

Challenging the Status Quo ... Co-designing the future of child and youth mental health services with young people

Health Consumers QLD 2019 Annual Forum



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Acknowledgements

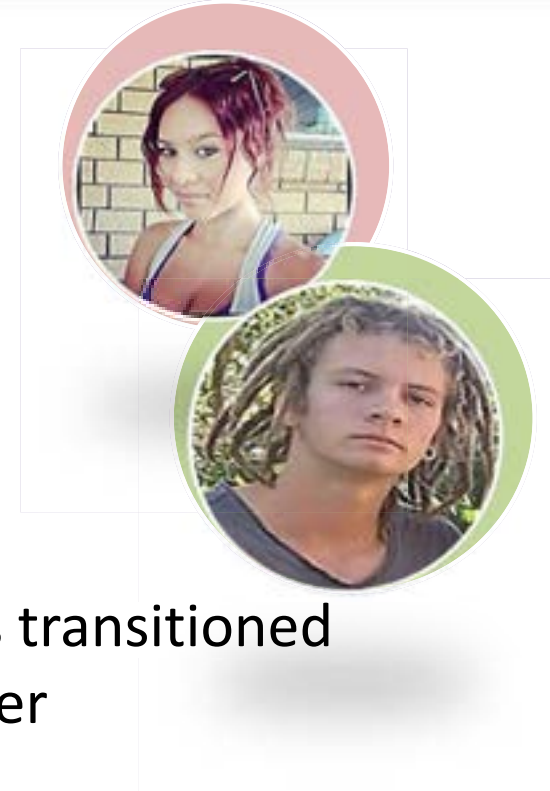
Child & Youth Mental Health Service (CYMHS) acknowledges the traditional custodians and pay our respects to Aboriginal and Torres Strait Islander Elders, past, present and emerging. CYMHS acknowledges the importance of your traditions, cultures, connection to land, sea and spirit and your customs across Queensland and Australia as First Nations people. We acknowledge sorry business and the lives of all.

We also acknowledge young people living with mental illness, mental health problems and problematic drug and alcohol use, and their families and carers.



Overview

- Sharing our project journey
- Co-design and consultation
- Hearing the journey of a young person that has transitioned from consumer to a valued CYMHS staff member
- The future of youth peer work



The Y2Y Peer Worker Project

- Participatory
- Supporting Recovery
- Best Practice
- 0-18
- Co-design



Our Co-Design Process...



Participation and Lived Experience

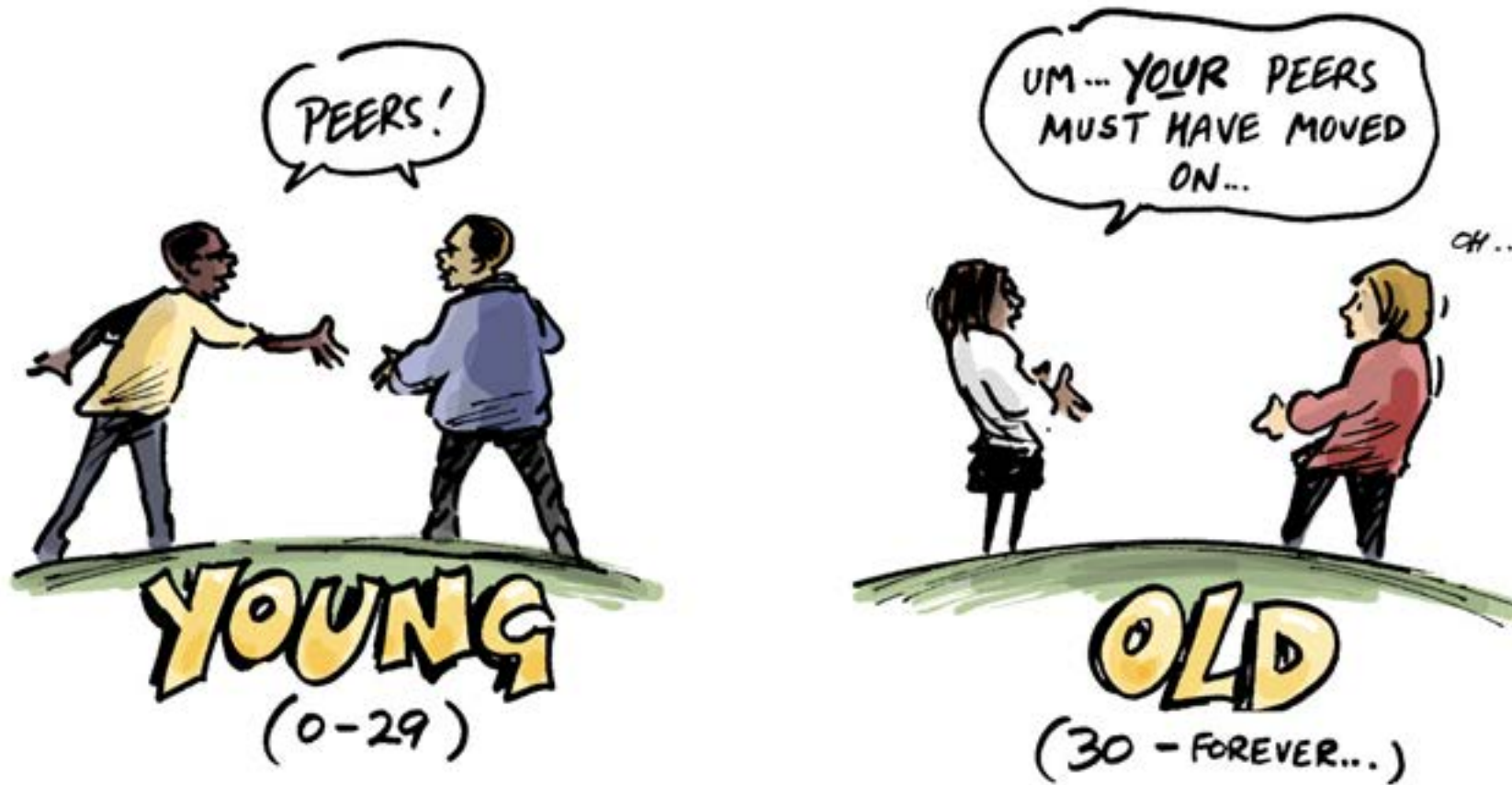


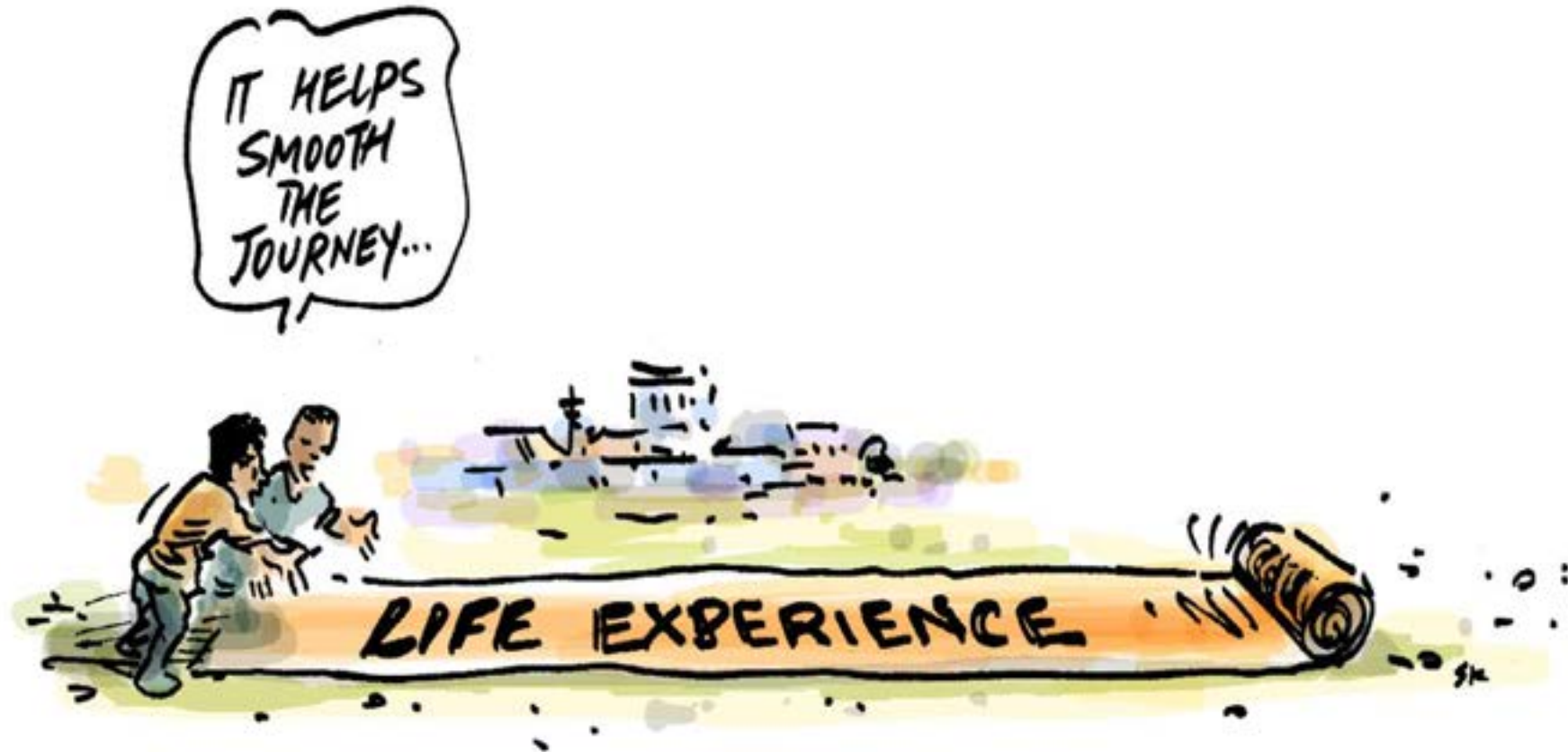
WHY youth consumer participation?

- Participation is a fundamental right for all people, whatever their age
- Young people can shape their futures and our society and the services that have been developed to support them right here and now
- It is unethical to withhold this right from those who may be less assertive
- Young people offer a unique perspective – through being taken seriously, will feel valued and appreciate their roles
- Taking an active and independent role is empowering for a young person and can be a significant influence in supporting their continued recovery and promoting the recovery of others



Some learnings...







**WORKING
IN MANY DIFFERENT
WAYS!**

! "Coming together is a beginning
Keeping together is progress
Working together is success"



Turning experience into action

