



## Frankston Mornington Peninsula Local Government Areas

### Strategic Framework for Young People 2015-2019

*A framework to facilitate health literacy and wellbeing as well as  
increase educational attainment for Young People*

The facilitation and development of the Strategic Framework for Young People has been made possible through the State Government's Victorian Community Support Grants program (*funded by the Community Support Fund*)



## Foreword

The *'Frankston Mornington Peninsula Local Government Areas Strategic Framework for Young People'* has been developed through place-based consultation with both agencies working within the youth sector and young people living in the municipalities of Frankston and the Mornington Peninsula. The priority areas for the strategic framework for young people have been identified through this consultation process and from key research in the youth sector, both locally and state wide.

The *'Frankston Mornington Peninsula Primary Care Partnership's Population Health Atlas'* provided a body of evidence around the social environment of young people highlighting health issues and limited opportunities for employment, education and training.

The strategic areas for young people living in the Frankston Mornington Peninsula Local Government Areas (LGAs) have been identified as:

- Health Literacy and Wellbeing of young people
- Communication and partnerships
- Young person centric care planning
- Community connectivity and participation

Both the Frankston City Council and Mornington Shire's Youth Services are committed to delivering the four key strategies as identified above and will do so as part of the place based model of service delivery.

The *'FMP LGAs Strategic Framework for Young People'* provides a framework for organisations to facilitate young people's health literacy and wellbeing and increased educational attainment.

2011 Adolescent Health and Wellbeing indicators suggest the Frankston youth population has significantly higher than average levels of nearly all risk factors including substance use, anti-social behaviour and, mental health issues. Frankston also has higher rates of youth (15-24 years) disengagement from education and employment compared to the rest of Victoria (14.8% and 10.7% respectively). All of these issues are priority areas of concern.

Adolescents in the Mornington Peninsula rate more positively than those in Frankston according to the 2011 Health and Wellbeing Indicators; however substance abuse is a significant area of concern.

Frankston and Mornington Peninsula Shire Youth Services have historically been positioned at the universal / primary end of the continuum with a focus on programs for all young people that are aimed at preventing the emergence of need for more intensive case management, crisis and critical care services that have traditionally been the domain of State Government.

Universal youth workers support the health, physical, social and emotional development of all young people, enhancing protective factors and working with young people to develop their strengths, thus minimising the impact of risk factors. Importantly, universal youth services provide a strong link to the range of other more intensive support services for young people and frequently facilitate partnership arrangements and networking between service providers. The provision of these services at a local level is critical for the development of an integrated, coherent and systematic approach to providing services for young people.

Due to the geographic positioning of secondary services, predominantly across the Frankston LGA, both Frankston and Mornington Peninsula Youth Services make referrals to the same collaborative cluster of secondary services, which in turn provide service provision across both LGA's. Both Youth Services provide the critical link between young people requiring support and secondary services being engaged and utilised.

An extensive amount of research has been undertaken to support the development of the strategic framework, please refer to the list of Reference Materials at the back of the document for further reading.

## **A snapshot of Young People living in the Frankston Mornington Peninsula Local Government Areas**

### **Frankston Local Government Area (LGA)**

'In 2011, there was an estimated **22,861** adolescents aged between 12 - 25 residing in Frankston, representing 17% of the LGA's population'<sup>1</sup>.

In 2010 69.8% of students had successfully completed year 12 or equivalent in comparison to the Victorian average of 79.8%.

16.8% of early school leavers (Early school leavers are Year 10, 11 and 12 students who enrolled in a VCE or VCAL unit and who left school before completing a certificate) were still seeking employment after 6 months and were therefore neither engaged in education or employment compared to the Victorian average of 16.6%.

**Mental health** – 16.2% students from year 7, 9, 11 were identified as having very high levels of psychological distress higher than the State average by 4%

In 2010 the rate of Psychiatric hospitalisation rate for 10 – 17 year olds in Frankston is 9.3 psychiatric hospitalisations per 1000 adolescents in Frankston 2010

**Drugs and alcohol** – students in Years 7, 9, 11 in Frankston 64.8% had consumed alcohol, 20% of adolescents aged 15 to 17 in Frankston had tried marijuana, 10.1% of 12 – 14 year olds in Frankston have chromed.

**Sexual health** – Students in year 7, 9, 11 in Frankston 2009 88.1% of sexually active females used contraception to avoid pregnancy.

Students in Year 7, 9, 11 56.7% of sexually active adolescents practiced safer sex by using condoms.

3.2% of 12 -14 year olds in Frankston are sexually active (2009) 21% 15- 17 year olds

In 2009 rate of STI amongst 10 – 17 year olds in Frankston is 2.9 per 1000 young people.

### **Mornington Peninsula Shire LGA**

'In 2011, there was an estimated **25,408** adolescents aged between 12 - 25 residing in Mornington Peninsula, representing 16.6% of the LGA's population'.

In 2010 77.2% of students had successfully completed year 12 or equivalent in comparison to the Victorian average of 79.8%.

13% of early school leavers (Early school leavers are Year 10, 11 and 12 students who enrolled in a VCE or VCAL unit and who left school before completing a certificate) were still seeking employment after 6 months and were therefore neither engaged in education or employment compared to the Victorian average of 16.6%.

**Mental health** – 11.6% students from year 7, 9, 11 were identified as having very high levels of psychological distress compared to Victoria 13%

In 2010 the rate of Psychiatric hospitalisation rate for 10 – 17 year olds in Mornington Peninsula Shire was 6.9 psychiatric hospitalisations per 1000 adolescents compared to Victoria 6.7

**Drugs and alcohol** – students in Years 7, 9, 11 in Mornington Peninsula 60.6% had consumed alcohol, 12.5% of adolescents aged 15 to 17 in Mornington Peninsula had tried marijuana, 7% of 12 – 14 year olds in Mornington Peninsula have chromed.

**Sexual health** – Students in year 7, 9, 11 in Mornington Peninsula 2009 76.3% of sexually active females used contraception to avoid pregnancy.

Students in Year 7, 9, 11 63.5% of sexually active adolescents practiced safer sex by using condoms.

5.8% of 12 -14 year olds in Mornington Peninsula are sexually active (2009) 26.8% 15- 17 year olds

In 2009 rate of STI amongst 10 – 17 year olds in Mornington Peninsula is 2.3 per 1000 young people.

'Across the Mornington Peninsula young people aged between 15-24 years make up a labour force of 10,728 with 14.4% being unemployed. Areas of unemployment higher than the 12% Victorian rate are in the suburbs of:

- West Park 24.3%,
- Baxter-Pearcedale 18.2%
- Tyabb 16.9% and Hastings 15.9% <sup>2</sup>(ABS, 2011)

Disengaged youth across the Mornington Peninsula Local Government Area with higher than the Victorian rate of 8.1% are in West Park at 25.9%, Hastings 18.1%, Baxter-Pearcedale 13.7%, Tyabb 13.4, Rosebud West 13.1 and Tootgarook 11.2% <sup>2</sup>(ABS, 2011).

"In 2009, 93.5 per cent of adolescents in Mornington Peninsula rated themselves as having 'good health'<sup>1</sup>.

### **Frankston Mornington Peninsula Local Government Areas (LGAs) Consultation**

In February 2013, the Frankston Mornington Peninsula (FMP) Primary Care Youth Partnership established a Youth Committee to shape the priority projects across the catchment as well as an agreed consultation process for the development of the 'FMP LGAs Strategic Framework.

In April 2013, the FMP Primary Care Youth Partnership facilitated a consultation with over 50 agencies working in the youth sector to align the development of the framework to the priority areas of the catchment including those identified in;

- '*A Strategic Framework for Frankston's Young People*' (developed and adopted by the Frankston Partnership October 2008)
- '*Mornington Peninsula Shire's Communities that Care (CTC) Healthy Neighbourhoods School Survey 2012*' (launched in November 2013)
- '*The Peninsula Model for primary health planning*' (launched in May 2013)

The Victorian State Government's '*Positive pathways for Victoria's vulnerable young people*' – A policy framework to support vulnerable youth also provided the context for mapping the youth service system in the FMP LGAs. In April 2013, the Youth Affairs Council of Victoria Inc (YACVic) held a workshop to facilitate the FMP Youth Partnership discussion on "the ingredients of good youth engagement work and the barriers to achieving it" <sup>3</sup>.

With invaluable support from member agencies of the FMP Primary Care Partnership and other partner organisations consultation with Young People commenced in June 2013 to categorise youth services being used by young people. The consultation with young people also sought to identify any barriers young people had in accessing youth services as well as provided information on services they would like to see more of in the future.

In August 2013, the FMP Primary Care Partnership held their strategic planning day with over 40 member agency representatives. A key priority for the youth sector was service system integration through Coordinated Agency Practice (CAP).

The 'FMP LGA's Strategic Framework builds upon the work of the former Frankston Partnership's Better Youth Pilot Program 1 and 2 as well as '*A Strategic Framework for Frankston's Young People*' and incorporates Mornington Peninsula Shire's key areas of research undertaken in the '*Communities that Care Healthy Neighbourhood School Survey 2012*'.

## Frankston Mornington Peninsula Population Health Atlas - Social determinants of health

“Social determinants of health are the social, environmental, political and cultural conditions, in which people are born, grow, live work and age as well as those factors in society that create, maintain or diminish the health of individuals and populations. Social determinants of health and illness can be understood as the pathways to health and equity/inequity and provide the context in which an individual’s behaviours, health and well-being arise<sup>4</sup>.”

### What young people told us when we asked!

#### Education

Barriers to education for young people included not being able to access education in a ‘community setting’ and not having the opportunity to access further education and training beyond the secondary school sector. Key areas for assisting young people achieve educational attainment were:

- providing assistance and information on career advice
- establishing opportunities that enable access to hands on learning programs
- enabling opportunities for young people to gain higher qualifications in a community setting, rather than mainstream schooling, through flexible learning options
- providing the opportunities for young people to support each other through study support groups




*More opportunities  
for further education*

#### Health and wellbeing

Young people told us they wanted information in a number of areas that would improve their health and wellbeing. This included:

- **Nutrition** and access to community kitchens were they are able to learn cooking.
- **Sexual health** so they have information on sexually transmitted diseases and prevention options to avoid teen pregnancy. This also included same sex education and support groups.
- **Drug and alcohol** information included not only being informed on what drugs to avoid and the risks associated with binge drinking but also some of the narratives of individual cases.



*Be proactive  
about key  
health &  
wellbeing issues*

- **Bullying** was a major issue for young people, particularly in schools. They urged the community to be proactive about bullying and use events/theatre and the arts to attract young people and incorporate bullying education at the same time.
- **Mental health** was a key issue for young people, particularly depression. There is a steady increase in young people having symptoms of depression which is evident in the ‘Communities that Care Healthy Neighbourhood School Survey’ results 2012.

## Recreation

Young people wanted more access to sport in general, this included basketball, soccer and skate-parks. Young people across the Frankston Mornington Peninsula catchment highlighted a need for music concerts and events including concerts for under aged young people with Disc Jockeys as well as dance activities. Young people stated that they wanted to be involved in organising events and also highlighted arts programs and groups as something young people would like to see more of including opportunities to work with animation. There was a strong request to legalise a graffiti wall in Rosebud and Rye areas so young artists had an opportunity to tag and display their artwork publically without fear of prosecution.

*More art groups and programs*

## Barriers

There was a very strong message from young people that they wanted more information about services that were available to them. They wanted to access information discretely without giving their name, being registered with an agency or filing in a form.

Whilst access to transport is a consistent barrier for young people accessing education and services across the Frankston Mornington Peninsula, particularly in the southern end of the catchment, the results were not alarming in this consultation.

Young people stated that they are unable to access young workers/case managers on the weekend although they acknowledged they could always contact emergency services<sup>5</sup>.

*Better information & access to information*

## Risk Factors for Young People – Literature and Consultation

A consistent number of risk factors were identified through key literature and consultation undertaken with youth sector agencies as well as both Local and State Government Departments across the Frankston Mornington Peninsula, these include:

- **Healthy Eating and a Healthy Body Image**

Access to information and fresh food sources for **nutritional** choices is a risk factor for young people's development. 'Over 10 percent (10%) of young people reported eating the minimum recommended serves of fruit and vegetables each day in the Frankston municipality which was lower than the Victoria reported number of 19%. Twenty percent (20%) of Mornington Peninsula Shire's young people reported eating the minimum recommend serves of fruit and vegetables each day which was just over the reported Victorian number<sup>1</sup>.

As part of the consultation young people requested more information on nutrition and access to community kitchens were they could learn cooking.

An **unhealthy body image** was a key issue impacting on young people acknowledged by the youth sector. "Two percent (2%) of young people living in Frankston and 3.3% of young people surveyed living across the Mornington Peninsula reported having an eating disorder. 'Frankston's proportion reported is lower than the Southern Metropolitan region's 2.7% and the Mornington Peninsula's is higher, although not significantly<sup>1</sup>. Whilst a healthy body image is thought to be influenced by an individual's own beliefs and attitude the community sector can greatly influence a young person's beliefs through the promotion of healthy body types.

- **Sexual Health**

A young person's **sexual health** is a concern with risk taking behaviours being shown to impact on young people as well as the complexities of a teen pregnancy. Youth and case workers said young people who visited their services wanted more information about their sexual health in the prevention of sexually transmitted diseases and pregnancy. This is also consistent with what young people told us.

'Over 70% of adolescents surveyed across the Mornington Peninsula use contraception to avoid pregnancy and just over 88% in Frankston which is not significantly different to the Victoria average of 78.9%' . 'Over 50% of sexually active adolescents surveyed in Frankston and just over 60% of adolescents across Mornington Peninsula reported they practiced safe sex, this is not significantly different to that reported across Victoria (58.1%)<sup>1</sup>.

'The rate of babies born to teenage women in Mornington Peninsula was 8.4 per 1000 women aged 15-19 years which is below the Victoria average. Babies born to teenage women living in Frankston surveyed was 16.4 per 1000, which is higher than the Victorian average' of 10.6'<sup>1</sup>.

*"Teenage childbearing is often related to increased adverse health, social and economic outcomes for teenagers and their children"<sup>6</sup> "Young mothers are more likely to drop out of school, be unemployed or low paid, live in poor housing conditions, suffer from depression and require government assistance"<sup>7</sup>*

'Young parents attending the Learn, Engage, Connect Young Parents Program responded to our young people consultation to inform the strategic framework. The Young Parents Program is a partnership with Anglicare, Communities for Children, Chisholm Institute of TAFE and led by the Frankston Mornington Peninsula Local Learning Employment Network. In 2013, 12 of the 16 young parents enrolled in the course completed their Certificate General Adult Education (CGEA). There are 23 young parents enrolled to undertake Victorian Certificate Applied Learning (VCAL) in 2014'<sup>8</sup>. These early intervention / prevention programs have been introduced place-based to prevent disengaging from education and are an early intervention for future demand on the service sector and government agencies, particularly Centrelink.

- **Social and cultural issues**

There were a number of family issues affecting a young person including family breakdown, lack of family/parental support and poor parenting role models. **Family Violence** remains prevalent across the Frankston Mornington Peninsula with higher incidents in the vulnerable communities of Frankston North and Hastings. 'The rate of child protection substantiations in Frankston was 6.9 per 1000 adolescents and for the Mornington Peninsula 4.8 per 1000 adolescents. Both Local Government Areas have a higher rate of child protection substantiations than the rate for Victoria at 4.4 per 1000 adolescents'<sup>1</sup>. The FMP Primary Care Partnership received funding towards prevention in May 2010 and implemented the Stronger Communities (Respectful Relationships) project in the highly vulnerable communities of Frankston North, Rosebud West and Hastings. Whilst a number of activities and programs have been implemented in these communities family violence continues to be an issue for young people with access to support services being a key initiative of the strategic framework.

**Bullying** was also identified by the youth sector as a social and cultural issue impacting on young people, particularly in schools. Young people also told us that bullying was an issue for them and stated that being proactive about the issue would assist them. 'Just over 44% of young people in Frankston surveyed reported being bullied and 41.9% of adolescents across the Mornington Peninsula'<sup>1</sup>.

- **Alcohol and other Drugs**

It was widely acknowledged that issues impacting on young people experiencing additional problems are alcohol and other drugs. 'Just over half (54.5%) of adolescents aged 12 to 14 surveyed in Frankston and nearly 50% of adolescents across the Mornington Peninsula had not consumed alcohol. Over 24% of Frankston's adolescents and just over 25% of Mornington's adolescents surveyed had consumed alcohol within the past 30 days'<sup>1</sup>.

'In older adolescents aged 15 to 17 years seventy-five (75%) percent of adolescents surveyed in Frankston and 74% of Mornington Peninsulas surveyed had not consumed alcohol. Alcohol consumption increased to over 55% in this age cohort of adolescent surveyed for Mornington Peninsula and just over 50% for Frankston adolescents having consumed alcohol in the past 30 days' in this age bracket'<sup>1</sup>.

'In Frankston 43.9% of older adolescents aged 15-17 years had smoked cigarettes with 34.3% across the Mornington Peninsula reporting they had'<sup>1</sup>.

Whilst there are smaller percentages of other forms of illegal drugs use amongst adolescents across both the Frankston and Mornington Peninsula nearly '20% of adolescents aged 15 to 17 in Frankston and 12.5% across the Mornington Peninsula have tried marijuana'<sup>1</sup>.

The impact of drug and alcohol misuse on the community is huge. As stated in the Victorian State Government's "Reducing the alcohol and drug toll- Victoria's plan 2013-2017";

*"In Victoria today, more than one person on average dies each day directly as a result of alcohol and drug use.*

*This alcohol and drug death toll exceeds the road toll. Many of these people die as a result of overdoses or poisonings. Even more people die with alcohol and drugs being a contributory factor- in suicides, road trauma, fall, injuries, assaults, cancer and many other diseases. "*

The impacts of drug and alcohol misuse filter through all aspects of everyday life. Collins and Lapsley concluded in their 2008 publication "The costs of tobacco, alcohol and illicit drug abuse to Australian society 2004-5":

*"Misuse of alcohol and drugs drives problem behaviour, and costs government, business and the community across all areas including health, public order, crime, education, child protection, road trauma, welfare costs and lost productivity. Using the main national cost estimate, the cost of alcohol and drug misuse to Victorian society in 2007-08 was approximately \$6.5 billion."*

In relation to the Frankston LGA, in October 2012 Council commissioned the Sydney Institute of Criminology to investigate Public Safety in the Frankston City Centre. This report highlighted that the Frankston LGA had the highest proportion of benzodiazepine, anti-depressant, antipsychotic and opioid analgesic related ambulance attendances in metropolitan Melbourne in 2010/11. In response, Council's next review of its Health and Wellbeing Plan will consider the most recent statistics in relation to health promotion and prevention for young people and is also advocating for a Health and Human Services Hub to be developed that would enable the co-location of some key services that support mental health and drug and alcohol dependency.

Strategies identified by young people in relation to alcohol and other drugs were to raise awareness of the effects of alcohol and drug use as well as provide a 'narrative' account of young people stories. The youth sector also highlighted the capability of a cross catchment youth service directory to provide discrete information on drugs and alcohol to young people. Youth workers indicated that young people want information however they are hesitant to provide their name or give too many details. This is consistent with the Better Youth Services Pilot Program (BYSPP) finding that found *"a significant proportion of younger people seek early information and support through the internet; preferring to trust this form of information rather than a significant adult, either in person or over the phone. Most importantly, young people do not want to be identified in the early stage of their information gathering"*<sup>9</sup>.

- **Mental Health**

Mental Health was identified by the youth sector as a key issue impacting on young people. There has been a steady increase in depression recognised in the 'Mornington Peninsula Shire's Communities that Care (CTC) Healthy Neighbourhoods School Survey 2012'. Adolescents in Mornington Peninsula reported very high levels of psychological distress with 11.6% and 16.2% in Frankston, although not significantly different to the proportion reported across Victoria'<sup>1</sup>.

Young people surveyed as part of the consultation for the development of this Strategic Framework identified a number of areas that could assist their Mental Health including:



- *“more promotion of counsellors*
- *more information about the help that’s out there for people with mental health issues*
- *more sessions need to be included in the Mental Healthcare Plan”<sup>5</sup>*

‘Just over 86% of adolescents surveyed across the Mornington Peninsula and 78.5% of adolescents from Frankston felt that they could access mental health services if needed’<sup>1</sup>.

Thirty (30%) percent of young people who participated in the Young People Consultation acknowledge they had used headspace Frankston services”<sup>5</sup>.

- **Education**

University enrolments are very low with 2.7% of young people advising they were enrolled in University and 25% of young people undertaking TAFE or further education”<sup>10</sup>. Broader statistics underline that 26% of young people in Frankston LGA and 31.2% in MP Shire LGA have completed a higher education qualification. Both LGA areas have lower than the Victoria average of 43.2% for higher education enrolments<sup>11</sup>.

Other place-based sources identify systemic barriers for lack of educational attainment which *“include a curriculum-centred approach in the secondary sector, a bias towards academic pathways and limited access to genuine vocational pathways”<sup>8</sup>*. The pull away from mainstream education is consistent with the findings of the consultation with young people where they have requested access to hands-on learning and the availability of being able to complete further education within a community setting. Opportunities to complete higher certificate levels of education in a community setting was a key motivator for young people and young parents to improve educational attainment.

Key issues impacting on young people recognised by the youth sector emphasise that *“schools are so big they cannot help every individual requiring intensive support”<sup>10</sup>*. Also it was widely acknowledged by the youth sector that service providers needed to develop relationships with schools and identify a way of working with schools.

A major barrier for young people to participate in further education or training was the lack of knowledge and access to careers counselling advice. This included young people not being able to access information on youth pathways as well as opportunities beyond secondary school.

A key early intervention / prevention program was implemented in August 2013 that provided the opportunity for young people to access a Community Careers Adviser (CCA) in two community settings. This pilot initiative enabled 111 young people access to careers counselling at Frankston Library or at Seawinds Community Hub in Rosebud West. The programs flexibility engaged a further 260 parents, services providers and staff to be educated on youth pathways and potential career opportunities for young people. The CCA initiative flexibility also enabled young people to see the adviser at outreach services including Oakwood School and Frankston Youth Central<sup>12</sup>.

- **Employment**

*“Unemployment is defined as young people between the ages of 15-24 who are actively looking for and available to start work. Youth unemployment is an issue of serious concern for the community. Persons aged 15 to 24 years are particularly vulnerable to unemployment, since the age group represents a transition from education to work, with generally higher unemployment rates than other age groups in most areas”<sup>2</sup>(ABS, 2011).*

‘Of the 11,063 total labour force of young people in the Frankston municipality 12% are unemployed. High areas of unemployment in Frankston is the suburb of Frankston North at 26.3% with Frankston central, Frankston Heights, Carrum Downs, Karingal and Langwarrin South being higher than the Victoria unemployment rate of 12%. Across the Mornington Peninsula of the 9.1% of 10,728 labour force are unemployed with high areas being West Park at 24.3%, Baxter-Pearcedale, Tyabb and Hastings’<sup>2</sup>(ABS, 2011).

The Youth sector advised that volunteering opportunities may assist young people on a pathway to employment and that they need assistance with searching for a job. Young people also told us they wanted assist with seeking employment and help with resume writing. The Community Careers Adviser Initiative also assisted a significant number of young with searching for a job as well as job search techniques.

- **Service System**

‘Service system issues impacting on all young people were identified in the following areas of:

- providing knowledge and information on services available to young people
- assistance with navigating the system
- gaining access to services
- online referrals and self-referrals access
- outreach of services’<sup>12</sup>

The information from the youth sector consultation is consistent with the feedback from young people requesting more information about what services are available to them.

Service system integration through Coordinated Agency Practice has been explored further. A number of services co-located at headspace Frankston provides an opportunity to develop shared care planning processes and procedures amongst these organisations. Any shared care plan should place the young people at the centre of planning and involve all decisions.

Agencies working with the youth sector raised a number of issues impacting on young people including the lack of early intervention, online referral challenges as well as the complexity of issues.

‘The Victorian Governments *‘Positive pathways for Victoria’s vulnerable young people’* provides “underpinning principles for the youth service system including:

- freedom from discrimination
- inclusiveness
- responsiveness
- timely and proactive
- place-based
- comprehensive, flexible and enduring” (Appendix F)

## **A Future Direction for Frankston Mornington Peninsula’s Young People’**

Young people are an integral part of communities adding creativity and vibrancy to our culture. It is the role of Local, State and Federal Governments, the universal service sector and communities to support young people through the challenging adolescent years as they grow to be our future generation.

Embodied in the framework is the fundamental principle of empowering young people. Through our facilitation of health literacy and wellbeing and enabling them to be involved in decisions we can encourage their aspirations and support their educational achievement. Essential to the success of the framework and its mission is collaboration amongst schools, the youth service sector and the broader community.

Four strategic areas have been identified to provide ‘holistic’ support to young people living in the Local Government Areas of Frankston Mornington Peninsula:

- Health Literacy and wellbeing of young people
- Communication and partnerships
- Young person centric care planning
- Community connectivity and participation

<b>A Strategic Framework</b>			
<b>Strategies</b>			
<b>Health Literacy and Wellbeing of Young People</b>	<b>Communication and partnerships</b>	<b>Young person centric care planning</b>	<b>Community connectivity and participation</b>
<b>Initiatives</b>			
<b>HW1.</b> Increase health literacy in the areas of: <ul style="list-style-type: none"> <li>• Bullying</li> <li>• Alcohol and drugs</li> <li>• Sexual health</li> <li>• Nutrition and healthy body image</li> <li>• Mental Health</li> <li>• Family Violence</li> </ul>	<b>CP1.</b> Develop an innovative digital youth directory showcasing services, events and festivals available to young people.	<b>YP1.</b> Implement the 'Patchwork' system to enable Local Government to network and connect with other agencies where there are multiple service providers supporting young people.	<b>CC1.</b> Continue to focus on connecting young people and schools to universal place-based programs.
<b>HW2.</b> Make free health check-ups available to young people outside clinical and GP surgeries.	<b>CP2.</b> Enable Young People to self-refer to support services	<b>YP2.</b> Establish a young person centric care plan for clients using the service system.	<b>CC2.</b> Encourage more young people to organise programs, events and festivals.
<b>Strategies</b>			
<b>Health Literacy and Wellbeing of Young People</b>	<b>Communication and partnerships</b>	<b>Young person centric care planning</b>	<b>Community connectivity and participation</b>
<b>Initiatives</b>			
<b>HW3.</b> Provide ongoing access to career counselling information and advice in a community setting.	<b>CP3.</b> Engage schools with service providers for information on key programs, events and activities within the youth sector.	<b>YP3.</b> Provide case workers in the service sector with the opportunity to align processes and practices to State Government standards.	<b>CC3.</b> Improve access for young people of all abilities to participate in sport and recreation.
<b>HW4.</b> Strengthen opportunities for young people to have access to tertiary education within a community setting.	<b>CP4.</b> Empower young people to be involved in decisions by decreasing bureaucracy, red tape and enabling flexible partnerships.	<b>YP4.</b> Introduce a Secure Message Delivery (SMD) e-referral system.	<b>CC4.</b> Enhance Public Space to be more inclusive of young people.
	<b>CP5.</b> Increase organisation's capacity to tailor their messages to a digital media generation of young people.	<b>YP5.</b> Enhance access to early intervention to reduce the demand on long term secondary and tertiary support.	<b>CC5.</b> Facilitate opportunities for young people to be engaged in volunteering.
	<b>CP6.</b> Create whole of community	<b>YP6.</b> Strengthen schools capabilities to work	<b>CC6.</b> Engage sporting clubs in adopting respectful

	partnerships that attract funding and support key youth priorities.	with the service sector to prevent disengagement and early school leavers.	relationships policies and practices.
			<b>CC7.</b> Strengthen families to prevent family violence through awareness raising and access to support services.

## **How young people will benefit**

Young people will benefit from improved health literacy which will empower them to make decisions in relation to their own health and wellbeing specifically in the areas of nutrition, sexual health, alcohol and other drugs. An area of focus will be to build young people's capacity to identify symptoms of mental health concerns, such as depression, to enable early intervention and support. Health promotion and early intervention programs for young people will not only assist them with their overall health and wellbeing but will also reduce future demands on the service sector.

Educational attainment will provide the opportunity for young people to secure meaningful employment, in some cases reducing their need for additional support from government authorities. To this end, key initiatives within the framework aim to provide opportunities for young people to achieve their desired level of education. This includes providing career counselling information and advice and strengthening opportunities for vocational education that is accessible to young people within a community setting.

Building relationships between schools and the service sector will enable schools to have assistance when supporting a young people with complex issues to improve education outcomes.

Through enhanced communication the youth sector will ensure young people are aware of the support services available and how they can make contact. Increased community connectivity through the participation of young people at events, activities and festivals also will reduce social isolation and vulnerability. This together with enhancing public space to be more inclusive of young people will assist with the intergenerational engagement between senior members of the community and young people.

A youth directory providing discrete information and advice on key issues for young people will provide the opportunity for young people to self-refer to services enabling them to seek support earlier rather than at the crisis point.

Service system integration and shared care planning that places the young person at the centre of care planning has the potential to increase the efficiency of services and provide a holistic approach to care of the young person.

A whole of community response to family violence by raising awareness of the issues through prevention programs and assisting families to seek support services earlier seeks to reduce the prevalence of family violence in the Frankston Mornington Peninsula communities. The delivery of a respectful relationships mentoring program through sporting clubs also aims to model behaviours and foster respectful behaviours in our future parents and leaders.

## **Snapshot of Frankston and Mornington Peninsula LGAs model of youth services delivery**

Both Mornington Peninsula Shire (MPS) and Frankston City Council (FCC) have been active participants in catchment-wide planning and projects led by the Frankston Mornington Peninsula Primary Care Partnership (FMPPCP) and the Frankston Mornington Peninsula Medicare Local (FMPML), which aim to improve service coordination and increase access to services for vulnerable young people. In particular, MPS and FCC have been collaborating with the many agencies funded to support vulnerable young people in the catchment, to create a No Wrong Door model of service access, and to ensure that appropriate services are wrapped seamlessly around a young person, when needed. The (MPS) model is also underpinned and informed by Communities that Care (CTC) data forming the basis of its Youth Services operational and strategic service direction.

The No Wrong Door model is currently facilitated through the six Frankston community based sites; Seaford, Frankston North, Carrum Downs, Karingal, Langwarrin and Frankston South together with Youth Central in the Frankston Central Activities Area (CAA). In MPS Hastings and Rosebud Youth Centres and will be complemented by opening of the Mornington Youth Resource Centre in 2015.

All of these sites offer a safe environment where young people can access a broad range of individual (one-on-one) services, and group based activities, including established programs from the one site (a one-stop-shop). These spaces can be used flexibly for:

- Drop-in.
- One-on-one / individual support.
- Regular programs and classes.
- Specific activities (therapeutic, social, recreational, education and training).
- Formal and informal events.

Frankston City Council's Youth Services have been delivering a model of place based delivery since February 2012, known as The Hangouts. With six sites located throughout the municipality in Carrum Downs, Frankston Nth, Frankston Sth, Karingal, Langwarrin and Seaford. The six sites operate Monday to Friday and are delivering programs both in school and after school to support young people aged 10 – 24 years old. The place based model has ensured that each site has been able to tailor the delivery of programs to the identified needs of each specific community. The Hangout teams have forged very strong local partnerships with Secondary and Primary schools as well as other Youth Services.

The Hangout teams also run events twice per term on a rotation basis throughout the Municipality. Frankston Youth Services also operate a Recording Studio at the Ebdale Community Hub & Learning Centre and the FRESH Committee of Young People assist in running a number of events for young people each year.

In the Mornington Peninsula LGA, the Hastings, Rosebud and Mornington youth centres will deliver the following outcomes for young people in across the Peninsula:

- Improved access to a range of services, programs and activities, in particular to services and programs which are currently only available to young people at the Frankston catchment
- Increased engagement by young people in a range of services, activities and programs which improve their health and wellbeing, and reduce social isolation.
- Increased access to primary care and specialist services for young people living across the Peninsula resulting in improved health and wellbeing, and healthy life style choices.
- Increased opportunities for young people to access planned, safe and socially inclusive recreational activities and events including the iConnect program, Freeza events, etc.
- Increased opportunities for young people to access learning and education opportunities, particularly by young people who have disengaged from school, vocational education and employment.
- Enhanced employment opportunities for young people, through engagement with the JSAs and access to pre-employment, vocational and other training programs which support them to become work ready.
- The creation of seamless referral pathways and shared care for vulnerable young people between services operating from the 3 sites.
- Increased ability to wrap services around vulnerable young people and offered shared care, in their local area and in a safe space.

- Increased collaboration and cooperation between services, schools and other stakeholders including opportunities for secondary consultations, shared care and resource sharing, resulting in better outcomes for vulnerable young people.

Both Frankston and Mornington Peninsula Shire Youth Services strive to provide strong, ethical holistic services to our young people and promote best practice. The Youth Work Principles developed by the Youth Affairs Council of Victoria Inc., underpin the commitment to service development and delivery when working with young people.

## **“Youth Work Principles**

### **Youth Workers will work towards enabling and ensuring:**

1. the empowerment of all young people
2. young people’s participation
3. social justice for young people
4. the safety of young people
5. respect for young people’s human dignity and worth
6. young people’s connectedness to important people in their lives, such as family and community
7. positive health and wellbeing outcomes for young people
8. the positive transitions and healthy development of young people”

**Source: Summary of the Victorian Code of Ethical Practice ‘Youth Work Principles’. Youth Affairs Council of Victoria Inc**

## Acknowledgements

- **State Government of Victoria – Department of State Development, Business and Innovation, Victorian Community Support Grants Program** (*formerly Department of Planning and Community Development DPCD*)
- **Frankston City Council** – Dr Gillian Kay, General Manager Communities
- **Mornington Peninsula Shire** – Rob Macindoe, Director Sustainable Communities
- **Frankston Mornington Peninsula (FMP) Primary Care Partnership** – Tricia Folvig, Project Manager Primary Care Youth Partnership
- **Mgn Consultancy** – Jan McGannon, Projects Director
- **Frankston Mornington Peninsula Primary Care Youth Partnership Committee**
  - ❖ FMP Primary Care Partnership (PCP) - Tricia Folvig, Project Manager Primary Care Youth Partnership
  - ❖ Frankston City Council - Lori Adamec, Youth Services Coordinator
  - ❖ Mornington Peninsula Shire - Andrew Joseph, Acting Team Leader Youth Strategic Planning & Support
  - ❖ FMP Local Learning and Employment Network - Carol Smith, Executive Officer
  - ❖ Peninsula Health, Koori Services - Karen Kent, Team Leader
  - ❖ Peninsula Health, Kristen Young - Health Promotion Practitioner
  - ❖ Department of Premier and Cabinet (*formerly DPCD*) - Barry Firebrace, Indigenous Community Development Broker
  - ❖ headspace Frankston - Courtney Gould, Practice Manager Community Engagement Coordinator
  - ❖ Youth Substance Advisory Services - Katrina Bould, Manager Community Programs
  - ❖ Department of Education and Early Childhood Development Youth Partnerships - Bart Stiller, Project Officer
- **Members of the Frankston Youth Council**
- **Young People from Frankston City Council’s Youth Hangouts**
- **Young People members of Mornington Peninsula Shire’s Freeza group, IConnect Group and young parents group Nourish and Nurture**

Thank you to the numerous organisations and young people who contributed to the consultation process to inform the development of the ‘*Frankston Mornington Peninsula (FMP) Local Government Areas Strategic Framework*’ including the member organisations and partners of the FMP Primary Care Partnership who facilitated the consultation:

- **Partner organisations involved in the consultation with Young People**
  - ❖ Frankston City Council, Youth Services
  - ❖ Frankston Mornington Peninsula Local Learning and Employment Network
  - ❖ Mornington Peninsula Shire, Youth Services
  - ❖ Mornington Secondary College
  - ❖ Brotherhood of St Laurence, Youth Connections
  - ❖ headspace Frankston and various programs
  - ❖ Seawinds Community Hub, Rosebud West, “Yours Youth Group”.
- **Young people living across the FMP who provided feedback throughout the consultation process**
- **Representatives from organisations involved in the Youth Sector Consultation**



## References

- 1: Department of Education and Early Childhood Development Adolescent Community Profile. *City of Frankston 2010. Shire of Mornington Peninsula 2010.*
- 2: Australia Bureau of Statistics (ABS) 2011, Australian Capital Territory, ABS Canberra.
- 3: Consultation Youth Engagement Resources: Youth Affairs Council of Victoria (YACVic).
- 4: *'Frankston Mornington Peninsula Primary Care Partnership Population Health Atlas'*, Sept 2013.
- 5: Primary Care Youth Partnership Frankston Mornington Peninsula's Consultation with Young People Report 2014.
- 6: AAP American Academy of Pediatrics, 1999, *'Adolescent pregnancy: current trends and issues, 1998'*, Pediatrics, vol 103(2), pp 516-20.
- 7: UNCF United Children's Fund, 2001, *'A league table of teenage births in rich nations.* Innocenti Report Card no 3 UNICEF Innocenti Research Centre Florence.
- 8: Frankston Mornington Peninsula Local Learning and Employment Network *'Environmental Scan 2014'*.
- 9: Frankston Better Youth Services Pilot Phase 2 – Report, May 2010.
- 10: Primary Care Youth Partnership Frankston Mornington Peninsula's Youth Sector Consultation Report May 2013.
- 11: Victorian Department of Health, 2011, *'Local Government Area Profiles'*.
- 12: Community Career Adviser for Young People Initiative Report February 2014.
- 13: Victorian State Government's *'Positive pathways for Victoria's vulnerable young people'*.

## Reference Materials that have supported the development of the Frankston Mornington Peninsula Local Government Areas Strategic Framework for Young People

- *'Frankston Mornington Peninsula Primary Care Partnership Population Health Atlas, Sept 2013'*
- *'Primary Care Youth Partnership Frankston Mornington Peninsula's Youth Sector Consultation Report May 2013'*
- *'A Strategic Framework for Frankston's Young People' October 2008 (formerly The Frankston Partnership)*
- *'Mornington Peninsula Shire's 'Communities that Care (CTC) 'Healthy Neighbourhoods School Survey' (follow up e-copy)*
- *'The Peninsula Model for primary health planning' Dec 2013*
- *Victorian State Government's 'Positive pathways for Victoria's vulnerable young people'*
- *'Primary Care Youth Partnership Frankston Mornington Peninsula's Consultation with Young People Report 2014'*
- *Primary Care Youth Partnership and headspace Frankston Consultation with Young People June 2013.*
- *Consultation Youth Engagement Resources: Youth Affairs Council of Victoria (YACVic)*
- *Youth Affairs Council of Victoria (YACVic) Code of Ethical Practice – A First Step for the Victorian Youth Sector'*
- *Department of Education and Early Childhood Development Adolescent Community Profile. City of Frankston 2010. Shire of Mornington Peninsula 2010*
- *Frankston Better Youth Services Pilot Phase 2 – Report, May 2010.*
- *Frankston Mornington Peninsula Local Learning and Employment Network 'Environmental Scan' 2014.*
- *'Community Career Adviser for Young People Initiative Report February 2014'.*