

Improving mental health and wellbeing
for infants, children and young people through
service improvement, workforce development and advocacy.

Youth Engagement

Romy Lee and Sammie Dudley



Tēnā Koutou!

Youth Consumer Advisor (YCA)

Werry Website
Youth Leadership
Scroll to Bottom

sammie.dudley@auckland.ac.nz
Coordinator@werryworkforce.org

Content

DMC and LIVED EXPERIENCE

Social Media

Gender Roles and the effect on Youth

MĀORI PERSPECTIVE

Embodying Te Whare Tapa Wha

EMPOWERING YOUTH

Inter-independence and Tino Rangatiratanga

ENGAGING WITH YOUTH

The Ideal Clinician

The Ideal Service + A Visual Tour

DMC AND LIVED EXPERIENCE



#DMC

WE'RE ON A MISSION!

TO HEAR YOUR KŌRERO ON HOW MENTAL HEALTH SERVICES CAN IMPROVE

30 JULY 2021 10AM-2PM

City Campus
The University of Auckland

Catered Lunch Provided!

REGISTER HERE FOR MORE DETAILS:



WERRY WORKFORCE
WHĀRAURAU
empower the workforce | manaaki mokopuna

YOUTH (15-25 YEARS)

Lived Experience

Anyone with experience of a mental health illness or addiction

DMC Project

An event gathering young people together with this lived experience, to talk about the mental health sector and their perspectives

DMC AND LIVED EXPERIENCE

Social Media

How do people view us?

What am I showing to others?

Exploring social media is one way to step into our shoes.

Do research! Exploring social media may connect you to youth better.



DMC AND LIVED EXPERIENCE

Gender roles and the Rainbow Community

Gender and masculinity/femininity are two different concepts.

These gender roles can create challenges for rangatahi that are particularly difficult for the rainbow community



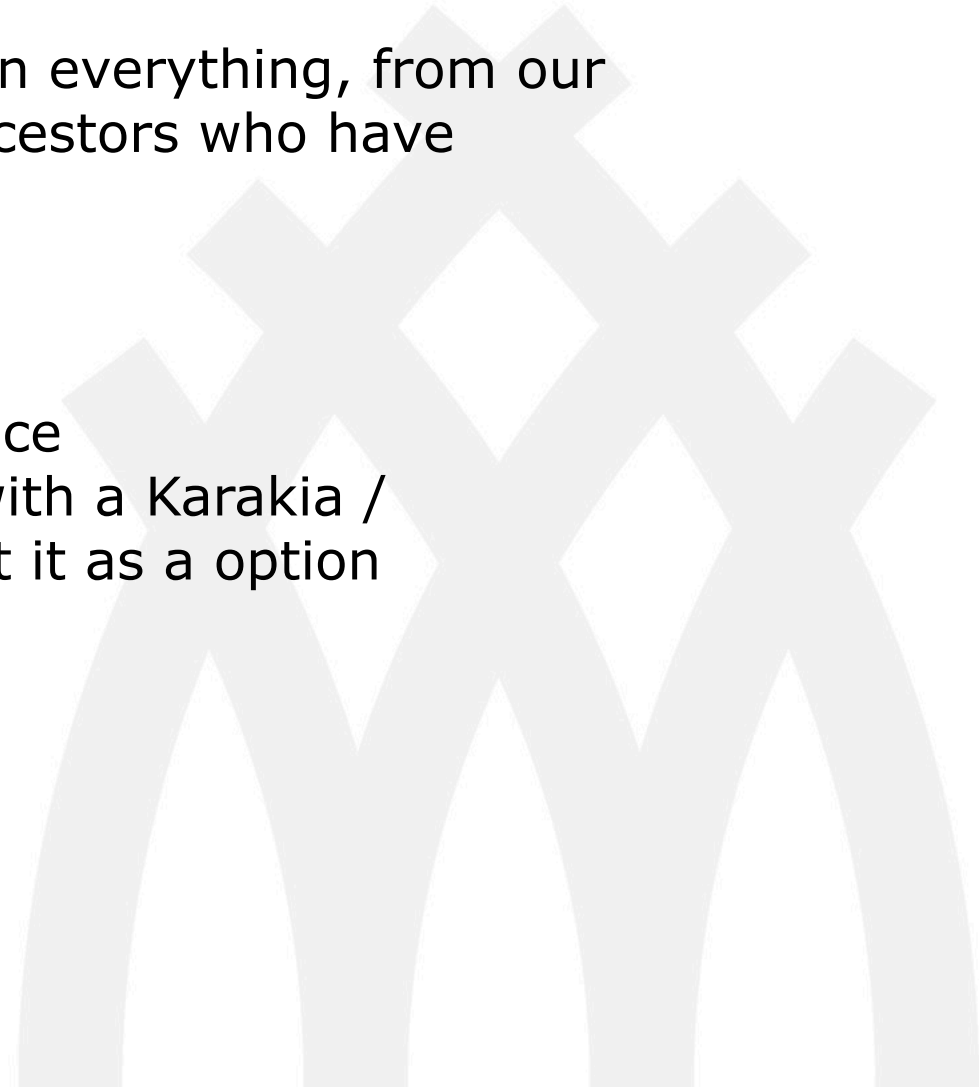


MĀORI PERSPECTIVE

Spirituality is in everything, from our land to our ancestors who have guided us

Spiritual Balance

Open with a Karakia /
suggest it as a option



Empowering Youth



Tino Rangatiratanga: The ability to decide how we go about our own treatment

Finding worth in independence by creating communities of support of people who are also independent and in control of their Tino Rangatiratanga

Engaging with Youth



We feel most comfortable around people of our own age, but if that's not possible, learn our language – how do we speak to each other? What is youth culture?

The whole of the youth population in NZ is affected by rising suicide rates. So what makes it difficult for us collectively to maintain wellbeing? How can we change this culture?

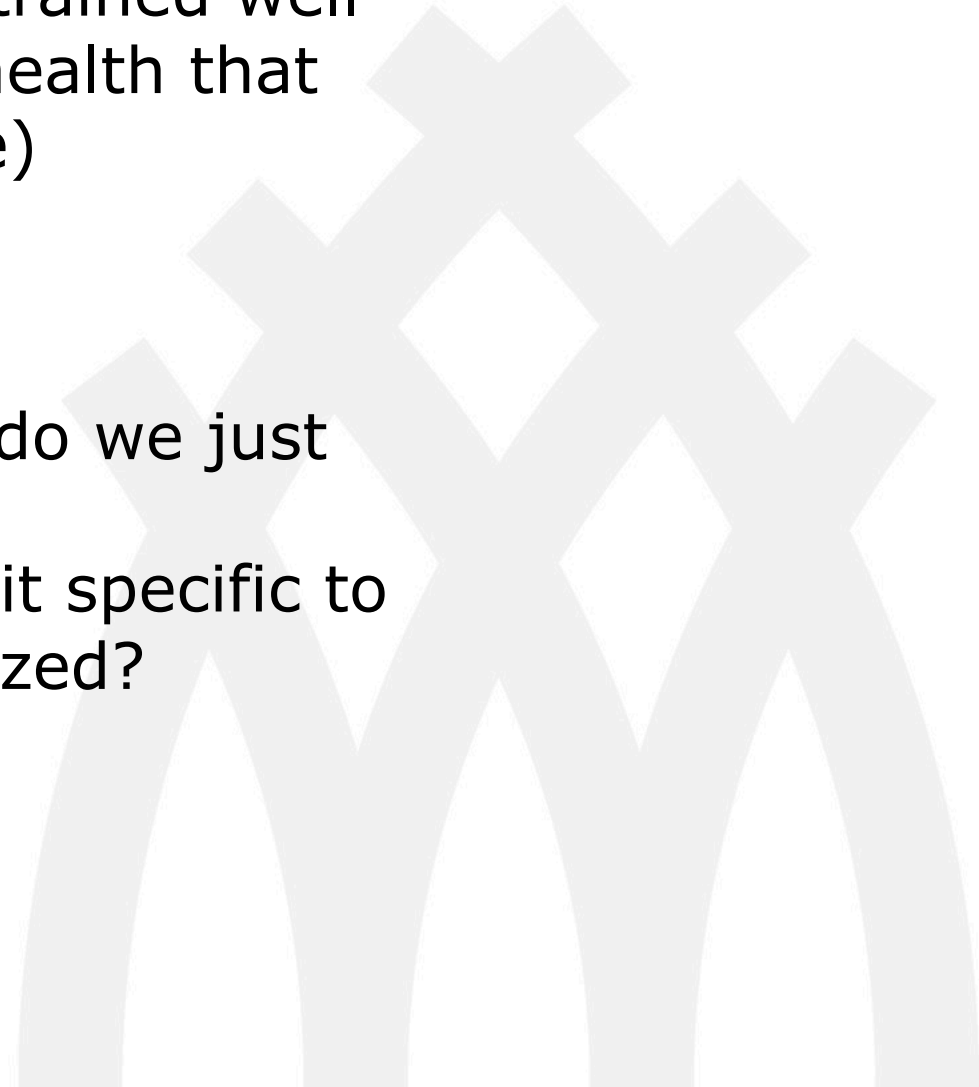
The Ideal Clinician

Staff are diverse, or are culturally trained well
(are comfortable using models of health that
may originate from another culture)

Listen to understand, not to fix.

Are we asking for advice, or do we just
need a sympathetic ear?

If we're asking for advice, is it specific to
our problems or is it generalized?



Thanks for listening!

Any questions?

