

WORKSHOP TEMPLATE

Submissions must not exceed 300 words (excluding title & authors). The document must not be password protected or saved as read only as this may result in your abstract failing to upload successfully. Use Arial 12 point type only. Please structure your submission using the subheadings below. If the abstract does not fit the headings, please put full abstract beneath introduction and we will remove the headings once submitted.

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

Presenter information:

Presenter 1:

Name: Payton Soussa

Organization: Sydney Children's Hospital Network

Position: Clinical Psychologist

50-word Biography / summary of expertise: Payton is a Clinical Psychologist who works in the Complex Adolescent Clinic at The Children's Hospital at Westmead. She also has experience working in adolescent chronic pain and youth drug and alcohol. Payton is also undertaking her PhD through the University of Sydney on chronic pain in neurodiverse adolescents.

Presenter 2:

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 3:

Name: Dr Marilyn Paull

Organization: Sydney Children's Hospital Network

Position: Pediatrician/ Head of Adolescent Medicine at SCHN

50-word Biography / summary of expertise: Dr Marilyn Paull is a consultant pediatrician/ adolescent physician in the complex adolescent clinic at The Children's Hospital Westmead. She is also the head of department of Adolescent Medicine at Sydney Children's Hospital Network. Dr Paull has also worked as the director of Advanced Physician Training for SCHN.

Presenter 4:

Name: Dr Katherine Klamka

Organization: Sydney Children's Hospital Network

Position: Pediatrician

50-word Biography / summary of expertise: Dr Katherine Klamka is a consultant pediatrician/ adolescent physician in the complex adolescent clinic at The Children's Hospital Westmead. She is also a coordinator and supervisor of University of Sydney Medicine School teaching.

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 youth-led 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? Yes

Disclosure of Interest Statement (example):

Ms Soussa, Dr Paull and Dr Klamka hold research roles at the University of Sydney.