



# Annual Report 2004-5

NSW Centre for the Advancement of  
Adolescent Health

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## NSW Centre for the Advancement of Adolescent Health (NSW CAAH)

NSW CAAH was established in 1998 with the aim of protecting and promoting the health and wellbeing of young people in NSW, by supporting health care, non-government, education, academic, community and advocacy bodies to ensure better adolescent health outcomes.

### Role

As a technical support agency, NSW CAAH's role is to build the confidence and capacity of partner agencies in responding to youth health issues, through developing / disseminating information and resources, delivering professional education and training, undertaking applied research, and contributing to advocacy and policy development.

### Key Focus Areas

1. **Developing information and resources** to increase knowledge and understanding of youth health issues
2. **Capacity building to increase organisational skills and confidence** in addressing young people's health needs
3. **Supporting applied research and promoting good practice** in adolescent health care
4. **Supporting advocacy and policy development to increase leadership and action** for adolescent health

NSW Centre for the Advancement of  
Adolescent Health  
(NSW CAAH)

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**caah**  
the children's hospital at Westmead  
NSW Centre for the Advancement  
of Adolescent Health

## Report Details

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Organisation	NSW Centre for the Advancement of Adolescent Health (NSW CAAH)
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Type of report	Annual Report
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Funding cycle	July 2003 - June 2006 (3 yearly)
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Reporting period	July 2004 - June 2005
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Amount allocated this financial year	\$250,000
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## Executive Summary

The Centre for the Advancement of Adolescent Health's strategic review, undertaken May-June 2004 with input from the Advisory Board and stakeholder organisations across NSW, identified the need for the Centre to consolidate its strategic direction, strengthen internal operating systems and build stronger alliances across service sectors. As a result of a revised planning process, the Centre emerged with greater clarity about its role in relation to service and sector needs in NSW, streamlining its activities around four key focus areas.

The new strategic plan has since contributed to both better marketing and simplified reporting. The annual service evaluation in June 2005 found that many services had welcomed the Centre's redefined role as that of a technical support agency, evidenced by an increase in the number of requests and new partnerships.

The Centre also made substantial progress in improving its operating systems. In April 2005, CAAH successfully filled all funded positions within its core staff team, comprising the Coordinator, Administrator and two part-time project officers. Major improvements included the establishment of an electronic intake system, staff development strategy, standardised contracting process, project quality standards and development guidelines, and a new marketable identity.

As a result, the Centre is now able to measure service delivery and trends in customer demand, provide staff with appropriate supervision and professional learning support, improve outcomes from consultant/outsourced work, ensure high quality proposals and present consistent branding across its website and resources.

NSW CAAH has also benefited greatly from its refreshed Advisory Board, drawing professional input from a wider range of sectors and service types. Participating members' feedback highlighted the success of the recently introduced 'special sessions' into Board meetings, which have encouraged a positive culture of active participation and problem solving. The new Terms of Reference also greatly clarified the Board members' role in providing strategic and constructive input.

This year, the Centre contributed to improving young people's access to health services through resource development, research, training and advocacy. New resources included the launch of the GP resource kit (launched by the NSW Minister for Health, Hon Morris Iemma), the production of the ACCESS Phase 2 Research report, and the development of related resources (such as factsheets, guidelines and books) for practical use by health and other workers.

The Centre continued to Chair and auspice the highly popular Youth Health Forums, and contributed to learning through academic lectures and conference presentations. A new research project, *Spinning the Web*, was developed to address intra-organisational barriers to sharing information and evidence. The team also provided technical assistance to external organisations engaging in research, such as the Association for the Welfare of Child Health's recent campaign on 'National Survey on the Psychosocial Care of Children and Families in Hospital', and the Department of Community Services/Community Division's review of the *Better Futures Strategy*.

The Centre served on new and existing strategic policy committees and advocated for young people's health concerns and issues through community talks and media interviews.

Having now established a sound operational base, the NSW CAAH is now looking to implement new collaborative projects and expand its activities in the upcoming year. The Centre's commitment to capacity building, developing the skills and confidence of professional workers and organisations in addressing the complexity of young people's health, remains at the forefront of our vision.

## Acknowledgements

The staff team would like to thank the following parties who have joined us in fulfilling our mission in 2004-5:

- Michael Kakakios, Manager Primary Health Care and Community Partnerships at NSW Health, for providing the Centre with core funds
- Advisory Board members for their encouragement and contributions
- Consultants Matthew Tyne, Melissa Kang, Melissa Maclean, Kathryn Lamberton and Tony Voss for their involvement in projects
- Young people, professionals, groups and organisations who have worked with us and supported our efforts.

## CAAH Staff Team



A/Prof David Bennett  
AO Head

December 1998  
- Present



Evelyn Camilleri  
Administration  
Officer

April 2005 - Present



Far Chiang  
Coordinator

May 2004 - Present



Althea Mackenzie  
Project Officer -  
Professional Education  
& Development

April 2005 -  
August 2005



Wui Ken Yap  
Project Officer -  
Communications &  
Promotion

May 1999 - Present

## NSW CAAH Services



NSW CAAH’s program portfolio comprises a range of medium-term core projects, as well as responses to shorter-term requests from other organisations.

**Core projects** are large, broad-based interventions aimed at increasing young people’s access to quality health services. Often covering several of CAAH’s four Key Focus Areas (KFAs), they are evaluated against project-specific performance indicators.

**Shorter-term consultancy** activities are recorded on the new electronic intake system against the Centre’s Key Focus Areas, to track trends in sector and customer demand.

Key Focus Areas	Example of CAAH Services
1. Information & Resources	<ul style="list-style-type: none"> <li>• Providing information and referral services</li> <li>• Assisting service providers to develop user-friendly information resources (e.g. fact sheets, training manuals, guidelines, ‘how to’ tools).</li> </ul>
2. Capacity Building	<ul style="list-style-type: none"> <li>• Hosting forums and networking events on youth health for services</li> <li>• Designing and providing training and capacity building programs</li> </ul>
3. Applied Research & Practice	<ul style="list-style-type: none"> <li>• Undertaking applied research into youth health issues; transforming results into tools for improving access to and quality of services</li> <li>• Providing technical support to agencies on youth health research and programming</li> </ul>
4. Advocacy & Policy Development	<ul style="list-style-type: none"> <li>• Promoting adolescent health issues through media &amp; public events</li> <li>• Providing input into government / NGO / private sector policy development</li> <li>• Maintaining active participation in youth services networks and developing strategic relationships with cross-sectoral partners.</li> </ul>

# Program Achievements

## Service Statistics

Since working under the new Strategic Plan (revised June 2004), the Centre has developed a wider set of relationships through committee participation and advocacy activities.

More agencies and organisations are becoming aware of CAAH's services through the new-look website, and the Centre has seen an increase in the number of technical requests compared to previous years. Many of these requests require several contacts and follow-up actions over a defined period of time.



## Support Services: Short-term Consultancy Work

### To whom did CAAH provide services in 2004-5?

The new activity database shows that CAAH's services were most popular among NSW government health services (30%) - relating to both local Area Health Services and NSW Department of Health.

This was followed by interest from the NGO (non-government organisations) sector, education (comprising universities, schools and government education departments), other government departments outside of health and education, the private and corporate sector (including the media), and other miscellaneous service types.

This indicates that the Centre currently has a strong relationship base of health stakeholders. There has also been an overall increase in other organisations' awareness of CAAH's support services.

Breakdown of requests - by type of agency

	Requesting Agencies
30%	NSW Government Health
19%	Non-Government Organisations
14%	Education
13%	Other Government depts
13%	Private / Corporate and Media
11%	Other

## Which types of services did organisations request in 2004-5?

Organisations most frequently asked CAAH for *technical support and assistance* in designing or implementing their own programs and policies (39% of intake). More than 50% of CAAH's consultancy time went into providing assistance in this area, indicating the intensive nature of these jobs.

Remaining requests were distributed among the other categories: community outreach/awareness talks, referral and information about youth-related services, capacity building and training. Resource production, media and miscellaneous requests made up the remainder.

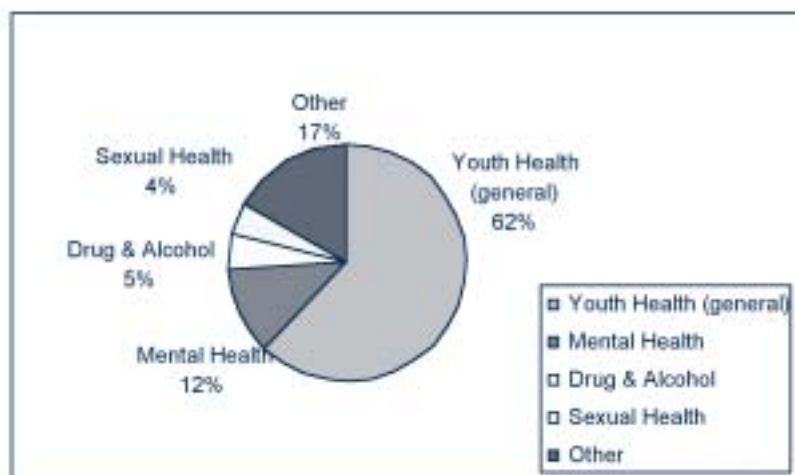
Breakdown of requests - by type of assistance

%	Type of assistance
39%	Technical support
14%	Community request
13%	Referral
11%	Capacity Building / Training
8%	Resources
7%	Media
8%	Other

## What were the issues of interest or concern?

Of the 98 new requests received during the activity period, more than 60% were related to general youth health. The remainder covered a number of more specific issues: mental health, drug and alcohol issues, transition care, sexual and reproductive health.

Breakdown of requests - by subject



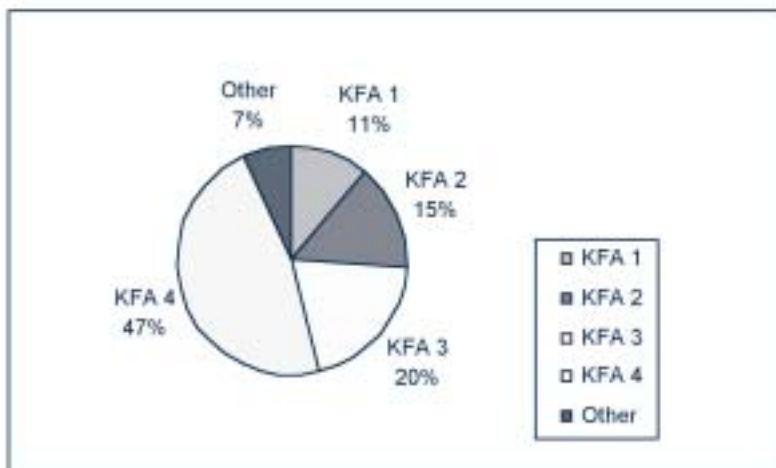
## Service Highlights: Key Focus Areas

What are the four Key Focus Areas?

1. Developing information and resources to increase knowledge and understanding of youth health issues
2. Capacity building to increase organisational skills and confidence in addressing young people's health needs
3. Supporting applied research and promoting good practice in adolescent health care
4. Supporting advocacy and policy development to increase leadership and action for adolescent health

*Advocacy and Policy services* (KFA 4) accounted for the largest proportion of all incoming requests (46%), and included media appearances (television, radio, journals and newspapers), policy input via working groups or taskforces, and direct outreach work with community groups.

Types of work by Key Focus Area



*Applied Research and Practice* activities (KFA 3) followed as the next most requested (20%), concerned with helping organisations to develop research and evidence-based projects.

The Centre also provided input under *Capacity Building* (KFA 2) and *Information Resources* (KFA 1) (11% and 15% respectively).

The time spent on each KFA area was roughly proportionate to the number of requests received.

## KFA 1: Developing information resources to increase awareness of youth health issues

### Anticipated outcomes

- Shared lessons learned; reduced 'reinventing' the wheel
- good practice standards and availability of evidence for new projects

### Key achievements

During 2004-5, while the majority of resources were directly researched and produced by CAAH (e.g. GP Resource Kit, the Access Study), a number of external services also requested technical support in producing their own print and media products.

This year, the Centre:

- Produced a practical resource for GPs: 'Adolescent Health - Enhancing the skills of General Practitioners in caring for young people from culturally diverse backgrounds / A Resource Kit for GPs' (jointly published by NSW CAAH and Transcultural Mental Health Centre). Launched by the Hon. Morris Iemma, NSW Minister for Health on 30 August, 2004. More than 500 GP Resource Kits have been distributed across NSW and beyond.



GP Resources Kit Launch, The Children's Hospital at Westmead

*From left: A/Prof David Bennett - NSW CAAH, Mr Abd Malak - Diversity Health Institute, Dr Melissa Kang - University of Sydney, Hon. Morris Iemma - NSW Minister for Health, Professor Michael Kidd - RACGP*

- Published the ACCESS Phase 2 Research Report: '*Better Practice in Youth Health: Final report on the research study Access to health care among young people in New South Wales: Phase 2*' (Kang et al. 2005).
- Co-authored '*You Can't Make Me - Seven Simple Rules for Parenting Teenagers*' by (Rowe & Bennett 2005).
- Assisted the NSW Association for Adolescent Health (NAAH) with financial and advisory assistance in producing the print version of '*Working with Young People: Ethical and Legal Responsibilities for Health Workers*' (NAAH 2005).
- Developed user-friendly resources from ACCESS research for health, welfare and education workers, including the '*Young People's Access to Health Care: Exploring Youth Programs and Approaches in NSW*' and '*Youth Health: Better Practice Factsheets*' (to be released 2005-6)
- Supported and advised *Relativity Films* in developing a documentary on adolescent mental health, providing introductions to relevant organisations and departments.

A full list of information resources is provided in [Appendix A](#).

## KFA 2: Capacity building to increase workers' skills and confidence in adolescent health

### Anticipated outcomes

- Greater networking and information sharing
- Improved professional knowledge and skills for working with adolescents

### Key achievements

The Centre continued to support a number of diverse professional development activities, from grassroots health / education staff forum to academic post-graduate lecturing. Attendance at national and international conferences provided opportunities for the Centre to promote its work. The main project underway is the NSW CAAH's GP strategy, for increasing young people's access to quality general practice services.

During 2004-5, the Centre:

- Hosted five of the popular Youth Health Forum series (234 participants), covering issues such as diet, parenting, alternative education, sports and teenage pregnancy.
- Provided academic services within the following courses, many of which were regular scheduled lectures:
  - o Medical Program, University of Sydney (350 students, 5 lectures)
  - o Diploma of Child Health, University of Sydney (45 CHW doctors / GPs / post-graduate students)
  - o Postgraduate Course 'Reproductive Health Sciences and Human Genetics', University of Sydney
  - o Postgraduate course 'Adolescent Sexuality and Sexual Health', University of Melbourne.
- Presented at six conferences within Australia, and delivered four keynote presentations / workshops internationally.
- Initiated the design of the GP Strategy, incorporating the GP resource kit and seeking to work strategically with Divisions of General Practice and other relevant stakeholders

A full list of lectures, workshops and conference presentations is provided in [Appendix B](#).

*'Informative...  
lots of useful  
information  
provided to  
take back to the  
workplace.'*

*'Awesome! Hope  
a similar session  
runs again soon!'*

*Audience comments from Youth Health Forum evaluations*

## KFA 3: Researching and promoting good practice in adolescent health care

### Anticipated outcomes

- Greater sectoral understanding of youth health care issues
- Increased service capacity & improved service quality

### Key achievements

The Centre finalised the ACCESS Study Phase 2 research report, as well as commencing two new studies. The Centre acted on twenty external requests for assistance in this area.

- Access Study Phase 2 completed, resulting in research report: *'Better Practice in Youth Health: Final report on the research study Access to health care among young people in New South Wales: Phase 2'* (Kang et al. 2005)
- New research study: *Spinning the Web - Better communication between services working with young people's health*, funded by NSW Health
- New commissioned review: *Better Futures Roundtable for Youth Development*, funded by Communities Division, Department of Community Services
- Two articles published in peer reviewed journals
- Assisted the Association for the Welfare of Child Health and key stakeholders in analysing *'The Psychosocial Care of Children and their Families in Hospital'* research data and developing recommendations.

A full list of research-related outputs is provided in [Appendix C](#).



## KFA 4: Advocacy & policy development to increase leadership and action for adolescent health

### Anticipated outcomes

- Environment more receptive to adolescent health issues
- Improved structural / infrastructural support for adolescent health
- Keeping CAAH up to date and promoting its services

### Key achievements

NSW CAAH continues to take a lead role in high level advocacy and policy development on a wide range of youth health and development-related issues for the media, State and Area Health Service departments, and NGOs. Additionally, the Centre maintains a strong community presence through its direct outreach work to schools and parent groups.

Various Centre staff participate in advisory and organising committees, such as the Youth Health Council, Research Advisory Council and Youth Interagency Taskforce of Department of Community Services. CAAH responded to various requests from the media for comments on a range of issues.

During 2004-5, NSW CAAH:

- Delivered eight Community presentations
- Participated as a member on thirteen policy and advisory committees
- Contributed to five media stories on TV, radio and in newspapers

A full list of advocacy-related activities is provided in [Appendix D](#).

## Major Projects: Improving Communication and Good Practice in Youth Health

The Centre for the Advancement in Adolescent Health supports projects improving young people's access to quality health care. Major projects undertaken during 2004-5 primarily focused on improving:

- Communication - increasing workers' access to and use of good practice/evidence in youth health
- Good Practice - increasing skills in working with adolescent health populations.

### Current Projects

Project / Activity Title	Key Focus Areas*			
	1	2	3	4
1. Youth Health Forums		✓		✓
2. ACCESS Study Phase 2				
• Research Report	✓		✓	✓
• Associated Resources	✓	✓	✓	✓
3. Spinning the Web	✓	✓	✓	
4. NSW GP Strategy	✓		✓	
5. Youth Development Roundtable Review	✓	✓	✓	✓
6. Conference 2006		✓		

\*NSW CAAH KEY FOCUS AREAS

1. Developing information and resources to develop awareness
2. Capacity building to increase skills and confidence
3. Applied research and promoting good practice
4. Advocacy & policy development for leadership and action

## Youth Health Forums - keeping workers up to date and informed on current youth issues



Originally an initiative of the Adolescent Medical Unit at Westmead Hospital, the Youth Health Forums have evolved into a partnership project supported by a range of organisations.

As one of its most well-known and longest-running activities, NSW CAAH continued to chair the Youth Health Forum Organising Committee, which is responsible for designing and planning each event.

The Centre also continued its role as the auspicing body, providing necessary coordination and logistical services, and ensuring the successful running of each Forum.

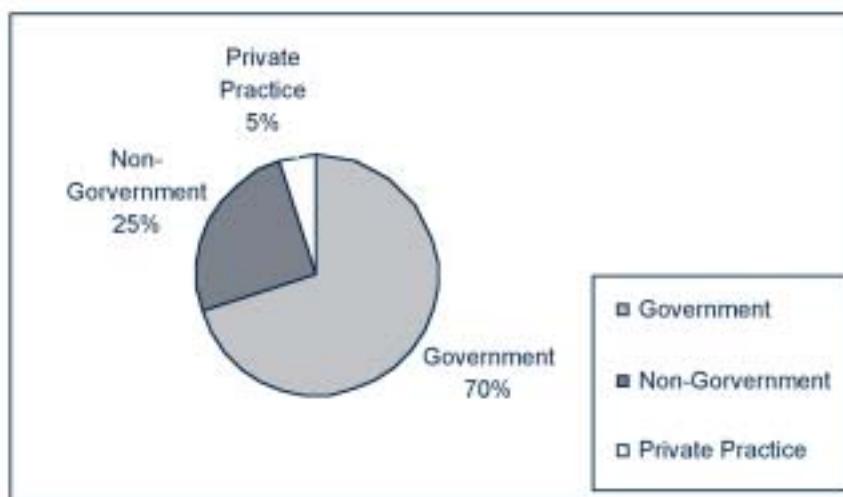
All Youth Health Forums were held at the Education Centre of Westmead Hospital, and addressed a diverse array of adolescent health-related subjects:

1. *The Good Oil - Health, learning and behavioural benefits of essential fatty acids / medical update* (August, 2004)
2. *The Young Female Athlete - Finding the Balance* (October, 2004) in partnership with Children's Hospital Institute for Sports Medicine (CHISM)
3. *Supporting Parents and Families - What works?* (October 2004)
4. *Keeping Kids Connected - Innovative Education Pathways* (March 2005)
5. *Young and Pregnant - Supporting the Journey* (June 2005)

More than 230 registered participants attended the Forum series, averaging 49 audience members at each event. Westmead Hospital's contribution of a subsidised venue, along with CAAH-subsidised administration support and minimal registration fees have greatly contributed to the continuing success of the event.

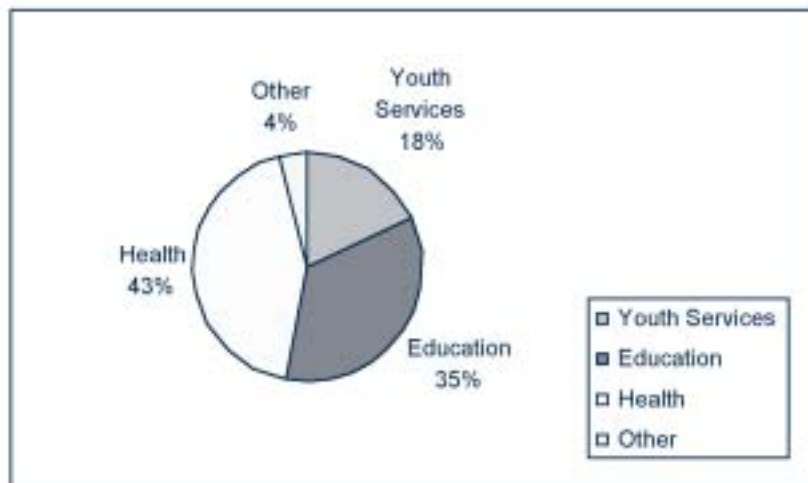
The Youth Health Forums were mostly attended by the Government sector (70%) followed by Non-government organisations (25%) and others (5%).

Attendees by organisation



The attendees by sector are led by the Health sector in general (43%), followed by Education (35%), Youth Services (18%) and other (4%). The composition of the attendees varies each year depending on the Forums' topics and themes.

Attendees by sector



Some encouraging comments from participants:

- An interesting day - particularly enjoyed the presentations that incorporated photos case studies/"real" people eg. Young people's story. This helped to really bring home the issues and the positives, rather than struggling to read a heap of slides and makes the service easier to remember when needed.
- Helpful. Good networking. Always important to learn of available referral services for young pregnant mothers.
- Excellent. Very worthwhile morning. More discussion time would be fantastic.
- People valuing the outcast members of our young people community and providing services for them.
- I am so glad I attended
- Great - interested in future forums
- Very helpful- informative thought provoking to assist parents and adolescents.
- Another great forum!

## Access Study Phase 2 - pointing the way to better practice in youth health

NSW CAAH's Access series, a program of NSW Health-sponsored research and development activities, continued to increase knowledge of, and develop benchmarks for, young people's access to quality primary health care services in NSW.



Continuing on from Phase 1 (identifying young people's health concerns and help-seeking behaviour, barriers and solutions for improving access to health services), the Phase 2 research mapped the health services available to young people, and identified aspects of better practice in health service delivery.

The comprehensive report, *Better Practice in Youth Health: Final report on the research study Access to health care among New South Wales Adolescents: Phase 2* (Kang et al. 2005) produced by a multi-sectoral research group, was approved by NSW Health and will be released in 2005-6.

## Coming soon

Other resources arising from Access Phase 2 findings include the development of Youth Health Better Practice Fact Sheets and Young People's Access to Health Care: Exploring Youth Health Programs and Approaches in NSW.

These practical resources, intended for orienting health, education and other workers to services available for young people, will be printed and distributed in the near future, pending NSW Health Department approval.

## Spinning the Web - New Research Project

NSW CAAH developed "Spinning the Web - better connections between services working with young people" in response to evidence that inconsistent coordination and communication between youth-related services has often resulted in lack of information sharing and duplication of effort. The project aims to strengthen information-sharing and referral linkages between services for young people - by identifying and addressing the barriers to communication.

The research used 25 focus groups to interview and survey more than 150 workers from government and non-government services, across a variety of sectors and locations. The questions explored how workers seek information, how they promote their services, positive and negative experiences of using different communication methods, and identifying good practice in individual and organisational information sharing. The analysis is underway and a report is due by end 2006. Key findings will provide the basis of the 'clearinghouse' proposal, a deliverable listed in CAAH's service agreement with NSW Health.

## NSW GP Strategy - a systemic approach to making GPs more accessible to young people



The Centre's thinking around improving young people's access to youth-friendly GPs has undergone a significant shift since last year. Although historically envisaged as a training course and resource kit for GPs in 2003-4 (the Resource Kit was released in 2004), the Centre has proposed developing a more systemic and sustainable approach to working with General Practitioners and related stakeholders.

CAAH has been involved in the initial mapping of GP professional development pathways and identifying 'what works' in order to design an evidence-based intervention, and one which maximises the participation of established stakeholders, such as Divisions of General Practice. After completing the needs analysis, the GP Strategy will be released in early 2006.

The GP Resource Kit continues to be marketed through conferences, medical journals, press releases and the website. Sales figures have been positive, showing more than 300 copies being sold within the first year of release.

The main purchasers of this resource have been Divisions of General Practice and private GP training institutes - particularly rural-based ones. Several DGPs have undertaken mass distribution to all practitioners in their area, ensuring consistent coverage. The GP strategy will seek to integrate the Resource Kit into its various activities.

## Youth Development Roundtable - new commissioned review

In April 2005, Communities Division of Department of Community Services (including the former Office of Children and Young People) sought an expression of interest from NSW CAAH in running the 2005 Roundtable. The Centre was a preferred choice based on its previous involvement in organising the inaugural Roundtable in 2003, and its linkages with all levels of government and community-based services. A formal proposal has been submitted and it is anticipated that work will begin in the latter half of 2005.

## Conference 2006

Taking the opportunity to become involved in the 5<sup>th</sup> Australian and New Zealand Adolescent Health Conference, NSW CAAH has formed a partnership with the Department of Adolescent Medicine at CHW to co-convene the conference in Sydney in November 2006. Although this project is being carried out independently of NSW CAAH funds, the Centre is providing in-kind support in terms of administration and participation on planning committees.



[www.youthhealth2006.org](http://www.youthhealth2006.org)

# Management Report

## Overview 2004-5

Management Systems	Key Achievements 2004-5
1. Strategic Plan	Revised strategic plan in action - better marketing, simpler reporting
2. Intake & Evaluation	Electronic intake and evaluation system - measuring service delivery and customer demand
3. Human Resource Development	Improved human resource management - supporting staff development and performance
4. Advocacy & Policy Development	Quality standards for all new projects - ensuring consistency and evidence-based proposals
5. Advisory Board	New vision and purpose
6. Corporate Identity	Improved Marketing and branding

Following the appointment of the Centre Coordinator in May 2004, the Centre focused on improving infrastructure and internal systems, thus strengthening organisational / program performance.

### 1. Revised Strategic Plan in action

The revised and consolidated Strategic Plan (featuring four Key Focus Areas) enabled clearer marketing of the Centre's role and services to other agencies over the past year. Other benefits include simplified reporting, and ability to accommodate more complex projects which cover a number of Key Focus Areas.

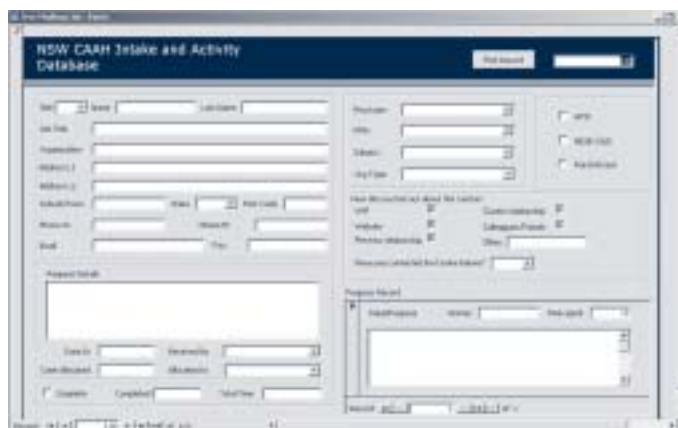
The Centre held its first review and planning process during which the CAAH team and a representative from the major funding body (NSW Health) attended a two-day workshop. This event will now take place annually, and involve a wider range of relevant external stakeholders in future.



## 2. Electronic Intake and evaluation

The Electronic Intake System (an activity tracking database) went live in June 2005, following several months of technical design and testing. The database was designed to enable measuring, analysis and reporting of CAAH service delivery in detail.

The Electronic Intake System, containing information relating to all incoming requests, ensures in a smooth transfer of work between team members by providing up-to-date access to records of work in progress.



The system stores information on the types of incoming requests and agencies involved, the time spent on each consultation, percentages of specialist consults (e.g. ATSI, CALD). Using this data, the team can identify patterns in customer demand, and gaps in service delivery.

## 3. Human Resource Management

An intensive induction process was developed to support all new staff prior to commencing work at the Centre. The four-week structured program is tailored to assist new employees in understanding the key systems, partners, and technical information relating to their specific position.

New staff probation and performance review systems were also established to encourage professional development. For consultants, a standardised contracting and debriefing system was developed to improve clarity around expectations, performance and deliverables.

By April 2005, the Centre was able to recruit its full complement of staff.

Positions currently filled are:

- Coordinator (full-time)
- Administration Officer (full-time)
- Projects Officer - Communications & Promotion (0.8 FTE)
- Projects Officer - Professional Education & Development (0.8 FTE)

In addition to CAAH personnel, the Centre subcontracted external consultants on a temporary, part-time basis to carry out professional development and research tasks.

## 4. Quality standards for new projects

Responding to donor and Board feedback, the Centre now has project development guidelines for designing new proposals.

Proposals are now submitted in a standardised format, and require the use of evidence base and address a wide range of issues (e.g. risk management, intellectual property, partnership roles, budgets).

## 5. Corporate identity: branding

The Communications and Promotions Officer redesigned the old website, resulting in a colourful new site linked more compatibly with CHW branding. New features include organisational information, links, maps and documents.

## 6. Advisory Board - new vision and purpose

In June 2004 CAAH revised the Advisory Board terms of reference, providing members with more opportunities for participation, and facilitating greater use of their knowledge and skills. Each quarterly meeting agenda includes an interactive 'Special Session' addressing a specific issue. Structured exercises encourage members to support CAAH by applying their knowledge, networks and problem solving skills.

Regular Advisory Board meeting evaluations indicate that members are highly supportive of the changes. The overwhelming majority of attendees consistently expressed a high level of interest in the meetings, reporting that opportunities for participation were also very high, and that the amount of information covered / provided was 'just right'.



Special Session themes for the Advisory Board meetings 2004-5 were as follows:

Advisory Board Meeting	Special Session
22 July 2004	The new Strategic Plan: brainstorming opportunities under the new Key Focus Areas
28 October 2004	What makes a Good Board? Lessons learned, and developing a supportive Board structure
3 February 2005	Fostering connection between Board Members: introductions, interests and updates on areas of common interest
5 May 2005	Conference 2006: fundraising ideas, strategies and contacts

Board now comprises representatives from within the Children's Hospital at Westmead, as well as range of government and non-government stakeholders.

A full list of Advisory Board members is available in [Appendix E](#).



## Issues

In May 2005 the Children's Hospital at Westmead announced that it would reallocate office space to house the newly established senior management group (Clinical Co-chairs). In June NSW CAAH staff were moved from two of the Centre's three rooms to accommodate these changes, and temporarily rehoused on another floor of the hospital. Staff currently occupy rooms on the first and fourth floors of CHW.

The Children's Hospital at Westmead has designated consolidated office space for NSW CAAH on the first floor (near the Department of Adolescent Medicine) and it is anticipated that these rooms will become available in early 2006. NSW CAAH's operations have been nonetheless successfully maintained in spite of moving premises each year.

## Finance

At the end of financial year 2004-5, the Centre reported an underspend of its annual grant due to recruiting delays and subsequent unspent salary. NSW CAAH rolled over approximately \$118,000 at the request of NSW Health, and with the cooperation of The Children's Hospital at Westmead finance department. The unspent funds were earmarked against continuing project developments for Spinning the Web, the GP Strategy, the Access Study Phase 2 and new projects (Access Phase 3).

# Appendices

## Appendix A

### KFA 1: Information & Resources - Publications List

1. Bennett, D. 2004. *Young people and substance misuse*, by I. Crome, H. Ghodes, E. Gilvarry, P. McArdle eds. Reviewed in: *Journal of Paediatrics and Child Health*, 40:591-592, 2004.
2. Bennett, D.L., Towns, S. and Steinbeck, K. (2005) Smoothing the transition to adult care. *The Medical Journal of Australia*. 182(8): 373-374.
3. Chown, P. and Kang, M. (2004) *Adolescent health: Enhancing the skills of general practitioners in caring for young people from culturally diverse backgrounds: A resource kit for GP's*. NSW Centre for the Advancement of Adolescent Health/ The Children's Hospital at Westmead and Transcultural Mental Health Centre.
4. Kang, M., Bernard, D., Usherwood, T., Quine, S., Alperstein, G., Usherwood, T., Kerr-Roubicek, H., Elliott, A. and Bennett, D. (2005). *Better practice in youth health - Final report on research study: ACCESS to health care among young people in New South Wales: Phase 2*. NSW Centre for the Advancement of Adolescent Health, The Children's Hospital at Westmead; Department of General Practice, The University of Sydney at Westmead Hospital.
5. Rowe, L. and Bennett, D.L. (2005) *You Can't Make Me: Seven Simple Rules for Parenting Teenagers*. Australia, Double Day Pty Ltd.

## Appendix B

### KFA 2: Capacity Building

#### Courses

1. *Therapy in adolescents*. Medical Program, University of Sydney.
2. *Adolescent health - a developmental perspective*. Medical Program, University of Sydney.
3. *Beyond the biology - an overview of adolescent sexuality*. Diploma of Child Health, The Children's Hospital at Westmead.
4. *Beyond the biology - an overview of adolescent sexuality*. Postgraduate Course in Reproductive Health Sciences and Human Genetics, University of Sydney. (annual lecture/workshop)
5. *Adolescent sexuality and sexual health - a subject to improve participants' understanding of sexual health issues for young people and strategies to improve youth sexual health*. Graduate Diploma in Adolescent Health & Welfare, University of Melbourne.
6. *Adolescent development - What's normal?* Aspects of Child Development, WSAHS Child and Adolescent Health Advanced Skills Training, NSW Institute of Psychiatry

#### Conference & Seminar presentations/workshops

1. *Improving the lives of young people: Challenges in adolescent health*. Asia Pacific Conference for Ronald McDonald House Network: Surfers Paradise, Queensland.
2. *Parenting teenagers and promoting health*. Adolescent Health Forum, Victorian Faculty of RACGP Victoria, Melbourne.
3. *Understanding the family at adolescence: From theory to practice. Hippocrates & Socrates IX - A powerful partnership*. Children's Hospital Education Research Institute, Sydney.
4. *Parenting for teenage health*. Health Forum, Victorian Faculty of RACGP Victoria, Melbourne.
5. *Parenting for child and adolescent health: Who is supporting parents?* 10<sup>th</sup> National Conference of the Association for the Welfare of Child Health, Sydney.
6. *The importance of fostering wellbeing and resilience in children and adolescents*. Body Image and Child Obesity Strategies for Schools, University of Sydney.
7. *What to do when your children turn into teenagers*. Royal Australian College of General Practitioners, Melbourne, Victoria.

8. *Fostering wellbeing and resilience in young people*. National Youth Careers and Transitions Advisory Group, Canberra ACT.
9. *Promoting adolescent wellbeing*. Student Welfare Directorate, NSW Department of Education and Training, Sydney.

#### Conference & Seminar presentations/workshops - International

1. *Spinning the Web*. Involve 04, 3<sup>rd</sup> Australian and New Zealand Adolescent Health Conference (20-22/9/04), Auckland, New Zealand.
2. *Working Cross-Culturally with Adolescents*. Society for Adolescent Medicine Annual Research Meeting (30/3-2/4/2005), Los Angeles CA.
3. *Adolescent Health in a Cultural Context and How Do We Get Our Message Heard: Experiences In Youth Health Advocacy*. 8th IAAH World Congress / International Association for Adolescent Health (11-14/5/2005), Lisbon, Portugal.

#### Conference Committees

1. *Empowering Youth in a World in Transition*. 8th International Congress on Adolescent Health / International Association for Adolescent Health (5/2004), Lisbon, Portugal (member, scientific committee).
2. *Involve '04 Health and Development: The Connection*. 3<sup>rd</sup> Annual Australian and New Zealand Adolescent Health Conference & 7<sup>th</sup> Biennial NZAAHD Conference (9/2004), Auckland (member, regional organizing committee).
3. *Young People's Health - What's it going to take?* 5<sup>th</sup> Annual Australian and New Zealand Adolescent Health Conference (11/2006), Sydney (co-convenor).

## Appendix C

### KFA 3: Applied Research and Promoting Good Practice

#### Direct Research

1. *'Accounting for culture in children's health services in Sydney: a survey of parents and carers' and 'Negotiating the challenge of cultural diversity in children's health care: the Australian context'*, ARC Linkage Grant 2004 - 2006, collaboration with the Centre for Cultural Research, University of Western Sydney (contributing member).
2. *'Evaluating a multi-disciplinary treatment of adolescents with complex medico-psycho-social presentations'*, collaboration with the Department of Adolescent Medicine (chief investigator).
3. *'Spinning the Web: Better connections between services working with young people'*, NSW CAAH core grant (chief investigators).

## Appendix D

### KFA 4: Advocacy and Policy

#### Media responses

1. Maturation of the adolescent brain. *Sydney Morning Herald*.
2. Adolescent behaviour and effective parenting. *The Bigger Things*, Antonia Kidman.
3. Meal times as a protective factor. *ABC Radio*.
4. 'Trust' with teenagers and related parenting topics. *Monday Night with Tony Delroy, ABC Radio*.
5. Young women and 'body beautiful'. *Sydney Morning Herald*.

## Advisory Boards & Committee Membership

1. *New approaches to treating young people with mental health problems who are in contact with the criminal justice system working group*, NSW Health.
2. *Youth Health Access Workshop project steering committee*, High Street Youth Health Service & Western Area Adolescent Team.
3. *Children and Young People's Health Priority Taskforce*, NSW Health.
4. *Adolescent Working Party*, Sydney Children's Hospital.
5. *National Youth Career and Transitions Advisory Group (NYCTAG)*, Department of Education, Science and Training.
6. *Management committee*, Ku-ring-gai Youth Development Service (KYDS).
7. *Paediatrics and Child Health Policy Committee*, Royal Australasian College of Physicians.
8. *Australian Research Alliance for Children and Youth (ARACY)*
9. *Research Advisory Council*, NSW Centre for Parenting and Research, Communities Division, Department of Community Services.
10. *Youth Inter-agency Taskforce*, Communities Division, Department of Community Services.
11. *Board of Directors*, Point Zero Youth Services.
12. *Youth Health Council*.
13. *Youth Health Forum Organising Committee*.

## Community Presentations

1. *Meeting the challenges of adolescent health*. Centenary Celebrations, Blacktown City Rotary (keynote speaker).
2. *From angels to aliens: Fathers and Children's Breakfast*. Central Grammar School, Terrigal (workshop speaker).
3. *Teenagers - What's normal, What's not?* Parent information night, Northholm Grammar School, Arcadia (presentation).
4. *Seeking common ground - connecting parents and teenagers*. Community forum for parents and young people, Chatswood (presentation).
5. *Meeting the challenges of adolescent health*. Rotary Club of Lindfield, NSW (presentation).
6. *Parenting your child and adolescent: What's normal and when to worry*. Parent information evening, Loretto High School, Kirribilli, NSW (presentation and panel).
7. *Adolescent health - meeting the challenges*. Friends of Bradfield meeting, Bradfield Senior College (TAFE), Crows Nest, Sydney (seminar).
8. *Changing relationships*. Year 8 parent night, Newington College, Stanmore, NSW (presentation and panel)

# Appendix E

## Advisory Board Members

Organisation Name	Representative & Position
NSW Health	Mr Michael Kakakios - Policy Manager, Primary Health and Community Partnerships Branch
The Children's Hospital at Westmead	Dr Bruce Lord - Clinical Program Co-Chair, Ambulatory & Emergency
NSW Association for Adolescent Health (NAAH)	Ms Abigail Elliott - Executive Officer
Youth Health Centre (via NSW Youth Health Council)	Mr Graham Lane - Director, Youth Health Service Wyong Central CHC  Ms Maria Coelho - Coordinator, FLYHT
NSW Youth Advisory Council	Ms Aimee Ho Sing - Youth representative  Ms Ace Boncato - Youth representative
Diversity Health Institute / Transcultural Mental Health Centre	Mr Abd Malak - Director, Multicultural Health for Sydney West  Ms Jan Kang - Coordinator, Planning and Operations
General Practice	Professor Tim Usherwood - Professor of General Practice, University of Sydney  Dr Melissa Kang - Lecturer, University of Sydney
Community Health	Ms Sharon Hesse - Area Manager, Primary Health Care, Greater Western AHS
Area Health Services	Dr Simon Clarke - Stream Leader, Adolescent Health, SWAHS  Ms Gail Anderson - Clinical Nurse Consultant, SWAHS  Ms Marie Wilson - Director, Aboriginal Health, SWAHS
The Inspire Foundation	Ms Carolyn Sullivan - Reachout! Manager
Dept of Education & Training	Ms Rosemary Davis - Chief Education Officer, PD/H/PE Key Learning Area
The Children's Hospital at Westmead (Centre for Mental Health)	Dr David Dossetor - Area Director of Mental Health
Department of Adolescent Medicine, The Children's Hospital at Westmead	Dr Sue Towns - Head
Department of Community Services	Dr Virginia Schmied - Manager, Research, Centre for Parenting and Research
NSW CAAH	Clin A/Prof David Bennett - Head  Ms Far Chiang - Coordinator



