

POWER IN NUMBERS: ADVANCING EQUITY IN YOUTH HEALTH THROUGH GROUP PROGRAMS

Presenter information:

Presenter 1:

Name: Ellen McBriarty

Organization: Sydney Children's Hospital Network

Position: Senior Occupational Therapist

50-word Biography / summary of expertise: Ellen is an occupational therapist at The Children's Hospital at Westmead, specialising in adolescent medicine, chronic health, and mental health. She works in the Complex Adolescent Clinic, supporting young patients with complex health needs, helping them improve daily functioning, mental well-being, and overall quality of life.

Presenter 2:

Name: Rachel Knight

Organization: Sydney Children's Hospital Network

Position: Clinical Psychologist

50-word Biography / summary of expertise: Rachel is a Clinical Psychologist who works across the Complex Adolescent Clinic and The Heart Centre within The Children's Hospital at Westmead. Rachel specialises in supporting young people and families through chronic illness, lengthy medical treatments and lifelong diagnoses.

Presenter 3:

Name: Dr Sarah Ford

Organization: Sydney Children's Hospital Network

Position: Paediatrician

50-word Biography / summary of expertise: Dr Sarah Ford is a General Paediatrician with over ten years' experience in Adolescent Medicine. She completed fellowships at The Royal Children's Hospital and The Children's Hospital Westmead, where she is now Clinical Lead of the Complex Adolescent Clinic, and is committed to advancing adolescent care through learning and collaboration.

Overview of Workshop:

This workshop highlights innovative group programs aimed at empowering young patients and their families, while addressing the unique challenges of a hospital setting, where care is often delivered in individual formats. By showcasing these programs, the workshop demonstrates how group environments can significantly enhance both immediate and long-term wellbeing for youth and families. Importantly, it emphasizes how involving young people in the design of these programs empowers them to support future generations, building a cycle of shared learning and equity in youth health. The session will cover a brief presentation on 3 distinct group programs in a tertiary paediatric hospital, with a focus on their design, implementation, and outcomes.

1. Youth-Led Group Design Survey: An initiative aimed at understanding young people's preferences for group formats, content, and logistics to ensure programs are youth-led and relevant.
2. Daily Inpatient Art Group: An existing group that has been updated to meet the needs of youth.
3. Parent Education Group: A waitlist initiative to provide early education and support to families in a group setting.

A practical task will follow, allowing group members to use feedback from the youthled group design survey to consider how they could create a youth-appropriate group program within their service. Youth in the room are encouraged to share their input on program designs.

Target Audience: Health Professionals

Learning Objectives:

- Explore diverse group programs and their impact on youth health.
- Understand how to embed youth voices in program design to create relevant and impactful initiatives.
- Apply design principles to create youth-centered group programs in participants own service to enhance existing care.

Duration of workshop:

- 60 minutes

Will this workshop be co-presented with young people? No