

Collaborate & Connect:

Designing Health Engagement with First Nations Young People

Project Overview



OUR VISION

To collaborate with young Aboriginal and Torres Strait Islander people to envision & develop a foundation for healthcare organisations & services to better engage with young Indigenous people.

WHY?

A Lack of Authentic Engagement

Currently, many mainstream healthcare services & organisations do not possess the information, skills or trust necessary to effectively & meaningfully engage with Indigenous young people¹. A lack of authentic engagement within the design and delivery of mainstream services leads to ineffective services, thus negatively affecting health outcomes².

Impacted Access, Contact & Literacy

When services are designed for, rather than with, there may be barriers to both access and contact with the service. This is exhibited in current data with young Indigenous Australians accessing healthcare at a lower rate than young non-Indigenous Australians³.

Impacted Health Outcomes

Current data shows stark differences in the health outcomes of Indigenous and non-Indigenous young people. Compared to non-Indigenous young people of the same age range, Indigenous Australians under the age of 25 experience higher rates of hospitalisation, disability, mental health concerns, and mortality³.

¹ NSW Ministry of Health. (2020). *NSW Aboriginal Mental Health and Wellbeing Strategy 2020–2025*. NSW Government.

² Sunkel, C., & Sartor, C. (2022). *Perspectives: involving persons with lived experience of mental health conditions in service delivery, development and leadership*. *BJPsych bulletin*, 46(3), 160–164.

³ Australian Institute of Health and Welfare. (2018). *Aboriginal and Torres Strait Islander adolescent and youth health and wellbeing 2018*.

APPROACH



Partnership & Collaboration

We will:

- Connect with First Nations stakeholders & organisations throughout
- Partner with First Nations facilitators to co-design & facilitate Workshops
- Maintain a strong focus on collaboration with young people, sharing power & decision making throughout



Strengths-Based Approach

We will:

- Utilise a strengths-based approach to engagement
- Avoid deficit-based language and framing
- Focus on building a positive setting for discussion & collaboration



A Focus on Intersectionality

We will:

- Ensure all project processes and activities are as accessible as possible
 - Physical, visual, audio, environmental, sensory, communication
 - Financial, transport, culture
- Ensure that an intersectional lens is applied to all aspects of the project

51% of the First Nations population are under 25

32% First Nations young people have a disability

62% have a long-term health condition

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TIMELINE



Develop a **scoping report** to gather relevant data, identify gaps, and examine existing resources for guidance, gaps, and considerations for best practice.



Convene an **Advisory Group** to guide the project, ensure cultural competency and ensure best practice.



Design and deliver one face-to-face Workshop in Sydney, followed by one online Workshop.



Continue to listen, learn and work towards optimal healthcare for First Nations young people.



Connect with First Nations stakeholders and organisations, develop networks, gather feedback and guidance.



Recruit First Nations young people to collaborate on the project through Workshops held in mid-2024.



Finalise outcomes of the Workshops, and utilise feedback loops created throughout the project.



CONTACT



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