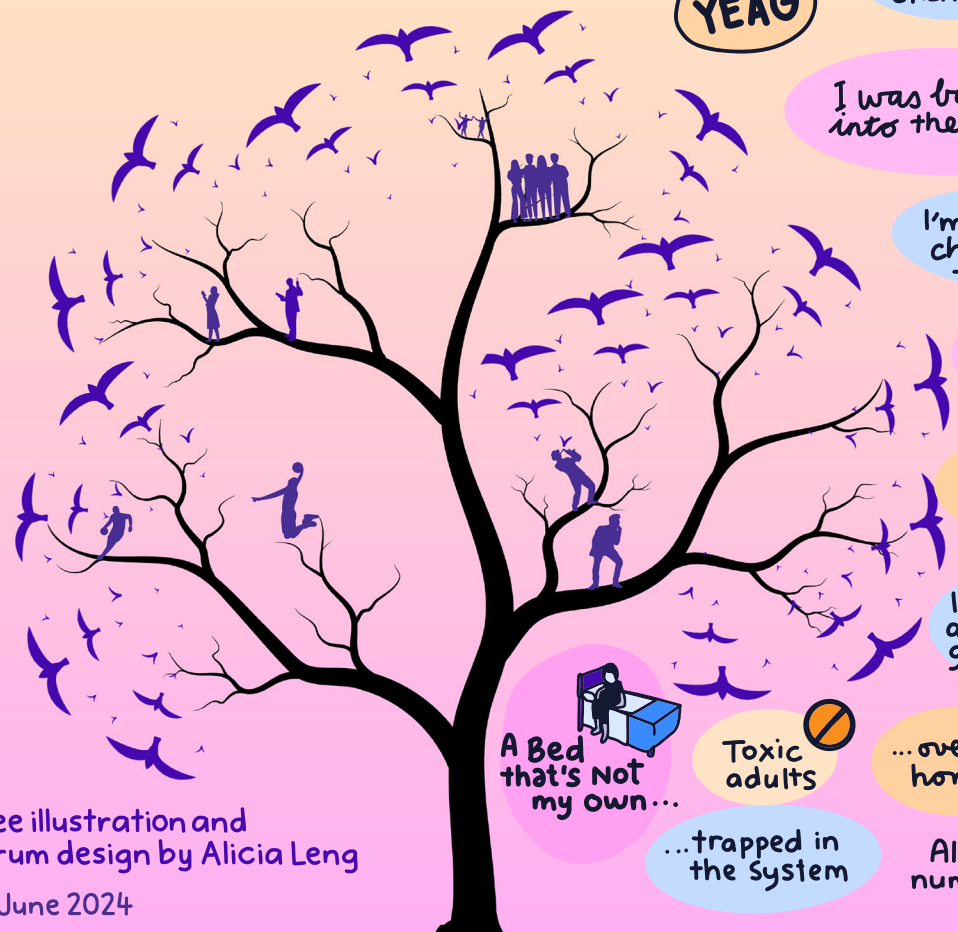


EXPLORING CONNECTIONS

HOW CAN YOU SHAPE MY TOMORROW?

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



Tree illustration and forum design by Alicia Leng
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!

A Bed that's not my own...

Toxic adults

...trapped in the system

...over 60 homes

...26 homes

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

Moving into the Unknown was hard

Isolated



Not time to address symptoms

FEAR

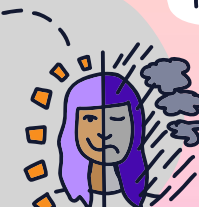
Depression

HURT relationships

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

Feelings manifest

Trust/Distrust

Anger/Quiet

IDEAS

FLEXIBLE LEARNING

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

Spoken about in 3rd person

Medicated

Many Schools

Missing Years

"Too RISKY"

No Transport

No uniform

Singled out

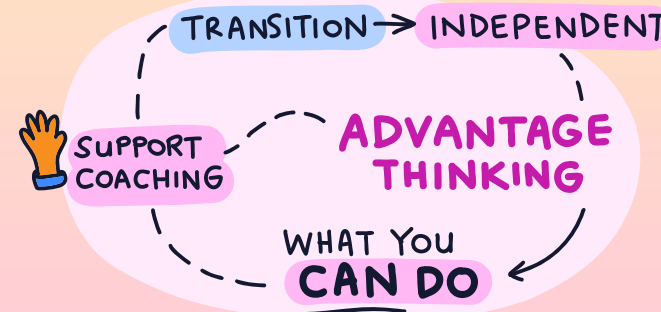
Hard to study

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