

Youth Health Summit

**THURSDAY 26 AUGUST &
FRIDAY 27 AUGUST 2021**

**ONLINE EVENT AND
PODCAST SERIES**

Young people only
Day One

**1 HR WORKSHOPS
STARTING FROM 2PM**

Day Two

**ONLINE CONFERENCE
10:00AM - 11:30AM**

EVENT PROGRAM

#NTYHS21

About the Youth Health Summit

In 2019 the inaugural Youth Health Summit was organised to allow young people in the NT a voice in setting youth health research priorities. This year, Menzies School of Health Research has partnered with Hot NORTH and Charles Darwin University, to present the Youth Health Summit 2021. Throughout this Summit, attendees will participate in online workshops and panel sessions. A series of podcasts featuring young people, Elders, researchers, and health professionals have also been developed. They will be encouraged to share their views on how to improve the health and wellbeing of young people across the NT. Young people's involvement will be invaluable to guiding and establishing future priorities to achieve a healthier, safer future for young Territorians. Following the Summit, a comprehensive report will be developed seeking endorsement by researchers, policy makers and health practitioners.



Menzies Youth Health Summit Program

Day One

Young people only

THURSDAY 26 AUGUST 2021

Online Workshops – Young people only

Led by Adam Drake (Balanced Choice) and a youth sub-committee member.

'Let's talk about the top five youth health priorities and demands for the NT'

Young people will be invited to a one-hour Zoom session based on the health topics they are most passionate about.

TIME	PROGRAM ACTIVITY
2:00-3:00pm	Health Priority 1
3:30-4:30pm	Health Priority 2
5:00-6:00pm	Health Priority 3
6:30-7:30pm	Health Priority 4
8:00-9:00pm	Health Priority 5

FRIDAY 27 AUGUST 2021

Online Conference - Young people and Service Providers

Day Two

TIME	PROGRAM ACTIVITY
10:00am	Welcome <i>Lateesha Jeffrey- Master of Ceremonies</i>
10:05am	Welcome to Country <i>Trent Lee - Bundirrik Consulting</i>
10:10am	Youth Panel Discussion – Facilitator Jane Alia Health priorities in the Northern Territory – What matters to young people?
10:40am	Break
10:50am	Youth Feedback and Discussion – Facilitators Adam Drake & Dr Renae Kirkham Youth delegates present their key health priorities and demands
11:25am	Wrap up and next steps
11:30am	Close

PODCAST SERIES

A series of podcasts showcasing young people, Elders, researchers, and health professionals have been developed and will be offered to all participants and the wider community. These podcasts feature invited guests who discuss health issues affecting young Territorians and highlight initiatives aimed to address these challenges.

Youth Panel



JANE ALIA

Panel Facilitator

Since being named the 2019 Young Citizen of the Year for Darwin, Jane has continued to be a role model and encourage young people in the migrant community through her voluntary roles with the Refugee Council of Australia and Multicultural Youth Advocacy Network. She is also part of City of Darwin's Youth Advisory Committee (YAC). She was born in Uganda and is a registered nurse at the Royal Darwin Hospital.



JAHDAI VIGONA

Panellist

Tiwi Island man Jahdai Vigona recently completed a Certificate III in Community Services with the Drug & Alcohol team at Menzies. Jahdai works on a range of projects relating to gambling and social and emotional wellbeing. He is looking forward to a future where he can create change for people experiencing disadvantage and promote equal opportunities for everyone in his community. He is committed to returning back to country and dedicating his research to his people on the Tiwi Islands.



EMILY FORD

Panellist

Emily grew up in Darwin and is a Rak Mak Mak Marranunggu woman from Kurrindju (140km south of Darwin). Emily's commitment to the Darwin community is highlighted through her countless volunteering activities as an active member on the City of Darwin's Youth Advisory Committee and teaching children to fly drones. She won the NT Leadership Award for the National Indigenous Youth Parliament in 2017 and has a Certificate IV in Business Governance.



TAYLA CHISHOLM

Panellist

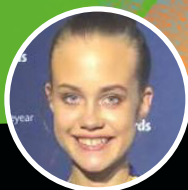
Born and raised in Darwin and the oldest of six siblings, Tayla has cared for others her whole life. Currently working for the NTG at the Pandemic Clinic and Menzies; on the B Part of It NT Meningococcal B Study, she is also currently completing her undergraduate in Nursing at CDU.

Tayla will join this panel and share her views on health and the importance of young people having a say about health matters that affect them.



SIZOL FUYANA

Panellist



EMMA KING

Panellist



SHANLEY MARSDEN

Panellist

Sizol Fuyana, Emma King and Shanley Marsden will also be Youth Representatives on this panel, with full biographies included in the podcast series section.

Facilitators and Master of Ceremonies



ADAM DRAKE

Workshop Facilitator – Balanced Choice

A trained theatre professional, Adam has embraced his love of the arts and genuine care for people and uses theatre, imagination and play to teach life skills and strengthen teams.

Believing it is essential to maintain balance of the body, mind, and spirit, Adam uses a range of activities that promote physical and mental health to engage young people.

Passionate about supporting young people across the Territory and in the youth justice space, Adam works closely with them to encourage them to make positive choices. He has worked side by side with the youth sub-committee to develop the Summit program. He will support the youth sub-committee members to facilitate online workshops and activities that encourage the youth participants to open up, feel comfortable and share their ideas.



LATEESHA JEFFREY

Master of Ceremonies and Podcast Facilitator – Territory Role Model

Lateesha Jeffrey is a proud Woolwonga and Kukatj Woman, who is passionate about education, influencing change, and inspiring and empowering people. She has worked within Education for 10 years, with a great amount of experience in developing and implementing programs, to inspire youth and provide them with the transferrable skills to succeed in life. Lateesha is also a Mother, studied and completed a Bachelor of Educational Studies and has played and captained AFL teams, both at a local and a State/ Territory level.



SARAH CLIFFORD

Podcast Facilitator – PhD Candidate – Menzies School of Health Research

After working as a qualitative research assistant predominately with the Alcohol, other Drugs and Gambling team (AODG), Sarah is undertaking a PhD with Menzies School of Health Research.

In 2019 Sarah was one of twenty youth representatives, selected from over 650 applicants worldwide, who attended the WHO Global Meeting to Accelerate Progress on Non-Communicable Disease and Mental Health in Muscat, Oman. She has previously interned with the Northern Territory Government Women Health Strategy Unit and the Wheatbelt Public Health Unit (Northam, WA).

Podcast Series



DR MIRIAM-ROSE UNGUNMERR BAUMANN AM

Senior Australian of the Year 2021

Dr Ungunmerr Baumann is an Aboriginal elder from Nauiyu, Daly River, and a renowned artist, activist, writer and public speaker. In 1975, Miriam-Rose became the Territory's first fully qualified Aboriginal teacher.

Miriam shares her story of Dadirri which encourages an environment of listening and respectful discussions. Miriam's contributions have greatly benefited both local Aboriginal and broader mainstream society in ways that are seeing real reconciliation worked out at the ground level. In recognition of her leadership, she was awarded a Member of the Order of Australia medal and an Honorary PhD in Education from Charles Darwin University and was named the 2021 NT Senior Australian of the Year and in the recent Australia Day Awards, was acknowledged as the National Winner.



SIZOL FUYANA

Youth Ambassador

Following her own battles with suicide and depression, Sizol has worked hard to turn her life around and commit to supporting others. She established Fuyana Support - a youth-oriented consultancy firm that is focused on empowering and encouraging young people.

Sizol has partnered with the likes of the City of Palmerston, Don Dale and other clients to improve outcomes for young Territorians and support their social and emotional wellbeing.

Sizol is a law and psychology student who has volunteered for many working groups and is on the 2021 Northern Territory Youth Round Table.



EMMA KING

Youth Ambassador

Emma is a young Gurindji woman who was born in Darwin and attends year 11 at Marrara Christian College. As a descendant of the stolen generation, Emma is passionate and committed to challenging social injustice within society and her school community by advocating for greater recognition of the struggles faced by Aboriginal students.

Outside of this, Emma is a keen oil painter and enjoys social touch football. Emma is a member of the NT Youth Round Table 2021 and hopes this experience will give her the opportunity to brainstorm ideas to make the Territory a greater community and to understand more broadly the issues young people face in different regions.

Podcast Series



EDMOND DOOLAN

First Nations Youth Ambassador

Edmond Doolan is 22 years old and an Arrernte man. He is family for Djujan (from the documentary *In My Blood It Runs*). Edmond had similar experiences growing up to Djujan and could easily have ended up on the wrong side of the law and getting locked up. The turning point for Edmond was a conversation with his older cousin who was working at Children's Ground.

Edmond now works at Children's Ground in the Men's and Youth program. Through his work at Children's Ground, Edmond has been working alongside families supporting Early Years learning, ensuring kids are growing up with a strong identity and connected to their land, language and culture which is something he is very passionate about. Edmond will talk to his own goals, both personal and professional, and what he wants to see for himself and his younger siblings into the future.



MALI NJORDAH MPETYANE

also known as Marilyn Cavanagh

Central/Eastern Arrernte woman Mali Njordah studied to become an Early Childhood Teacher in the mid 1980's and later followed her Ancestors Spirit Calling to Alice Springs, where she has spent most of her adult life. Mali works in the areas of Community Development, Capacity Building, Adult, Youth and Early Childhood Education.

As a Teacher she found herself thrust into the depths of facilitating Cultural Awareness / Immersions and Teaching Language programs. She has continued to nurture her relationships with Arrernte and Pitjantjatjara Elders (her Teachers) and Ancestor Spirit, which has given rise to deeper insights and spiritual awakenings, and more recently to finding that place of serene presence, embracing Ngkarte (GOD) and Altyerre (Creation).



MELANIE GUNNER

Balanced Choice

Melanie Gunner is an advocate for youth mental wellbeing. A former chair of the Youth Round Table and winner of the Glencore McArthur River Mining Regionals and Rural Initiative Award, Melanie has been committed to communicating how life is different in the regional and rural communities.

Melanie has experience delivering workshops and presentations and now works for Balanced Choice - an organisation passionate about supporting young people across the Territory working closely with them to encourage them to make positive choices.

Podcast Series



DR SOPHIE HUNT

General Practitioner

Dr Sophie Hunt has been living and working in Alice Springs as a medical doctor since 2014. She works as a General Practitioner with Central Australian Aboriginal Congress at headspace Clinic. Her interests include Indigenous health, mental health, women's health and sexual health and she is passionate about working with young people.



SHANLEY MARSDEN

Youth Ambassador

A 21-year-old Eastern Arrernte woman, Shanley was born in Alice Springs and grew up in Nhulunbuy (Arnhem land).

A sister to five siblings, Shanley works for Central Australian Aboriginal Congress / headspace as a health information officer and is passionate about young people having a voice at this Summit. She also admits to being a hoarder of plants after holding a job as a 'garden girl' at Bunnings prior to joining Congress.



DR SIMON QUILTY

Clinician and Climate Change Researcher

Simon is a doctor who has been working in the NT over the last twenty years. He has been an advocate for climate change action over this period, and is now working on research that will help prepare for a hotter future.

In his re-election campaign of 2006, one of John Howard's key policy agendas was to address climate change. The other was the NT Intervention. What happened since then? How was the climate change agenda hijacked by oil and gas misinformation, and how did it impact the climate and health research agenda? How can we rapidly get this back on track?

Podcast Series



DR RENAE KIRKHAM

Research Fellow

Dr Renae Kirkham works for the diabetes across the lifecourse – Northern Australia Partnership and is co-leading a program of work which aims to enhance models of care across Northern Australia for youth with type 2 diabetes.

Renae is jointly teaching the Qualitative Research Methodology Unit for Menzies' Master of Public Health. Doctor Kirkham is a social scientist with an interest in the social determinants of health and complex health interventions.



IRA RACINES

Mental Health Worker

The 2017 NT Mental Health Worker of the Year winner, Ira Racines is Team Leader for Community Engagement at headspace Darwin.

Born and raised in Darwin, Ira is passionate about educating young people about STIs and empowering them to take control of their sexual health. Among the many things he has done to promote inclusion and sexual health, he also worked with headspace and NTAHC to help establish the LGBTIQ+ youth support group.



PROFESSOR TRICIA NAGEL

Mental Health Program Leader

Professor Nagel has 30 years' experience in the Northern Territory as a clinician, educator, researcher and leader of the Aboriginal and Islander Mental health initiative (AIMhi). A collaboration with local Indigenous service providers and researchers, the AIMhi program develops and evaluates mental health resources.

The AIMhi research and training program has resulted in changes to guidelines and routine care in Indigenous mental health and rural and remote mental health care across Australia. The team delivers training workshops to diverse primary care and specialist settings in the NT, and across Australia focusing on the Stay Strong App and related culturally responsive e-mental health resources.

Podcast Series



RACHEL BUCKLEY

Clinical Nurse Consultant

An Honorary Clinical Fellow at Menzies School of Health Research, Rachel Buckley is a Clinical Nurse Consultant in Adolescent health in the Northern Territory. In her current role, Rachel has been responsible for contributing to system change and redesign of the adolescent health service to promote safety and equity for young people.

Rachel is currently undertaking a study looking at the value of opportunistic screening in hospital settings creating opportunities for interventions and a change in trajectory, particularly for at risk youth.



SETH WESTHEAD

Research Associate

Seth Westhead (BHSc Nutrition/Physiology, MPH) has family connections to the Awabakal and Wiradjuri nations of NSW and is a Research Associate with Wardliparingga Aboriginal Health Equity, SAHMRI.

Prior to his research work, Seth gained 10 years' experience as a youth mentor across various government and non-government programs, focusing on the cultural development and wellbeing of Aboriginal and Torres Strait Islander young people.



GENEVIEVE DALLY

Executive Director – Northern Territory AIDS and Hepatitis Council Inc.

A passion for advocacy, education and addressing gaps in services for vulnerable communities, has led Genevieve to a career in sexual health and blood borne viruses. A nurse with 15 years' experience in the sexual and reproductive health sector, Genevieve has a Master's in Public Health and a Master's in Business Administration and prior to joining the NTAHC team held a number of senior management roles within Government and the not-for-profit sector.

The rollout of the Preliminary Forensic Kits across the NT and facilitation of a youth led sexual health clinic have been passion projects for Genevieve, because providing choice and access to inclusive services is essential to improving health and wellbeing and creating a world free from shame, stigma and discrimination.

Thanks to our Youth Coordinators

Many thanks to the young people who have made this initiative possible.
Below they share their words of encouragement.

Youth Sub-Committee members



Jahdai Vigona

Indigenous Project Assistant
Menzies School of Health Research

'It's not about the destination, it's the journey. So enjoy it.'



Ashanti Berry

Biyamarr ma Trainee
Cert III Business

'Speak up you mob'



Porsche Cahill

Indigenous Allied Health Australia
Trainee based at Menzies

'My voice, my choice'



Naja Dyrting

Administration and
Communications Assistant
Menzies School of Health Research

'Pump it up'



Callum Rowe

Community Liaison Officer
Menzies School of Health Research

'Young people can change the world.'

Lead Coordinators



Ethan Woods-Alum

Biyamarr ma Trainee
Cert III Community
Services

'Let's do it!'



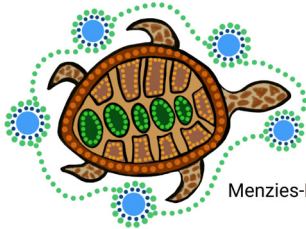
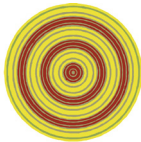
Jaylene Friel

Biyamarr ma Trainee
Cert III Business

'Speak loudly, that's all'

#NTYHS21

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