

Predictive Systems Modelling: investing in young people's futures with the Right Care, First Time, Where You Live Project

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Background:

In 2022 Brisbane South PHN (BSPHN), in partnership with Queensland Health and the University of Sydney's Brain and Mind Centre, began an innovative process of co-creation with young people with a lived and living experience of mental health challenges. The Brisbane South region is highly populated, with a significant youth population, as well as 30% of Queensland's CALD population, spanning metropolitan, regional and rural areas. This diversity makes joint planning and decision-making complex.

Approach:

Over the three co-creation workshops, stakeholders across the region collaborated with young people to identify health need, service gaps, and opportunities for innovation in the current service system. This produced a predictive systems modelling tool that supports decision making surrounding youth health services planning. A detailed overview of the Right Care, First Time, Where You Live project for Brisbane South is available at https://youtu.be/ClA7YJGNJh0?si=ihe4rO_B8Hfm-W7h

Outcome:

Throughout the project young people remained the focus, with extensive partnership beyond the initial three workshops. Young people were involved in the governance, recruitment, design and implementation phases, and remain leaders in the ongoing oversight of the tool.

Further to participating in the ongoing Community of Practice, implemented following the completion of the tool, young people continue to be engaged in a youth development group where they receive training to develop their advocacy skills. Young people are involved in a National Youth Reference Group, providing feedback, developing resources and giving strategic advice on the national rollout of the tool.

Innovation and Significance:

This project is an example of how effective youth partnerships lead to quality outcomes, effective community engagement, and empowered lived experience leaders. This project was not only innovative in developing an evidence-based tool to support strategic investment, it achieved this by centralizing the voices of young people, ensuring that future investment into youth mental health services can be led by the needs of young people.

Disclosure of Interest Statement:

The Youth Reference Group, alongside Brisbane South PHN wish to acknowledge The University of Sydney's, Brain and Mind Centre in the facilitation, design and creation of the predictive systems modelling tool. We also wanted to acknowledge the individual and collective contributions of those

young people with a lived and living experience of mental ill-health and suicide, and those who love, have loved and care for them. Each person's journey is unique and a valued contribution to the development of tools that support mental health planning like this in the Brisbane South PHN region. The contributions and support of other stakeholders, including carers, further supported the diversity of perspectives, ensuring that all work done in the development of this tool was considered and holistic in nature. We also recognise the need for transparency of disclosure of potential conflicts of interest by acknowledging these relationships in publications and presentations.