

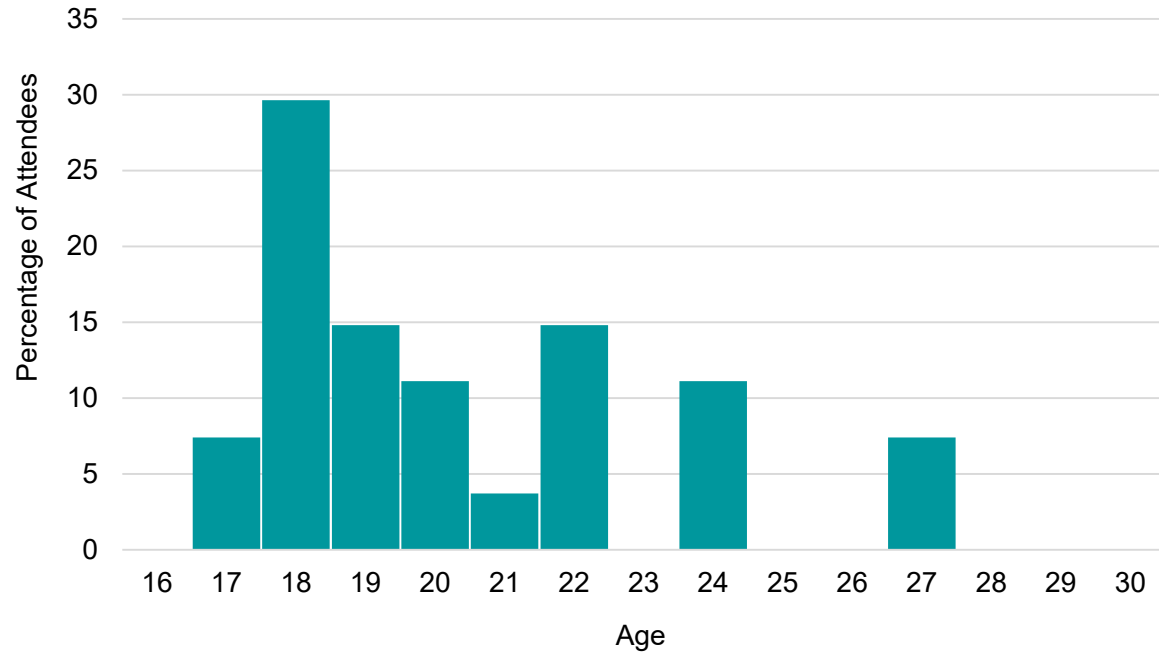


DMC

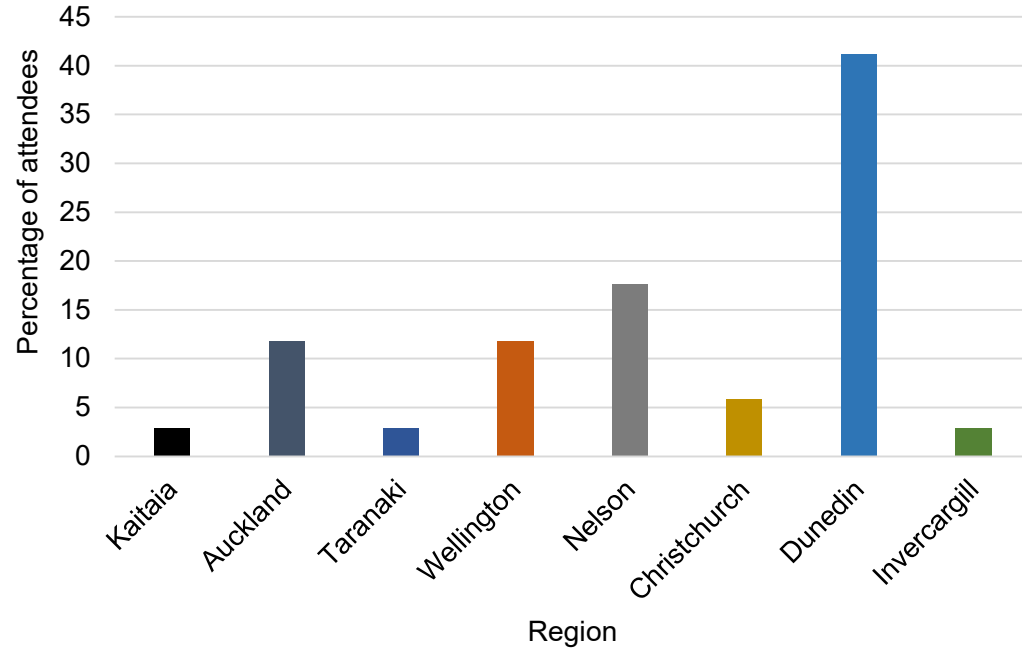
Youth-Led Transformation



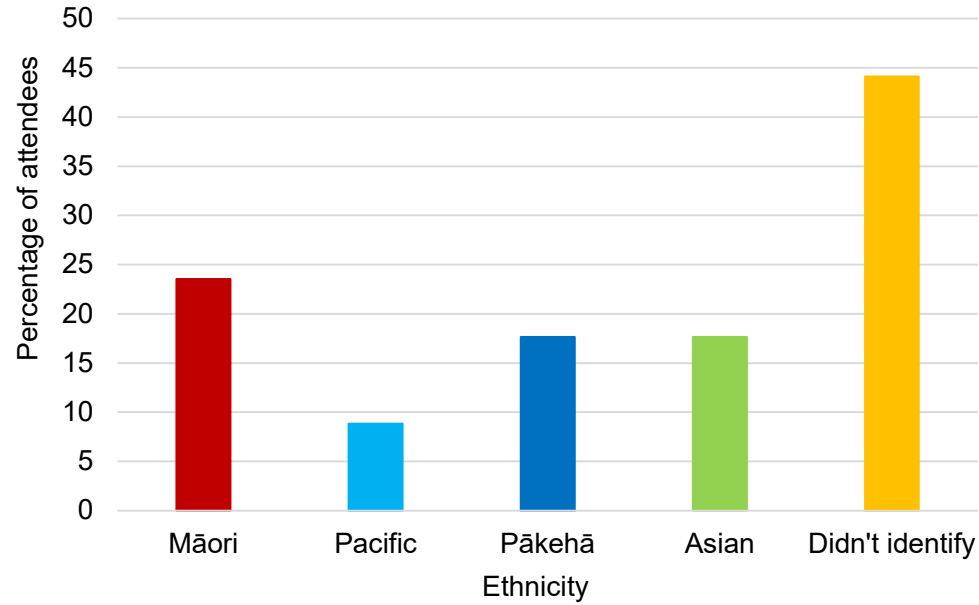
Age



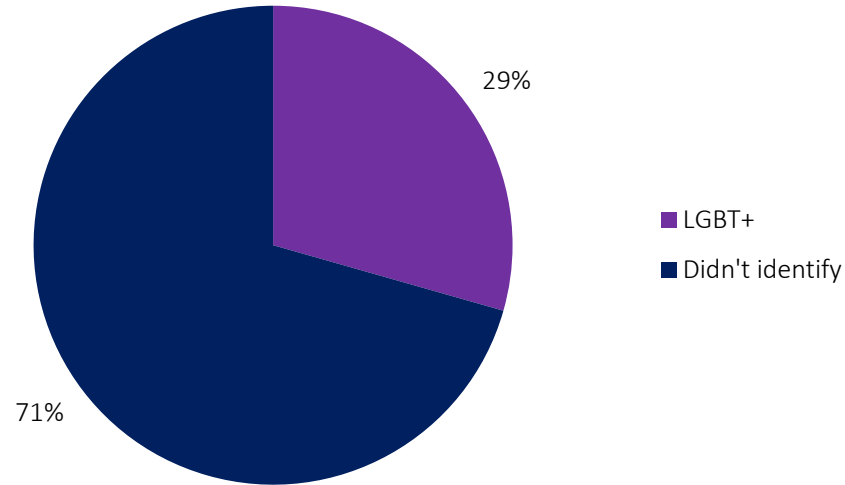
Place



Ethnicity



Gender & Sexual Identity





2 Days

1 in Auckland

1 in Dunedin

9:30 – 10:00

Whanaungatanga

10:00



10:15 – 11:00

A Shared Vision

What influences mental health?

A chat about the different things that affect mental health and wellbeing in our communities.

11:00 – 12:30

Design a Service

Design the support system of your dreams. Think about where it would be, what it would feel like, and who would work there.
Present back at 12pm.

12:30 – 1:00

Lunch



1:00 – 3:30

Let's Do This

Reflect on what matters most to you and your community and design a project you can start today.
Present back at 2:45pm.

2:30



3:30 – 4:00

Wrap-Up



A Shared Vision

What fills your cup?

A chat about the different things that affect mental health and wellbeing in our communities.



Taiao/Nature



Whānau



Wairua



Self-Care



Whakapapa & Culture



Giving Back

Moving toward holistic models of care

Level 1	Level 2	Level 3	Level 4	Level 5
<p>This aspect of wellbeing is neither mentioned nor incorporated at any point of the young person's wellbeing journey</p>	<p>This aspect of wellbeing is on a checklist</p> <p>It might be briefly discussed</p> <p>The young person might be encouraged to explore this further on their own</p>	<p>Part of a care plan</p> <p>Practitioner supports the young person to identify specific activities or organisations that could support them</p> <p>The young person may or may not act on these suggestions</p>	<p>A warm handover to an organisation or community group that actively employs this aspect of wellbeing in their practise</p> <p>The young person is eager to explore this aspect of wellbeing, and comfortable working with the new organisation</p>	<p>The service confidently and innovatively incorporates this aspect of wellbeing into their practice</p> <p>The service engages in co-design to ensure their practice aligns with the needs and expectations of their community</p>



Design a Service

Design the support system of your dreams. Think about where it would be, what it would feel like, and who would work there.



I'd Like Someone:

- Who understands me
- Authentic
- Caring
- Passionate
- Willing to learn
- Non-judgmental
- Critically conscious
- Who does things with me, not to me.



I Want To Get Help Somewhere That:

- Feels familiar
- Can help with different things, in different ways
- Supports the people around me
- Is there whenever I need it
- Has space for art, holistic, and spiritual therapies
- Is a community space



Let's Do This

Reflect on what matters most to you and your community and design a project you can start today.



Youth Spaces



Healthier Schools



Service Noticeboards

How To Adult

Classes



Stopping Violence



Youth LE Movement

