



WAY

Wellbeing of Adelaide Youth

COMMUNITY PLAN 2018 - 2022

ADELAIDE, 30 JUNE 2018

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EXECUTIVE SUMMARY

The Wellbeing of Adelaide Youth (WAY) initiative is a Collective Impact initiative in the City of Adelaide made up of representatives from a wide range of organisations and sectors including local and state government, the social, education and health sectors, local business and community including young people who are working together to co-create a City where all 18-24 year olds have great wellbeing.

Why do we exist?

In 2016 the City of Adelaide, in collaboration with the South Australian Health and Medical Research Institute (SAHMRI), undertook a [PERMA+](#) survey of its resident population. PERMA is a renowned wellbeing framework developed by *Adelaide Thinker in Residence* Professor Martin Seligman and is based on five elements: positive emotion, engagement, relationships, meaning and accomplishment. The 'plus' elements were devised by SAHMRI's Wellbeing and Resilience Centre and include physical activity, nutrition, sleep, optimism, general health and resilience.

Whilst the City's total population¹ returned a higher score than the global average, the 18-24 year olds who participated in the survey self-reported lower levels of wellbeing than other age groups as demonstrated in the City's '[Baseline Wellbeing Measurement Report](#)'. This age cohort make up a quarter of the City's population. 79% of all 18-24-year olds who live in the City of Adelaide are students and 71% of all student residents were born overseas (source: [id community](#)). The City's 18-24 year olds are also a transient population with both students and vulnerable young people moving in and out of the City each year.

Unfortunately, the PERMA+ survey results are consistent with other studies showing that stress levels in young Australians and international students are on the rise and that their health and wellbeing are declining. In '[Never better, or getting worse? The health and wellbeing of young Australians](#)' (2008), Dr. Richard Eckersley argues that this is the result of social, cultural, economic and environmental changes. Effects include that young people find it harder to feel accepted, loved and secure, know who they are, where they belong, what they want from life, and what is expected of them. Other studies paint similar pictures. For example, a snapshot of TAFE and university student participants' in the [National Union of Students Tertiary Wellbeing Survey 2016](#) highlights that seven out of ten students surveyed rated their mental health as only 'poor or fair'. Most students report that they experience financial stress and two-thirds found academic experiences in general to be very stressful. This is supported by [Mission Australia's Youth Survey Report](#) which mentions that coping with stress was the top issue of concern for South Australia's 15-19 year olds who participated in the study in 2016. A total of 47.8% of respondents indicated that they were either extremely concerned (21.4%) or very concerned (26.4%) about stress. Additionally, around a quarter of participants raised concerns about depression. Plus, when asked about the most important issues in Australia today, alcohol and drugs and equity and discrimination were the highest topics on the list.

¹ 484 City of Adelaide residents out of a total population of approximately 24,000 participated in the survey.

International students are faced with these same challenges. However, the fact that they are far away from home in a new country with a different culture, customs, laws, language and expectations, without having access to a local support network, makes them extra vulnerable to low levels of wellbeing, especially during their first months in Australia (source: [International Student Health and Wellbeing: A Health Lens Project 2014](#)). Further, not being permanent residents or citizens make them ineligible to access a range of free services and support that Australian young people do have access to such as Medicare (source: [International Student Welfare in Australia, 2014](#)).

WAY partners, including young people and cross-sector organisations believe this situation is not acceptable and that it is possible to create a city environment where 18-24 year olds have positive connections with others, are healthy and safe from harm, have skills for life, a voice and influence, live in a sustainable environment and have meaning and purpose – if we work collectively.

How will WAY achieve this?

In 2017, the City of Adelaide engaged Together SA to drive the creation of a collective response to this complex social problem. Together SA advocates for the use of a social change framework called Collective Impact which incorporates active citizenship and genuine cross-sector collaboration to achieve population outcomes with and for vulnerable communities - challenging culture and generating system change in a 'whole-of-community' response to large-scale social problems.

Over a period of 16 months, the Wellbeing of Adelaide Youth (WAY) initiative was established and this Plan developed in consultation with 220+ representatives from a wide range of organisations and sectors including young people. WAY's Community Plan 2018 - 2022 brings together the outcomes and priorities that will guide the initiative's work, the way we will measure our progress and how we will work together to realise our ambitions. The Plan is the result of a co-design process and based on data, evidence, expert advice and the outcomes of a youth consultation process to capture the views of 18-24 year olds who live in the city.

Froukje Jongsma, Collective Impact Leader

Together SA

30 June 2018

PLAN ON A PAGE: 2018 - 2022

		How we will know we have made a difference
1 Vision	All 18-24 year olds who live in the City of Adelaide have great wellbeing	<p>A Collective Impact Plan includes population level data sets to use as indicators of the wellbeing of the targeted community.</p> <p>WAY's Measurement & Evaluation (M&E) Team in collaboration with the Strategic Outcomes (SO) Teams will select whole population indicators for all 18-24 year olds in the City of Adelaide and create baselines from available data sets to compare trends over time, such as volunteering rates or hospital admissions.</p> <p>We will also measure the impact of WAY members' programs and services on young individuals to monitor what works well and why. WAY will co-create relevant performance measures like the rates of service use or positive service user experience.</p> <p>Simultaneously, we will measure how we are doing as a collaboration by defining performance measures to track how well we are working together.</p>
7 Outcomes we aim to achieve	<ol style="list-style-type: none"> 1. Connected - All 18-24 year olds have positive connections with others 2. Healthy - All 18–24 year olds are physically and mentally healthy 3. Safe - All 18–24 year olds are safe from harm 4. Growth - All 18-24 year olds have skills for life 5. Valued - All 18-24 year olds feel they have a voice and influence 6. Sustainability - All 18-24 year olds live in a sustainable environment 7. Purpose - All 18-24 year olds have meaning and purpose 	
10 Priorities we will be working on	<ol style="list-style-type: none"> 1. Ensure 18-24 year olds build positive connections with others via participation in local activities 2. Build the health literacy of 18-24 year olds and encourage healthy choices 3. Ensure that the mental health needs of 18-24 year olds are met 4. Promote safe and respectful relationships amongst 18-24 year olds 5. Ensure that 18-24 year olds who move into the city experience a positive transition 6. Ensure that 18-24 year olds have access to inclusive quality youth services and that they use them when needed 7. Ensure that 18-24 year olds are aware of their basic rights and know where to seek help if they need it 8. Increase the rate of 18-24 year olds who volunteer 9. Build the accommodation and living literacy of 18-24 year olds 10. Provide opportunities for 18-24 year olds to connect and interact with nature 	

WAY'S TOP 3 PRIORITIES: 2018 - 2019

Realising a future in which all 18-24 year olds who live in the City of Adelaide have great wellbeing will take time. To focus WAY's efforts in 2018-2019, link with the available resources and goals of WAY's members and to ensure we start to make a positive difference, WAY will be focusing on three priorities in 2018-2019. Like the Community Plan, these priorities are the result of a consultation process with WAY stakeholders:

No.	Priority strategies 2018/2019	Challenges addressed by this strategy	Outcomes contributed to
1	Ensure 18-24 year olds build positive connections with others via participation in local activities	<ul style="list-style-type: none"> ▪ Social isolation ▪ Loneliness ▪ International students experience difficulties connecting with Australian students ▪ Lower self-esteem due to an increase in time spent online 	<ul style="list-style-type: none"> ▪ Connected ▪ Valued
2	Build the health literacy of 18-24 year olds and encourage healthy choices	<ul style="list-style-type: none"> ▪ Lack of understanding of the health system by international students ▪ High number of young people presenting to the Emergency Department of the RAH ▪ Drug and alcohol abuse ▪ High STD & abortion rates ▪ Mental health stigma ▪ Poor nutrition & sleep ▪ High stress levels 	<ul style="list-style-type: none"> ▪ Healthy ▪ Safe ▪ Growth
3	Ensure that the mental health needs of 18-24 year olds are met	<ul style="list-style-type: none"> ▪ Increasing rate of young people affected by mental health issues ▪ High numbers of young people presenting to the RAH with mental health issues ▪ Adelaide's inner city has the highest per person rate in Australia of overnight mental health hospitalisations ▪ Decrease in services covering acute mental health issues in young people ▪ Long waiting periods – not being able to get the support when needed ▪ International students do not have access to Medicare 	<ul style="list-style-type: none"> ▪ Healthy ▪ Safe

HOW WE WORK

WAY is a Collective Impact Initiative. Therefore, the Collective Impact Framework and its five conditions guide the way we work:

Common Agenda

All participants have a **shared vision for change** including a common understanding of the problem and a joint approach to solving it through agreed upon actions.

Shared Measurement

Collecting data and measuring results consistently across all participants ensures efforts remain aligned and participants hold each other accountable.

Mutually Reinforcing Activities

Participant activities must be **differentiated while still being coordinated** through a mutually reinforcing plan of action.

Continuous Communication

Consistent and open communication is needed across the many players to build trust, assure mutual objectives, and appreciate common motivation.

Backbone Support

Creating and managing collective impact requires a dedicated staff and a specific set of skills to **serve as the backbone for the entire initiative and coordinate participating organizations and agencies.**

Source: FSG

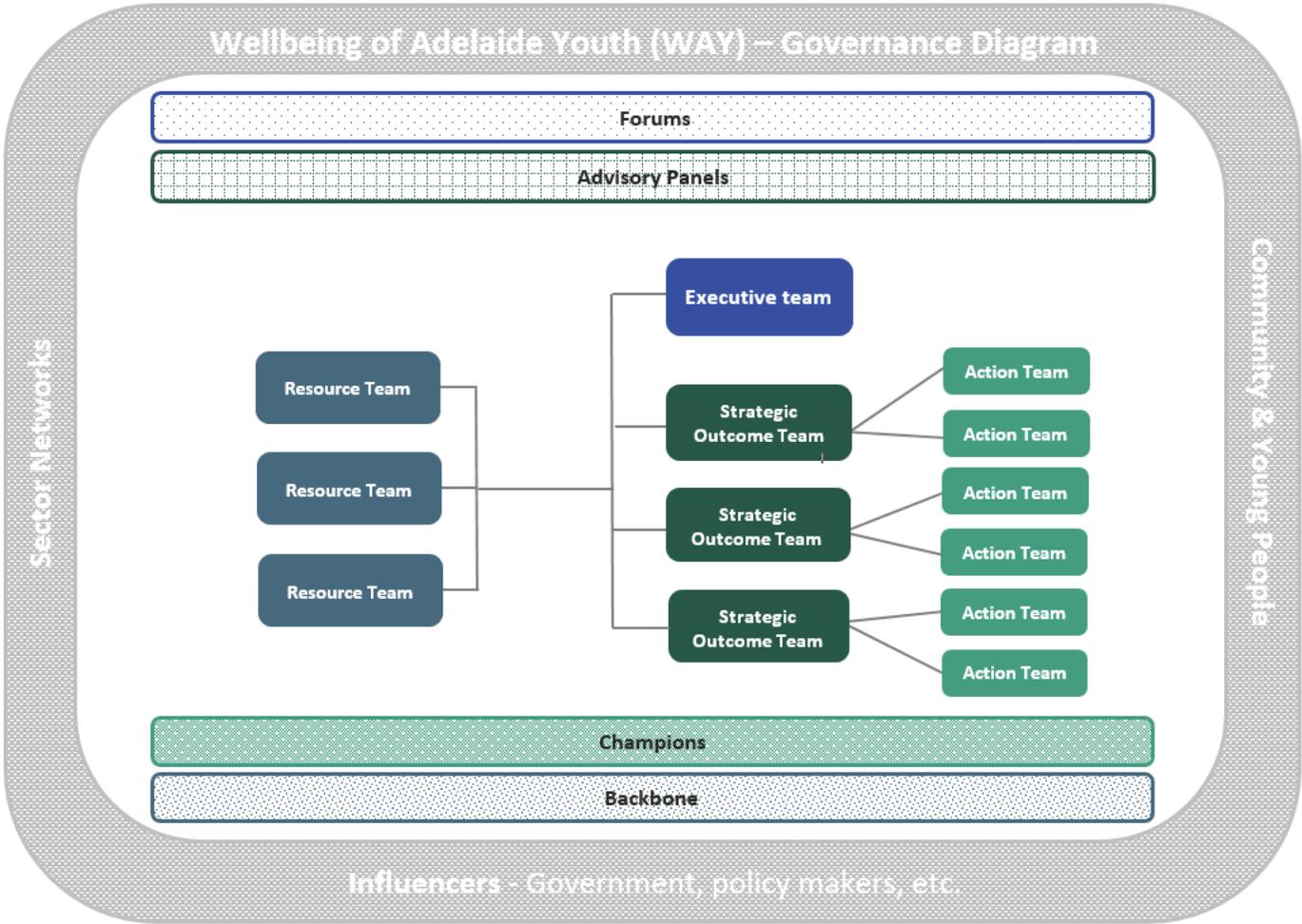
10 BEHAVIOURS

We have collectively defined additional behaviours which underpin WAY's collaboration:

1. Results driven	We are focussed on achieving our outcomes and vision
2. Inclusion	We embrace diversity
3. Authentic Engagement	We are doing our work <u>with</u> 18-24 year olds, not <u>for</u> or <u>to</u>
4. Capacity building	We are committed to ongoing learning and capacity building
5. Accountability	We are accountable to each other and to the city's 18-24 year olds
6. Innovation	We prototype our ideas to achieve more effective and sustainable outcomes
7. Positivity	We focus on what is strong, not what is wrong
8. Evidence based	We use evidence to ensure we develop and implement the strategies that will make a difference
9. Strategic learning	We monitor, measure, evaluate and learn
10. Sustainability	We acknowledge that creating systems change takes time and are committed to delivering an ongoing contribution

GOVERNANCE

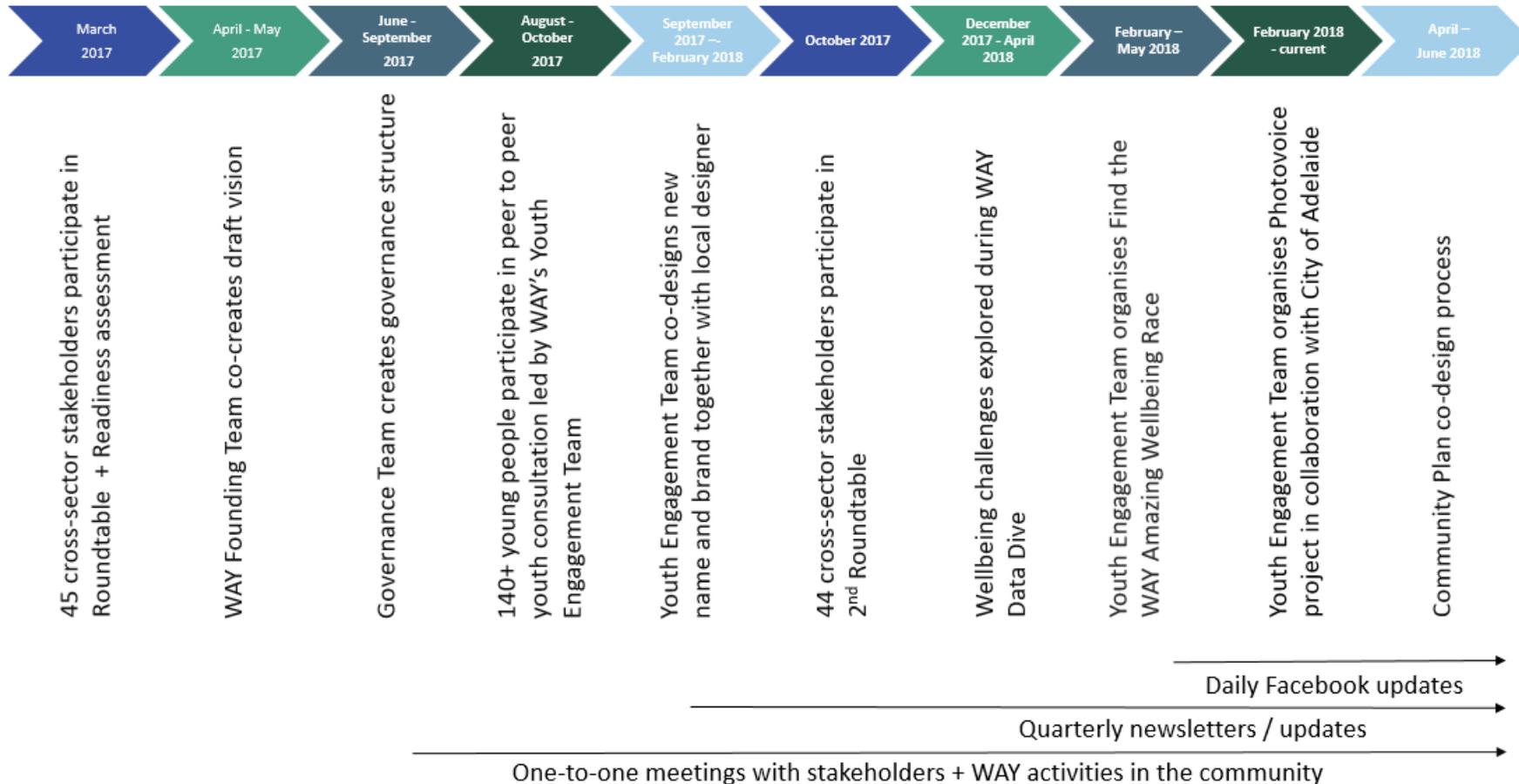
WAY’s governance structure highlights how the initiative will be organised to address its goals:



More detailed information including role descriptions can be found in ‘WAY’s Proposed Governance Structure’ report.

WAY'S JOURNEY

Wellbeing of Adelaide Youth - Journey Map



For the full story of WAY's journey, please have a look at 'WAY's Journey March 2017 to June 2018'.

WAY'S COMMUNITY PLAN

This Community Plan is the outcome of the collaborative work and input of 70+ local cross-sector stakeholder organisations and 150+ young people. It defines WAY's target population, outlines the overall desired outcomes and details an initial set of priority strategies. The collaboration will use data to monitor if members' combined efforts are having a positive impact on the wellbeing of 18-24 year olds who live in the City. These results will inform WAY's future actions. Note, that whilst this plan means to guide the work which will take place between 2018 and 2022, it is also an evolving, 'living' document. Therefore, changes will be made in the future due to new insights.

1 VISION

All 18-24 year olds who live in the City of Adelaide have great wellbeing

Whilst the target population of WAY are 18-24 year olds who live in the City of Adelaide, wherever possible WAY aims to achieve positive outcomes for other young people and/or students too.

7 OUTCOMES

These are the outcomes and conditions of wellbeing we want for 18-24 year olds who live in the City of Adelaide. All 18-24 year olds:

1. Connected	have positive connections with others
2. Healthy	are physically & mentally healthy
3. Safe	are safe from harm
4. Growth	have skills for life
5. Valued	feel they have a voice and influence
6. Sustainability	live in a sustainable environment
7. Purpose	have meaning and purpose

WAY'S OUTCOMES UNPACKED

To determine whether what we are doing as a collaboration is positively impacting the outcomes we want to achieve with and for young people in the City, we need to unpack what it means for 18-24 year olds to have positive connections with others, be healthy, safe from harm, have skills for life and a voice and influence, live in a sustainable environment and have meaning and purpose.

The question that needs answering is how 18-24 year olds who live in the City of Adelaide would recognise or experience these outcomes in their day to day lives. The information below outlines these experiences and is the result of WAY's youth consultation process as well as expert input.

Experiencing the outcomes

Outcome	Experience All 18 – 24 year olds who live in the City of Adelaide:
1. Connected	<ul style="list-style-type: none">▪ Have deep and positive relationships▪ Are actively participating in the community▪ Have access to support networks▪ Have a sense of belonging▪ Have access to places for meaningful interaction with like-minded people
2. Healthy	<ul style="list-style-type: none">▪ Are socially, mentally and physically well▪ Make healthy choices▪ Get the appropriate amount of sleep▪ Have access to affordable services, facilities and resources to support their health▪ Have the resilience and strategies to cope with daily challenges

3. Safe	<ul style="list-style-type: none"> ▪ Use the internet safely ▪ Are safe from exploitation ▪ Have safe and respectful relationships ▪ Feel free to express themselves and their opinions without judgement ▪ Feel and are safe in public spaces and whilst traveling in the local community ▪ Have financial security ▪ Take risks appropriately
4. Growth	<ul style="list-style-type: none"> ▪ Have access to meaningful opportunities for development and to support their aspirations ▪ Have access to pathways that can help them fulfil their potential ▪ Undergo a positive transition from education into the workforce ▪ Know how to access the support networks and opportunities available to them and use them when needed ▪ Are committed to lifelong learning
5. Valued	<ul style="list-style-type: none"> ▪ Participate in decision making ▪ Have ownership of their own life ▪ Have confidence and belief in their own abilities ▪ Are accepted and respected for who they are ▪ Are recognised for their achievements and contribution
6. Sustainability	<ul style="list-style-type: none"> ▪ Have access to green spaces ▪ Have opportunities to connect with nature ▪ Demonstrate sustainable behaviour ▪ Have access to an infrastructure that supports sustainable behaviour ▪ Live in a clean city
7. Purpose	<ul style="list-style-type: none"> ▪ Have a good understanding of their core values ▪ Have meaning and purpose ▪ Are motivated to achieve their goals • Celebrate their achievements

WAY'S PRIORITIES: 2018 - 2022

Realising a future in which all 18-24 year olds who live in the City of Adelaide have great wellbeing will take time. To focus WAY's efforts, link in with the available resources and goals of WAY's members and to ensure we start to make a positive difference, WAY will be focusing its efforts on 10 priorities with accompanying strategies between 2018 and 2022:

1. Connections	Ensure 18-24 year olds build positive connections with others via participation in local activities
2. Healthy choices	Build the health literacy of 18-24 year olds and encourage healthy choices
3. Mental health	Ensure that the mental health needs of 18-24 year olds are met
4. Relationships	Promote safe and respectful relationships amongst 18-24 year olds
5. Positive transition	Ensure that 18-24 year olds who move into the city experience a positive transition
6. Youth services	Ensure that 18-24 year olds have access to inclusive quality youth services and use them when needed
7. Rights	Ensure that 18-24 year olds are aware of their basic rights and know where to seek help if they need it
8. Volunteering	Increase the rate of 18-24 year olds who volunteer
9. Housing	Build the accommodation and living literacy of 18-24 year olds
10. Nature	Provide opportunities for 18-24 year olds to connect and interact with nature

WHY THESE PRIORITIES?

The 10 priorities and accompanying strategies were developed through the Data Dive, Community Plan Co-Design Session and expert and young people’s advice followed by an initiative wide consultation. Because there are many strategies WAY could focus on, a Strategy Criteria Ranking Tool was used to assess each strategy option against a range of criteria (see Appendix 3).

Characteristics of WAY’s 10 priority strategies

The strategies that made it to WAY’s top 10 list:

- Address the key challenges young people facing in the City of Adelaide
- Help solve these challenges by achieving positive results in one or multiple WAY outcome areas
- Are the strategies we as a collaboration:
 - Feel most passionate about - Members of WAY have nominated to drive and/or support those strategies
 - Believe will have significant impact and contribute towards realising behaviour, process and system change

The WAY priority strategies unpacked

Below is an overview of WAY’s top 10 strategies including the challenges we believe they help address and the outcomes we expect them to contribute to:

Priority 1 – Ensure 18-24 year olds build positive connections with others via participation in local activities	
Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none">▪ Social isolation▪ Loneliness▪ Reduced self-esteem due to an increase in time spent online▪ International students experience difficulties connecting with Australian students	<ul style="list-style-type: none">▪ Connected▪ Valued

Priority 2 - Build the health literacy of 18-24 year olds and encourage healthy choices

Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none"> ▪ Lack of understanding of the Australian health system - international students ▪ Underutilisation of health services ▪ Drug and alcohol abuse ▪ Young people presenting to the Royal Adelaide Hospital emergency department who should be visiting a GP or other health service instead ▪ High rates of abortions amongst Chinese students ▪ Increasing STD rates, especially chlamydia amongst International students ▪ Stigma around mental health issues ▪ Poor nutrition – Junk food / take away meals ▪ Low levels of sleep ▪ Stress 	<ul style="list-style-type: none"> ▪ Healthy ▪ Safe ▪ Growth

Priority 3 - Ensure that the mental health needs of 18-24 year olds are met

Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none"> ▪ Increasing rate of young people affected by mental health issues ▪ High numbers of young people presenting to the RAH with mental health issues ▪ Adelaide's inner city has the highest per person rate in Australia of overnight mental health hospitalisations ▪ Decrease in services covering acute mental health issues in young people ▪ Long waiting periods – Not being able to get the support when needed ▪ International students don't have access to Medicare 	<ul style="list-style-type: none"> ▪ Healthy ▪ Safe

Priority 4 – Promote safe and respectful relationships amongst 18-24 year olds

Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none"> ▪ Domestic violence ▪ Sexual assault and harassment at universities ▪ STD's ▪ Unplanned pregnancy ▪ Street harassment ▪ Sexism ▪ Lack of initiatives addressed at changing young males' behaviour 	<ul style="list-style-type: none"> ▪ Connected ▪ Healthy ▪ Safe

Priority 5 - Ensure that 18-24 year olds who move into the city experience a positive transition

Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none"> ▪ Culture shock ▪ Lack of a local support network ▪ Alienation / Loneliness ▪ A lack of understanding of how things work in Australia – International students / refugees ▪ Transient youth population 	<ul style="list-style-type: none"> ▪ Connected ▪ Healthy ▪ Safe ▪ Growth ▪ Valued

Priority 6 - Ensure that 18-24 year olds have access to inclusive quality youth services and use them when needed

Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none"> ▪ Discrimination ▪ Lack of knowledge in health practitioners of (trans)gender diverse young people ▪ Maltreatment ▪ Unawareness of services amongst young people ▪ Underutilisation of services, especially by males ▪ Organisational funding targeted – Not all services inclusive of international students 	<ul style="list-style-type: none"> ▪ Healthy ▪ Safe ▪ Valued

<ul style="list-style-type: none"> ▪ International students don't have access to Medicare ▪ Practical barriers – e.g. lack of translators, inappropriate toilets, information only available in English, practitioners' not being culturally appropriate 	
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Priority 7 - Ensure that 18-24 year olds are aware of their basic rights and know where to seek help if they need it

Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none"> ▪ Discrimination ▪ Bullying / online bullying ▪ Exploitation by: <ul style="list-style-type: none"> - Student agents - Employers - salaries below the minimum wage, no super - Landlords - e.g. overcrowded housing ▪ Forced prostitution international students ▪ Young people who are exploited, feel scared to report their situation, e.g. because they are working outside of their visa conditions 	<ul style="list-style-type: none"> ▪ Safe ▪ Valued

Priority 8 – Increase the rate of 18-24 year olds who volunteer

Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none"> ▪ Social isolation ▪ Lack of local references ▪ Youth unemployment ▪ Lack of meaning & purpose ▪ Low levels of English ▪ Stress 	<ul style="list-style-type: none"> ▪ Connected ▪ Healthy ▪ Growth ▪ Valued ▪ Meaning and purpose

Priority 9 – Build the accommodation and living literacy of 18-24 year olds

Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none"> ▪ Lack of affordable accommodation in the city ▪ Landlords exploiting tenants ▪ Homelessness 	<ul style="list-style-type: none"> ▪ Safe ▪ Growth

Priority 10 - Provide opportunities for 18-24 year olds to connect and interact with nature

Helps address these challenges	Expected to contribute to the following outcomes
<ul style="list-style-type: none"> ▪ Social isolation ▪ Stress ▪ Mental health issues ▪ Increased time spent online resulting in a decreased average amount of sleep ▪ Decrease in young people’s gut health – Associated with the microbes breathed in and absorbed while spending time in nature 	<ul style="list-style-type: none"> ▪ Sustainability ▪ Healthy ▪ Meaning and purpose

HOW WILL WE KNOW IF WE HAVE MADE A DIFFERENCE?

WAY will measure its progress on three different levels: population, program/service level and collaboration.

WAY outcomes at a population level

To track if what we are doing is making a difference at a population level, or in other words, making things better for all 18-24 year olds who live in the City, WAY will select whole population **indicators** for all 18-24 year olds who live in the City of Adelaide. The Measurement and Evaluation Team in collaboration with the Strategic Outcomes Teams will chose indicators that have strong data, communication and/or proxy power. This means they will look for indicators that communicate to a broad and diverse audience, say something of general importance of the result and/or have quality data linked to them that is available on a timely basis. Examples of such indicators include, volunteering rates and hospital admissions.

Unfortunately, due to the City of Adelaide having a relatively small population, population level data for 18-24 year old residents is rare. Aside from Royal Adelaide Hospital data, WAY could not secure any other population level data sets because the sample size of 18-24 year old city residents participating in state and national studies is too small to make statistically reliable conclusions. Because of this, WAY will have to set up its own data collection system. In a Collective Impact initiative, this is not unusual.

What we can, however, is create baselines for available and relevant state and/or national data sets and use this overtime to compare state and/or national trends with the local trend that we will start capturing once we have our first data sets collected.

WAY outcomes at a program/service and collaboration level

We will also measure the impact of programs and services of WAY partners on young City residents to monitor what works well and why. WAY's Measurement & Evaluation Team in collaboration with the other teams that make up the Governance Structure will co-create relevant **performance measures** that answer the questions; How much did we do as a collaboration? How well did we do it? Are any 18-24 year olds in the City better off because of WAY's efforts? Examples of strong performance measures are the rates of service use and positive service user experience.

Simultaneously, we will measure how we are doing as a collaboration by defining **performance measures** to track how well we are working together.

WHERE TO FROM HERE?

The Community Plan informs the next phase of the WAY's Collective Impact journey. The following actions are a guide for the work over the next 12 months. As the work develops, actions may be adapted to be responsive to progress.



WAY

Wellbeing of Adelaide Youth

Action Plan July 2018 - June 2019

Area	Actions
<p>Common Agenda</p>	<ul style="list-style-type: none"> ▪ Bring more partners and community members into the work ▪ Populate the WAY governance structure ▪ Define short, mid-term and long-term outcomes and actions for the priority strategies WAY will be focusing on in 2018/2019 ▪ Realise several short-term outcomes and/or quick wins per chosen priority strategy
<p>Shared Measurement</p>	<ul style="list-style-type: none"> ▪ Set up a system, tools and processes to gather population level data ▪ Develop data sharing protocols ▪ Create baselines for WAY's population level indicators on a state and/or national level where data is available ▪ Round 2 - gather stories behind the baselines linked to priority strategies ▪ Define performance measures for the collaboration and WAY's priority strategies ▪ Encourage stakeholders to start sharing their performance data

<p>Mutually reinforcing activities</p>	<ul style="list-style-type: none"> ▪ Map relevant services, programs, projects, events, etc. to ensure alignment, enable collaboration and reduce duplication ▪ Map relevant funding opportunities and where possible apply, to help fund WAY projects identified by the Strategic Outcomes Teams ▪ Map relevant policies related to the priority strategies and explore which steps to take to help influence policy change where needed. ▪ Encourage WAY stakeholders to work together and align their activities ▪ Make some initial progress regarding aligning stakeholders’ activities
<p>Open and continuous communication</p>	<ul style="list-style-type: none"> ▪ Grow the number of people who like and/or follow the WAY Facebook page and ensure engaging content is shared ▪ Send out a quarterly newsletter ▪ Develop WAY promotion materials ▪ Have a physical presence at places and/or events attended by WAY’s target cohort ▪ Set up a system to ensure effective internal communication
<p>Authentic Community Engagement</p>	<ul style="list-style-type: none"> ▪ Ensure young people are represented in all layers of the governance structure ▪ Support the Youth Engagement Team ▪ Organise a 2nd edition of the Find the WAY: Amazing Wellbeing Race at the start of the academic year in 2019 aligned to WAY strategies: ensure that 18-24 year olds who move into the city experience a positive transition, increase the rate of 18-24 year olds who volunteer, build the health literacy of 18-24 year olds and encourage healthy choices and ensure 18-24 year olds build positive connections with others via participation in social activities
<p>Strategic Learning</p>	<ul style="list-style-type: none"> ▪ Choose and/or develop the evaluation methods and tools that will be used to evaluate the collaboration and WAY’s progress ▪ Identify members’ learning needs and provide appropriate opportunities for capacity building and support ▪ Provide mentoring and support to young people involved in the initiative and other WAY community volunteers ▪ Assess and review WAY’s Community Plan

THANK YOU!

WAY would not exist without the ongoing commitment and participation of this community of partners. A big shout out to all the organisations, businesses, government Departments and young people who have delivered a contribution to WAY since its start in March 2017!

WAY contributors

Adelaide Aquatic Centre	Lush	St Mark's College
Amnesty International	Metropolitan Youth Health	Study Adelaide
Anglicare	Migrant Resource Centre	TAFE
APP Church	Mission Australia	Tennis Australia
Australian Red Cross	MOSH	The Joinery
Batyr	Multicultural Communities Council of SA	Together SA
Bikes for Refugees	Muslim Women's Association of SA	Torrens University
Body Shop	MYSA	UniLodge
Bunnings Warehouse	Office of the Training Advocate	Uniting SA
Carclew	Officeworks	University of Adelaide
City of Adelaide	Pilgrim Uniting Church	University of Adelaide Chinese Students Association
Clinic 275	PHN	University of South Australia
Department for Environment and Water	Re-engage Youth Services	Urbanest
Department of Human Services	Rundle Mall Management Authority	USASA
Eynesbury Senior College	SA Health	Volunteering SA&NT
Flinders University	SALA	Workskil
Goodlife Health Clubs	SAPOL	YACSA
Headspace	SA Water	Youth Inc.
Humble Lion Boxing Club	SAHMRI	YWCA
HYP A	Salvation Army	65 King William
Julia Farr	Shine SA	Young people
Krispy Kreme	St John's Youth Services	

Members Youth Engagement Team

We are especially grateful to the young members of WAY's Youth Engagement Team who are volunteering their time to help co-create a City where all 18 - 24 year olds have great wellbeing.

Name	Role
Chelsey Law	Youth Consultation Team
Cheung (Sam) Tsun Sum	Naming and Branding and Youth Consultation Team
Claire Zhang	Naming and Branding, Youth Consultation and Photovoice Team
Daniel Scannella	Find the WAY: Amazing Wellbeing Race Team
Đông (Peter) Nguyễn	Find the WAY: Amazing Wellbeing Race Team
Flora Biouk	Youth Consultation Team
Imran Jamalulhak	Naming and Branding Team
Jennifer Liu	Naming and Branding Team
Kang Zhang	Find the WAY: Amazing Wellbeing Race Team
Louis Fagan	Find the WAY: Amazing Wellbeing Race Team and Community Plan Co-Design Team
Marissa Menezes	Find the WAY: Amazing Wellbeing Race Team
Mary Seagrim	Founding, Governance Team and Find the WAY: Amazing Wellbeing Race Teams and Facebook Admin
Micah Ho	Youth Consultation and Find the WAY: Amazing Wellbeing Race Team
Mitchell Martinez	Find the WAY: Amazing Wellbeing Race and Community Plan Co-Design Team
Mytheli Parthiban	Youth Consultation Team
Nathalie Tonga	Youth Consultation Team
Sultan Ahmed	Measurement and Evaluation and Photovoice Team
Willa Budiman	Find the WAY: Amazing Wellbeing Race Team

APPENDIX 1 – YOUTH CONSULTATION DATA (Wellbeing Wall Activities)

Connected	Counts 1	Counts 2	Counts 3	Counts 4 or more
Friends/friendship				22
Family				13
To a place	x			
Sense of belonging			x	
Support network				5
Spirituality	x			
Understanding own emotions	x			
Cultural events	x			
Community activities			x	
Work		x		
Involved university	x			
To be connected despite different beliefs	x			
Social media		x		
House parties	x			
Social events	x			
Education	x			
Alcohol	x			
Friendly citizens	x			
Travel	x			
Respect others	x			
Not feeling alone	x			
Opportunity for families of international students to visit SA	x			
Listen/understand young people		x		
Connect their family and community	x			
Dual interaction	x			
Connect to the community	x			
Face to face communication		x		

Home	X			
Support group at university	X			
To know what loved ones are doing and feeling	X			
Be part of group	X			
No discrimination	X			
Expression	X			
Fun with friends	X			
Meeting like-minded people	X			
Socialize with everyone	X			
Hang out with many people	X			
Forget the culture and open your mind	X			
Healthy relationships with family members	X			
Chat	X			
Culture	X			
activity	X			
Getting help/helping others	X			
Sense of community	X			
Modern	X			
Communication	X			
Many events	X			
Easy to communicate -> community activities	X			
Barrier: language	X			
Girls	X			
Internet access	X			
Facebook	X			
Conversations	X			
Music	X			
Good relationships	X			
Happy & healthy relationships	X			

Valued	Count 1	Counts 2	Counts 3	Counts 4 or more
Social justice	x			
Accepted		x		
Positive feedback	x			
Purpose		x		
Goals	x			
Appreciated by others				x
Valuing your own life	x			
Being recognised for volunteer work	x			
Humble interactions with others	x			
Positivity	x			
Friends/friendship				5
Freedom of speech	x			
Compliments at work	x			
Family				6
Boyfriend	x			
Freedom		x		
Birthday	x			
Education				x
Compliments	x			
Self esteem	x			
No obligation	x			
Happy/happiness			x	
Being comfortable	x			
Equal rights for everyone	x			
Being friendly	x			
Opportunity to be yourself	x			
Living life how you wanted to live	x			
Talking	x			
Money	x			

Helping others	x			
Fulfilment from god	x			
Being confident	x			
Religious	x			
Recognition	x			
Appreciated by loved ones	x			
Socialised	x			
Respected			x	
Good job		x		
Dream	x			
Get prizes for good work and achievement	x			
Have right to be heard	x			
Having an opinion	x			
Being unwind	x			
Easy ways to work	x			
Community listen to my voice	x			
Not being stereotyped	x			
Accomplishments are recognised	x			
Organisation	x			
Good study	x			
Sport	x			
Respect regardless of religion/race	x			
Positive attitudes	x			
Compassion		x		
Open mindedness	x			
Understanding	x			
Caring	x			
Work life balance	x			
International environment	x			
In depth communication	x			
Well developed world concept	x			
Barrier: skin colour	x			

Access to information	x			
Money for living	x			
Achieving	x			
High grades	x			
Do what I really want to do	x			
Kindness	x			
Integrity	x			
Being listened to	x			
Healthy friendships - zero pressure	x			
Free & accessible healthcare	x			
Physical positivity	x			
Mental Positivity	x			
Staying active	x			
Safe	Counts 1	Counts 2	Counts 3	Counts 4 or more
Access to safe public transport		x		
Surrounded by art		x		
Personal life	x			
Job		x		
Support network		x		
Financial security				7
Adelaide		x		
Provide safe space for students having difficulties	x			
Ability to express feeling without being threatened	x			
Home			x	
Bed	x			
Family				x
Boyfriend	x			
Freedom of speech	x			
Norway	x			
Contraception	x			

Safe streets		X		
Able to share and talk with everyone	X			
No war /fight	X			
Safe environment	X			
Low crime rates		X		
Supported	X			
Having personal time	X			
Feeling secured	X			
Have safe place for myself	X			
To be able to take care of others	X			
Able to go anywhere any time of day	X			
Feel safe in different community when far away from home	X			
Able to express yourself with no judgment	X			
Be safe in street in night	X			
To do anything without judgment	X			
Emotional support	X			
To be myself		X		
Health	X			
Talk to people to know the safe places	X			
Peace	X			
Guards	X			
Street lights	X			
Green life style	X			
Physicality	X			
Security	X			
Relationship	X			
Free public transport	X			
Investment opportunities	X			
No school bullying	X			
Barrier: need gun, bomb	X			
Less crime	X			
Enough sleep	X			

Community	x			
Country	x			
Express yourself	x			
Free from oppression	x			
Night shuttle	x			
Meaningful relationships	x			
Loving	x			
Caring	x			
Good quality of life	x			
Transport	x			
Healthcare	x			
Job opportunities	x			
Resources to help mental wellbeing	x			
Thriving	Counts 1	Counts 2	Counts 3	Counts 4 or more
Good/healthy food				7
Passion			x	
Creativity	x			
Confidence to achieve		x		
Networking events	x			
More opportunities for students	x			
Freedom			x	
Entertainment			x	
Vacation		x		
Friends		x		
Nice weather	x			
Clothes that make you feel comfortable/well	x			
More work options/opportunities			x	
Christmas	x			
Family	x			
Home	x			

Winter	x			
Red wine	x			
Summer	x			
Physical health		x		
Good grades	x			
Cats	x			
Stress management		x		
Healthy/body, mind				6
Achieving our very best/goals			x	
Good work/study	x			
Fun	x			
Life balance	x			
Check in with each other	x			
Having time to commitment		x		
Success	x			
Pathways for uni, work, housing, friends, community	x			
Fulfil my potential	x			
Motivation			x	
Recognition	x			
Never giving up	x			
Happiness			x	
Great infrastructure			x	
Green spaces	x			
Tennis courts	x			
Swimming pools	x			
Places to relax	x			
Cultural events	x			
Have goals	x			
Aspirations		x		
Drive to achieve dreams	x			
Good/enough sleep				x
Good mental health			x	

Support for mental health	x			
Enjoy sport	x			
Doing what I really want to do	x			
Balance between studies and social life	x			
Gaining wishes	x			
Music	x			
Not too quiet	x			
Big supermarket	x			
Bicycle lane separate	x			
Place to hangout with friends	x			
Social events	x			
Clean city	x			
Part time job	x			
exercise	x			
shopping	x			
More sports facilities	x			
Grow trees	x			
Inner peace	x			
Enjoy healthy food with friends	x			
Good medical system	x			
Laughs	x			
Beer	x			
Fit & healthy	x			
Coffee	x			
Fast internet	x			
No stress		x		
Lots of trees	x			
Diet	x			
Merging of green & practical ideas i.e. Copy Copenhagen	x			
Clean air	x			
Green city	x			
Highly developed public transport	x			

People walking/riding bikes	x			
Not much air pollution	x			
No Uni fees	x			
Good community facility	x			
Barrier: Investment	x			
Goal	x			
At University	x			
Job prospects -> relates back to mental health, a career, a life	x			
Free education	x			
Home - somewhere that is a haven	x			
Social engagement	x			
Cheaper social activities	x			
Good social opportunities	x			
Positive state/frame of mind		x		
Mentally fit	x			

APPENDIX 2 - CHALLENGES

Challenge	Data / Info Source
<p>Sexual health</p> <ul style="list-style-type: none"> ▪ High rates of Chlamydia among international students ▪ High rates of abortions among Chinese Students 	<p>Adelaide Primary Health Network SIN / UniSA data</p>
<p>Mental Health</p> <ul style="list-style-type: none"> ▪ High numbers of young people who report being affected by mental health issues. Plus, this number is increasing fast. ▪ High number of 18-24-year old City of Adelaide residents who present to the Royal Adelaide Hospital for mental health related issues. ▪ The CoA has the highest rates of mental health hospitalisations in the country. <p>Males not seeking help</p> <p>Navigation of mental health services</p> <p>Reduced contact with nature</p> <ul style="list-style-type: none"> ▪ Time spent ▪ Physical contact (to absorb/breathe in microbes) – reduces mental health. Links between microbes, gut health and wellbeing. ▪ Fewer services covering acute mental health issues in young people. <p>Impact of technology</p> <ul style="list-style-type: none"> ▪ Sleep ▪ Self-esteem (social media) ▪ Facebook ▪ Screen time - Disconnects people from others / competes with exercise, getting out in nature, lots of things, sleep. 	<p>Mission Australia – National Youth Survey (trend)</p> <p>RAH data 2015/16</p> <p>Adelaide Primary Health network</p> <p>Headspace</p> <p>MHCSA – Mental Health Coalition of SA (Peak body)</p> <p>Orygen Research Paper March 2018 – Professor McGorry, Prof. Chanen and Dr Robinson.</p> <p>The role of technology in Australian youth mental health reform (CSIRO data) Sleep Health Foundation, Dr David Hillman Professor Robert Adams at the University of Adelaide</p>

<p>Most day related deaths of young Australians due to alcohol. 58% of substance related admission to hospitals of 15 to 34-year-olds involved alcohol.</p> <p>44% of Australians 18 years and over exceeded single occasion risk threshold of drinking 60% of females aged 18 to 24 70% of males aged 18 to 24 have exceeded single occasion risk threshold.</p>	<p>ABS SANDAS – South Australian network of drug and alcohol services (peak body)</p>
<p>Homelessness and inappropriate housing</p> <ul style="list-style-type: none"> ▪ 10% of Australia’s homeless population are TAFE or Uni students ▪ Living Costs ▪ Quality and affordable student accommodation ▪ Purpose built, university managed, homestays ▪ Reduce the number of scams – more info for students to secure accommodation. 	<p>ABS Youth homelessness, Mission Australia – National Youth Survey, Homelessness in SA – H2H is a database that captures the number of young people in the system, DHS stats, Zero Project</p>
<p>Employment</p> <ul style="list-style-type: none"> ▪ High level of youth unemployment ▪ Finding suitable employment opportunities ▪ Casualisation of workforce ▪ Insufficient appropriate support when looking for employment 	<p>ABS Overseas Student Health Lens project Data ACTU Brotherhood of St Lawrence report</p>
<p>Low levels of English</p> <ul style="list-style-type: none"> ▪ Culturally appropriate MH services e.g. would a young person be able to access a psychologist who could speak their language (particularly if hospitalised or pre-hospital). ▪ General unawareness of services available <ul style="list-style-type: none"> - Young people - Other service providers 	<p>Overseas Student Health Lens project</p>
<p>Exploitation</p> <ul style="list-style-type: none"> ▪ By student agents, employers, landlords e.t. below minimum wage salaries, overcrowded housing, forced prostitution 	<p>Overseas Student Health Lens project, Adelaide Primary Health Network, Study Adelaide, Safework SA</p>

<ul style="list-style-type: none"> ▪ Young people who are exploited feel scared to report their situation e.g. because they are working outside of their visa conditions 	
<p>Social isolation, alienation and loneliness</p>	<p>Overseas Student Health Lens project</p>
<p>Health International students experience confusion and uncertainty about accessing medical services resulting in anxiety and stress as well as barriers to accessing medical care in a timely manner</p>	<p>Overseas Student Health Lens project</p>
<p>Other issues</p> <ul style="list-style-type: none"> ▪ Waiting for services (long waiting periods) e.g. headspace ▪ Accessing health services ▪ Young people feeling excluded and unsafe in public places. ▪ Student-friendly city ▪ Reliable / fast WIFI in the city (free) ▪ Outdoor activities i.e. fitness ▪ Club membership 'Adelaide City club for young people' 	<p>Data – YACSA 2013 – The young citizen’s jury survey analysis – how can we ensure we have a vibrant and safe Adelaide nightlife</p>

APPENDIX 3 – STRATEGY CRITERIA RANKING TOOL

Strategy	Criteria – please number these questions with: 1. If your answer is YES 2. If your answer NO							Total	Criteria Provide more information			Rank in order of priority
	Does it address more than one challenge or result area?	Are there people in your group who could drive this strategy?	Is there urgency around adopting this strategy?	Is it something people feel passionate about?	Are there people/ organisations already in this space you can connect to?	Is it evidence informed?	Can this strategy be implemented easily?		Does this strategy require further research?	What is the time-frame? • Short • Medium • Long	Any other information?	

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