

# Happy, healthy and resilient young people: Who is responsible?

Fiona Robards\*<sup>1,2</sup>, David Bennett<sup>1,3</sup>

<sup>1</sup> *NSW Centre for the Advancement of Adolescent Health (NSW CAAH)*

<sup>2</sup> *Department of General Practice, University of Sydney*

<sup>3</sup> *Discipline of Paediatrics and Child Health, University of Sydney*



# NSW CAAH

## Key focus areas

- Developing information & resources
- Capacity building & training
- Supporting applied research
- **Advocacy & policy development**



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# Research questions

What are the key aspects of supporting young people to be happy, healthy and resilient?

Who might best be at the negotiating table in developing a meaningful and effective Youth Health Policy?



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# The purpose of the Policy



- Identify principles and priorities
- Guide program development within health services
- Facilitate a better practice approach

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# The Policy development process

Dept of Health

Reference group

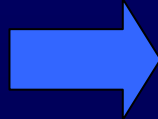
Literature review

Access research

Face to face consult

Online Consult with yp

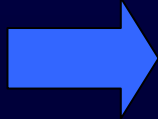
Consult with VIP groups



First draft

Circulation of draft to DOH

Broad circulation of draft



Final draft

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# The ACCESS Series

## The Youth Health Better Practice Framework



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Increasing the resilience of young people at risk:  
A literature review



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GOVERNANCE RESEARCH

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resilience of  
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# Consultation forum



# Special consultations



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# Online consultation with young people

Overall direction;  
Specific ideas to inform  
the policy;



## What young people

You have to be physically, mentally, socially, spiritually and emotionally healthy in order to view yourself as being healthy in an overall sense.

Services should promote themselves in spaces that young people use: radio, print media, online presence (including social networking like MySpace and facebook), posters/pamphlets in youth centres/libraries/schools. It's about saturating youth spaces with the knowledge that certain services exist,

but in a non-threatening way that allows young people to be aware of their existence and gives them the agency to find more information if they need it.

Just be yourselves and be creative. We don't like services which are boring or that we don't understand. We like to actively participate, whether that's through helping us to manage and maintain our wellbeing, or whether we are working with you to overcome difficulties.

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# Healthy bodies, healthy minds, vibrant futures

NSW Youth Health Policy 2010 - 2015



NSW HEALTH

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# Policy vision

A community in which young people's health and wellbeing is valued, supported and optimised



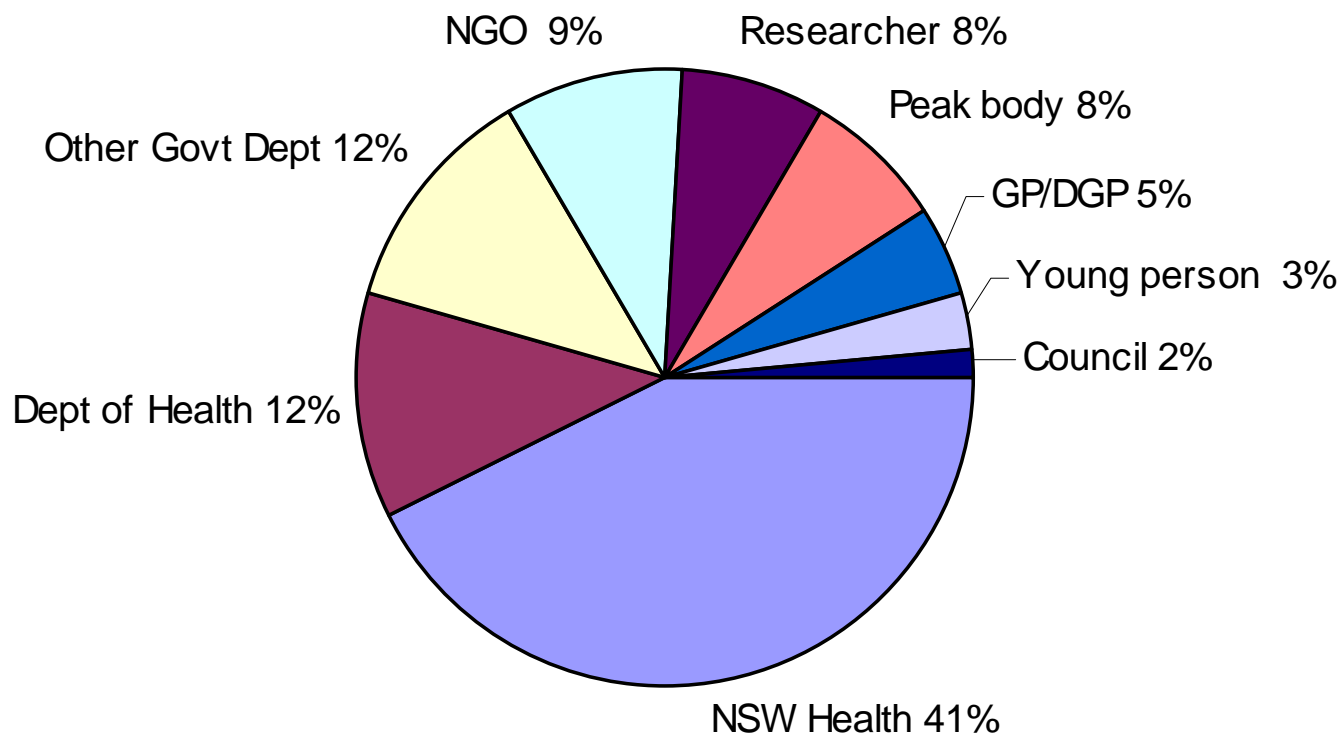
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## Policy goals

1. Young people are encouraged and supported to achieve their optimal health and wellbeing
2. Young people experience the health system as positive, respectful, supportive and empowering
3. Our responses to the needs of young people achieve positive outcomes for young people and are organisationally effective

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# Feedback on draft – by organisation type



## Feedback on the draft Policy:

1. Positive feedback
2. Simple changes
3. Outside the scope
4. Complex issues

# 1. Positive feedback

- Youth participation
- Structure and language
- Concepts
- Process of development



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## Academic

*Well-written, positive, youth friendly, comprehensive on health services.*

## Health service provider:

*It's easy to read, refreshing, covers adolescent and youth development well. It's a good overview. It provides a good guide for services interested in improving service provision to young people.*



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Health Service provider

*The suggestion of developing a multi - agency/holistic approach is excellent.*

Peak body

*It defines things clearly and easily and makes health everyone's business, which is an important thing for a document like this to do.*



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## 2. Simple changes

- Missing population groups or services
- Definitions needed
- Increase marginalised focus
- Editing and layout suggestions



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### 3. Outside the scope

- Space limitations
- Data not available
- Not possible due to resource implications
- Not possible to make mandatory
- Specific illness and health issues

## 4. Complex issues

- Social determinants
- Increase health promotion focus
- Aboriginal health
- Using technology
- Engaging families and carers
- Cross government partnerships
- Engaging community
- Implementation
- Measurement

## Academic

*On the one hand, the report takes a broad view of health and says something about their social determinants; on the other, it tends to focus on individuals and healthcare services.*

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## Peak body

*The key challenge will be to translate this comprehensive matrix of whole-of-community responsibilities and aspirations into the NSW Department of Health proposed implementation plan.*

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## Conclusions

- Many issues were considered too broad and too complex to be addressed by Health services alone
- This highlights the need to work in partnership with other government departments and the community



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## Recommendations

- Young people's health and wellbeing needs and deserves to be a whole-of-government endeavour
- The findings of this research will inform the development of the NSW Youth Policy



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the children's hospital at Westmead

The NSW Centre for the Advancement of Adolescent Health (NSW CAAH) was established in 1998 under the NSW Youth Health Policy, to create better health and well-being for all young people aged 12 - 24 in New South Wales. Situated in The Children's Hospital at Westmead the Centre is funded by NSW Health.



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