



Frequently Asked Questions

1. Why is VicHealth running this event?

The period between 18–25 years is a critical window for individual development; one that is characterised by important transitions through education, work, family and relationships. One of these transition periods is moving from education (school, tertiary or trades) to purposeful employment. Yet taking that first step and finding purposeful work is now extremely challenging for many young adults in Victoria, and indeed Australia.

Factors such as mass automation of jobs and offshoring of domestic jobs, have raised the bar considerably for young adults aged 18 to 25 years. It now takes almost 5 years to land a stable job after a young adult finishes education, compared to 1 year a generation ago; 1 in 3 young adults are actively looking for work; and a growing proportion are unemployed & underemployed.

And the data tells us our young people aren't doing so well during this transition time:

- 1 in 4 young Australians is currently experiencing a mental health condition, including anxiety and depression.
- 75% of adult mental health conditions emerge by age 24, which is why it's so important to intervene and support people early
- 1 in 4 young adult Victorians report limited access to social support when needed.
- 1 in 8 young adult Victorians are lonely – which is a key risk factor for depression.

As part of our strategy to help more Victorians experience better health and wellbeing, VicHealth is partnering with six leading youth organisations to bring together young Victorians to explore & discuss what they might need to navigate the challenging gap between education and finding purposeful work.

2. Who are the participants and how will they be selected?

Participants will be a diverse sample of approximately 50 young Victorians, aged 18–25. In celebration of diversity, we will ensure equal participation and cultural, emotional and physical safety of the young adults involved. This includes young adults who are marginalised, Aboriginal/Torres Strait Islander, from refugee or migrant backgrounds, who are same-sex attracted or gender diverse, and/or have a disability.

Utilising the networks of our youth organisation partners and other key social media channels, an invitation with expression of interest will be sent to a broad cross section of young adults.



If you, or someone you know aged 18-25yrs, might be interested in being involved, please view our invitation [here](#). You can register your interest and availability by midnight on Friday 25 May by [filling in the online form](#).

What is the question to be put before the group?

The group will be asked to consider the following question:

Young adults, mental wellbeing & work: How can we support young adults on their journey to purposeful work?

The participants will be presented with current evidence (submissions) addressing this question, what works to support wellbeing, resilience and social connection, successful program interventions, and hear from those people and organisations who have an interest in young people across government, philanthropy and the community. The participants will decide how deeply they want to engage with the submission and may select representatives from these parties to hear further information. VicHealth will not 'control' the outcomes of the process – this is in the hands of Victoria's young people.

The outcome will be to produce a youth endorsed set of recommendations for government, funders and community. A great advantage of this process is the recommendations form a report at the end of the event. The report is owned by the young adults who participate in the forum – not by the commissioning organisation or partners.

3. What will happen with group's recommendations?

Participants will have the opportunity to present their recommendations to key stakeholders at the end of the event. These will inform a range of activities to influence broad adoption and implementation by partners and other interested parties.

4. Will participants be paid?

The participants meet for almost 3 full days outside of work hours and make a significant commitment in representing their community. Each participant will be paid (\$640) in recognition of their time to attend and to cover any costs associated with participating. Participants travelling from regional areas will also have their travel and accommodation costs covered.

5. How can a submission be made?

For more information about making a submission, please refer to our Call for Submissions Guidelines ([link here](#)). Closing date for submissions is **31 May 2018**.



6. What is a deliberative process?

A deliberative process puts the community and stakeholders at the centre of a decision. This type of process usually includes broader community or stakeholder input and is inclusive of a diverse range of perspectives and voices.

Deliberative processes are about a randomly and independently selected group of everyday people coming together to discuss and make recommendations on an issue. In this case, it will be a group of 18-25 young Victorians. The group selected is broadly representative of the demographics of the community or group affected by the decision. The group usually meets over a number of days, and their discussions are supported by facilitators.

The group has access to all the information they need to have an in-depth conversation, are given sufficient time to properly consider that information and directly present their findings to decision-makers. They have a real impact on the issue or decision at hand.

More information about deliberative democracy can be found [here](#).

7. How will the process be facilitated?

The group's deliberations will be supported by a team of facilitators comprising experts in deliberative processes, from MosaicLab, and a number of young adults from our partnering youth organisations. This team will be responsible for developing and designing the program and co-facilitating the entire event.

MosaicLab works on a range of facilitation principles including promoting informed discussion, enabling everyone to have a chance to participate and contribute, remaining neutral and not having a stake or interest in the content or outcome, responding and adapting to the group's needs, and guiding the process in a way that helps the participant to do their work.

8. What is VicHealth's role in the process?

VicHealth is striving towards 1 million more Victorians experiencing better health and wellbeing by 2023. We're doing this via a range of campaigns and programs that promote good health and prevent chronic disease. Specifically, with its focus on young adults, this event supports our program of work in the mental wellbeing strategy.

VicHealth has engaged MosaicLab to work together with a team of young adults from our partner organisations, to co-design and co-facilitate this event, and support the participants in their deliberations. VicHealth's role will be in the background, ensuring the event goes off without a hitch,



and most importantly, ensuring the recommendations are disseminated to a broad range of key stakeholders for maximum uptake.

9. Has this been done before by VicHealth?

Yes! In 2016, VicHealth hosted the Victoria’s Citizens’ Jury on Obesity, demonstrating the strength of community support for urgently building food environments in which the healthy choice is the easy choice. We’re excited to work together with our partner youth organisations and younger community to weigh up information, make decisions and develop recommendations in the mental wellbeing space.

10. Where can I get more information?

You can find more information on our website [here](#)