

YOUNGANDWELL

Cooperative Research Centre



An Australian Government Initiative



Introducing Young and Well Cooperative Research Centre

- Australia-based, international research centre
- 75+ partner organisations
- Researchers, practitioners, policy-makers and innovators across the academic, non-profit, government and corporate sectors
- Working in partnership with young people
- Exploring new technologies to promote cybersafety, mental health and wellbeing
- Three research programs



Part of the Australian Government's Cooperative Research Centres Program, tackling challenges requiring medium to long-term collaborative efforts



Our three strategic objectives

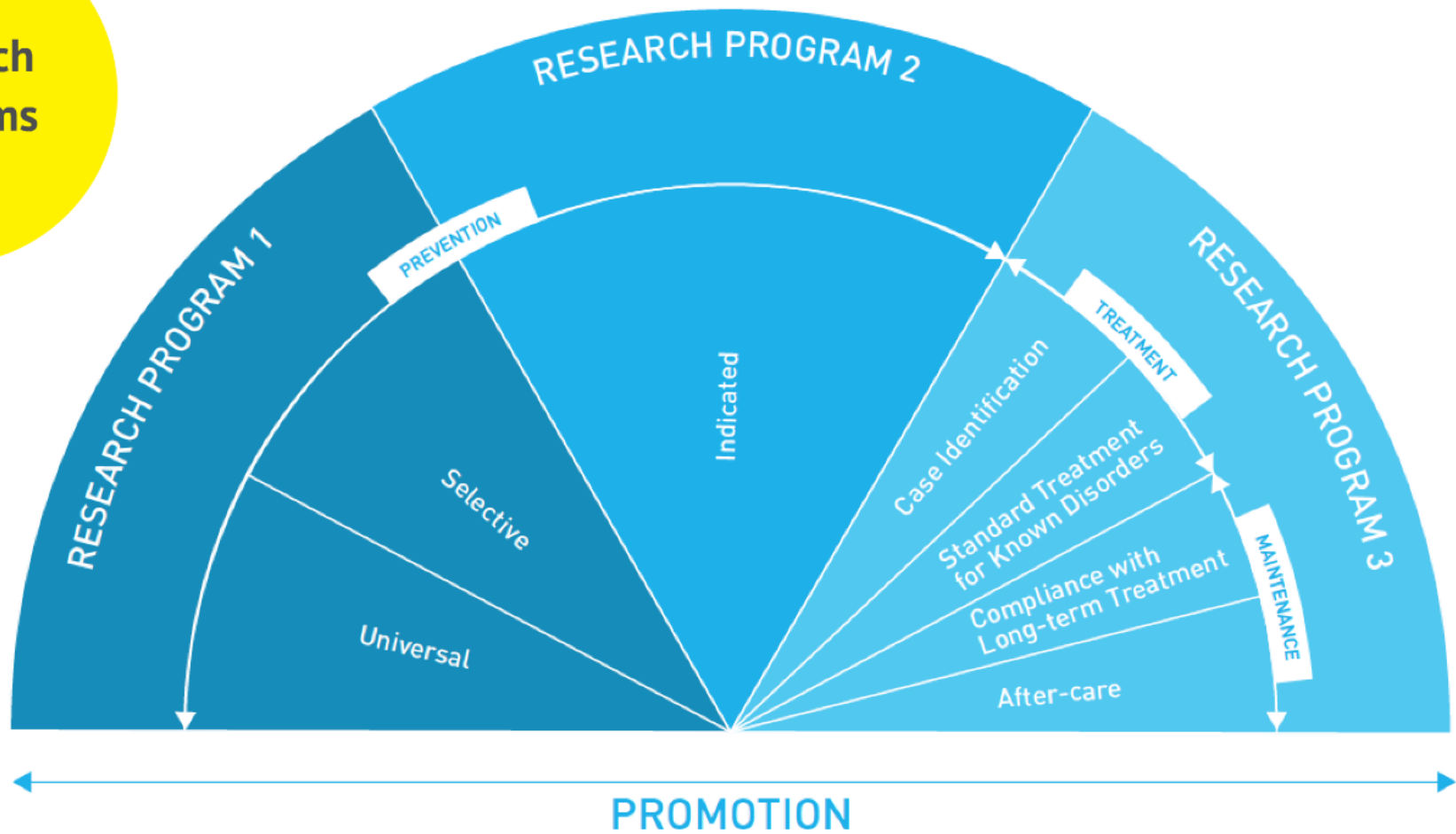
1 2 3

Internationally-
recognised
research

Evidence-based
tools, applications
and resources

Translation of
research to policy
and practice

Research programs



Modified from Mrazek, P.J. and Haggerty, R.J. (1994) Reducing Risks for Mental Disorders: Frontiers for Preventive Intervention Research. Washington DC: National Academy Press.

Our Youth Brains Trust (YBT)

The Youth Brains Trust is a group of enthusiastic and committed young people from around Australia, who are passionate about improving their own wellbeing and that of their peers.



According to
our Youth
Brains Trust



Why technology matters



Our 'real' world is both online and offline.



It is how we communicate



Computers have been a part of our entire lives



Provides flexibility and confidentiality



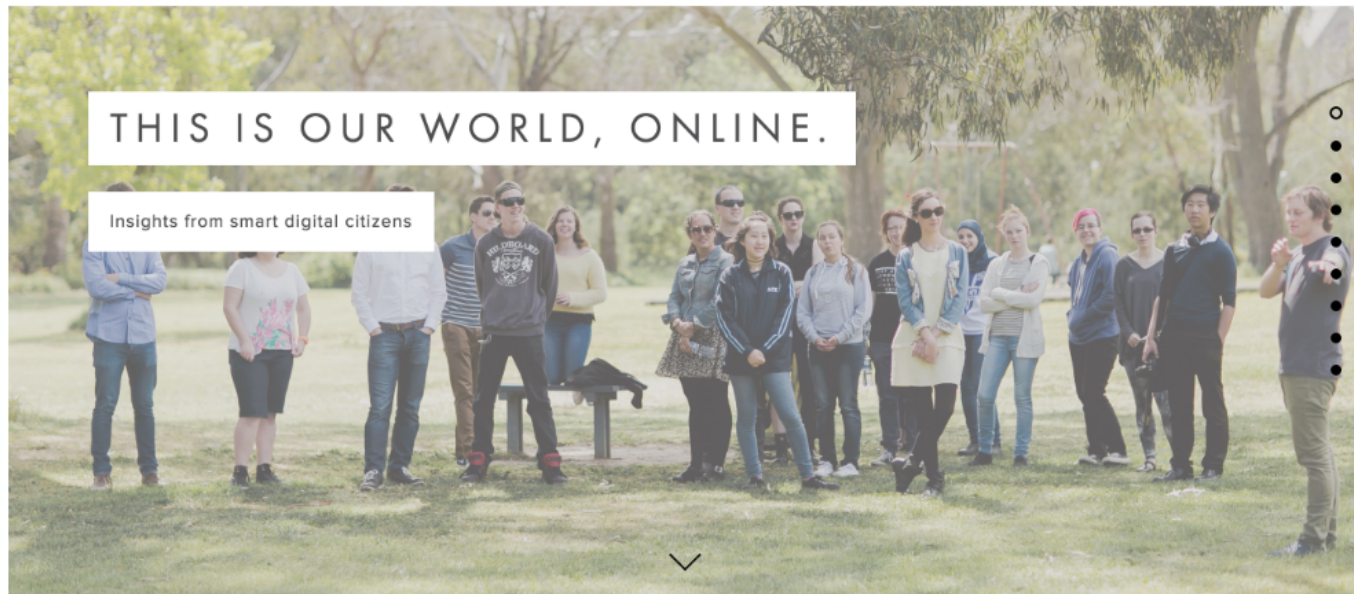
How do we move from a focus on cybersafety to cybersavvy?

Working in
partnership with
young people

This is our world, online

YOUNGANDWELL
Cooperative Research Centre

THIS IS OUR WORLD, ONLINE



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Working in
partnership with
young people

This is our world, online

"In our own lives we are (as with most young people) the experts. Our generation lives a life very different to those previous for once simple reason – technology. Having the sum total of human knowledge at your finger tips every moment of every day has changed us – for the better."

- Rebecca Randall, 24 years old

SAFETY VS. SAVVY

Technology and social media are developing at an unstoppably rapid pace, with no sign of slowing down.

In just a couple of years, technology use has moved from the passive presentation of information to an active, ever-evolving and live stream of information shared from all corners of the globe. With this constant evolution, young people must build on the often alarmist, negatively focused cybersecurity mindset that has been constantly reinforced in online education. This isn't to say that remaining safe online doesn't remain a vital component, but that reinforcing this passive and protected mindset alone simply doesn't cut it in the dynamic world of social media today. This narrow cybersecurity mindset can help young people keep out the bad, but it may also prevent them from letting in the good and harnessing the productive role that technology can play in their lives. Instead, young people who engage in social media must receive the support and education to become cybersavvy and responsible, positive citizens in the digital world.



The opportunity



75% of mental illness emerges before age 25.

(Kessler, 2005).

80% males and 70% females aged 16 to 24 do not seek help.

(Australian Bureau of Statistics, 2008).

99% of young people are online daily.

(Young and Well National Survey, 2012).

The combination of these factors present a unique opportunity to use technologies to enhance mental health and wellbeing.



Young and Well National Survey 2012



Method

- 1,400 young people
- 16 - 25 years
- CATI (computer-assisted telephone interview) methodology
- the survey took 10 to 20 minutes to complete



Representative sample

- survey participants came from all States and Territories
- 30% living in regional, rural or remote communities
- 2% identifying as indigenous



Data over time

How young people use the internet



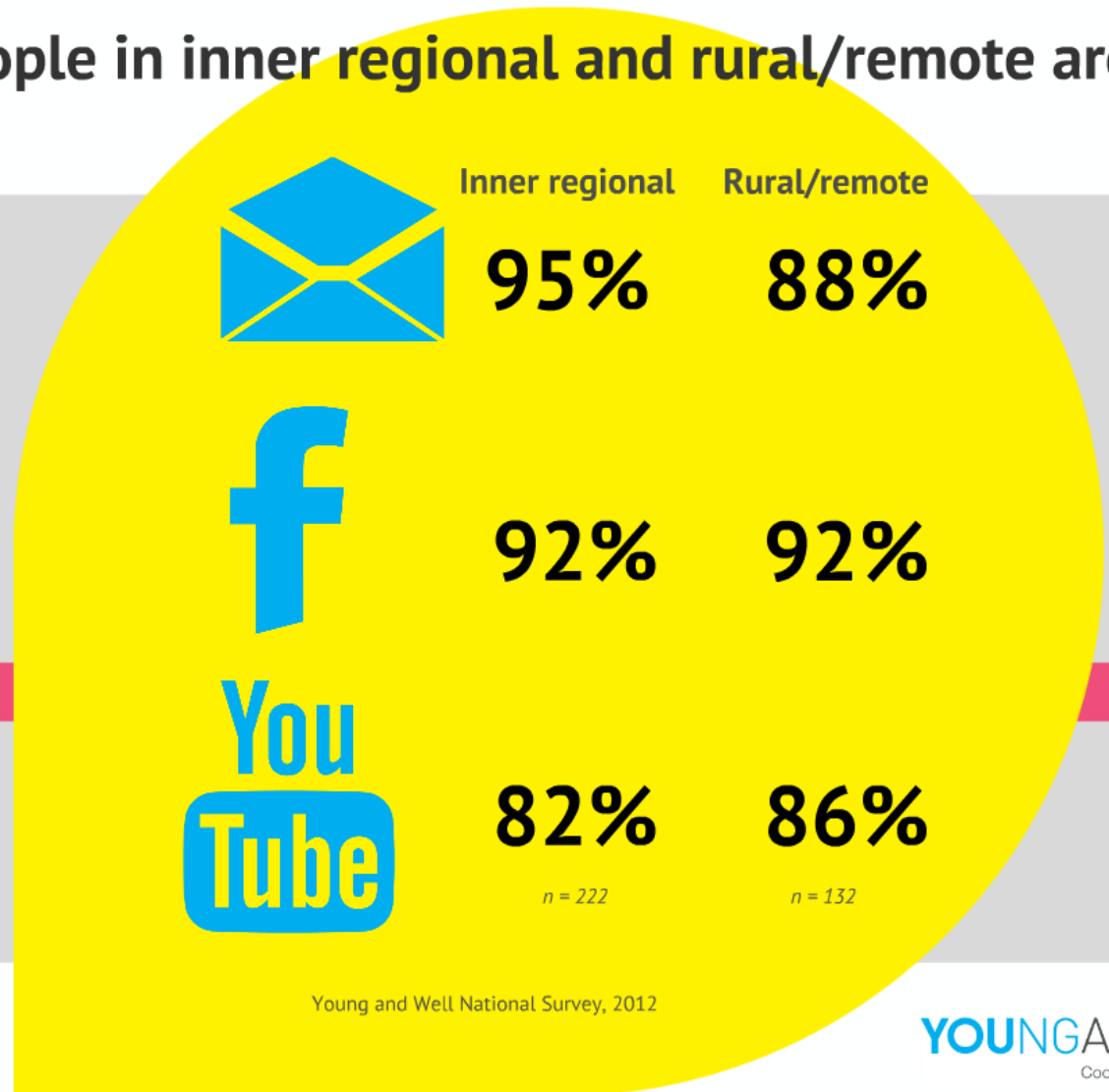
99% of Australian young people
16 – 25 use the internet

95% use everyday or
almost everyday

“Almost all Young Australians are
online every day or almost every day”

Most are online **2-4 hrs** a day | but about **20%** are online **5+hrs**

Internet use by young people in inner regional and rural/remote areas



Young and Well National Survey, 2012

The mental health of young people in inner regional and rural/remote areas

Inner regional

22.2 % felt that life was hardly worth living *n* = 221

14.9 % thought that they would be better off dead *n* = 221

Rural/ remote

16.2 % felt that life was hardly worth living *n* = 130

14.5% thought that they would be better off dead *n* = 131

Major city

20.9 % felt that life was hardly worth living *n* = 1,041

15.1% thought that they would be better off dead *n* = 1,036

What is available

Lifeline Crisis Support. Suicide Prevention.

Home | Contact Us | Support Centre | About Us | 1800 251 141

Online services for: depression, anxiety, sexual health, stress, death, domestic violence, alcohol abuse, suicide, frustration, and more.

For 24 hour crisis support, call 1800 251 141

Crisis Support Chat

Crisis support chat Available 24 hours

Chat available 24 hours

beyondblue Depression. Anxiety. Suicide Prevention.

Call us 1300 22 4638

Web chat Open to 1800

Get support | The facts | Connect with others | Resources | Get involved | About us | Media | Make a donation

ANXIETY

#knowanxiety

eheadspace

home | what's eheadspace | get help | fee & resources | help us | about

eheadspace can help

eheadspace has info sessions and an anonymous way to ask an expert questions and more from other people's questions

Live info sessions

BLACK DOG INSTITUTE Research. Education. Prevention. Support.

Fundraise now | Donate now

Home | Experience | Support resources | Working with us | Get involved | Education | Research

Welcome

Expert Insights Forums

Research

Clinics

Education

Fundraising

Butterfly Support for our families experiencing eating disorders

Home | Messages | Support resources | Education | About us | Contact us

Need Help Now?

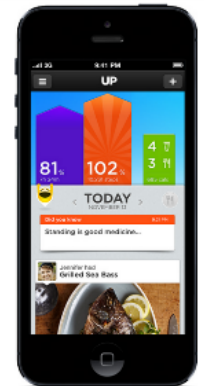
Phone call us on 1800 853 800 or 1800 251 141

Turning Point Support for people with mental health issues

Home | About | Support Centre | Support | Research | Education | Interactive Services | Contact

INTERACTIVE SERVICES

ALCOHOL AND OTHER DRUGS SELF-ASSESSMENT



Kids Helpline We care, we listen, any time and for any reason. 1800 55 1800

KIDS! A safe place for children to hang out, play games and learn the fun way!

TEENS + YOUNG ADULTS! Like to hang out with your friends and becoming an adult isn't easy!

GROWN UPS! Learn about us and our services...

REACH OUT.COM

Tough Times | Wellbeing | Get Involved | Apps & Tools | Forums

Welcome to ReachOut.com

The help you need, where and when you need it.

9 perks of being young

181 people online



[Log in](#) | [Sign up](#)

Emergency Help & Info
info, chat & phone support

Support ReachOut.com
[About Us](#) [Donate](#)



Tough Times

Working out the hard stuff

Wellbeing

Improving your everyday life

Get Involved

Pitch in to help others

Apps & Tools

Things built to help you

Forums

Join the conversation

Looking for something?

Search

Welcome to ReachOut.com

The help you need, where and when you need it.

[Find out more](#)

9 perks of being young

With study and curfews, it's easy to forget just how awesome being young can be. We've pulled together some reminders so you can make the most of it.

[Learn more](#)






Talk it through with us,
day or night

Call us 1300 22 4636

Web chat 3pm to 12am

Register or Login

- Home
- Get support
- The facts
- Connect with others
- Resources
- Get involved
- About us
- Media
- Make a donation



MY NAME IS

ANXIETY

GET TO KNOW
ANXIETY

#knowanxiety



0:00 / 2:49

View transcript

- <
- #knowanxiety
- TAKE ACTION
- We can help you have the conversation
- STOP. THINK. RESPECT.
- Heads up
- THE BIG BLUE BUS
- >



[Home](#) / [Get Help](#) / [Online Services](#)

For 24 hour crisis support, call 13 11 14

Crisis Support Chat

- [Using the service](#)
- [Terms and conditions](#)
- [24 hour crisis support](#)

[Preventing suicide](#)

Crisis support chat

Accessing the service

- **Step 1:** click the 'Online' chat icon at right (during chat hours)
- **Step 2:** complete the pre-survey questions. You can choose to remain anonymous or provide us with your name and email address.
- **Step 3:** read and accept the [Terms and Conditions](#)

About this service

Chat available

7:00pm - 4am (AEDT) 7 days.

[Click link below to chat](#)

[Online Live Chat - OFFLINE](#)

Next session: Today from 07:00 PM to 4:00 AM AEDT

eheadspace can help

eheadspace live info sessions are an anonymous way to ask an expert questions and learn from other peoples questions

 [live info sessions](#)

[is this service right for me?](#)



[prefer to talk on the phone?](#)
call us on 1800 650 890



[want to send us an email?](#)
click here to send



Butterfly
Foundation for Eating Disorders

Support for Australians experiencing eating disorders

Donate+Support+

About Us ▾

Need Help? ▾

Support Services ▾

Education ▾

Events ▾

Get Involved ▾

Search...



[Home](#) ▸ [Need Help Now?](#)

Need Help Now?

Butterfly provide support for all people affected by an eating disorder and body image concerns. Our National ED HOPE Service is available over the phone, via email and online.

Please call us at **1800 ED HOPE / 1800 33 4673** or email **support@thebutterflyfoundation.org.au** to speak to a counsellor. Our National ED HOPE Service is available 8am to 9pm Monday to Friday (AEST & public holidays excluded).

The Butterfly Shop

GO SHOPPING!



Visit the NEDC



[Home](#) > [Treatment](#) > [Interactive Services](#)

INTERACTIVE SERVICES

Turning Point has developed seven online initiatives related to gambling and drug & alcohol to help clients, professionals, GPs and families.

ALCOHOL AND OTHER DRUGS SELF-ASSESSMENT

[Click here](#)

Do you have a problem with alcohol and/or drugs? This online screen can help you work out if your drinking levels and/or drug use is a problem for you.

- ▶ [Information for health professionals](#)
- ▶ [Order guidelines, handbooks & resources](#)
- ▶ [Videos](#)
- ▶ [Transcultural services *Alcohol and your family* brochures](#)



We care.
We listen.

We care and we listen,
any time and for any reason

1800 55 1800



KIDS!

A safe **place for children** to hang out,
play **games** and **learn** the fun way!



TEENS + YOUNG ADULTS!

Life is tough when **you're a teen** and
becoming an adult isn't easy!



Supported By:



Optus yes

Kids Helpline
@ School



GROWN UPS!

Learn **about us**
and our
services...



BLACK DOG INSTITUTE

Because everyone deserves peace of mind

[Fundraise now](#)[Donate now](#)[For everyone](#)[For health professionals](#)[Home](#)[Depression](#)[Bipolar disorder](#)[Getting help](#)[Get involved](#)[Education](#)[Research](#)

Welcome

The Black Dog Institute is a not-for-profit organisation and world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.



Use our online tools

Videos

[Personal stories, interviews & more](#)

Safari Power Saver
Click to Start Flash Plug-in



Expert Insights

Expert Insights Forums

New for 2015! EXPERT INSIGHT SERIES - Learn the latest research, interventions and insights from experts in the field.

Our first forum, to be held at Black Dog in Randwick on 25 February 2015 is on Living with Perinatal Depression.

[Find out more.](#)

Research

Treatment trials, Latest findings, Participate in research, Meet our researchers, Suicide prevention

Clinics

Psychology Clinic, Depression Clinic, Bipolar Disorders Clinic, Sydney Neurostimulation Centre

Education

Fundraising

E SERVICES CONTACT

Catalogue | Careers | Support Us | Links

- Information for health professionals
- Order guidelines, handbooks & resources
- Videos
- Transcultural services *Alcohol and your family* brochures

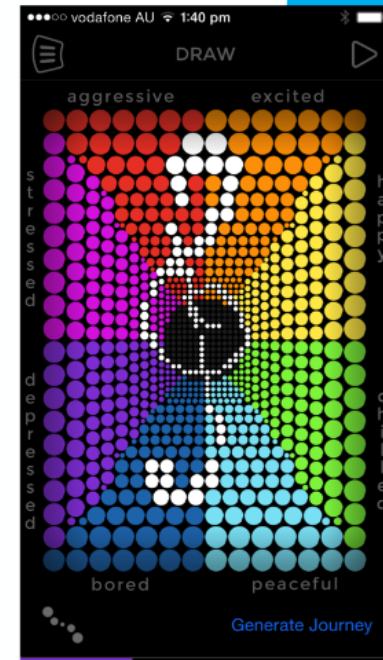
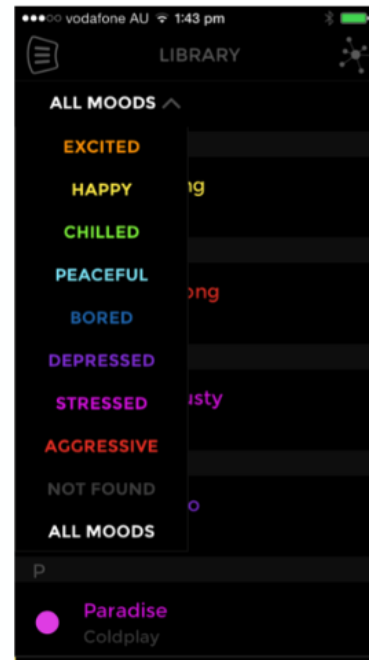


Prototypes

Safe and Supportive

Music eEscape

Music eEscape allows young people to plot a journey from one mood to another, then travel that journey through their own music.

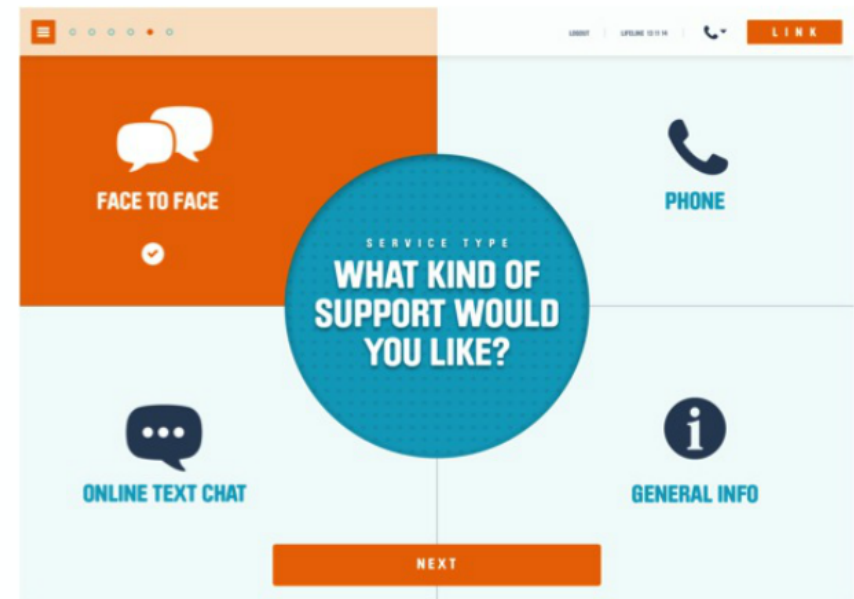
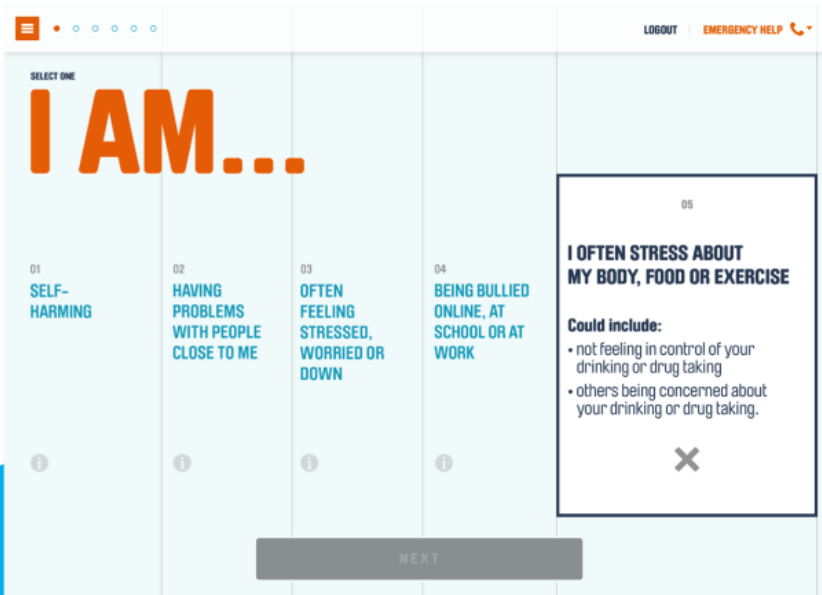


Prototypes

User-driven and Empowered

LINK

LINK helps the user "work out what's going on" to connect them to free an/or paid support services and offers practical tips they can use today.

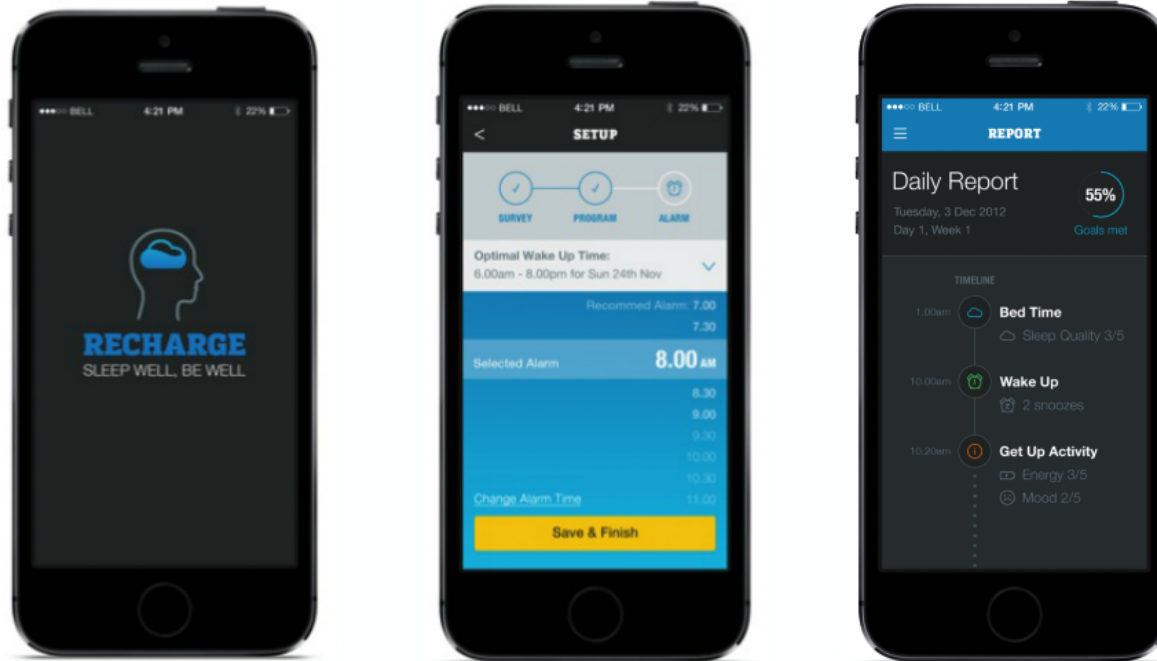


Prototypes

User-driven and Empowered

Recharge

Recharge involves the development of a mobile phone app designed to improve young men's wellbeing by helping regulate their sleep/wake cycle through a six week program.



Maximising investment in mental health

- Innovation, not renovation
- Comprehensive and complementary services across from self-directed wellbeing resources to clinical care
- Coordinated and streamlined help-seeking journey
- Reduce barriers to help-seeking
- Collective impact



What is Synergy?

Synergy is an mental health ecosystem that leverages technology to complement the face-to-face system of care, in a seamless and simple personalised experience. It takes a holistic approach to mental health and wellbeing, with touchpoints across the spectrum, from wellbeing through to help-seeking and clinical care.



Synergy positions the young person as an empowered consumer with ultimate control over their data and journey.



Stakeholder benefits



Young person (and their carers)

Resources to help myself, access to help when I need it, how I want it



Schools, universities, workplaces

Capacity to interface with organisational platforms and link personal data (with permission) and organisational data to support wellbeing, safety and MH.



Service providers

Richer information, customisable and integrated toolset that reaches beyond the clinical session and traditional service models.



Researchers

Richer data and high speed prototyping platform

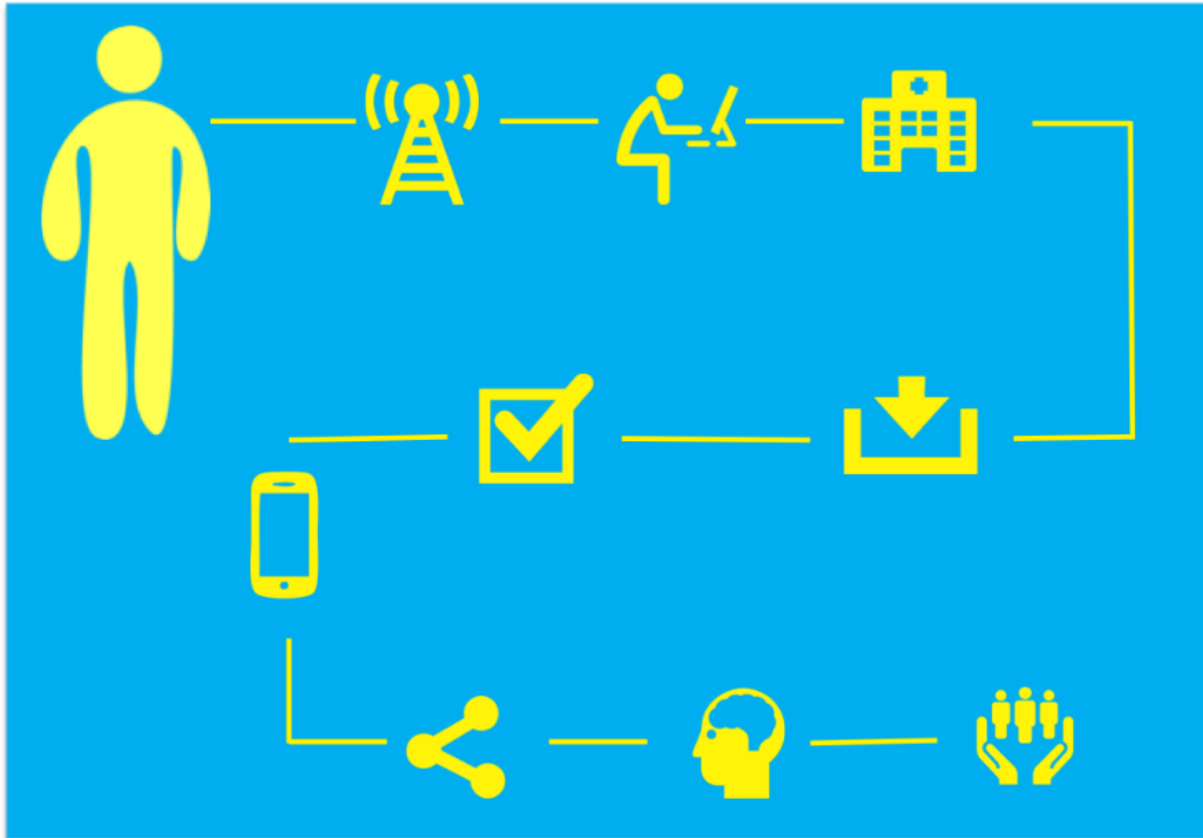


Policy makers

Clearer information to assess collective impact and support strategic planning and policy

A user journey through a synergised mental health system

15-YEAR-OLD Paul in ADELAIDE WITH ANXIETY



1. ReachOut national campaign to promote help-seeking for young men.

2. Paul visits ReachOut and uses Link which suggests he visit his local headspace site and provides relevant information for download on referral.

3. Paul visits headspace site for assessment by a clinician and shares his information from Link. Assessment determines Paul needs to see a clinical psychologist for treatment.

4. While waiting for first appointment headspace directs Paul to specific apps for young men on the Online Wellbeing Centre.


5. Six sessions with a clinical psychologist, enhanced by access to data from apps Paul has been using.

6. Once discharged from care, Paul joins Horyzons Recovery Program. Horyzons has access to data from Link, Online Wellbeing Centre, apps and headspace to support Paul's recovery.



Synergy pilot

TRIAL SITE 1
Happiness Central
Launch - April 2015



A self directed online wellbeing resource that enables young people to set goals, monitor and track progress using an suite of integrated apps and tools to improve their mental health, wellbeing and social connectedness.

TRIAL SITE 2
**e-Mental Health
Clinic**
Launch - Nov 2015

An online platform for “share planning” which aims to place the young person at the centre of their own care and use technologies as an adjunct to care in a clinical setting.

TRIAL SITE 3
**School-setting
(TBC)**
Launch - Nov 2015

A self-directed online wellbeing resource that will target high school students.



Happiness Central

Create account

Log in

Happiness Central

Learn how to get fit and healthy or improve personal relationships and social connectedness, broaden your interests, improve your sleep, study skills, financial management skills or work-life balance. HAPPINESS CENTRAL helps you to achieve all this (and more) by providing immediate access to the best apps and etools that aim to change behaviour and allow you to track your progress.



Learn more



Powered by and in association with:



YOUNGANDWELL
Cooperative Research Centre

In progress

**R&D
platform**

What suicide prevention apps, interventions, online resources, biometrics, technologies could be trialled on the Synergy R&D platform

Comprehensive exploration issues and challenges related Project Synergy including; legislative compliance, data management and duty of care.

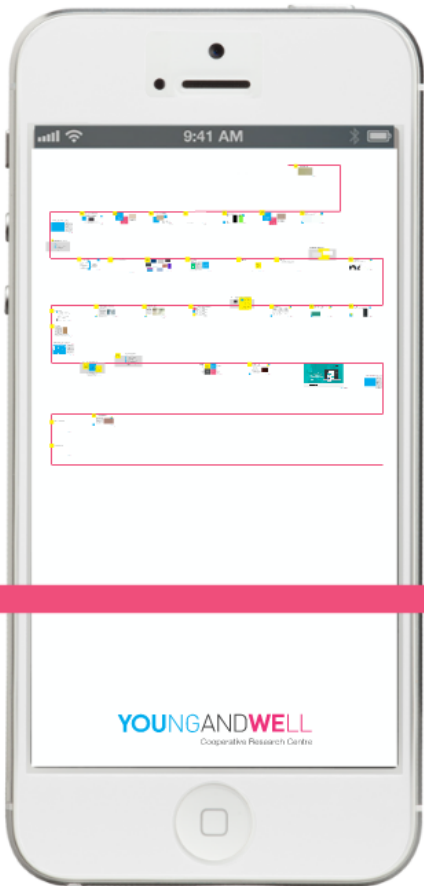
**Medico-legal and
ethical standards**

**Technology
standards**

Development of connection protocols, API's, common analytics and data definitions that ensure secure data sharing between apps and web interfaces and new and emerging technologies (ie; biometric devices and services)

Aim to reduce duplication by working with service partner organisations to identify gaps, create technology solutions to the Synergy technology standard - to create a seamless user experience

**Ecosystem
partners**



Technologies as part of an integrated youth mental health system will help Australia lead the way in the sector.

- Follow us on Twitter @yawcrc
- Like us on Facebook www.facebook.com/yawcrc
- Join our network www.youngandwellcrc.org.au