

# **YOUTH HEALTH POLICY SHOWCASE 2013+**

[Showcase summary](#)  
**NSW Youth Health Policy  
2011-2016: *healthy bodies,  
healthy minds, vibrant  
futures.***

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## OVERVIEW OF THE SHOWCASE

The *NSW Youth Health Policy 2011-2016: Healthy bodies, healthy minds, vibrant futures* seeks to improve access to quality youth-friendly health services and to strengthen the community supports that promote wellbeing for young people.

The *NSW Youth Health Policy 2011-2016* makes a commitment to running two forums over the life of the Policy to showcase research and initiatives under the Policy. The first of these one day forums was held on Thursday 28 November 2013 at The Portside Centre, Level 5, Symantec House, 207 Kent Street, Sydney.

This report provides an overview of the day. The key findings from the Showcase will inform the work of NSW Kids and Families in implementing the policy.

Eighty three people attended the showcase including NSW Health staff (32), government departments (11), NGOs (10) Kids and Families staff (9), young people (6), Medicare Locals (5), peak bodies (3), headspace (2) a GP Registrar, academic and NSW Police Officer as well as three others.

The aim of the forum was to:

- Celebrate achievements of the implementation of the *NSW Youth Health Policy 2011-2016: healthy bodies, healthy minds, vibrant futures*
- Share what has been learned from early actions, good ideas and promising projects with each other
- Highlight best practice in the provision of health care to young people

A moving Welcome to Country was provided by Michael West from the Metropolitan Local Aboriginal Land Council.

The day was then officially opened by The Hon Jillian Skinner MP, Minister for Health and Minister for Medical Research who spoke about the importance of youth health and reiterated her endorsement of the directions set in the NSW Youth Health Policy 2011 – 2016.

Eight projects reflecting a range of activities undertaken by Local Health Districts (LHDs) were showcased with a focus on results achieved and lessons learnt.

Julie McCrossin, journalist and broadcaster, facilitated the day creating a lively, interactive forum with frequent opportunities for questions and comments by participants.



**SHOWCASE PROGRAM****Opening Address****The Hon Jillian Skinner MP, Minister for Health  
and Minister for Medical Research**

The Minister spoke about the importance of youth health and reiterated her endorsement of the direction set under the *NSW Youth Health Policy 2011 – 2016*. The Minister also noted that the actions areas included in the *Youth Health Better Practice Framework* checklist under this policy reflected those included in the 1993 Youth Health Plan for which she had been responsible as Director of the then Office of Youth Affairs.

The Minister outlined her commitment to developing a strong foundation for young people's health services. The establishment of NSW Kids and Families will assist this through providing leadership to implement evidence based approaches to the health needs of children and young people. The Youth Health and Wellbeing Team's role is to lead implementation of the NSW Youth Health Policy and Minister Skinner congratulated the Team for organising this Showcase. She said she looked forward to hearing about the outcomes of the day.

**Update on Policy, Research & Clinical Practice – Panel discussion****Clin Prof David Bennett AO, Senior Clinical Adviser, Youth Health and Wellbeing, NSW Kids and Families;  
Clinical Program Director (Medical) Priority Populations, The Sydney Children's Hospitals Network**

Clinical Professor Bennett said we need youth health to become mainstream, to be acknowledged as equal in importance to any other field in the spectrum of health care, and we need to normalise service delivery. Young people should be actively and meaningfully involved in all issues of importance to them and respected for their views.

Clinical Professor Bennett said the Showcase was about 'joining the dots' between different levels of care and strengthening ties between health and education. We need to consider the needs of young people before designing services – that would be ideal. Our aim at NSW Kids and Families is to ensure that children and young people grow up to be 'healthy, safe and well' and to be strong and resilient.

We have seen significant improvement in the health of young people. According to the Australian Institute of Health and Welfare's (AIHW) *Young Australians: their health and wellbeing 2011* we have seen large declines in death rates (mostly due to declines in injury deaths), declines in asthma hospitalisations, notifications for hepatitis (A, B and C) and improved survival for cancer, with survival for melanoma very high and favourable trends in some risk and protective factors, such as declines in smoking and illicit substance use, and most Year 10 and Year 12 students using contraception.

The leading causes of death and illness between the age of 12-24, are largely preventable e.g. the improved survival for cancer is due to improved care and early detection (for example, the significant improved survival for melanoma is due to using sun protection, regular skin checks are important as the early detection of skin cancer is more likely to improve treatment



outcomes). Evidence indicates there is a strong relationship between risk-taking behaviour and resilience. When young people are less resilient, it is more likely they will be involved in risky behaviour. Prevention and early detection are crucial - improve young people's access to health care and help young people to be more resilient.

From a clinical practice point of view, there are challenges in improving the health of young people. These include rising rates of diabetes and sexually transmissible infections (largely chlamydia), and high rates of mental disorders and, among males, road transport accident deaths. Too many young people are overweight or obese, are not meeting physical activity or fruit and vegetable guidelines, are drinking at risky or high-risk levels for short-term or long-term harm, are victims of alcohol- or drug-related violence, or are homeless. Although there have been improvements in some of these areas (e.g. declines in injury deaths), the rates remain too high.

Clinical Professor Bennett said we can build on the work undertaken by the former NSW Centre for the Advancement of Adolescent Health and the Access Study research which resulted in the *Youth Health Better Practice Framework* checklist. Its inclusion in the Policy is an example of evidence to policy and practice. The checklist will help services to identify actions to increase the youth friendliness of their service and improve young people's access.

### **Joanna Holt, Chief Executive, NSW Kids & Families**

Joanna Holt spoke about the importance of using evidence to inform policy and practice. We need to use the evidence of what works and translate this into action. Data is important in this process and the current data on young people's health and their service needs has some serious gaps. We have the Australian Early Development Index (AEDI) in which data is collected nationally every three years and provides a snapshot of how children are developing by the time they reach school. It would be good to also have one for young people. This would allow us to look at relevant statistics for young people across the state. Wise decisions can only be made by measuring outcomes.

We need to get better at working in partnership. We need to share governance arrangements to put young people in the centre so that all their needs can be met. We need to work together, to share information, and to get better outcomes.

Ms Holt explained that NSW Kids and Families is a new statutory health authority established within NSW Health to champion the health and wellbeing of children, young people and families. One of the key roles of the Youth Health and Wellbeing Team is to support the implementation of the Youth Health Policy. The team recently surveyed the LHDs to get an update on what has happened since the Policy was released.

NSW Kids and Families is currently developing a strategic plan for the health of children and young people in NSW which we hope to have finalised by early 2014. This has included extensive consultation both with LHDs and other agencies and young people. This plan has a strong focus on collaboration and partnership across the whole health system as well with other government and non-government agencies and with young people and their families.

The showcase provides a great opportunity for all of us to hear from those working in youth health about what is working well through the implementation of the NSW Youth Health Policy and what needs to be done better to improve the health and wellbeing of young people. It is an opportunity to celebrate all the good work being done and provide inspiration and practical strategies to do more effective work with young people. NSW Kids and Families will take the feedback and recommendations from this showcase and combine this with all the information provided through the survey of LHDs and other available data to identify actions to support an enhanced response to the health needs of young people in NSW.



**Prof Kate Steinbeck, Medical Foundation Chair in Adolescent  
Medicine, The University of Sydney**

Professor Steinbeck said longitudinal research is important. Good data is also important. If we have 'rubbish in' we get 'rubbish out'. We need to be collecting useful data.

Youth health exists within an environment that is changing rapidly. So we need to be monitoring the environments of young people – for example by using the HEEADSSSS tool. An example of environmental impact - over the past 30 - 40 years, sperm counts have dropped by 30%.

Professor Steinbeck spoke about her current research and the importance of collaboration. Examples include:

- The Archer study exploring relationships between puberty, health and wellbeing and behaviour prospectively in a group of country children in order to understand the impact of biological changes on life trajectories. As well as urine collections, the study involves measuring hormone levels every three months for three years in Dubbo and Orange. The study also examines the role of puberty hormones on young people's health, wellbeing and behaviour.
- Another study investigates the access of marginalised young people to Youth Health Services in Western Sydney.

Services need to get better at collecting good data – for example by asking only one question at a time and using established surveys rather than untested ones. While it is good to have qualitative data, funders also want quantitative data. This can be achieved by forming partnerships with people who know how to use data. Establishing links between academics and practitioners is important.

We also need to get better at translation of research findings. We need knowledge brokers who can translate 'scientific speak' into meaningful messages.

### Showcase of youth health initiatives

In October 2013, Local Health Districts provided Youth Health Reports to NSW Kids and Families. The reports included project and initiative snapshots which aim to achieve the goals of the *NSW Youth Health Policy 2011-2016*. The snapshot identified how they related to the NSW Youth Health Policy goals and objectives.

Eight diverse projects were selected from the Local Health District reports to be showcased. The showcased projects were from urban and rural areas – and focus on engaging young people at risk, creative use of technology, and participation from young people. Clinical services, health promotion, and capacity building within hospital, community and outreach contexts were project features. Further information on the showcased projects is in the Appendix.

Julie McCrossin interviewed the eight presenters about their project including:

- the primary objectives of their work - the key activities and the results achieved
- the relevance of the *Youth Health Better Practice Framework Checklist*
- challenges and ways of overcoming these
- the practical lessons learnt



**Young parents DVD - Helen Rogers, South Eastern Sydney Local Health District**

This project involved the creation of a website listing services for young parents and the creation of a DVD resource for staff with young parent stories. This project is a great example of involving young people to create powerful educational resources for young people and for staff. South East Sydney Local Health District partnered with organisations to provide transport and childcare to support the young parent's involvement. Helen said the keys to partnership are "open dialogue and keeping in touch".

A website was chosen as the key way to keep pace with technology and to engage with young women - the website has had 8,000 visits. Project reports are available on ARCHI website ([www.archi.net.au](http://www.archi.net.au)).



**Youth Consulting Committee - Kristian Reyes and members of the Youth Consulting Committee, Sydney Local Health District**

Young people represented youth from inner west – from Marrickville and Canterbury Youth Advisory Councils, Belmore Youth Resource Centre. The aim of the group is to increase health literacy and peer education on health issues. The group organised a youth week event and were consulted about healthy relationships and body image. The young people advised that some of the key elements to youth participation include: paying young people, providing food, taking time to engage, and helping young people get to know services. "Never underestimate the power of young people".

**Young offenders re engagement initiative (YORI) - Carolyn Enshaw, Murrumbidgee Local Health District and Belinda Wells, Youth Command Albury**

This project grew out of the youth command police officer case managing young offenders, and seeing the need to address the causes of crime - for example, by providing education for kids expelled from school and holistic health care. Twelve agencies have worked in partnership over five years to address the risk and protective factors for the young offenders and provide health assessment and referral, for about eight young offenders at a time. The program has resulted in reduced reoffending in 10 out of 12 categories and an 80% reduction in crime rate from 12 months in program.



**GP Outreach Clinics - Graham Lane, Central Coast Local Health District**

This project features working together and sharing resources. The GP outreach clinics is a good example of local, state and federal government coming together to provide youth friendly services in partnership (and without additional funding).

GPs have provided healthcare within locally based youth services, supported by nurses from the youth health service for over 11 years. Small group learning supports the GPs who provide the clinics.

Over 700 young people are seen each year for a range of primary health issues that if left untreated may become more complex and costly. Twenty per cent of young people using the services are from an Aboriginal background.



**Youth Health Better Practice Checklist - Tracey Brown, South Eastern Sydney Local Health District**

While working as the Youth Health Coordinator for South Eastern Sydney Local Health District, Tracey helped coordinate a range of services to use the *Youth Health Better Practice Framework* checklist. These included generalist services that also see young people, such as drug and alcohol and sexual health services. The checklist was adapted into an interactive electronic template where there is room for comments about recommended actions. Projects resulted from common needs identified: a confidentiality brochure and poster were developed and training for general health staff on how to engage with young people will be delivered in 2014.



**Yhunger - Maja Ljubojevic, South Western Sydney Local Health District and Colin Stokes, Yfoundations**

The objective of the Yhunger project is to increase food literacy for young people who are homeless or at risk of homelessness. The project is an example of preventive health care for young people at risk, especially through encouraging healthy eating within youth refuges. The project builds the capacity of refuge workers to buy and use nutritious foods through a range of activities, policies and culturally diverse recipe books.



**Comprehensive youth assessment - Kate Tolley, Northern Sydney Local Health District**

Highlighting the importance of having a Youth Health Coordinator or lead clinician, Kate Tolley Clinical Nurse Consultant told the Showcase about one project she initiated since taking up her role to implement the Youth Health Policy in the Northern Sydney Local Health District. Kate has provided training for health staff in conducting a HEEADSS psychosocial risk assessment with young people and creating a system for the use of the assessment.

In future the HEEADSS assessment will be built into the CHOC client record keeping system. Other hospitals have used tablets with an electronic version of the assessment (called TickIT).



**Outreach nursing clinics – Sarah Radburn, Western Sydney Local Health District**

Sarah Radburn, spoke about her role delivering Outreach nursing clinics in the Western and Nepean/Blue Mountains areas. She visits refuges, a special needs school and the Intensive English Language Centres. The nursing assessment includes the HEEADSS psychosocial risk assessment and follow up.

The targeted health screening program for newly arrived vulnerable young people from migrant and refugee backgrounds ensures that health conditions are addressed and learning is improved. The program recently won two significant awards: the *NSW Health Innovations Awards for Building Partnerships* and the *Premier's Public Sector Award for Delivering Quality Customer Services*.



**Small group workshops**

Participants were asked to reflect on the discussions from the day and make recommendations about future action by discussing the following questions:

- What are the six key lessons we should take away from the forum today about what we need to do to improve the health service delivery of young people in NSW?
- What are your recommendations to NSW Kids & Families about steps they can take to promote and support the implementation of the NSW Youth Health Policy?
- From your perspective, what is the single most important area for action to improve the health of young people?
- Is there any other comment you would like to make?



## **KEY LEARNINGS**

### **Important areas for action to improve the health of young people (nominated by showcase participants)**

- **Youth participation** - design services with young people
- **Increase the youth friendliness of services** – more welcoming health staff
- **Youth Health Coordinator** to build capacity within Local Health Districts and coordinate the development of a Youth Health Plan
- **Need better evidence and relevant data** - create good evidence, capture data and partner with researchers.
- **Accessibility - increased awareness and access to health support** – no wrong door approach by services.
- **Service accessibility in rural areas**
- Services need to use the ***Youth Health Better Practice Checklist***
- **Promote the HEEADSS assessment** - need to take a holistic, whole of person approach
- **Creative, effective, responsive use of technology** - share best practice initiatives
- **Partnerships and collaboration** - especially between Health and Education and Police
- **Develop universal measures and data sets** for evaluation, analysis and publishing. Complete the data collection, meaning creation, and feedback loop. Use evidence to identify priorities.
- **Provide information for young people** and better marketing of youth health
- **Teach young people how to access GPs**, promote bulk billing and educate GPs in youth friendly practice
- **Focus on priority populations** - Aboriginal, young people in care, young people with a disability
- **Focus on prevention** – improve the resilience of young people and provide support for parents
- **Consultation, inclusiveness and participation**

### **Key recommendations to NSW Kids & Families support the implementation of the Policy**

- **Take a leadership role** - support and promote Policy implementation
- **Be enablers** - provide and enable pathways to support systems
- **Enable communication** - Increase opportunities to share information, such as via the Showcase
- Support a **state-wide network of Youth Health Coordinators**
- **Promote greater visibility of the NSW Youth Health Policy** - launch an implementation plan
- **Advocate for services to complete the *Youth Health Better Practice Checklist***
- **Collect annual Youth Health Reports**
- **Continue to partner and involve a broad range of stakeholders**
- **Enable use of technology** - advocate for better IT usage so services can reach young people
- **Provide funding for pilot projects** – with a focus on working in partnership.
- **As knowledge brokers**, collect and disseminate information - translate evidence into meaningful messages
- **Promote the HEEADSS assessment for use throughout all LHDs**
- **Promote better integration of services** through co-location and other models
- **Help with data collection, evaluation and reporting** - develop a minimum data set
- **Develop and implement a performance and accountability framework**
- **Develop standards of care** for young people across NSW
- **Have strong mechanisms for disseminating information**
- **Develop the evidence base** for adolescent health. Host a research roundtable.
- **Promote good practice** - hold a follow up Showcase in two years' time
- **Increase focus on marginalised and at risk young people**
- **Promote access to Primary Care** by educating GPs, bulk-billing, and promoting access to Medicare cards

## SHOWCASE EVALUATION

### Most useful things about the showcase

- The **variety of projects showcased** (diff perspectives, incl. remote service, best practice) and the quality, hearing from policy maker and those implementing them
- Face to face **networking opportunity**
- **Facilitator** was fantastic, engaging and brought out the interesting aspects of people's stories.
- **Learning about projects happening in NSW** especially forms, costs, procedures; learning other areas suffer the same frustrations also positive re-enforcement for continuing to keep on 'fighting the fight'
- **Hearing from young people** - they enlightened attendees with their experiences (validated power of young people in decision making and planning)
- **Research into practice** - how evidence and data can influence funding
- **Great expert panel** - all very knowledgeable, very useful information and insights
- **The broad range of services and organizations that attended the forum**
- Love **the format**, atmosphere (better than conference, safe space, not overwhelmed by academics)
- **Importance of partnerships and collaboration** - at different levels (local, businesses, government),
- **Youth participation** also vital to maintain the relevance of the Policy
- **Evidence-based approach**

### What can we improve?

- **Facilities** - had some difficulties and could have been better
- **Attendees** - more people from Aboriginal, culturally diverse, LGBTI backgrounds and consumer input
- **Program:**
  - More initiatives showcased
  - Broader focus - would like to hear more input from other and more agencies (e.g. education, welfare)
  - More focus on Aboriginal and culturally diverse young people, rural issues, young people with a disability and family connections
  - Discuss opportunities and priorities for action
  - More overview of the Youth Health Policy for non-health staff
  - Focus on the link between policy priorities and the project i.e. how the project has been used to implement the policy
- **Information prior, during and after the forum:** explanation of acronyms/ services and where they sit in the overall system.

### General comments

- *Loved the format – Julie brought out the interesting aspects of people's stories and kept them from being awkward – like a talk show!*
- *Very useful information to take back to my organisation*
- *The showcases were fabulous – the way in which they were done with the facilitation and questions: got a real sense of the programs and key learning's without being overly academic.*
- *Great forum – diverse forms of presentation kept things interesting.*
- *Have loved today - energising and thought provoking. Thank you to everyone involved.*
- *Excellent facilitation by MC – really made day lively and feel different.*
- *The open, warm and energetic atmosphere allowed for good discussion and networking (safe space).*
- *Thanks for today, great forum and especially good because of the invitation to young people and the significant contributions they have made.*

**APPENDIX - SHOWCASED PROJECT SNAPSHOTS**

<b>Project / initiative name</b>	<b>Young Parents Project</b>
<b>Organisation managing project</b>	South Eastern Sydney Local Health District
<b>Organisation address</b>	301 Forbes St. Darlinghurst 2010
<b>Project contact name</b>	Helen Rogers and Amanda Webster
<b>Contact number</b>	02 9382 8681 (Amanda); 02 9382 8685 or 02 9382 8659 (Helen)
<b>Email</b>	Helen.Rogers@sesiahs.health.nsw.gov.au Amanda.Webster@sesiahs.health.nsw.gov.au
<b>Project partners</b>	Australian Red Cross Young Parents Program Come In Centre EDYS – Engadine District Youth Service Menai Youth Action Project - Shirewide Youth Services Oasis Youth Support Network Salvation Army READY Project - St George Youth Services St George Early Years Supported Playgroup Service Sutherland Family Support Service YouthZone Funded by the South Eastern Sydney Illawarra Health (SESIH) Women's Health and Community Partnerships Unit through the Public Health Outcomes Funding Agreement – National Women's Health Program. The young women who took part in the project.
<b>Which Priorities for Action from the NSW Youth Health Policy does the project relate?</b>	1.1 Apply a holistic approach to youth health and wellbeing 1.2 Promote a whole of community approach to youth health 2.1 Improve access to youth friendly health services 2.2 Use creative approaches, including multi-media and technology to engage young people and their parents, carers and families 3.1 Strengthen youth health education and training
<b>What have been the achievements to date?</b>	All details of the project are available on the ARCHI website <a href="http://www.archi.net.au/resources/delivery/maternity/young-parents">http://www.archi.net.au/resources/delivery/maternity/young-parents</a> Youth participation in the project and production of all resources. In-services conducted for health service staff by young people with staff support. Resources produced for young parents including a resource card and fridge magnet. Production of a DVD for health professionals on engaging with young people available at <a href="http://www.sesiahs.health.nsw.gov.au/Young_Parents/Videos/yp_dvd.asp">http://www.sesiahs.health.nsw.gov.au/Young_Parents/Videos/yp_dvd.asp</a> Website produced for health professionals and youth services <a href="http://www.seslhd.health.nsw.gov.au/Young_Parents/default.asp">http://www.seslhd.health.nsw.gov.au/Young_Parents/default.asp</a> In the last financial year the website had 8,519 visits. Further distribution of the Young Parents DVD to Universities that run midwifery programs is planned.
<b>Most important advice for others undertaking a similar project/initiative?</b>	Support the young people who took part in the project with their ongoing development as appropriate.

<b>Project / initiative name</b>	<b>Youthblock Youth Consulting Committee</b>
<b>Organisation managing project</b>	<b>Youthblock Youth Health Service Sydney Local Health District</b>
<b>Organisation address</b>	97 Church St Camperdown, 2050
<b>Project contact name</b>	Kristian Reyes
<b>Contact number</b>	9516 2233
<b>Email</b>	Kristian.reyes@sswahs.nsw.gov.au
<b>Project partners</b>	Youth Services across the SLHD including Hespey Camperdown, Canterbury Boys High School, Belmore Youth Resource Centre, Mission Australia, Glebe Youth Service.
<b>Which Priorities for Action from the NSW Youth Health Policy does the project relate?</b>	1.2 Promote a whole of community approach to youth health 2.1 Improve access to youth friendly health services 3.1 Strengthen youth health education and training 3.4 Invest now or pay later!
<b>What have been the achievements to date?</b>	Youth Week 2013 Youth Event at Belmore Youth Resource Centre. Consultation: Loving Strong Health Promotion Program, Yhunger Program, City of Sydney Late Night Programs, NSW Health Youth Consultation Forum, Mental Health Promotion during Youth Week 2013.
<b>Most important advice for others undertaking a similar project/initiative?</b>	Ensure you pay youth consultants. Ensure internal processes for payment of youth consultants are made easier for young people. Build the capacity of youth consultants to deliver health promotion to their peers.

<b>Project / initiative name</b>	<b>Young Offenders Re-Engagement Initiative (YORI)</b>
<b>Organisation managing project</b>	<b>Albury Community Mental Health Service Youth Command- Albury Murrumbidgee Local Health District</b>
<b>Organisation address</b>	475 Townsend Street Albury 2640
<b>Project contact name</b>	Carolyn Enshaw
<b>Contact number</b>	02 60581789
<b>Email</b>	carolyn.enshaw@gsahs.health.nsw.gov.au
<b>Project partners</b>	Juvenile Justice Police Youth Command Community Health Services- Drug and Alcohol, sexual health, Dental, General Practitioner
<b>Which Priorities for Action from the NSW Youth Health Policy does the project relate?</b>	Goals Action: 1, 2, 3
<b>What have been the achievements to date?</b>	<p>Program has been successfully run for five years.</p> <p>Evaluation after each delivered program consistently shows:</p> <ul style="list-style-type: none"> <li>• Reduction in re-offending behaviors' by participants in 10 out of 12 categories</li> <li>• A holistic approach to youth health with a focus on Assessment and ongoing follow up of Dental, physical , optical, mental health and drug and alcohol services for this marginalized group and further treatment and follow-up as required</li> <li>• Improved access to primary health care</li> <li>• Establishment of Distance Education School, working out of PCYC for young offenders.</li> <li>• Engagement with school and completion of YR.10 by young offenders.</li> <li>• Increase awareness of local youth programs, education opportunities, local supports and services that can be accessed within the local community</li> <li>• Increase in awareness of a young offenders actions and behaviors that may lead to further involvement in juvenile crime</li> <li>• Increased coping skills</li> </ul>
<b>Most important advice for others undertaking a similar project/ initiative?</b>	<ul style="list-style-type: none"> <li>• Partnerships outside the health sector</li> <li>• Evidence based practice</li> <li>• Ongoing evaluation of the program encouraging.</li> </ul>

**Project / initiative  
name****Collaborative care in young people's health:  
Central Coast Youth General Practice (GP) Clinics****Organisation  
managing project****Central Coast Local Health District****Organisation address**

Central Coast Youth Health Service

**Project contact name**

Graham Lane

**Contact number**

02 4356 9333

**Email**

glane@nscchs.health.nsw.gov.au

**Project partners**

Central Coast Youth Health Service; Terrigal Medical Centre; Point Clare Medical Practice; Phoenix Youth Support Service; Kincumber Youth Centre, Gosford City Council; Evolution Youth Centre, Coast Community Connections

**Which Priorities for  
Action from the NSW  
Youth Health Policy  
does the project  
relate?**

- 1.1 Apply a holistic approach to youth health and wellbeing.
- 1.3 Improve access to primary health care.
- 1.4 Recognise the different needs of young men and young women throughout adolescence.
- 2.2 Use creative approaches, including multi-media and technology to engage young people and their parents, carers and families.

**What have been the  
achievements to date?**

Over 700 young people are seen each year at the Youth GP Clinics, held weekly in three locations across the Central Coast region: Woy Woy (Evolution Youth Services, Coast Community Connections), Kincumber (Kincumber Youth Centre, Gosford City Council), and Lakehaven (Phoenix Youth Services, Wyong Neighbourhood Centre, at Gravity Youth Centre, Wyong Shire Council).

Significantly, 20% of attendees are Aboriginal young people.

Health issues addressed are mainly general health concerns, sexual and reproductive health, chronic illnesses, skin infections, mental health, substance use and immunisation. Although seemingly minor, if left untreated these can become more complex and costly to treat.

The Youth GP clinics are evaluated through the numbers of young people accessing the service, health issues addressed and linkages made to other health and human services. Numbers of young people attending the clinics have fluctuated between 874 clients, in 2008-09, to 647, in 2010-11, averaging at 730.

Client satisfaction surveys are completed periodically, showing a high rate of overall satisfaction with service delivery and having health needs met. In 2013, a survey of young people attending the Youth GP Clinics showed a high level of satisfaction with the model of Nurses collaborating with GPs to provide health care at no cost to the young person in youth-friendly, safe and familiar environments.

The program is being expanded to include a fourth site at San Remo, in northern Wyong LGA.

**Most important advice  
for others undertaking  
a similar project/  
initiative?**

<b>Project / initiative name</b>	<b>Youth Health Better Practice Checklists</b>
<b>Organisation managing project</b>	<b>South Eastern Sydney Local Health District</b>
<b>Organisation address</b>	Darlinghurst
<b>Project contact name</b>	Tracey Brown – for the purpose of the forum Amanda Webster – current contact
<b>Contact number</b>	
<b>Email</b>	Tracey.brown@sswahs.nsw.gov.au Amanda.Webster@sesiah.health.nsw.go.au
<b>Project partners</b>	SESLHD Harp Unit Short St Sexual Health Service - SESLHD St George and Sutherland Drug and Alcohol Services - SESLHD St George Youth Services – The ready project NUAA Southzone Sexual Health Service - SESLHD Central Access Service - SESLHD
<b>Which Priorities for Action from the NSW Youth Health Policy does the project relate?</b>	1.1 Apply a holistic approach to youth health and wellbeing. 1.2 Promote a whole of community approach to youth health 1.3 Improve access to primary health care. 2.1 Improve access to youth friendly health services 3.1 Strengthen youth health education and training
<b>What have been the achievements to date?</b>	Completion of 4 checklists, main themes identified, three projects resulted: <ol style="list-style-type: none"> <li>1. Develop a confidentiality poster for Young people with youth consultation and participation, included a survey of 54 young people about their experiences with confidentiality and the public health system and how they would like confidentiality information displayed. Lead to a partnership with CAAH to develop a brochure as well.</li> <li>2. Developed and delivered in consultation with Yfoundations a 4 hour training package for sexual health and drug and alcohol staff on working with young people</li> <li>3. Include young people on the Community Advisory committees of the SESLHD hospital facilities</li> </ol>
<b>Most important advice for others undertaking a similar project/ initiative?</b>	Develop and use a reporting form that has space for comments and recommendations for each section of the checklist.

<b>Project / initiative name</b>	<b>Yhunger</b>
<b>Organisation managing project</b>	<b>South Western Sydney Local Health District Youth Health Services and Sydney Local Health District Community Nutrition Service</b>
<b>Organisation address</b>	FLYHT
<b>Project contact name</b>	Voula Kougelos and Elise Franke
<b>Contact number</b>	02 8717 1717
<b>Email</b>	Voula.Kougelos@sswahs.nsw.gov.au Elise.franke@sswahs.nsw.gov.au
<b>Project partners</b>	<ul style="list-style-type: none"> <li>• Yfoundations- The peak body for youth homelessness</li> <li>• Health Promotion Service (SLHD &amp; SWSLHD)</li> <li>• 16 Specialist Youth Homelessness Services (SYHS) especially in the Liverpool and Fairfield LGAs,</li> <li>• 4 Yhunger Youth Advisors</li> <li>• Several funding grants received (NAYH Small Grants Program 2011, Commonwealth Bank of Australia Staff Community Fund 2011 and Fairfield CDSE 2011 Canley Vale Diggers Ex-Services Club), Liverpool Council 2013.</li> <li>• The YhAC (Yhunger Advisory Committee) – consisting of paid youth advisors, youth workers, Specialist Youth Homelessness Service Managers, Health Workers from across Nursing, Nutrition, Youth Health and Health Promotion</li> <li>• Ted Noff's Street University, Liverpool</li> </ul>
<b>What have been the achievements to date?</b>	<p><b>Overall Yhunger project:</b></p> <p>The Yhunger#2 project focuses on:</p> <ol style="list-style-type: none"> <li>1) Capacity-building with <i>Specialist Youth Homelessness Services (SYHS)</i>, <i>Youth Health Services (YHS)</i> and <i>Alternative Education Programs (AEP)</i> to develop living skills with young people; provide, prepare and store nutritious food; and engage in regular physical activity options.</li> <li>2) The sustainability of Yhunger resources for addressing food access and physical activity with a diverse homeless youth population.</li> </ol> <p><b>Achievements and Outcomes:</b></p> <p>Plans are in progress for the roll out of the project with the NSW Ministry of Health. This component of the project is set to commence July 2013. No formal documentation has been created as yet but there is a verbal assurance the project is a priority and will be funded according to the Business Case proposed by the Yhunger Team in 2013. Specific details regarding the business case are currently being negotiated and will be finalised in the next few months.</p> <p>Crawford B, Rissel C, Yamazaki R, Franke E, Amanatidis S, Ravulo J, Bindon J &amp; Torvaldsen S, 'It's good to have wheels! Perceptions of cycling among homeless young people in Sydney, Australia', <i>Youth Studies Australia</i>, December 2012; 33(4):55-63.  <a href="http://www.acys.info/ysa/issues/v.31_n.4_2012/papers/its_good_to_have_wheels/YSAItsgoodtohavewheels31042012.pdf">http://www.acys.info/ysa/issues/v.31_n.4_2012/papers/its_good_to_have_wheels/YSAItsgoodtohavewheels31042012.pdf</a></p>

<b>Project / initiative name</b>	<b>Comprehensive Youth Assessment – for young people aged 12-24</b>
<b>Organisation managing project</b>	<b>Northern Sydney Local Health District</b>
<b>Organisation address</b>	Royal North Shore Hospital St Leonards, NSW 2065
<b>Project contact name</b>	Kate Tolley
<b>Contact number</b>	0417 226 081
<b>Email</b>	Kate.Tolley@health.nsw.gov.au
<b>Project partners</b>	Children’s Ward RNSH, Severe Burns Unit RNSH
<b>Which Priorities for Action from the NSW Youth Health Policy does the project relate?</b>	1.1 Apply a holistic approach to youth health with a focus on wellbeing 1.3 Improve access to primary health care 2.3 Make transitions easier for young people 2.4 Walk beside young people moving through the health system & training 3.1 Strengthen youth health education
<b>What have been the achievements to date?</b>	<ul style="list-style-type: none"> <li>• Psychosocial assessment form developed with youth health consultants and on the advice of other LHD’s and adolescent units including SCHN(CHW), SLHD (RPA) and Melbourne Children’s Hospital</li> <li>• Education provided to majority of staff on trial wards</li> <li>• Form trialed for 3 months with 118 forms completed – 63% of eligible admissions</li> <li>• 20% of young people assessed referred to the Adolescent health CNC for additional support or assessment</li> <li>• Form endorsed for submission to forms committee to be developed and recognized as a standard admitting form for young people aged 12-24</li> <li>• CPI project oral presentation accepted for inclusion at the upcoming Youth Health Conference in Perth Nov 2013</li> <li>• Explore existing tools for use or adaptation</li> <li>• Consider education and rollout plan prior to implementation</li> <li>• Consider use of tablet based programs such as Tickit where resources allow</li> </ul>
<b>Most important advice for others undertaking a similar project/initiative?</b>	

<p><b>Project / initiative name</b></p> <p><b>Organisation managing project</b></p> <p><b>Organisation address</b></p> <p><b>Project contact name</b></p> <p><b>Contact number</b></p> <p><b>Email</b></p> <p><b>Project partners</b></p> <p><b>Which Priorities for</b></p> <p><b>What have been the achievements to date?</b></p> <p><b>Most important advice for others undertaking a similar project/ initiative?</b></p>	<p><b>Nursing Outreach Clinics Supported Accommodation Assistance Program (SAAP) Outreach Nursing clinics.</b></p> <p><b>Western Sydney Local Health District Youth Health</b></p> <p>65 High St Harris Park</p> <p>Michael Cummings</p> <p>9687 2544</p> <p>michael.cummings@swahs.health.nsw.gov.au</p> <p>SAAP funded non-government youth accommodation services:</p> <ul style="list-style-type: none"> <li>• Nepean Interyouth Services</li> <li>• Nepean Youth Accommodation Service</li> <li>• Parra House Accommodation Service</li> </ul> <p>1.1; 2.1; 1.3</p> <p>Improved access to appropriate health services for marginalised and at risk young people</p> <ul style="list-style-type: none"> <li>• Establish service level agreements with project partners</li> <li>• A brief intervention approach given the transient nature of the cohort and the limited time available with clients</li> </ul>
<p><b>Project / initiative name</b></p> <p><b>Organisation managing project</b></p> <p><b>Organisation address</b></p> <p><b>Project contact name</b></p> <p><b>Contact number</b></p> <p><b>Email</b></p> <p><b>Project partners</b></p> <p><b>Which Priorities for</b></p> <p><b>What have been the achievements to date?</b></p> <p><b>Most important advice for others undertaking a similar project/ initiative?</b></p>	<p><b>Evans High School Intensive English Centre Nurse Led Screening Clinic, Blacktown</b></p> <p><b>Western Sydney Local Health District Youth Health</b></p> <p>65 High St Harris Park</p> <p>Michael Cummings</p> <p>9687 2544</p> <p>michael.cummings@swahs.health.nsw.gov.au</p> <p>Evans High School Intensive English Centre, Blacktown NSW Refugee Health Service</p> <p>1.1; 2.1; 1.2; 1.3; 2.3; 3.3; 3.4</p> <p>The program has:</p> <ul style="list-style-type: none"> <li>• Facilitated earlier engagement with the health system</li> <li>• Managed and facilitated referrals for health issues in the community</li> </ul> <p>Learn from what others have done, but don't be afraid to change things to better meet local needs with existing resources.</p>