Sunshine Coast Youth Service Provider Meeting

MINUTES – 27 November 2019

Attendees:

<table>
<thead>
<tr>
<th>Name</th>
<th>Organisation</th>
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</thead>
<tbody>
<tr>
<td>Lisa Harrison</td>
<td>Act for Kids</td>
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<tr>
<td>Shane Fixter</td>
<td>Teachers Australia</td>
</tr>
<tr>
<td>Jaqueline Murray</td>
<td>United Synergies</td>
</tr>
<tr>
<td>Dana Caddell</td>
<td>Busy at Work</td>
</tr>
<tr>
<td>Jackie McMahon</td>
<td>QLD Sport &amp; Recreation</td>
</tr>
<tr>
<td>Kate Carruthers</td>
<td>IFYS</td>
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<tr>
<td>Leah McFetridge</td>
<td>IFYS</td>
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<tr>
<td>Tony Andrews</td>
<td>Kairos Community College</td>
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<tr>
<td>Mick Hughes</td>
<td>PCYC Sunshine Coast</td>
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<tr>
<td>Maryke Palumbo</td>
<td>The Smith Family</td>
</tr>
<tr>
<td>Quinn Witika</td>
<td>Your Employment Solutions</td>
</tr>
<tr>
<td>Pav Cosmatos</td>
<td>TAFE East Coast</td>
</tr>
<tr>
<td>Nicola Stanfield</td>
<td>Fusion Sunshine Coast</td>
</tr>
<tr>
<td>Louise Pemble</td>
<td>Thompson Institute</td>
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<tr>
<td>Jared Widdison</td>
<td>EPIC Assist</td>
</tr>
<tr>
<td>Natalie Hart</td>
<td>Department of Education</td>
</tr>
<tr>
<td>Veronica West</td>
<td>Back 2 Work</td>
</tr>
<tr>
<td>Simone Stillman</td>
<td>Headspace</td>
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<tr>
<td>Tom Murphy</td>
<td>Sunshine Coast Council</td>
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</tbody>
</table>

Traditional acknowledgement

Tom Murphy opened the meeting at 10:15 am and on behalf of the Sunshine Coast Council acknowledged the traditional custodians of the lands from which we meet and paid respect to their elders past, present and emerging.

1.0. Sunshine Coast Recreation Centre

The Youth Connect toured the recreation centre and observed the facilities. The centre is keen to engage with local Youth organisations to activate the space and is able to individualise any programming. For further information visit the website or email: SunshineCoastRec@qld.gov.au
2.0. **Sunshine Coast Council Connect**

2.1. **Community Strategy**

Sunshine Coast Council adopted the Sunshine Coast Community Strategy 2019-2041 at its Ordinary Meeting on 14 November 2019. The Community Strategy provides a long-term framework for how council and our community will work together to advance our shared goal of a strong community through to 2041.

In the early 2020 Youth Connect network meetings it is intended to facilitate workshops to progress the Youth specific actions from the strategy. For further information please visit the website or contact the Sunshine Coast Council Community Development officer: **YOUTH@sunshinecoast.qld.gov.au**

2.2. **Queensland Youth week funding**

There is currently **QLD Government Youth week grants** opportunities available for Youth week 2020, 1 - 9 April. If any organisations are keen to collaborate on projects please contact Sunshine Coast Council Community Development officer: **YOUTH@sunshinecoast.qld.gov.au**

2.3. **SCC Grants program**

Sunshine Coast Council has confirmed the first half of Community grants program for 2020 and those dates are as follows:

- Community Grants Program – Minor round – Opens Wednesday 1 April 2020, closes Monday 5 May 2020.

For further information please visit the website

3.0. **Youth Services Connect**

3.1. **Kairos Community College – Tony Andrews**

After 5 years of successful operation in Deception Bay Kairos is opening a new site in Caloundra. Kairos Community College is a Special Assistance School that caters for disengaged youth who still wish to obtain their QCE. We will be opening in 2020 with year 10 only, and building from there. Kairos will only ever increase to around 50 students as our model dictates we stay small.

We cater for students who have disengaged for a variety of reasons from anxiety, depression, ASD, PTSD, bullying and generally finding the work too hard. We are there for those who want to learn but can’t do it in a mainstream setting. There are no fees and we are all about empowering the young person to start taking control of their future and giving them the tools to succeed.

We are now taking referrals for next year and have very limited spaces available so the faster you can get the referral in the better. (Please see referral form attached).

For further information contact:
Tony Andrews, Principal 07 3050 1978

**tony@kairoscc.org.au** \( \quad \) **www.kairoscc.org.au**
3.2. Teachers Australia – Shane Fixter

Teachers Australia provide Primary & Secondary teachers to community support programs for kids in care and indigenous students. Our teachers will travel to your location, Australia wide.

Shane from Teachers Australia will also come to your community support program to do a short presentation on how case coordinators/kids in care can utilise our platform if you require.

Shane Fixter, Director 0410 450 281
shane@teachersaustralia.com.au  www.teachersaustralia.com.au

3.3. Busy At Work, Transition to Work – Dana Caddell

Transition to Work is designed to help young people aged 15-21 who have had difficulty entering employment after school. In Transition to Work young people can get intensive pre-employment support to help them set and achieve their employment and education goals.

As of 1 January 2020, the Transition to Work program will be extended to 24 year olds. This is an exciting opportunity to broaden and better assist the local Sunshine Coast Youth.

Busy at Work welcome collaboration with other Youth organisations and are keen to meet and discuss partnerships.

For further information please contact;
Dana Caddell, Team Leader 0447 677 816
Dana.caddell@busyatwork.com.au  https://www.busyatwork.com.au

3.4. Headspace Maroochydore – Simone Stillman

Headspace Maroochydore is facilitating Thursday afternoon activities from 3:30-5pm during the school term. Activities have included PS4, Art and Crafts, beat boxing and live music. The remaining dates for 2019 include the 05.12.2019 & 12.12.2019.

A free Youth Leadership program will be commencing mid-February 2020. The program will run 1 day per week for 8 weeks and includes two age cohorts - 17 and under from 3:30-5:30pm and 18+ from 10:30am-12:30pm. Some of the topics that will be covered include public speaking, overcoming barriers and active listening.

For further information please contact;
Simone Stillman, Community Awareness officer, 07 5409 4900
sstillman@unitedsynergies.com.au  www.headspace.org.au

3.5. Sunshine Coast Thompson Institute, Louise PEMBLE

Cyberbullying findings – A Thompson Institute study into 32 people aged 18 to 25 who viewed 6 negative and 6 neutral posts from the Cyberbullying Picture Series whilst undergoing an MRI. It found greater blood oxygenation levels in those viewing cyberbullying images than those viewing neutral images. This was higher in females compared to males and in those with no prior experience to cyberbullying.
Three more papers are coming out soon that will give further insights into the effects of cyberbullying.

The Thompson Institute is currently recruiting for three studies involving Sunshine Coast youth:

**CALM – Combatting Anxiousness for Learning Minds** (9 to 11-year-olds)

**Suicide Prevention in Australian high schools** (16 to 18-year-olds in Years 11 or 12 at

**LABS Longitudinal Adolescent Brain Study** (12 to 17-year-olds tracked for five years)

For further information please refer to attachments or contact;

Louise Pemble, Engagement Officer, 07 5456 5780

dlemble@usc.edu.au       usc.edu.au/thompson-institute

4.0. Other business

4.1 Act for Kids – Lisa Harrison

The Sunshine Coast Local Level Alliance is currently seeking support from organisations to assist in collecting data on Youth Homelessness. This has come about due to feedback on the significant numbers of youth people who are experiencing homelessness on the Sunshine Coast, Noosa and Gympie areas. Can members please consider supporting this very worthwhile project and inform Lisa Harrison by 9th December if you are able to participate. Please see information attached.

The Family Support Collective Network meets on a fortnightly basis followed by a Complex Case Panel – all organisations/practitioners working with children, young people and families are welcome to attend or refer a family or young person to the Complex Case Panel. Please see information attached.

Family and Child Connect is a valuable service for young people and families and is able to provide information and support to assist families to link with services in the Sunshine Coast, Noosa and Gympie areas. Family and Child Connect is also available for practitioners who would like more information about services that are available for clients they are supporting.

For further information please contact;

Lisa Harrison, Local Level Alliance Coordinator 13 34 36

Lisa.harrison@actforkids.com.au       www.actforkids.com.au
5.0. **2020 Youth Connect meeting dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
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<tbody>
<tr>
<td>29 January</td>
<td>Venue 114</td>
</tr>
<tr>
<td>27 May</td>
<td>PCYC Sunshine Coast</td>
</tr>
<tr>
<td>26 August</td>
<td>TBC - USC Thompson Institute</td>
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<tr>
<td>25 November</td>
<td>Headspace Maroochydore</td>
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</tbody>
</table>

6.0. **Feedback form & Close**

Feedback form is attached and commentary is sought to ensure the YCN meeting remains valuable and relevant. Meeting closed at 11:40 am.
KAIROS COMMUNITY COLLEGE REFERRAL FORM

This form is to be completed by a suitable referee (i.e. Guidance Officer, Principal, Deputy Principal, Youth Worker, Specialists etc.), who have an understanding of the student’s educational background and sees a need of support for the student. Special Assistance Schools (SAS) in Queensland assist with students who have become disengaged or be at risk of disengagement from mainstream schooling. This may include behaviour, social and emotional matters and an influence of a disability.

<table>
<thead>
<tr>
<th>STUDENT DETAILS</th>
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<tbody>
<tr>
<td>First Name:</td>
<td>Last Name:</td>
<td>D.O.B:</td>
</tr>
<tr>
<td>Parent/Guardian:</td>
<td>Student Current Year Level:</td>
<td>Gender: M / F</td>
</tr>
<tr>
<td>Address:</td>
<td></td>
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<td>Email Address:</td>
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<tr>
<td>Does the person identify as being of Aboriginal or Torres Strait Islander or any other cultural origin?</td>
<td></td>
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<tr>
<td>Aboriginal</td>
<td>Torres Strait Islander</td>
<td>Other: _____________</td>
</tr>
<tr>
<td>Does the person have ASD, I or any other verified disability?</td>
<td></td>
<td></td>
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<tr>
<td>Other disorders Kairos needs to know about? E.g. Anxiety, Depression, ADHD.</td>
<td></td>
<td></td>
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<tr>
<td>Does the person have any history in the Criminal Justice System?</td>
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<tr>
<th>REFERRING SCHOOL/ AGENCY DETAILS</th>
<th></th>
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<tbody>
<tr>
<td>School/Agency:</td>
<td>Contact Number:</td>
<td></td>
</tr>
<tr>
<td>Name of Referee:</td>
<td>Position of Referee:</td>
<td></td>
</tr>
<tr>
<td>Email Address:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guidance Officer Name:</td>
<td>G.O. Contact Number:</td>
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<tr>
<td>Guidance Officer Email:</td>
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</table>
REASON FOR REFERRING

<table>
<thead>
<tr>
<th>Behavioural Issues</th>
<th>Excluded</th>
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<tbody>
<tr>
<td>Bullying</td>
<td>Parent Request</td>
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<tr>
<td>Depression/Anxiety</td>
<td>Other:</td>
</tr>
<tr>
<td>Mental Health</td>
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<td>Extra Support</td>
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<td>Suspended</td>
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BEHAVIOURAL, SOCIAL AND EMOTIONAL DETAILS

<table>
<thead>
<tr>
<th>Self-Regulation</th>
<th>Danger Awareness</th>
</tr>
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<tbody>
<tr>
<td>Ability to interact with peers</td>
<td>Affective conflict management skills</td>
</tr>
<tr>
<td>Ability to interact with adults</td>
<td>Ability to form and maintain friendships</td>
</tr>
<tr>
<td>Affective anger management</td>
<td>Responds to redirection</td>
</tr>
<tr>
<td>At risk behaviour</td>
<td>Understanding social norms</td>
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</tbody>
</table>

DETAILS REGARDING HISTORY ABOVE/ RELEVANT INFORMATION

What is the student hoping to achieve by attending Kairos?

PARENT/ GUARDIAN DETAILS

<table>
<thead>
<tr>
<th>First Name:</th>
<th>Last Name:</th>
<th>Relationship to student:</th>
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<th>Email Address:</th>
<th>Contact Number:</th>
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Address:

IMPORTANT – PARENT/GUARDIAN AUTHORISATION

I (parent/guardian) _________________, authorise (referee)____________________ of
_______________ to disclose/transfer information and any supporting documents of
(young person) _________________, to Kairos Community College.

Parent/Guardian Signature: ___________________________ Date: ______________________

Referee Signature: ___________________________ Date: ______________________
Be part of a study understanding how anxiousness makes it difficult to pay attention. Now recruiting children 9–11 years of age attending primary school.

CALM is being conducted at the Sunshine Coast Mind and Neuroscience – Thompson Institute, Birtinya, Queensland.

usc.edu.au/thompson-institute/calm
CALM is now recruiting children aged 9-11 years of age in primary school experiencing anxiousness, making it difficult to pay attention.

CALM will be using mindfulness, as research has indicated mindfulness can assist with improving anxiousness and attention issues.

CALM involves children participating in two assessments involving self-report questionnaires, computer tasks, brain imaging and a 10-week mindfulness intervention (1 hour per week).

Children and their parents or caregiver can find out more about CALM and what it means to be a CALM research participant at usc.edu.au/thompson-institute/calm

Register your interest to participate
Suicide prevention: Risks and strengths in Australian high schools

USC HREC ETHICS APPROVAL NUMBER: S181270

Aim:
The aim of this study is to better understand risk and protective factors for suicidality in adolescents from the perspective of high school students.

Participant eligibility:
• 16–18 years old
• enrolled in grades 11 or 12 at a local, Sunshine Coast high school

Who is conducting the study:
The study will be conducted by the University of the Sunshine Coast at its Sunshine Coast Mind and Neuroscience – Thompson Institute.

The Thompson Institute is a hub for world-class mental health research, education and clinical services.

The study will be undertaken as part of its suicide prevention program, The Alliance for Suicide Prevention – Sunshine Coast.

What the project involves:
The research activity will involve completing a 30-minute online survey, undertaken on a tablet or computer. This will be done in a class setting, supervised by teachers during school hours.

All responses will be anonymous and no identifiable information will be collected.

Students will be asked questions about:
• What they believe are the risk factors to suicide for high school students
• What factors may protect students from developing depression and suicidality
• Whether they think Sunshine Coast high schools are doing enough in terms of mental health education for their students
• What they think an optimal high school based mental health education program should involve.

Key outcomes:
• The outcomes from this study will be used to inform a school-based mental health education intervention that will be tailored to the needs identified by students.
• Details of the suicide risk factors and protective factors identified by high school students will be used to develop suicide prevention training, support and interventions as part of the Alliance for Suicide Prevention - Sunshine Coast.

For more information, contact:
Dr Amanda Clacy
Research Fellow (Suicide Prevention)
aclacy@usc.edu.au

See frequently asked questions overleaf →
Frequently asked questions

Will my child be asked about their own experience with depression and/or suicidality?
No. Your child will be asked:
- What they believe are the risk factors to suicide for high school students;
- What factors may protect students from developing depression and suicidality;
- Whether they think Sunshine Coast high schools are doing enough in terms of mental health education for their students, and;
- What they think an optimal high-school based mental health education program should involve.

Who can participate?
The Alliance for Suicide Prevention has partnered with Sunshine Coast schools to roll out this survey.
High school students aged between 16 and 18 years, who are currently in grade 11 or 12 at a participating school can take part in the study.

Will my child’s data be identifiable?
No. Your child will be asked to provide general demographic information (eg age, gender, suburb they live in).

They will not be asked to provide their name or any other identifying contact information.

When will the survey take place?
The survey will be conducted during Term 3 or Term 4 of 2019. It will take place during class time under teacher supervision, and will take 15 – 20 minutes for your child to complete.

Can you provide an example of the questions my child will be asked?
Sure. For example, your child will be asked questions like: “Do you know what suicidality and suicide ideation are?” and “In your opinion, who would students your age most likely talk to if they were feeling depressed or suicidal?”

They will also be asked to express their level of agreement with statements like: “Students who don’t have a lot of friends or are socially isolated are more at risk of having thoughts of suicide”.

How are you using the data that arises from this research?
We aim to improve mental health and resiliency to suicidality and its precursors, among the Sunshine Coast community.
The students’ responses to this survey will be used to inform a potential suicide intervention program in the participating schools and will also inform suicide prevention programs in general.
Longitudinal Adolescent Brain Study

LABS

Be part of a world-first longitudinal study here on the Sunshine Coast

A longitudinal study is a research method in which data is gathered from the same individuals repeatedly over a period of time. This study will continue for five years.

NOW RECRUITING PARTICIPANTS!

usc.edu.au/labs

ETHICS APPROVAL NUMBER: A181064
LABS is now recruiting participants 12 years of age to be part of a world-first longitudinal study here on the Sunshine Coast.

Young people and their parent or caregiver can find out more about LABS and what it means to be a LABS research participant at usc.edu.au/labs

Adolescence is an important, exciting and dynamic phase of life. During this time, the brain changes dramatically in structure and functioning as it increases in efficiency. It is also a time of significant physical, emotional and social growth and change. The goal of LABS is to track the changes in the brain during adolescence, to gain deeper understanding of the factors that impact adolescent mental health.

What factors influence:

- Resilience
- Wellbeing
- Thinking skills
- Connectedness
- Mental disorder

Participants will undertake neurocognitive activities and brain imaging over a 5-year period (3 visits per year). Total 15 visits. Participants commence at 12 years of age.

This research will inform future development of evidenced-base youth mental health programs to support young people and their families.

Register your interest to participate online at usc.edu.au/labs or phone 5456 3892

LABS is being conducted at the Sunshine Coast Mind and Neuroscience – Thompson Institute, USC. A world-class facility for mental health and neurological research, teaching, advocacy and clinical services. Located at 12 Innovation Parkway, Birtinya.
For organisations and practitioners working with Children, Young People and Families

A significant concern has been raised regarding the increasing numbers of children and young people experiencing homelessness in Sunshine Coast, Noosa and Gympie.

In order to better understand, advocate and develop actions to address this need for children and young people, the Sunshine Coast Local Level Alliance is seeking partner organisations to assist in collecting relevant data.

If you have received this email, you are considered an important stakeholder.

Please see attached more information about the data collection.

Can you please respond by indicating whether you can or cannot support this project by Monday 9th December?

Contact Lisa Harrison – Local Level Alliance Coordinator
Act for Kids
lisahar@actforkids.com.au
Phone Family and Child Connect: 13 32 64
For organisations and practitioners working with Children, Young People and Families

Please come along and share information about services, network, undertake professional development and support the identification of solutions to challenges affecting children, young people and families living in Sunshine Coast and Noosa

Any service is welcome to refer families and young people to the Complex Case Panel, which can assist in determining the most appropriate available supports and services in a timely manner

**Network meeting 9.00-10.30am fortnightly**

followed by the

**Complex Case Panel 10.30-11.00am**

Community Solutions
Lakeview Room
Level 2, 100 Sportsmans Parade
Birtinya

Contact Lisa Harrison – Local Level Alliance Coordinator
Act for Kids
lisahar@actforkids.com.au
Phone Family and Child Connect: 13 32 64

Proudly supported by the Sunshine Coast Local Level Alliance and Family Support Collective members
## FEEDBACK FORM

### NETWORK DETAILS

<table>
<thead>
<tr>
<th>Network Name</th>
<th>Youth Connect-Regional Youth Services Network Meeting</th>
</tr>
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<tbody>
<tr>
<td>Network Date</td>
<td>Venue</td>
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### NETWORK CONTENT

Please provide your thoughts and comments regarding the following areas:

What did you find **most** valuable about the network meeting?

- ……………………………………………………………………………………………………………………………………………………………
- ……………………………………………………………………………………………………………………………………………………………

What did you find **least** valuable about the network meeting?

- ……………………………………………………………………………………………………………………………………………………………
- ……………………………………………………………………………………………………………………………………………………………

Any suggestions for improvement?

- ……………………………………………………………………………………………………………………………………………………………
- ……………………………………………………………………………………………………………………………………………………………

### YOUR KNOWLEDGE

Do you believe the network content is relevant to your job / profession?

- Yes  No

Would you recommend this network to your work colleagues, professional contacts?

- Yes  No

Further comments

- ……………………………………………………………………………………………………………………………………………………………

### OVERALL RATINGS

Overall, how do you rate the following:

<table>
<thead>
<tr>
<th></th>
<th>Poor</th>
<th>Below Average</th>
<th>Average</th>
<th>Very Good</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Network Relevance/Objectives</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Network Length &amp; Pace</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Facilitator</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<tr>
<td>Meeting venue</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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PLEASE TURN OVER…
### ADDITIONAL COMMENTS

Any extra comments?

<table>
<thead>
<tr>
<th>Attendees Name (Optional)</th>
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Thank you for taking the time to complete this evaluation. Your feedback will assist Sunshine Coast Council to continually improve the support being offered.