

## MINDING YOUR MIND WORKSHOP

### Presenter information:

#### Presenter 1

Name: Zoe Waterhouse-Bushnell

Organization: Brain and Mind Centre, University of Sydney

Position: Lived Experience Research Assistant

50-word Biography / summary of expertise: *Zoe is a passionate youth, mental health and LGBTQIA+ advocate from Western Sydney. She is currently an active member of multiple youth and mental health advisory boards, a Lived Experience Research Assistant and a Mental Health Peer Work student. Her passions include preventative mental health care and genuine co-design.*

#### Presenter 2

Name: Devin Lam

Organization: Brain and Mind Centre, University of Sydney

Position: Lived Experience Research Assistant

50-word Biography / summary of expertise: *Devin is part of the Right Care, First Time, Where You Live National Youth Lived Experience reference group and has Facilitated a Youth Model of Care "Minding your Mind" workshop.*

#### Presenter 3:

Name: Alexis Hutcheon

Organization: Brain and Mind Centre, University of Sydney

Position: Lived Experience Researcher

50-word Biography / summary of expertise:

### Background/ Overview of Workshop:

The Brain and Mind Centre has co-designed a youth model of care (YMC) for youth mental health. YMC consists of multidimensional assessment, clinical staging, measurement-based care, and shared decision making. This Minding Your Mind workshop will offer a youth-friendly explanation of the YMC to young people. Our workshop will include a case study, 'care cards' to explore clinical and non-clinical support options, and an animated video about the YMC.

### Target Audience:

- Young people (12 – 25 years)

### Learning Objectives:

#### Youth Model of Care

- Recognises the benefits of using multi-dimensional assessment in considering all aspects of your life and getting comprehensive support.
- Recognises how clinical staging can match you to your mental health journey
- Applies outcome monitoring to highlight patterns and monitor progress, based on your changing needs and preferences, including the use of digital technology

- Applies shared decision making principles to your care, including self-advocacy

#### Goals

- Increased confidence navigating care
- Increased agency and improved ability to engage actively in care decisions
- Enhanced self-advocacy skills
- Greater awareness of care options and supports
- Improved health literacy
- Demonstrate increased comfort talking about mental health, if desired

#### Duration of workshop:

- 60 minutes

#### Will this workshop be co-presented with young people? (indicate as applicable)

- Yes

#### Disclosure of Interest Statement:

*ZWB, DL and AL have no interests to declare.*