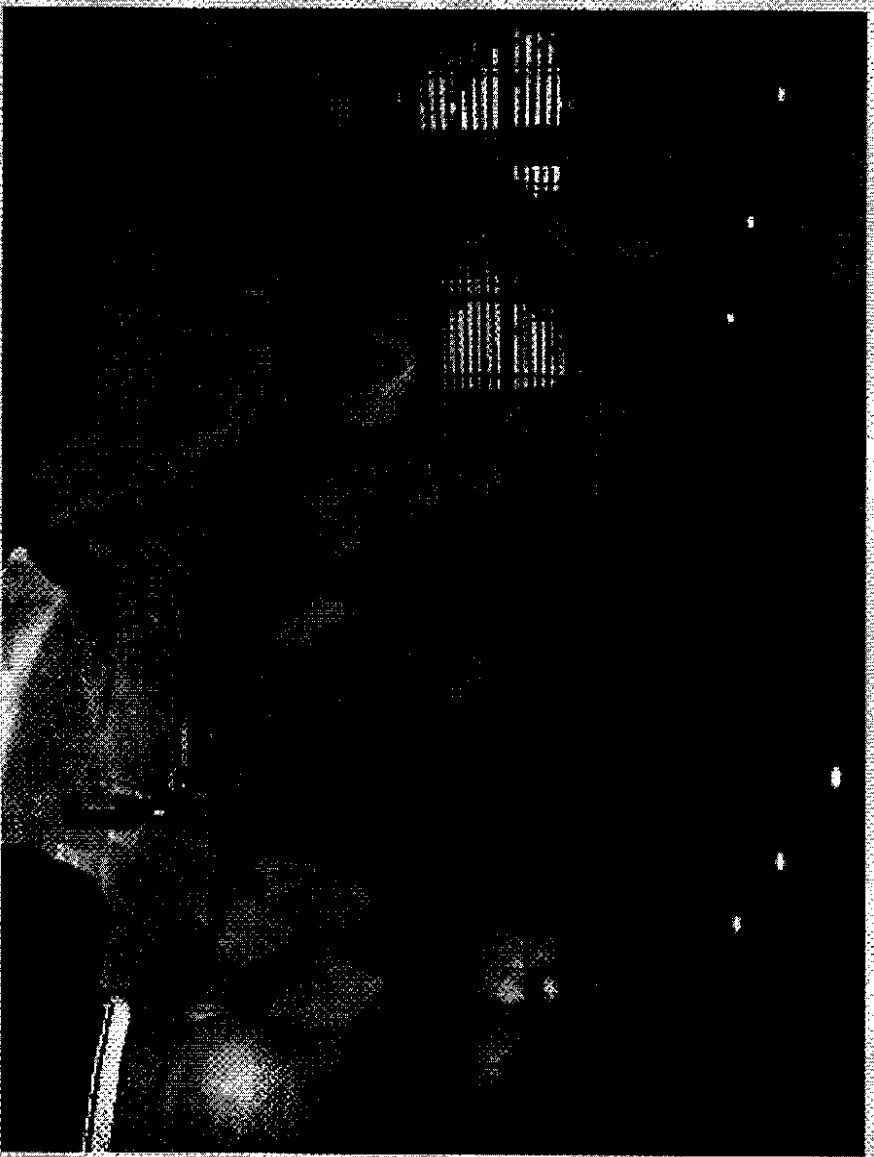
Some examples of what we do



Talking to school students at the ORYGEN Open Day

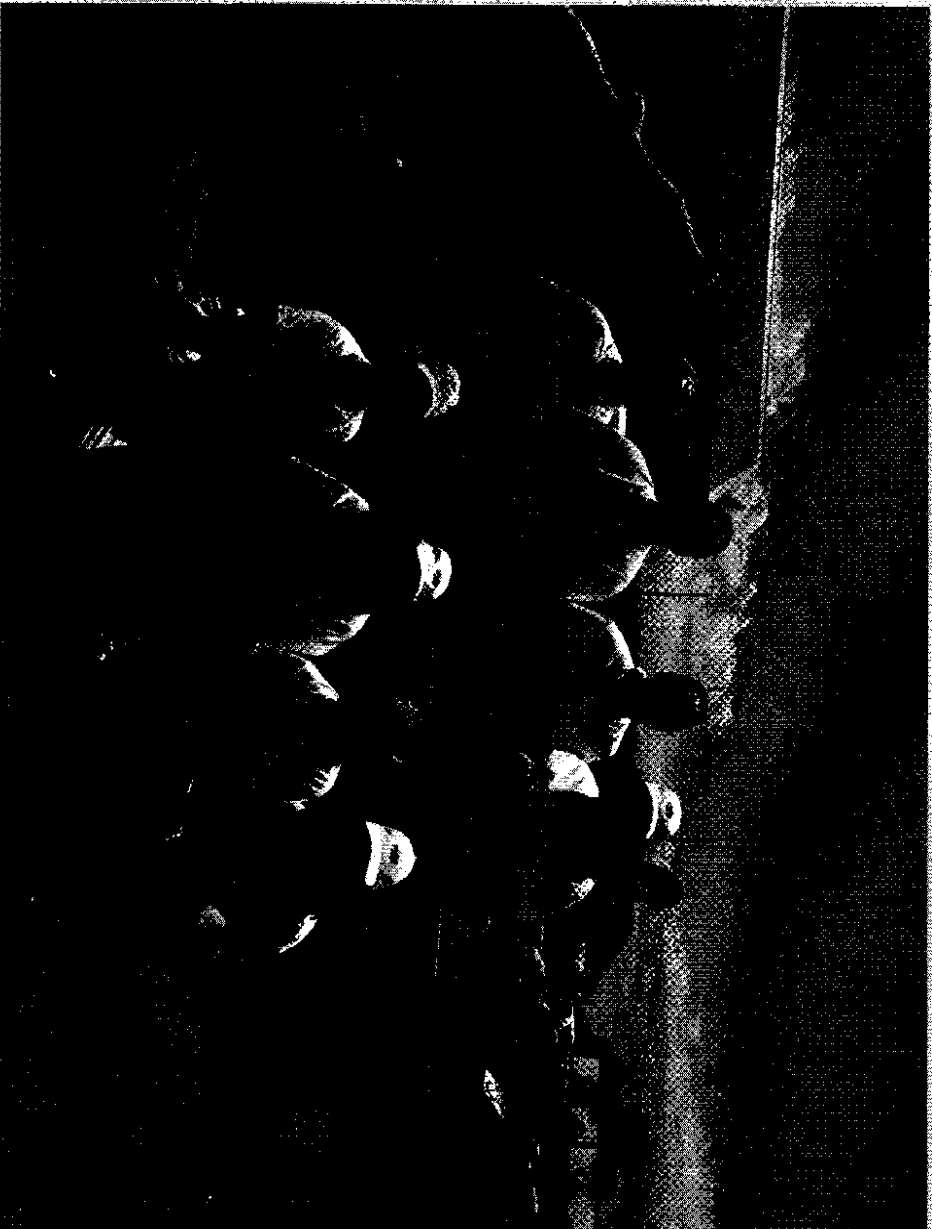


Some examples of what we do



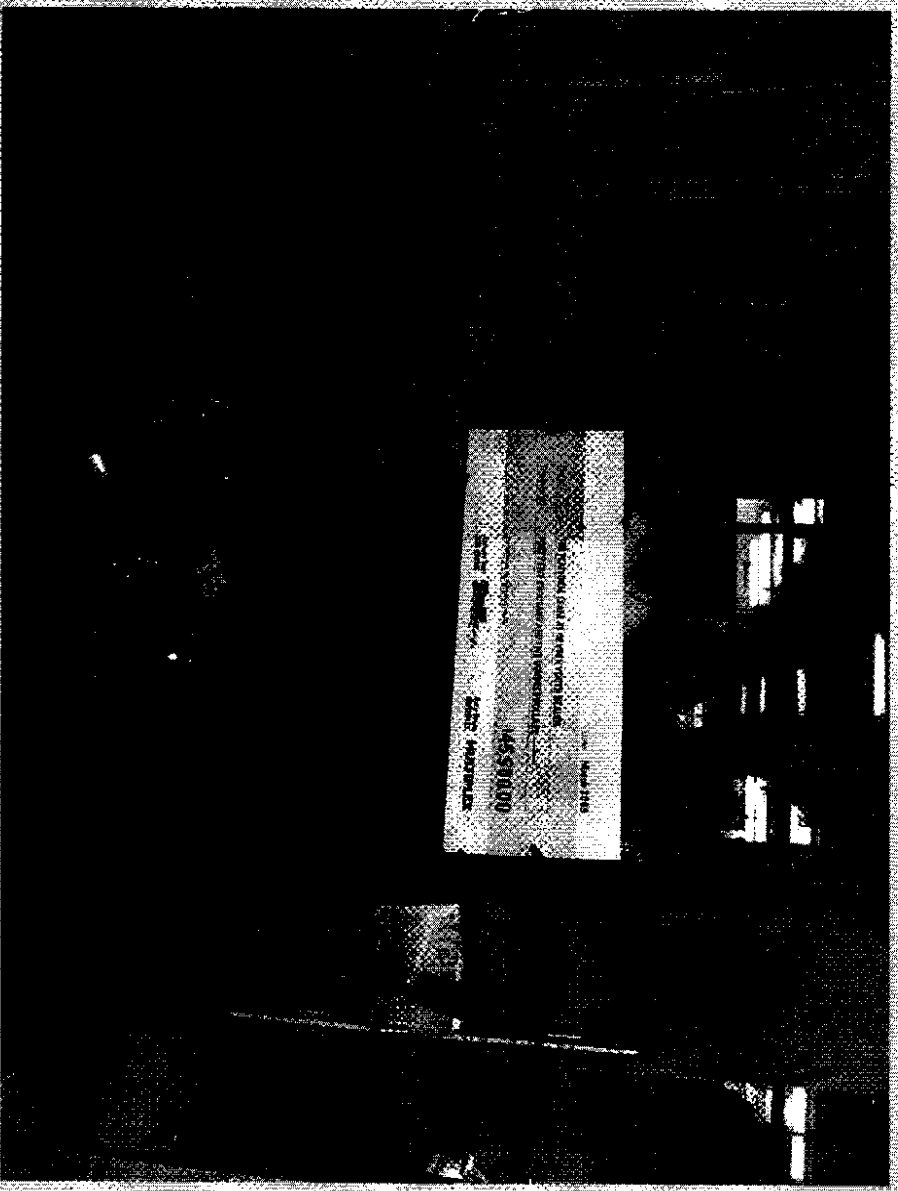
Giving speeches about our experiences at a Golf Day Fundraiser for The Platform Team

Some examples of what we do



At the Golf Day

Some examples of what we do



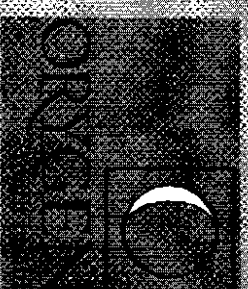
Receiving the cheque for \$45,500 raised for
The Platform Team at the Golf Day



How It Has Helped Us

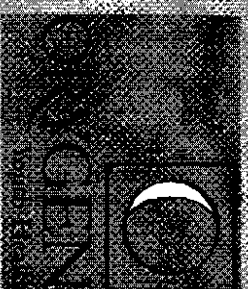
- We have gotten a lot out of being involved in the Platform Team:
- New skills – from being involved in public speaking, participation in workshops, meetings and interview panels
- Rebuilding our confidence – experts in mental health want to attend workshops run by us, politicians are interested in what we say and when we meet with ORYGEN staff they genuinely listen to our ideas
- It helps with our work and study – we've been able to get involved at a commitment level that suits us, but that can involve plenty of responsibility. We've therefore gained an impressive amount of experience that helps when we are applying for jobs or getting back into studies.
- We have had the chance to give something back – we feel like we are making a difference and are part of a community.
- We also enjoy the opportunity to socialise in a supportive environment and make new friends.

What We Recommend



- All young people who need a mental health service should be able to access services that are specifically for young people, no matter where they live.
- All mental health services should have group programs and do more than just prescribe medicine – social, vocational and emotional goals are crucial to psychiatric recovery.
- Young people should be involved in the design and delivery of mental health services for young people (this can be done – we've shown it is possible).

Conclusion



- We hope the Senate Select Committee On Mental Health helps young people in Australia to access better mental health services.
- We invite you to visit us, so we can show you more about what we do.
- This submission is made on our behalf by Esther Singer, Youth Participation Worker at ORYGEN. To talk to us contact her at - esther@unimelb.edu.au, 03-8346 8209 or Locked Bag 10, Parkville, Victoria 3052.