



**mental health &
wellbeing local**

Free support in your community

The Melton Local:

*Local adult and older adult mental health
and wellbeing service.*



Department
of Health

About the Local



The Adult and Older Adult Mental Health and Wellbeing services, also referred to as “Locals”, are a new service stream and are a key recommendation from Victoria’s Royal Commission into the mental health service system’s transformation.

A Network of Local Services across Victoria will provide a front door to the reformed mental health and well being system. This means people can access treatment, care and supports closer to home.

These services will have a ‘no wrong door’ policy, ensuring accessibility to all individuals seeking support.

Consortium Partnership



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Who is delivering supports at The Local



- Consortium partners will come together to form a multidisciplinary team to deliver services at the Locals.
- The team will be comprised of Wellbeing Staff (Peer Practitioners, Community Mental Health Practitioners), Clinical staff, such as Clinicians/Therapists, specialist AOD clinicians, Allied health professionals, and a Psychiatrist.
- The Peer Work discipline is at the forefront of this service delivery framework and will be heavily elevated in every aspect of practice.

What kind of supports will be offered



- Consumer led care planning and reviews
- Treatment and therapies
- Person-Led wellbeing supports
- Education, peer support and self help
- Coordination and shared care with other service providers.

At the moment these services are delivered through telehealth and outreach. However once fully operational these will include face-to-face, telehealth and mobile outreach services that are provided one-on-one or in groups.

Who can access The Local



The Local is FREE to access for anyone 26 and above experiencing mental health and substance use challenges.

How?

- Self refer
- supported referral from family or friends,
- warm referral from other services

****No medicare card, healthcare card, visa, or mental health care plan needed to access support****

Contacting us at The Melton Local



1800 332 501

Melton (03) 8732 3200



meltonlocal@mindaustralia.org.au

How is it different?



- It will not replace existing services in the area.
- It will offer wrap around supports and care for people who need more than a GP or private mental health practitioner but do not need higher intensity services such as hospital-based support services.
- It will work collaboratively with GP's, private mental health practitioners, alcohol and other drug treatment providers and other community-based health and social services to ensure that all support needs are being met.
- People can transition in and out of the Local

Wicked Problem/Challenge



Bringing multidisciplinary teams together has its challenges:

- Differences in approach and practice
- Different thresholds of safety and risk
- Addressing power imbalances
- Uplifting the voice of Lived Experience but bound by organisational policies and procedures

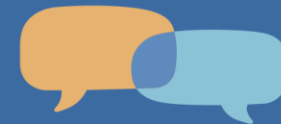


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THANK YOU





QUESTIONS ?

May 2025

Sector update

Amanda Low

Healthy Communities Coordinator



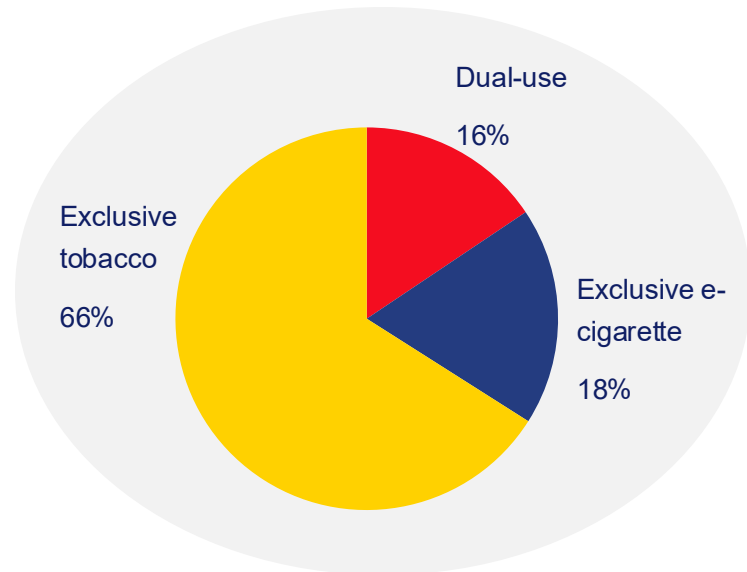
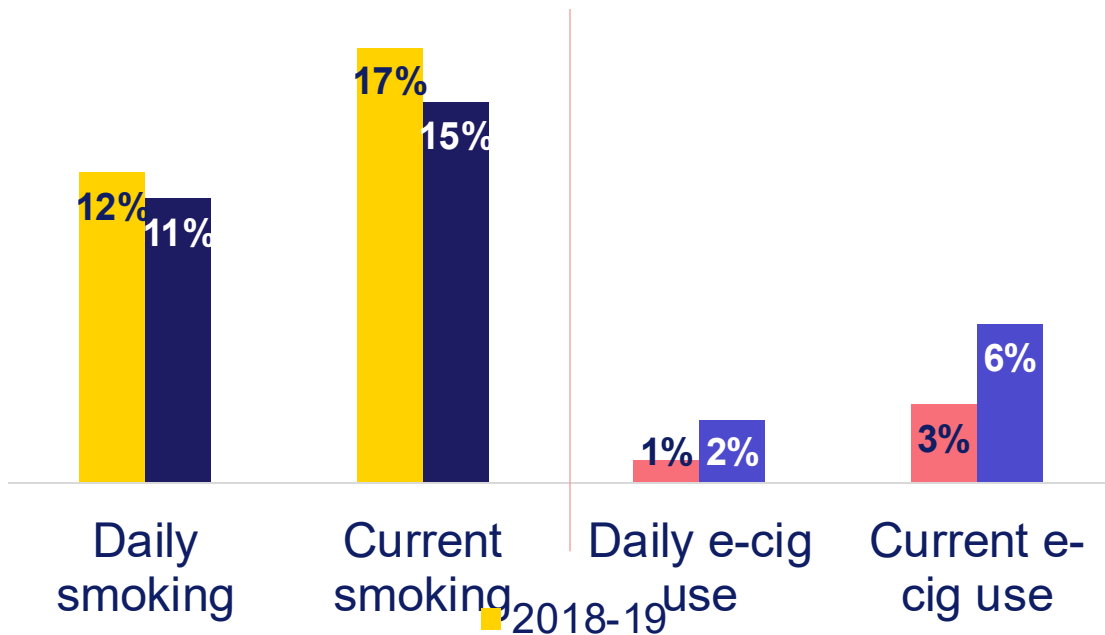
Acknowledgement of Country

Artist: Talitha Podger.

Wemba Wemba and Mutthi Mutthi



Smoking and vaping prevalence – Victorians 18+



References: Bayly M, Mitsopoulos E, Durkin S and Scollo M. Tobacco smoking prevalence, consumption and quitting among Victorian adults. May 2023.

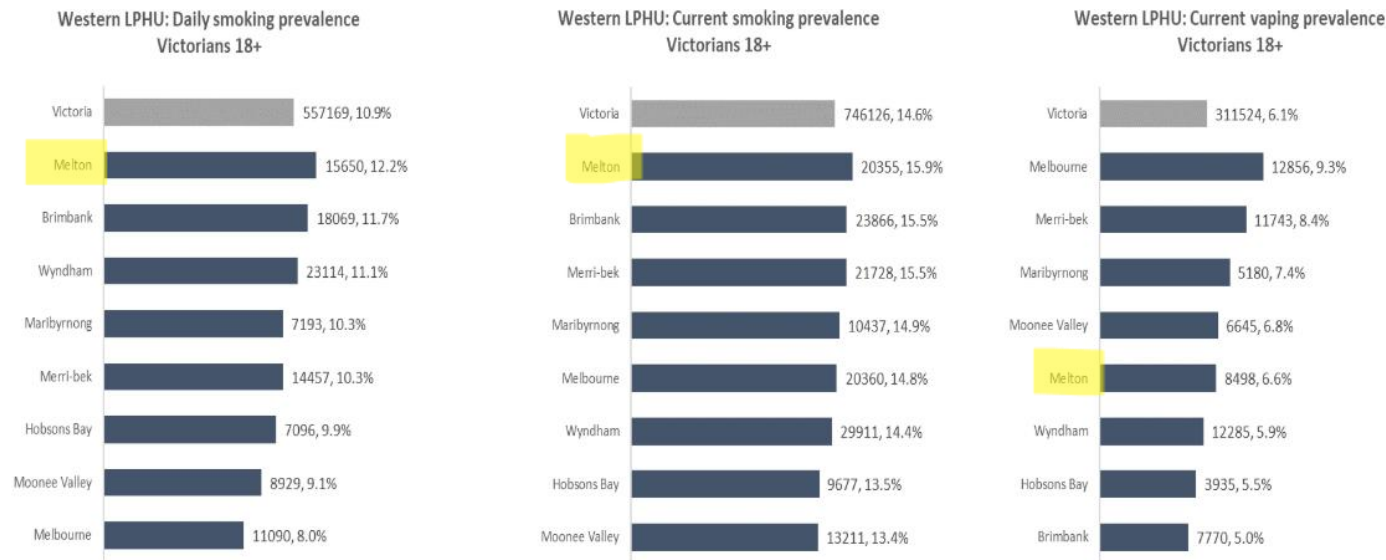
Bayly M, Mitsopoulos E, Durkin S and Scollo M. Prevalence of e-cigarette use among priority groups and by region of Victoria. September 2023.



Western PHU prevalence data



Western LPHU



Notes: Bars that are shaded darker mean this LGA estimate has a Relative Standard Error (RSE) below 25, lighter shaded bars have a RSE between 25 and 50 indicate a high level of sampling error and so should be interpreted with caution. Where the RSE was greater than 50%, the data for that LGA have not been provided.

What is the research showing us for adolescents?



Findings from the 2022-23 Australian Secondary Students' Alcohol and Drug (ASSAD) survey showed:

- **30%** of Australian **12–17-year-olds** had tried a vape
- More Victorian secondary students are vaping – past month **vaping increased** 3-fold to 13% in 2022-23 (compared to 4% in 2017)
- The prevalence of ever vaping and past month vaping was **higher** among both younger (12-15 years) and older (16-17 years) Victorian students

The gateway effect

- Australian teenagers who have vaped are **5x more likely** to smoke than those who had never vaped
Generation Vape - The Daffodil Centre, The University of Sydney 2024
- The younger the teenager starts vaping, the higher the rate of smoking initiation (29% higher risk for a 12-year-old)
Generation Vape - The Daffodil Centre, The University of Sydney 2024

PAEC Recommendations

27 recommendations including:

- immediate need to fund state enforcement measures for both illicit tobacco and vaping products
- implementation of a best-practice tobacco retail and wholesale licensing scheme
- expansion of cessation support services to targeted care for specific groups
- greater investment in prevention through public education programs
- continued support of Aboriginal Community Controlled Organisations to develop and deliver vaping and tobacco control initiatives relevant to their local communities

Media Release

Hon Jacinta Allan MP
Premier



Tuesday, 12 November 2024

TOUGH NEW LAWS TO SMOKE OUT TOBACCO CRIME LORDS

The toughest penalties in the country are coming for the illegal tobacco trade and the criminals who profit from it.

Premier Jacinta Allan today joined Minister for Casino, Gaming and Liquor Regulation Melissa Horne and Minister for Police Anthony Carbine to introduce the *Tobacco Amendment (Tobacco Retailer and Wholesaler Licensing Scheme) Bill 2024*.

The Bill will create a strict new licensing scheme, putting more boots on the ground and providing more powers to crack down on illicit tobacco and organised crime – with massive consequences for breaking the law.

It builds on the work of Victoria Police's Taskforce Lunar, which has already seen more than 80 offenders arrested and \$37 million worth of cash, vapes and illegal tobacco products seized.

Strict new licensing regime

The Bill will establish a tobacco business licensing scheme – so tobacco can only be sold by licensed retailers.

A licence is only available for fit and proper persons who pass a strict test, and you can be refused a licence based on your history and known associates.

This will help protect legitimate business from getting undercut from criminal syndicates and ban those who have criminal affiliations from having anything to do with this trade.

More powers

Victoria Police's search powers will be beefed up to make it easier and quicker to raid, search and seize illicit products from a retailer suspected of having links to organised crime.

Police will also play a key role in ensuring the suitability of licensees under the scheme. There will also be powers to impose further licence conditions.

Dedicated inspectors

A new tobacco regulator will be established, with dedicated inspectors to hit the streets alongside Victoria Police.

The regulator will administer the licensing scheme and will be responsible for enforcement and compliance of licences. This includes the power to search shops, suspend licences, and seize illegal items.

Inspectors will also support police with extra intelligence gathering in the fight against organised crime.

Toughest penalties in Australia

If you break these new laws, you'll face the toughest penalties in Australia.

Any person found to be selling illicit tobacco will face fines of more than \$355,000 or up to 15 years in jail, while businesses will face fines of more than \$1.7 million.

Vaping legislation in Australia

2023

Federal Government proposed:

- a ban on disposable vapes
- tighter regulations
- restricted supply of vaping products to prescription-based pharmacy sales

2024

- Disposable vapes banned
- Importation restricted to licensed pharmacy wholesalers
- Ban of retail sales of nicotine and non-nicotine vapes
- Ban on the advertising or promotion of vapes and vape products
- Flavours restricted to mint, menthol and tobacco
- Vapes sales restricted to participating pharmacies for people over 18 years (except Tasmania)



2025 (from 1 April 2025)...

- Restrictions on advertising and promotion of vapes and vaping products to extend to sponsorships
- Plain packaging requirements, restricting the use of appealing brand and variant names
- Regulate and in some cases prohibit attractive product features, such as crush balls and flavour beads
- Provide for a new Illicit Tobacco and E-cigarette Commissioner within the Australian Border Force

Did you know?

- People under 18 years are not permitted to purchase vapes including from participating pharmacies
- Pharmacists in Victoria must not supply e-cigarette (vaping) products to persons under 18 years of age. This includes a registered pharmacist supplying (dispensing) a vaping product on a prescription issued by a registered medical practitioner or nurse practitioner.

What's coming up for Quit?



Support health and wellbeing **strategic planning and activities**

- Increase access to Victorian smoking and vaping data and research
- Stakeholder consultations
- Development of a Health Systems Strategy to embed cessation support into health settings and ensure workforce capacity building



Implement **systems-focused smoking and vaping initiatives** in partnership with local and regional stakeholders



Develop **social marketing campaigns** to raise awareness and educate Victorians about the health harms and impacts of smoking and vaping, influence social norms of smoking and vaping and promote cessation



Develop further **community and education resources** for priority populations and specific settings



Review and deliver **workforce development capacity building** initiatives, training and resources



Monitor and support the implementation of the **national lung cancer screening program**

Seeing Through the Haze – vaping education resources



MATRIX					
Lesson Planning Matrix					
Use the following matrix to better understand the learning intentions, resources and timing of activities. We have also provided you with a range of ideas to help you develop your lesson plans. You will see this icon throughout the student resource . This indicates the time required to deliver the activity. Throughout the student resource you will see this icon. This directs you to additional activity information in the teaching guide .					
Lesson Title	Victorian Curriculum 2.0	Suggested time allocation	Lesson outline	Resources	Suggested additional activities
Introduction (pp 3-4)					
Lesson 1	Victorian Curriculum 2.0	20 mins	<p>To know what vaping is and the risks of vaping</p> <p>To understand what vaping is and the risks of vaping. Prompt to consider might be: What is a vape?</p> <p>What do you already know about vaping?</p> <p>As a class, share current understanding of vaping and the risks of vaping. Prompt to consider might be: What is a vape?</p> <p>What do you know or think you know about vaping?</p> <p>As a class, share current understanding of vaping and the risks of vaping. Prompt to consider might be: What is a vape?</p>	<p>Student resource (p 3)</p> <p>Exit cards</p> <p>Business paper and markers</p> <p>Device or TV for recording videos</p>	<p>Incorporate reading materials about vaping and vaping into guided reading and literacy stations.</p> <p>Sub-stations might include:</p> <ul style="list-style-type: none"> Cigarettes and vaping Factoring and drawing Controlled questioning The effect of vaping on the respiratory system The effect of vaping on the body

Whole-school approach

When compared to the 'core determinants of health' framework and the Ottawa Charter, there are clear connections to the whole-school approach model (see diagram). Each recognises that environments – physical, social and cultural – are key and should collectively create a school climate that is safe, supportive, stimulating and enjoyable. Equally important is student teaching and learning that includes health education and the development of health literacy, both of which connect to curriculum.

To support vaping prevention and cessation in schools, it is important we adopt a whole-school approach. This teaching guide has been developed to predominantly support the student teaching and learning component. When thinking about teaching and learning, be sure to consider ways to forge partnerships so that your classroom is connected to the community. Additionally, consider ways that your classroom could connect with and support the creation of healthy environments and your school's culture.



SEEING THROUGH THE HAZE | TEACHING GUIDE

These resources have been developed by Quit and Cancer Council Victoria in partnership with:



Department of Education



VICTORIAN CURRICULUM AND ASSESSMENT AUTHORITY



LGA Cancer Risk Data Snapshots

- Individualised snapshot for each local government area
- Aligned to 7 of the 10 priority areas in the **Victorian public health and wellbeing plan 2023–27**
- Evidence-based data driven approach
- Clear and actionable next steps for Councils to operationalise



How cancer impacts the health and wellbeing of the Alpine Shire community

In 2022, more than 35,500 Victorians were diagnosed with cancer and almost 12,000 died due to the disease. Approximately one-third of cancers are caused by one or a combination of the following **modifiable lifestyle risk factors**: tobacco use, being overweight, unhealthy alcohol use and ultraviolet (UV) exposure.

Participating in cancer screening, lifestyle and testing programs can reduce the risk of cancer. The earlier cancer is found, the easier it is to treat, which improves survival rates and health outcomes. There are national cancer screening programs for breast, bowel and cervical cancer to reduce risk of cancer and find cancer early. A new National Lung Cancer Screening Program will commence in mid-2025.

This snapshot provides information on the priority areas of the Victorian public health and wellbeing plan 2023–27, aligned to the following **modifiable lifestyle risk factors**:

1. Tobacco use
2. Being overweight
3. Unhealthy alcohol use
4. Ultraviolet (UV) exposure
5. Not eating healthy
6. Not being active
7. Not protecting from alcohol and drug use
8. Tackling climate change and its impacts on health

Victoria is on track to meet some, but not all, of the cancer risk factor national targets by 2030. However, the burden of cancer doesn't equally affect all Victorians. Some population experience barriers to accessing information and healthcare services, amplified by intersecting personal identities. For example, age, gender, Aboriginality, ethnicity and race, socioeconomic status, sexual orientation, disability and occupation. Systemic issues of discrimination and marginalisation further compound these disparities. A focus on reaching and supporting these populations is needed to drive equitable health and cancer outcomes within your communities.



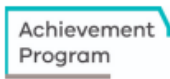
Tobacco use is still the leading contributor to the burden of disease and premature deaths in Victoria and Australia. Tobacco also remains the leading preventable cause of cancer. While smoking prevalence has declined in Victoria over the past five decades, data shows that 11% of Victorian adults aged 18+ smoked tobacco daily in 2022, behind the national daily smoking target for adults of 5% or less by 2030.¹

The use of vapes is rising, with almost double the number of Victorian adults reporting vaping in 2022 compared to 2018–19.² Concerningly, research shows a gateway effect for teenagers aged 12–17 who had ever used a vape, being five times more likely to start smoking than those who had not.³

	Alpine	In Victoria
Estimated % of adults who are daily tobacco ⁴	15%	15%
Estimated % of adults who currently vape ⁵	6%	6%
Estimated % of dual users among adults who smoke and/or vape ⁶	16%	16%

Source: 1. Australian Bureau of Statistics (ABS) 2022, 2. Australian Bureau of Statistics (ABS) 2022, 3. Australian Bureau of Statistics (ABS) 2022, 4. Australian Bureau of Statistics (ABS) 2022, 5. Australian Bureau of Statistics (ABS) 2022, 6. Australian Bureau of Statistics (ABS) 2022

- Councils can:**
- Increase awareness of the health harms of smoking and vaping through education settings, sports clubs, community and Council facilities
 - Promote **Quitline** and other cessation support services
 - Develop a smoke and vape-free areas policy, implement smoke and vape-free areas and improve associated signage to reduce exposure to second-hand smoke and vape aerosols



Quit campaigns: toolkits and resources



<p>Quit with Pride</p> <p>6 April to 17 May 2025</p>	<p>Aim:</p> <ul style="list-style-type: none"> • Raise awareness among adults who smoke and/or vape in the LGBTIQ+ community that quitting is achievable. • Promote Quitline as an inclusive and culturally safe cessation service for the LGBTIQ+ community. <p>Audience: LGBTIQ+ people who smoke and/or vape in Victoria, aged 18-49 years old</p> <p>Toolkit: posters, motivational magnets, social media assets and newsletter copy</p>
<p>Keep at Quitting</p> <p>27 April to 31 May 2025</p>	<p>Aim:</p> <ul style="list-style-type: none"> • Support and empower people who smoke within Victoria's Aboriginal and Torres Strait Islander community to quit • Raise awareness of the support available to them for smoking and vaping cessation – Aboriginal Quitline (AQL) <p>Audience: Aboriginal and Torres Strait Islander people who smoke and/or vape in Victoria</p> <p>Toolkit: videos, podcast, newsletter copy, social media assets, wallet cards, postcards, stickers, posters and magnets</p>



Quitline 13 7848

- Professional behavioural counselling tailored to the individual
 - ✓ Free and confidential
 - ✓ Warm and non-judgmental
- Tailored youth counselling
- Interpreters available
- Aboriginal Quitline



Quitline®
13 7848

Ways to contact Quitline 13 7848



Webchat
quit.org.au



Text 'call back' to
0482 090 634



Facebook Messenger
@quitvic



Call
13 7848



WhatsApp
61 385 832 920



Request a callback
quit.org.au

Useful links – Quit capacity building



Vaping Education Resources

Access Quit's education resources: www.vapingfacts.org.au/for-schools-and-health-educators

Promote Quit's education resources using: www.vapingfacts.org.au/for-schools-and-health-educators/seeing-through-the-haze-promotional-package

Learn about the Seeing Through the Haze 2024 School Challenge: www.vapingfacts.org.au/school-challenge

Operational and Workforce Resources

Website resources: <https://www.quit.org.au/communities-and-places-resources>

Vaping Resource Toolkit sign-up: <https://www.quit.org.au/vaping-resource-toolkit>

Monthly e-newsletter: <https://www.quit.org.au/quit-communities-and-places-newsletter>

Professional development sessions: <https://www.quit.org.au/professional-development-opportunities-and-resources>

Health professional smoking cessation online training: <https://education.quit.org.au/>

Community and social services smoking cessation online training: <https://www.quit.org.au/training-and-resources-community-and-social-services>

Community of Practice forum: <https://forum.quit.org.au/home>

Campaign toolkit: [Quit with Pride](#) and [Keep at Quitting](#)

Order physical resources: <https://www.quit.org.au/resource-order-form> and <https://www.aql.org.au/resources>

Useful links – legislation and data



National Vaping and Tobacco Laws and Regulations

- Australia's 2024 Vaping Regulations: www.quit.org.au/articles/australias-2024-vaping-regulations-what-you-need-to-know
- TGA Vaping Hub: www.tga.gov.au/products/unapproved-therapeutic-goods/vaping-hub
- New legislation for tobacco and other products: www.health.gov.au/topics/smoking-vaping-and-tobacco/tobacco-control/new-legislation
- Report illegal sale of vapes to the TGA: www.tga.gov.au/resources/resource/forms/report-perceived-breach-or-questionable-practices

Prevalence Data

Victorian adults

- Victorian adult smoking and vaping prevalence: [Victorian adult smoking and vaping population surveys - Cancer Council Victoria](#)
- Tobacco smoking prevalence, consumption and quitting among Victorian adults: [Microsoft Word - 2023 Q1_PC&Q report_May2023_FINAL](#)
- Prevalence of tobacco smoking by Victorian LGA: [Microsoft Word - CBRC report - VSHS 2022 LGA smoking and vaping prevalence_Sept 2024 Update.docx](#)
- Prevalence of vape use among priority populations and regions of Victoria: [Microsoft Word - Q3 2023 E-cigarette prevalence by priority group and area_FINAL_Sep2023](#)
- Vaping, tobacco smoking, and dual use by Victorian LGA: https://www.cancervic.org.au/downloads/research/research-reports/2025/Prevalence_of_exclusive_tobacco%20_2025.pdf
- E-cigarette purchasing patterns and reasons for use among Victorian adults: https://www.cancervic.org.au/downloads/research/research-reports/2025/E-cigarette_2025.pdf

Victorian adolescents

- Victorian adolescents smoking and vaping prevalence: <https://www.cancervic.org.au/research/behavioural/major-topics-projects/tobacco/victorian-secondary-student-smoking-attitudes-and-behaviours.html>



Thank you

Contact us

Amanda Low
Healthy Communities Coordinator, Quit

QuitVicCommunities@cancervic.org.au





Amplifying Youth Voice

8 May 2025

**Young
Communities**

Young Communities

- Provide a range of services and programs for young people aged 12-25 years old who live, work, study or play in the City of Melton
- Short term support - 6801 Youth Outreach (12-25 years) and UTURN 193 (10-24years)
- After school programs and School Holiday Programs
- Leadership Programs
- Events



Young Communities

MELTON YOUTH CENTRE, BARRIES ROAD



Just behind Woodgrove next
to Western Health!

TAYLORS HILL YOUTH AND COMMUNITY CENTRE, CALDER
PARK DRIVE

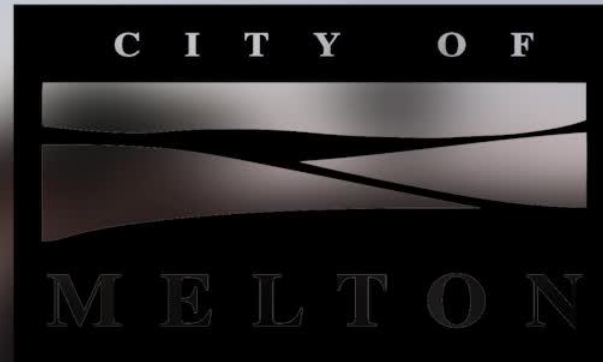




Melton Youth Forum

**Young
Communities**

Young Communities



Recap of 2024-25 Youth Forum Priorities

Young people told us that their top 3 priorities were:

2024

1. Youth Violence
2. Mental Health
3. Safe Spaces

2025

1. Youth Violence
2. Employment and education opportunities
3. Opportunities for engagement

Council Actions

Addressing 2024 Youth Forum Priorities

1. Youth Violence

- Prevention focused content on Social Media
- Education on Consequences
 - Rage- Anger Management
 - Vaping
 - Lose the knife / Cut the Violence campaigns
- Mentoring Programs
- School Programs
 - UNITE
- Early Intervention Programs
 - CORE / DASH (BlueLight)
 - UTURN 193
 - Offender Youth Management Program (OYMP)
- TARGET 0 - Working Group

2. Mental Health

- Reducing mental health stigma
- Supporting education and employment pathways
- 15 Extra-curricular activities
 - Building resilience
 - Lived experience
- Leadership programs
- Grade 6 Transition Workshops
- Normalising help-seeking and increasing access to support services
 - Western Health
 - Family Nights
 - Co-design project

3. Safe Spaces

- Celebrate community diversity
 - Culture Konnect
 - Council Events
- Equity & Respect
 - 16 Days of Activism
- Outreach presence at priority locations
- Facilitate better relationships between police, security community, and young people.

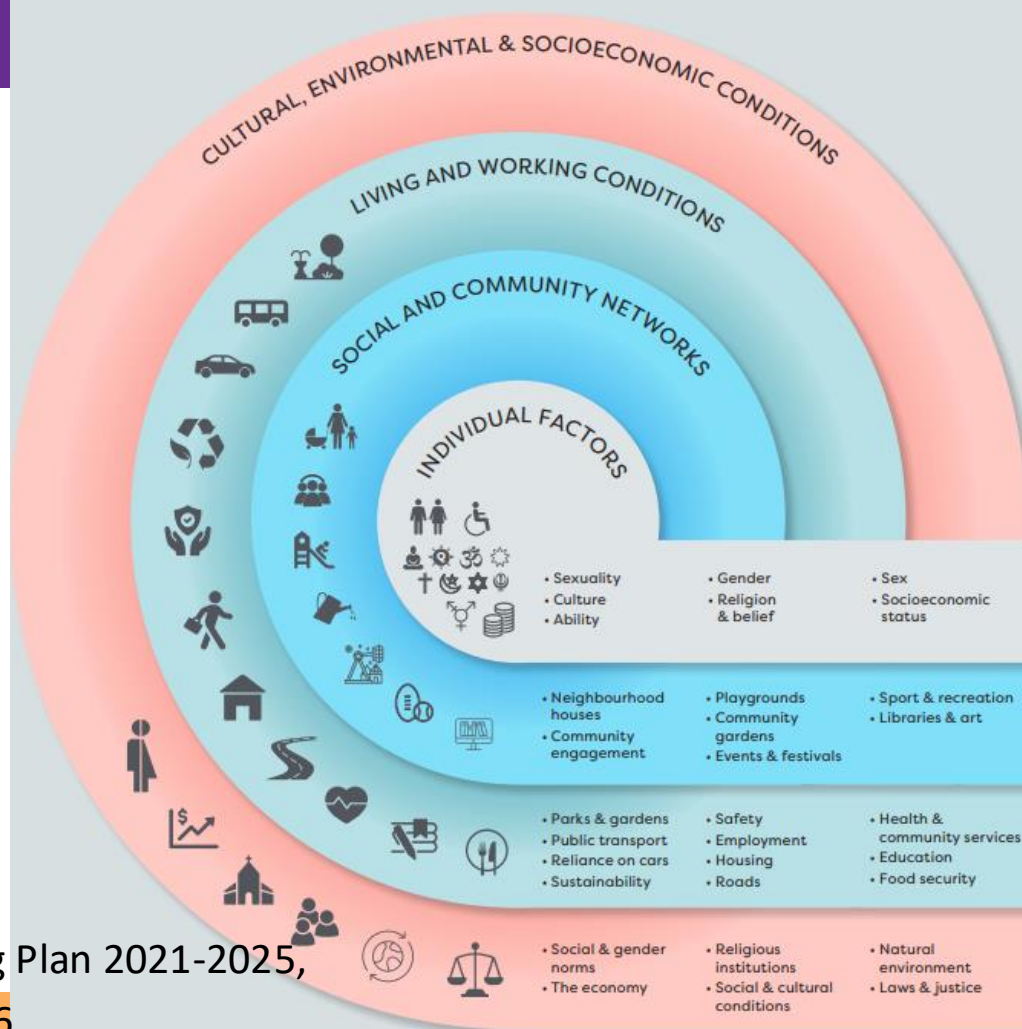


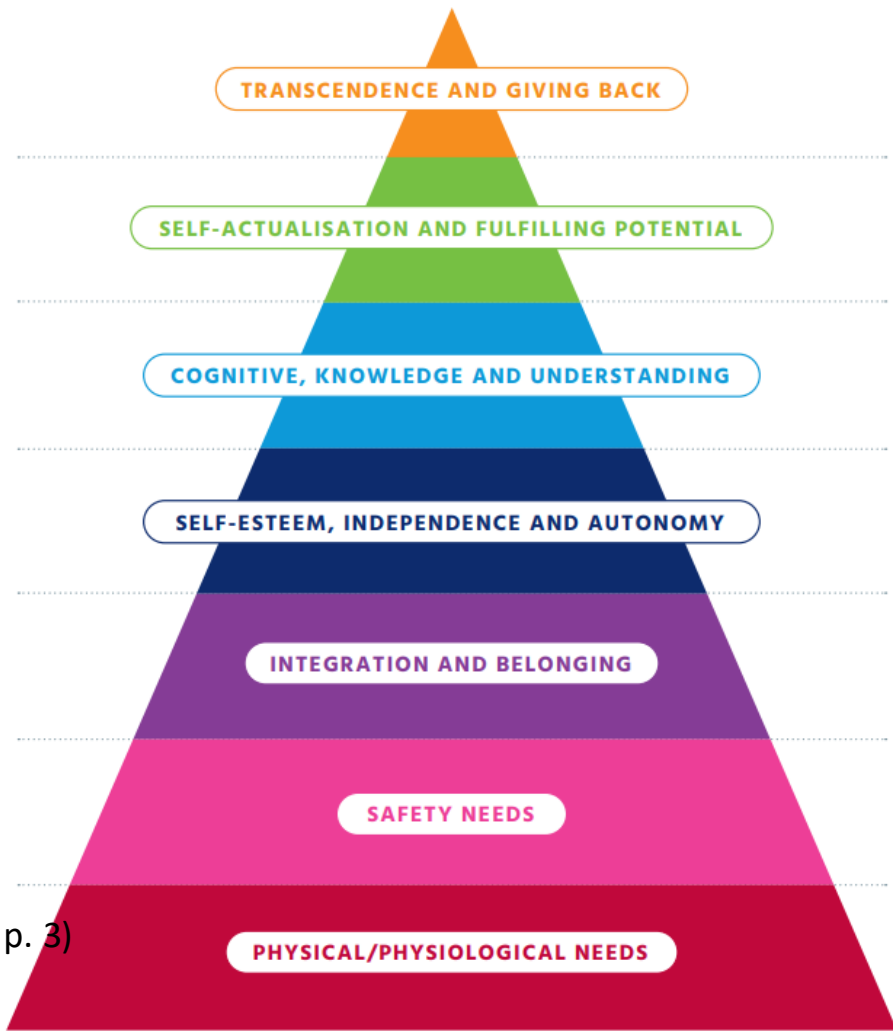
Melton Youth

**Young
Communities**

Young People in City of Melton

- 31,000 young people living in the City of Melton (Australian Bureau of Statistics ABS, 2021; informed decisions .id, 2021)
 - Determinants of health affecting young people
- The individual factors social and community networks, living and working conditions (Dahlgren & Whitehead, 1991)
 - Mental health and employment ongoing issues affecting young people - Maslow's hierarchy of needs (Maslow, 1943)





Children's Commissioner (2024, p. 3)

What's next

1. Youth Violence
2. Employment and education opportunities
3. Opportunities for engagement

Get in contact with Young Communities

Melton
Melton Youth Centre
193 Barries Road
Melton
PH: 03 9747 5373

E: youngcommunities@melton.vic.gov.au

Taylors Hill
Youth & Community Centre
121 Calder Park Drive
Taylors Hill
PH: 03 9747 5422

E: youngcommunities@melton.vic.gov.au

Stay up to date and follow us on
Facebook and Instagram
[@CityOfMeltonYoungCommunities](https://www.facebook.com/CityOfMeltonYoungCommunities)



Thank You



References

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Dahlgren, G. & Whitehead, M., 1991. Policies and strategies to promote social equity in health. Stockholm: Institute for Future Studies.

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Melton City Council, 2021. Council and Wellbeing Plan 2021-2025. Available at:

<https://melton.vic.gov.au/Council/About-Council/Council-Plans-and-Budget>

Learnings from a Youth Social Connection Co-Design Project

Melton Health Promotion Forum

May 2025

A vibrant, safe and liveable City accessible to all



Acknowledgement of Country

Melton City Council acknowledges Aboriginal and/or Torres Strait Islander peoples living and working in Melton.

Council recognises the people of the Kulin Nations as the original custodians of the land now known as City of Melton.

On behalf of the municipality, Council pays respect to their Elders, past, present, and future.

Project Goal

Sustainably increase social connection and mental wellbeing for young people aged 12-18, in the City of Melton, through youth co-design of existing Council programs and facilities

Project Partners

Young
Communities
team

Libraries team

cohealth

African Youth
Initiative

NWMPHN



**x1 focus group with
Burmese youth**

27 Burmese youth aged 12 to 18 years

x1 Burmese Bicultural Worker from
cohealth



**x1 focus group with
South Sudanese youth**

26 South Sudanese youth aged 11 to 18
years

x2 South Sudanese Bicultural Workers from
AYI



**x1 final co-design workshop with a mix of
participants from both focus groups**

30 youth aged 12 to 18 years

x3 Bicultural Workers

Focus Group Findings

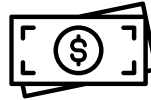
Barriers to Social Inclusion



lack of cultural and religious safety



lack of adequate public transport



lack of money and job opportunities



racism and discrimination



mental health issues

Impact of Social Exclusion



feeling tired, sluggish and drained



poor mental health



sleep issues



isolation



developing trust issues



feeling misunderstood and confused

Recommendations for City of Melton Libraries

Finding

Recommendation

Participants have misconceptions about libraries and their services



Develop a targeted promotion campaign/intervention for young people to educate their peers aged 12-18 and parents/guardians about what the City of Melton libraries can offer

Participants would like to see a diversified range of workshops



Design a series of culturally accessible workshops for young people aged 12-18 that discuss career pathways and opportunities, finances (taxes, managing money, running small businesses and financial abuse) and coding/IT

Participants dislike completing surveys at the end of workshops or events



Use surveys sparingly to evaluate youth workshops and programs

Recommendations for Melton Youth Centre

Finding

Recommendation

Participants generally do not know that the Melton Youth Centre exists or what programs are offered



Develop a school promotion intervention that involves young people, youth peer champions, parents/guardians and schoolteachers to deliver information about the Melton Youth Centre in schools

Participants would like culturally specific spaces and programs delivered through Melton Youth Centre



Provide South Sudanese and Burmese-specific youth programs at the Melton Youth Centre, such as traditional Burmese dancing

Participants would like more engagement with family members on youth issues



Provide workshops or programs that youth can attend with their family members to increase family-knowledge of youth issues

Recommendations for City of Melton Plans, Strategies and Programs

Finding

Burmese and South Sudanese communities do not discuss mental health and parents may not understand youth mental health issues



Council should work with CALD communities to increase parent/guardian/family understanding of youth mental health issues and begin to breakdown cultural stigma surrounding mental health

Increasing cultural accessibility of programs and events by providing interpreters and translated materials



Council should apply a cultural accessibility lens to all programs and events and strongly consider using interpreters and translated materials to improve cultural safety and community engagement



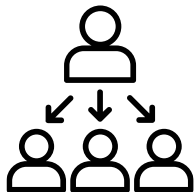
Council should strongly consider partnering with a Bicultural Worker during the design, delivery and evaluation of relevant community projects to increase cultural safety, relevance and engagement with community

Local transportation options are inadequate, and this greatly impacts how socially included and connected youth feel



Council should continue strong advocacy efforts to increase public transport access across the City of Melton

Factors Influencing Data Collection



Not representative



All participants were students and engaged with education system



Gender imbalance



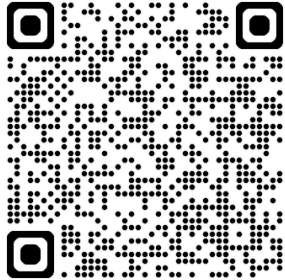
Limited engagement with participants under the age of 15



Peer influence

Importance of Bicultural Workers

When working with culturally specific communities, Council should partner with a Bicultural Worker for project planning, delivery and evaluation to increase cultural safety and community engagement (budget permitting)



cohealth's 'Working Together' guide for employers and Bicultural Workers to navigate complexities of BCWs working in their communities

Next Steps

Youth Co-Designed Awareness Campaign



Youth Working Group with x10 young people aged between 16 - 18 years

Develop youth co-design campaign to increase awareness of youth programs offered through Council libraries, youth centre and community centres

Burmese Youth Co-Designed Event



Youth Working Group + Burmese Bicultural Worker

Co-design and deliver a culturally accessible event or program at Melton Youth Centre that connects Burmese youth and families to the Centre

Connecting to Culture Workshops with Headspace



Headspace + AYI

Pilot program to promote intergenerational dialogue in the South Sudanese community and reduce barriers to accessing mental health support

Millie Scanlan (she/her)

Health Promotion Officer - Melton City Council

Phone - 9747 5742

Email - millies@melton.vic.gov.au

A vibrant, safe and liveable City accessible to all

