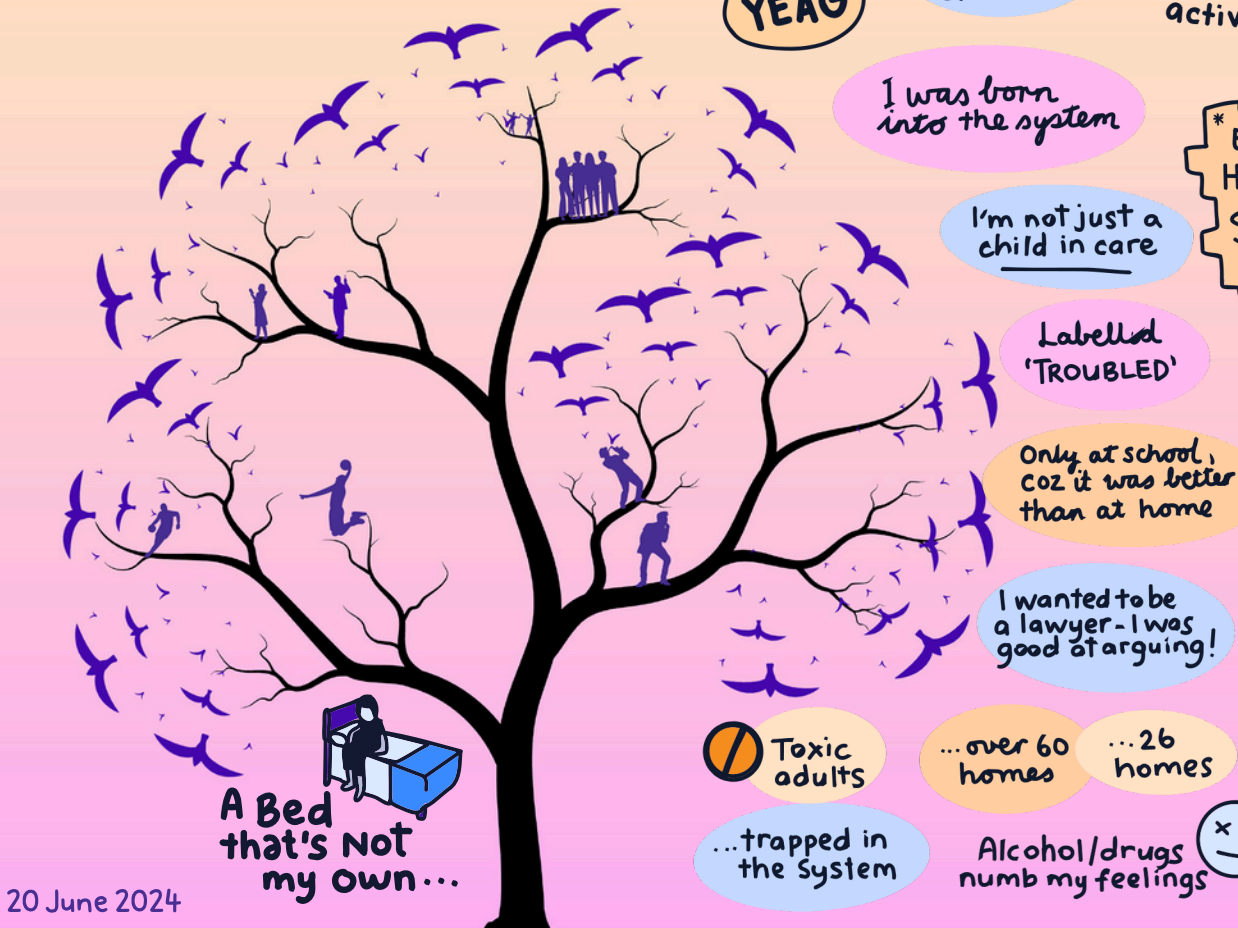


# EXPLORING CONNECTIONS

## HOW CAN YOU SHAPE MY TOMORROW?

CREATE Foundation's Youth Expert Advisory Group is excited to invite you to the 2024 youth-led forum.



20 June 2024

## HOUSING & HOMELESSNESS



Housing is **IMPERMANENT**

Always feeling unsafe



I hit a low-then I found CREATE

YEAG

I was born into the system

I'm not just a child in care

Labelled 'TROUBLED'

Only at school, coz it was better than at home

I wanted to be a lawyer - I was good at arguing!

Toxic adults

...over 60 homes

...26 homes

...trapped in the system

Alcohol/drugs numb my feelings

EVERY HOME shapes YOU

I felt trapped, death threats  
I was used as a cleaner  
I felt scared all the time  
I couldn't afford therapy

Boarding houses are scary

Never had a home for a year...

## RECOMMENDATIONS

- Validate individual feelings
- Holistic needs beyond housing
- Consistent counselling support
- Need doctors/community care
- Actively INVOLVE YOUNG PEOPLE
- Offer food in your program

HOUSING NOT A COMMODITY = A HUMAN RIGHT

clear NEEDS

- COMFORT
- FEELS SAFE
- SUSTAINED
- AFFORDABLE

You can CHANGE THE WORLD FOR ONE PERSON

## MENTAL HEALTH Youth Panel

How did MH affect your transition?

TRAUMA-based MH Disorders

Your thoughts on mental health?

'Just' me? or more serious?

ASK

'Are You OK?'

## QUALITY ACTIONS

- Showing up & listening
- Creative writing/hobbies
- Focus on the desired future
- Mental health knowledge

THE SYSTEM DISPROPORTIONATELY affects Aboriginal & Torres Strait Islanders

Anxiety

Isolated

Moving into the Unknown was hard

Not time to address symptoms

HURT relationships

Depression

CHECK IN

More than ONE WAY to approach it

Picked on as Resi Kid - STIGMA (internalised)



Happy Sad

RECALL

I GOT THRU LAST TIME

DON'T JUDGE US

SEE ALL PARTS



Families, Fairness and Housing

CREATE Foundation acknowledges the Traditional Owners of this land and we pay our respects to them, their culture, and to Elders past, present and future.

Live graphic recording by SallyMazak.com @sallymazak



## AOD & YOUTH JUSTICE

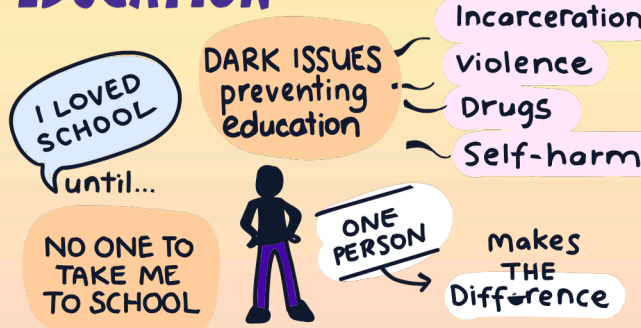


- Victims of Parents:
- DRUG-TAKING
  - PSYCHOSIS
  - MENTAL ILLNESS

A Life of 'Orders' via email

TRANSITIONS are unpredictable

## EDUCATION



### CHALLENGES

- A.S.D. issues
- Perfectionism
- Panic
- Anxiety

Spoken about in 3rd person

Medicated

Feelings manifest

Trust/Distrust

Anger/Quiet

### IDEAS

#### FLEXIBLE LEARNING

- Tutor
- Other interests & Learning
- Full internet
- Food access
- School supplies

Many Schools

Missing Years

"Too RISKY"

No Transport

No uniform

Singled out

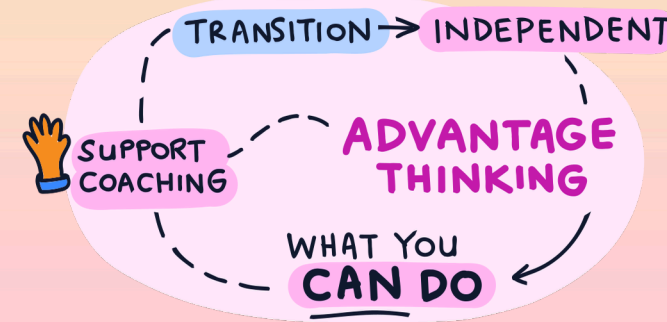
Hard to study

Bully the Bully

## BETTER FUTURES

### TRANSITION FROM CARE SUPPORTS

From 15-9 months - 21 years



Persistence & Support

Changed my Life

Challenge and thrive!

IT JUST TAKES 1 PERSON! IT JUST TAKES 1 PERSON! IT JUST TAKES 1 PERSON!

## Q&A

CONSISTENCY IS IMPERATIVE

- Youth-friendly language
- Speak with respect
- Watch body language " your tone
- Approach with MORE than 'News' (😊/😞)

I'm In YEAG to ADVOCATE for COMMUNITY and PURPOSE

will I make a difference?

Together we add the threads to the tapestry

A BETTER FUTURE