



MENTAL HEALTH NGO SUBSECTOR COMMISSIONING: DISCUSSION GUIDE

Children and Young People

June 2023



ACT Commissioning for Outcomes
2022- 2024

About the kitchen table conversation

Why a kitchen table conversation

Kitchen Table Conversations are a way to have a guided conversation in your social or community groups. It provides an opportunity for you to participate in our Mental Health Commissioning process on your own schedule and in a more casual environment.

This pack provides all the information you need to have these conversations with your friends, family, carers, community groups, or colleagues about what is important to consider in the design of our commissioned mental health sector.

Who can participate

Anyone who wants to host or have a conversation regarding our commissioned mental health sector can have their own kitchen table conversation. This can be done at home, in a social group or even at work.

What we want to know

We want to receive responses to design specific questions for the mental health subsector. This will include ideas of what types of services we should consider, and how to make the service system best fit the needs of Canberrans. These questions are included in each of the Discussion Feedback papers and in the Design Phase Blueprint, all available from our commissioning website at:

<https://www.communityservices.act.gov.au/commissioning/sectors-in-progress/mental-health>

Getting Started

Someone will need to host the conversation. This will be a person who organises the group meeting, and ensures that everyone has an opportunity to participate and contribute. The host will lead the group through the questions within the document and then, either themselves or with the help of a scribe, write notes for feedback to the Mental Health Commissioning Team.

This feedback could be filled in on this Word Template, hand written on a print out, with a copy sent to the team, or emailed directly to the Mental Health Commissioning Team at mentalhealthcommissioning@act.gov.au

When hosting your discussion considering using a 'Talking Object'. This will allow people to take turns when speaking and ensuring that everyone has an opportunity to contribute.

You are also welcome to print out the pages in this guide to use as prompt cards so everyone can see the questions and conversation can be guided as necessary.

Hosting the Conversation

To host the conversation you will need:

- A few people to come together and talk;
- This guide;
- A pen and notebook or laptop to take notes; and
- Optional: the feedback paper, or the Blueprint found here: <https://www.communityservices.act.gov.au/commissioning/sectors-in-progress/mental-health>

Step-by Step instructions:

Step	Instructions
1	Gather your group
2	Welcome and thank everyone for participating in this discussion
3	Acknowledgment of Country and lived experience (see below for examples)
4	Complete introductions and discuss talking object if using
5	Nominate one person to take notes or scribe, this can be yourself
6	Follow the questions below
7	Submit your feedback

Acknowledgement Scripts

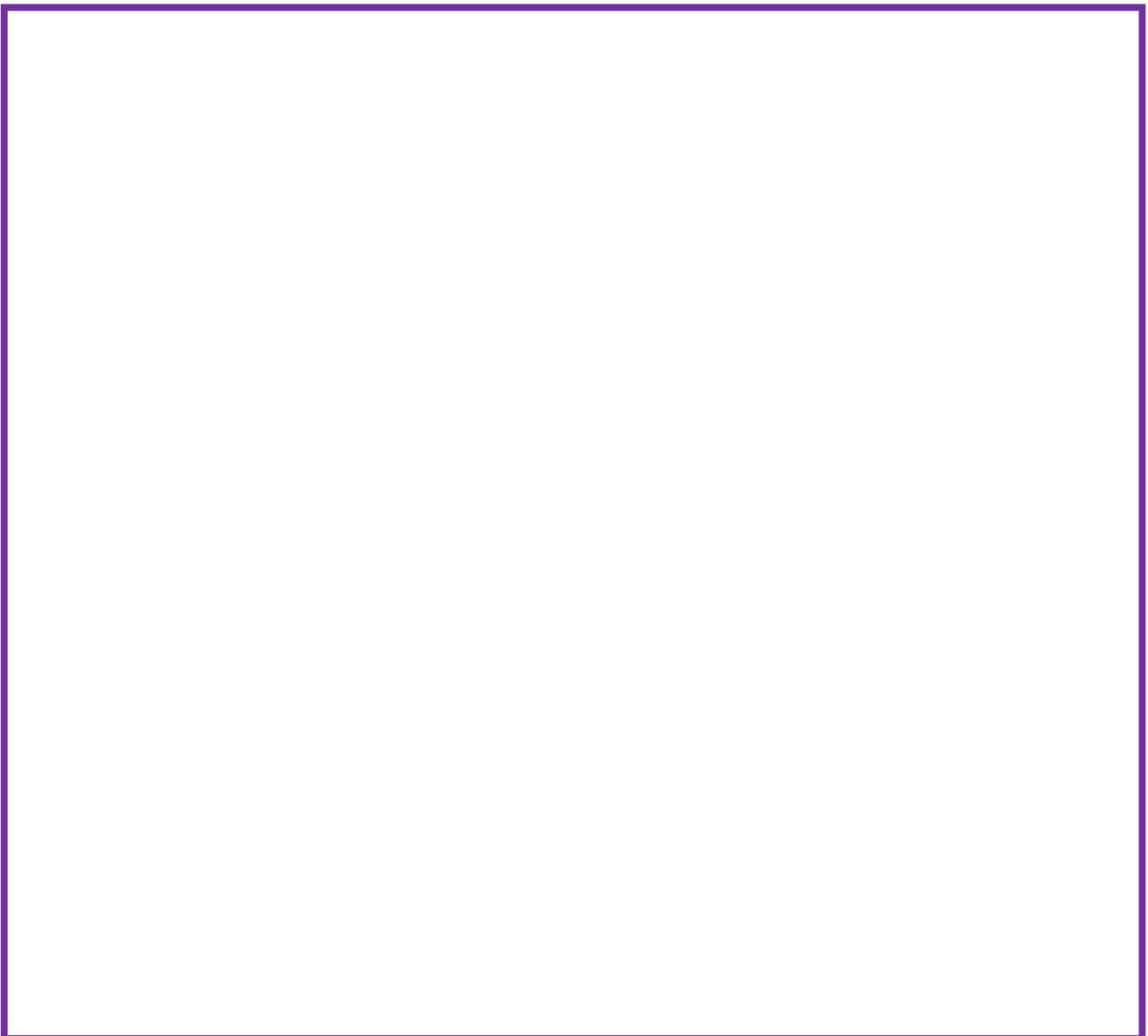
Acknowledgment of Country: 'I/We wish to acknowledge the Ngunnawal people as traditional custodians of the land we are meeting on and recognise any other people or families with connection to the lands of the ACT and region. I/We wish to acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region. I/We would also like to acknowledge and welcome other Aboriginal and Torres Strait Islander people who may be attending today's event.'

Acknowledgement of lived experience: 'I/We wish to acknowledge lived experience and its importance in the mental health sector. I extend my respect and welcome any person with lived or living experience to contribute today. It is important as we move forward to acknowledge the impact this has on our conversations and consider it within our conversation.'

Questions from the Children and Young + Discussion Paper

1. What should the top priorities for mental health promotion and education be for children and young people?

- For example, stigma reduction, developing resilience, or coping skills.
- What ages or settings should be prioritised for children and young people (ages 0 to 25)?
- What are ways organisations could engage or interact with children and young people for mental health education?

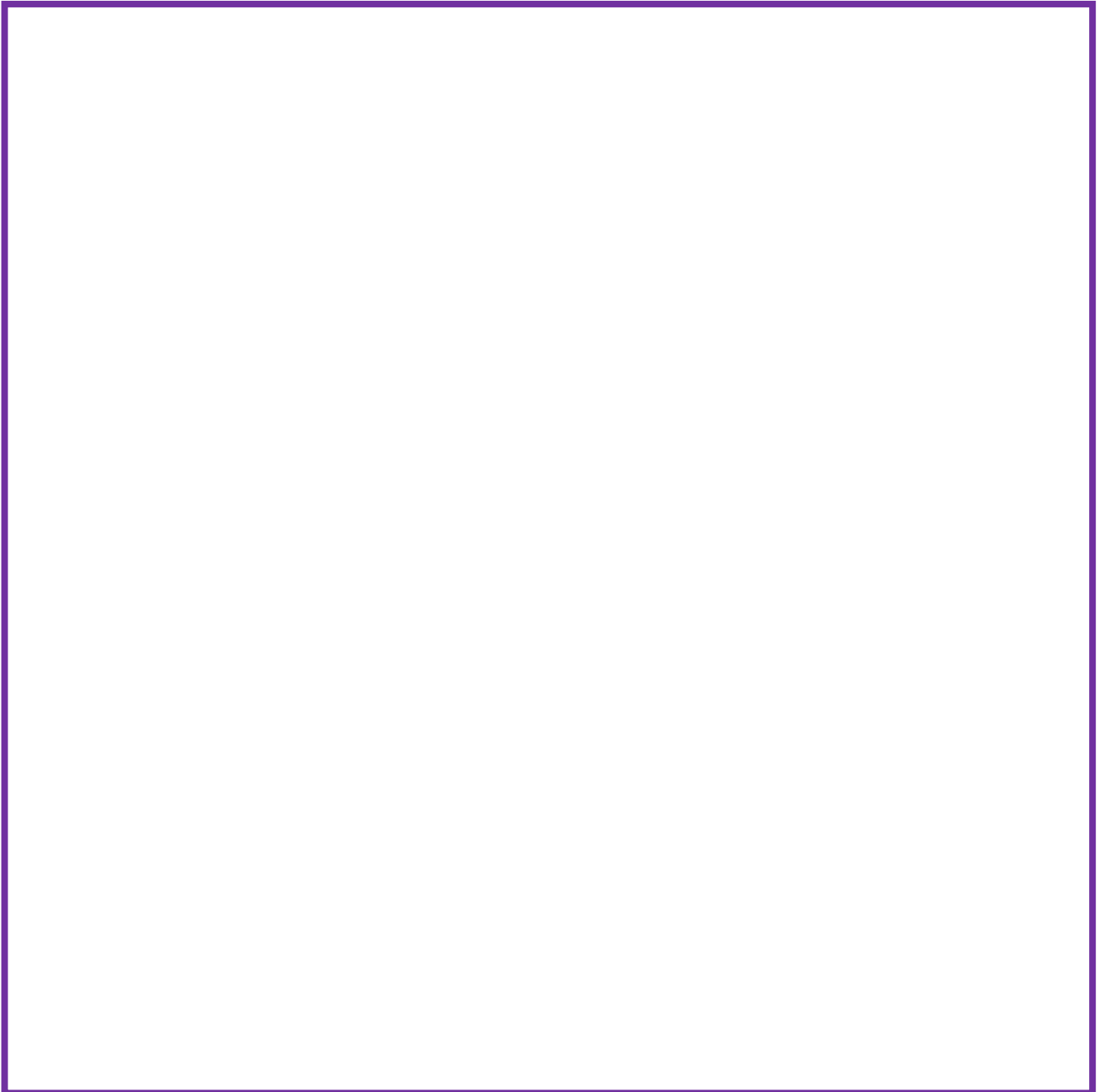


2. What barriers have Non-Government Organisations (NGOs) experienced engaging directly with families?

- Are there engagement methods that have worked?
 - From a parent's perspective
 - From an organisation's perspective
- Are there engagement methods that have not worked?
 - From a parent's perspective
 - From an organisation's perspective

3. How could NGOs increase engagement with lived experience workforce?

- What barriers would there be for organisations?
- How could we increase a youth peer workforce?
- Are there any ways your organisation has successfully engaged with lived experience workers?



4. How would a trauma informed service differ from other mental health services currently provided?

- What might this this service need to look like?
- Who would be able to access this service?
- Would this be a part of another service or stand alone?



5. Noting some of the service suggestions listed below and any others you can think of, what would be your top priorities for NGO services to support the mental health of children and young people?

- Some examples to consider:
 - Increasing promotion and mental health education young ages
 - Family support or counselling
 - Peer work, and targeted workforce
 - A trauma informed service
- Can you list your top 3 priorities for services for children and young people?

6. What do we need to measure to know that children and young people are better off and that NGO services and supports are having a positive impact on people's lives?

- Examples of things to measure may include:
 - Improved mental health understanding across different ages
 - Reduced risks of developing mental health concerns
 - Increased number of connections in a child or young person's life

7. What challenges do NGO services have for recording and measuring data relating to children and young people?

- Does your service capture children and young people data currently?
- How would you be able to capture children and young people in your data?
- What are the big limitations for you to engage with children and young people when recording your data?

Questions from the Design Phase Blueprint:

8. What kinds of support do families need from the mental health sector?

- How can parents and families be supported?
- Should this be an aspect of every service aimed at children and young people?
- Should there be an identified family and carer support service for those supporting children and young people?
 - What might this service offer?

9. What kinds of mental health support do young people need, that is not currently being delivered?

- What would be your top priority for a service for young people over 15?
- Are there any gaps you can identify in the current range of NGO services you want to address?
- Are there any innovative ideas you have that could support young people?



10. What kinds of mental health support do children need, that is not currently being delivered?

- What would be your top priority for a service for children under 15?
- Are there any gaps you can identify in the current range of NGO services you want to address?
- Are there any innovative ideas you have that could support children?



11. How can young people be supported when transitioning between child and youth or adult NGO services?

- What would make transition between services easier?
- Who should support the transition between child/youth and adult service?
- Would you like to see active partnerships between service to support transitions?





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