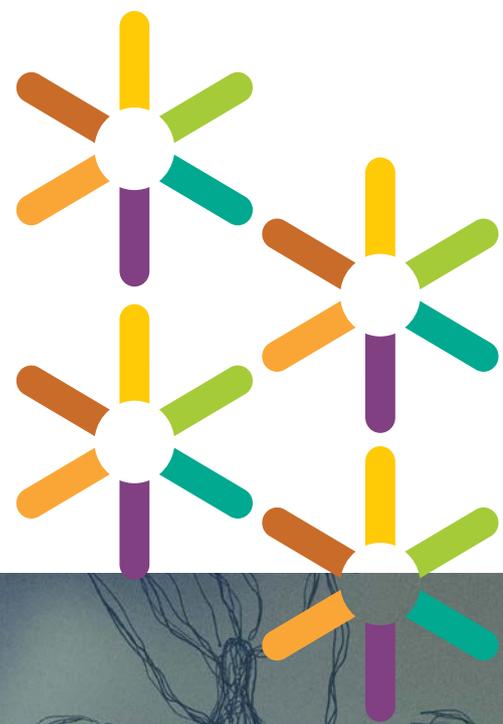




Government of **Western Australia**  
Mental Health Commission

# Our Future, Our Priorities

Young People's Priorities for Action  
2021 Implementation Update



# Where we started

**This update highlights some of the actions completed and underway since we released the Young People's Priorities for Action: Mental Health and Alcohol and Other Drug Use 2020-2025, or YPPA, in December 2020.**

A number of further YPPA actions have also been funded through the 2021-22 State Budget, which provided \$129.9 million for dedicated youth mental health and alcohol and other drug services and initiatives.

For more detail, go to [mhc.wa.gov.au/yppa](https://mhc.wa.gov.au/yppa) to view the YPPA Report on Implementation 2021.

Thank you to all the young people who informed the development of the YPPA Report on Implementation 2021 and this highlights document. Your voices, creative talents and expertise have been invaluable throughout the YPPA journey.



## STRATEGY 1

Helping us  
stay well



## STRATEGY 2

Supported by our  
family and community



## STRATEGY 3

Making it easier to find  
and access services  
that are right for us



## STRATEGY 4

Valuing that we  
are all unique



## STRATEGY 5

Services  
working together



## STRATEGY 6

Experiencing positive  
and trusting relationships  
and best practice care

## VISION

The vision of the Young People's Priorities for Action is that young people are healthy and have fulfilling lives, where young people can learn, grow and contribute to society as they set up life within the community. Most importantly we want young people to be well and stay well.



## Helping us stay well

Promoting mental wellbeing, and intervening early to prevent mental health challenges and alcohol and other drug related harm.

A public education campaign launched in 2021 to reduce harms from **drinking in pregnancy**. As well as ads running in media, It includes training for health workers to help their conversations with pregnant people and their supports.

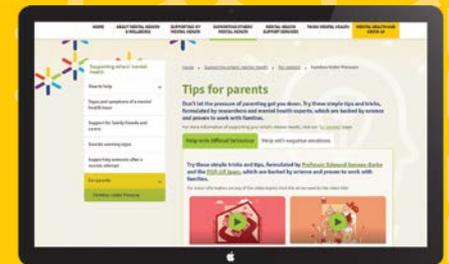
Evidence-based prevention programs are active in schools across WA. **Friendly Schools Plus** uses a whole school approach to reduce bullying. FS+ helps kids to develop resilience and communication skills, with age-appropriate activities.

The **Deadly Thinking** social and emotional wellbeing program brings together schools, local health service providers, and Aboriginal communities throughout regional WA. Trained staff work with small groups, addressing mental health and social concerns in a safe and sensitive way.



## Supported by our family and community

Boosting whole of community and whole of family engagement and support for families, loved ones and carers.



The **Think Mental Health** “Families Under Pressure” campaign highlighted the importance of being able to express emotions in family settings. It gives tips for parents and caregivers on how to cope with common parenting challenges.

Our **Alcohol.Think Again** ‘I need you to say no’ campaign aims to make it the norm for parents not to provide alcohol to their teenagers, reducing alcohol-related harm for WA’s young people. The WA State budget for 2021-22 includes \$6.7 million to expand the successful campaign with a third phase.





## Making it easier to find and access services that are right for us

The right services are easier to find and access.



The Child and Adolescent Health Service launched an emergency telehealth service in 2020 for children needing urgent mental health support. **CAMHS Crisis Connect** provides 24/7 phone and online video-call support, as well as face-to-face services at Perth Children's Hospital. Children, families or professionals can contact CAMHS Crisis Connect from community settings – like home, school, or a GP's office – for mental health support, brief intervention, and assessment.

An important action identified in the YPPA was for services to adopt principles for effective recovery support, including peer collaboration and support. The WA Country Health Service has employed peer support workers in Kalgoorlie, Albany, Broome and Kununurra to **support people in their recovery journeys**, including at the Safe Place Kununurra, a new alternative to Emergency Departments for people in distress.



## Valuing that we are all unique

Diversity and culture is respected, nurtured and catered for at every point, ensuring services and workforces are welcoming.

Mental Health Commission worked with young people to complete the **co-design of a model of service** for Kimberley youth. The service will support young people with alcohol and drug issues and co-occurring mental health needs.

Weekend workshops were held by WAAC (formerly the WA AIDS Council) in 2021 to support the **wellbeing of LGBTQIA+ youth**. This service particularly emphasises providing support for LGBTQIA+ young people living in regional areas.





## Services working together

There is a partnership approach to recovery with better coordination and transition between and across sectors, services and life stages.

**Peer workers** at Fiona Stanley Hospital support people 16+ when they come to the Emergency Department. These peer workers are embedded in the Youth Community Assessment and Treatment Team (known as the YCATT), to help young people navigate their transition from hospital to community care.

The 2021-22 budget gave additional, ongoing funding for the **Mental Health Court Diversion** and Support Program. Young people appearing before the Children's Court can be referred to the program, where participants receive holistic support to address the underlying causes of offending behaviour. The approach aims to increase the person's health and wellbeing, reduce repeat offending, and can mean an alternative to a prison sentence.



## Experiencing positive and trusting relationships and best practice care

Building the capacity, capability and confidence of everyone who works with young people and their families and carers.

Mental Health Commission held 14 workshops delivering **trauma informed training** in the first half of 2021. 310 workers completed the training, and 93% evaluated it as being very or extremely useful.

**Recovery College** courses include those co-designed and co-delivered by young people. The WA Recovery College Alliance and many partners across the community sector promote these courses and encourage the mental health and Alcohol and Other Drugs workforce to attend.



Following training

# 77%

of participants

indicated they felt very to extremely competent in trauma informed care and practice



Western Australian  
**RECOVERY COLLEGE**  
Alliance

# Free help for young people in WA

In a life-threatening emergency, call **000** or go to your closest hospital emergency department.



## CAMHS Crisis Connect (24/7)

**1800 048 636**

For people under 18 in a crisis  
or visit: [cahs.health.wa.gov.au/  
CAMHSCrisisConnect](https://cahs.health.wa.gov.au/CAMHSCrisisConnect)



## Mental Health Emergency Response Line (24/7)

**1300 555 788**

For people 18 and over,  
families and carers in a crisis  
or visit: [mhc.wa.gov.au/MHERL](https://mhc.wa.gov.au/MHERL)



## Kids Helpline

**1800 55 1800**

For people aged 5 to 25  
or visit: [kidshelpline.com.au](https://kidshelpline.com.au)



## Youth Beyond Blue

**1300 22 4636**

For people aged 12 to 25  
or visit: [beyondblue.org.au/support-service/chat](https://beyondblue.org.au/support-service/chat)



### GET INVOLVED

To find out more about the YPPA, visit [mhc.wa.gov.au/yppa](https://mhc.wa.gov.au/yppa)  
Youth Mental Health Sub Network, [mhc.wa.gov.au/youthnetwork](https://mhc.wa.gov.au/youthnetwork)  
Stakeholder Connect, [mhc.wa.gov.au/engagement](https://mhc.wa.gov.au/engagement)

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#### Photos on front from left to right:

(Top Row) Elle; Travis McIver-Ball, Armadale Senior High School; Rickiesha Deegan, @kieshdesigns;

(Bottom Row) Rickiesha Deegan, @kieshdesigns; Steele McConnell, @selfh888; Rickiesha Deegan, @kieshdesigns.