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| **Co-design with refugee and asylum seekers in mental health - Seat at the Table** |
| **Setting/problem**  The Seat at the Table (SATT) project brought young people from refugee and  asylum seeker backgrounds together with providers of mental health services in Melbourne’s western suburbs of Brimbank, Hobsons Bay, Maribyrnong, Melton and Wyndham.  This mental health project highlighted the importance of working with young people,  specifically from refugee and asylum seeker communities, and that development of project work and services in the area of mental health should include their active participation and contribution at every level.  **Intervention**  The process involved working with the core participants (young people and service providers) of the SATT project on a governance group and in subsequent sub-committees for the different piloted ideas. The core participants explored the theme, generated ideas and completed training on the co-design process. As well as the co-design training, SATT ran idea generation sessions, a prototyping workshop, roadshows and piloting of ideas.  This training and workshops sought to help the members deliver the project jointly, develop a shared sense of co-design moving forward and understand the potential barriers and challenges. SATT also included working with a broader community of young people from refugee and asylum seeker backgrounds through the series of roadshows and workshops.  **Outcomes**  SATT worked to actively engage young people with lived experience, to work together with service providers. The ultimate goal, to showcase the value of community participating in the decision-making process when designing interventions in mental health. The project included:   * The development of an exemplary model of participation and capacity building amongst service providers * Improved participation in mental health services via young people on a governance group itself * Establishment and support of a network of young people from refugee and asylum seeker backgrounds with an interest in mental health * Piloted innovative strategies to promote mental health led by the young people   **Implications**  The SATT project was an ambitious initiative which sort to grow leadership abilities,  cultivate strategic relationships to help the target audience, showcase community participation in practice and create innovative strategies with broader service provider field. Ultimately, the SATT project was designed to test the use of codesign with multiple partners in the mental health and youth service sector. While the process was trialled and the ideas were piloted there were both benefits and challenges to using this level of engagement with this cohort.  **Preferred presentation format: Electronic poster** |