

Call for Submissions

Inputs to youth event

Staying on Track: Supporting a healthy jump from study to purposeful work

VicHealth invites you to make a submission to our forthcoming deliberative forum for young adults: ***Staying on Track***. VicHealth, in partnership with key youth organisations, will be holding a forum in June 2018 to address the following question:

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

The forum will bring together a diverse sample of approximately 50 young Victorians, aged 18–25, to provide recommendations about what their cohort needs to support them as they navigate the challenging gap between education and finding purposeful work.

Important information

Key dates	
Opening date for submissions	Wednesday 2 May 2018
Closing date for submissions	Monday 18 June 2018 COB
Submissions posted live on VicHealth website	Monday 4 June 2018
Online deliberation by participants	Tuesday 5 June – Thursday 21 June 2018
<i>Staying on Track</i> face to face event	22 - 24 June 2018

Email your written submission or a link to your video submission to
innovation@vichealth.vic.gov.au

Enquiries

For questions regarding the submission, please email innovation@vichealth.vic.gov.au or call (03) 9667 9008.

About the *Staying on Track* forum

The project is underpinned by the findings from VicHealth's recent agenda-setting research with the CSIRO – [Bright Futures](#) – which identifies the key 'megatrends' or issues which will impact young Australians' mental wellbeing over the next 20 years.

The participants will be presented with current evidence (submissions) on 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.

Staying on Track will follow a deliberative process and will be co-designed and facilitated with young adults from leading youth organisations. The unique characteristic of a deliberative process is that given information and time to deliberate, citizens can deliver effective long-term decision-making which earns public trust. This process, if carried out correctly, can be a powerful lever to show government, industry and community what action is palatable from the perspective of young adults.

At the conclusion of the forum, the young adults will produce a report consisting of a set of asks for government, community and industry to action in response to the problem. The report is owned by the young adults who participate in the forum – not by the commissioning organisation or partners – and it is made available to the public and stakeholders for immediate use.

VicHealth's role will be to bring the right people together to generate, and take forward the outcomes, or asks, to the right people.

Key elements of our deliberative engagement

- A diverse group of young Victorians, 18–25 years old
- A clear question as the focus for discussion
- A broad range of information addressing the question (submissions)
- Time for the young adults to consider and deliberate on the evidence
- Expert facilitators who are familiar with the deliberative process
- Group negotiation where the majority decision (more than 80%) is carried
- A report of youth endorsed asks, produced at the event

Why we are doing this

Taking that first step and finding purposeful, secure work is 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 has finished education, compared to 1 year a generation ago.
- 1 in 3 young adults are actively looking for work
- A growing proportion are unemployed and underemployed
- When it comes to finding that first secure job, young adults often have limited professional networks

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 the data tells us our young people aren't doing so well during this 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 supporting people early, preventing mental health issues occurring, and re-occurring, later in life.
- 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.

Supporting young adults through this challenging period - by helping them to build resilience, coping skills and social connections – will help set a positive foundation for these Victorians' lives, allowing them to thrive in the modern employment environment.

We ask that your submission responds to the problem.

What makes a good submission?

The audience is young adults 18-25, so keep your submission clear, concise and **free of jargon**.

You want to grab the reader's attention early on, so **lead with your key points and keep them simple**.

What information or ideas will help participants respond to the question?

It may be useful to consider your own view of the world.

- What do you believe needs to be done about this issue?
- What are the factors you consider to be important?
- What do you understand works in supporting young people as they look for purposeful employment?
- What works for vulnerable segments or particularly disadvantaged cohorts?
- What possible solutions exist for government, industry and communities?

The submission of evidence is your opportunity to make your case to the participants. It can be useful to focus your submission around two to three key messages along with your supporting evidence.

It is important to remember that participants can request clarification, seek further information, and validate facts and evidence.

Format for submissions

In making a submission, we recommend limiting it to two forms. Please note special requirements below for submission formats:

Format for submissions	
Written (text, infographic etc)	PDF format preferable, but also please supply a word document for accessibility purposes. 5MB limit for email
Video & Audio Under 3 mins recommended (5 mins max)	Hosted on a site such as Vimeo or YouTube, with the URL forwarded

All submissions will be uploaded to:

1. A closed Facebook group page, established specifically for the Youth Forum event, for the participants to review and deliberate; and
2. A dedicated event web page on the VicHealth website.

Finally, it's important to note...

- No profanity will be allowed.
- Be mindful of statements which could be perceived as defamation.
- Submissions made by individuals will have contact phone numbers and identifying address details removed. The documents will otherwise be made public in their entirety.
- Please note that if a submission contains material which an independent medical/health expert judges as dangerous or life-threatening, or potentially creates a risk to public health, a clear warning will be added.
- VicHealth does not endorse the views contained in submissions.
- All submissions will be uploaded in chronological order to ensure there is no bias
- All submissions will be available publicly; the participants' deliberations will be confidential.

About VicHealth

VicHealth is a pioneer in health promotion – the process of enabling people to increase control over and improve their health. The primary focus of VicHealth is promoting good health and preventing chronic disease. VicHealth's current campaigns align with the VicHealth Action Agenda for Health Promotion, which prioritises five areas for our work.

The Action Agenda is our strategic plan to 2023, with 10-year goals and 3-year priorities on the following strategic imperatives:

- Promote healthy eating
- Encourage regular physical activity
- Prevent tobacco use
- Prevent harm from alcohol
- Improve mental wellbeing.

More information about VicHealth is available at www.vichealth.vic.gov.au

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