

# 1. Regional Youth Health Forum DVD Kit Overview

The NSW Centre for the Advancement of Adolescent Health (NSW CAAH) and the Youth Health Forum Organising Committee (YHFOC) are pleased to present you the "Regional Youth Health Forum DVD Kit". We hope that this tool will provide the Regional YHF organiser with useful information and tips when organising your local Forums.

## Purpose of Youth Health Forum



Youth Health Forum (YHF) is a series of community health education seminars which provide regular opportunities for hospital, community-based workers and education professionals, young people and their families:

- to meet,
- update knowledge and skills,
- exchange information
- and strengthen the youth health network

The ultimate aim is to provide the best possible support for young people in NSW.

## Extending Youth Health Forum to rural and remote areas

To extend YHFs to the rural and remote areas, YHFs are now being recorded and produced into a DVD so that it can be accessed and viewed at as many locations as possible. Please note that permission was obtained from the speakers and participants for the Forum to be recorded.

## Why hold a Regional Youth Health Forum forum?

Holding a local screening session followed by discussion at the end of the session at a local level is important because:

1. People rarely view educational DVDs individually,
2. People learn more effectively when:
  - they are in groups
  - not in isolation
  - the learning process is interactive and participatory
3. There is no one-size fits all model of youth service delivery models. "The key issues in terms of models of youth service delivery was the lack of relevance and applicability of urban models to rural areas, and that there is no 'one size fits all' model for all rural areas".<sup>1</sup>

<sup>1</sup> Davies, L et al , Rural life of us: Young people and workers with young people in country Victoria, Centre for the Adolescent Health and Youth Affairs Council of Victoria, 2005.

## Regional YHF DVD Kit Contents

In this package you will find:

1. DVD Kit Overview
2. Organiser guidelines
3. Chairperson guidelines
4. Registration Form
5. Certificate of attendance
6. Discussion Recording form
7. Participant Evaluation form
8. Evaluation Summary form for organiser
9. Evaluation of DVD Kit

Please use all the above documents for future forums.

10. The YHF promotional flyer template (Each YHF has a different program, please download the respective program from CAAH's website [www.caah.chw.edu.au](http://www.caah.chw.edu.au))

## Attendee profile

The target group includes health professionals, youth workers, representatives from education, accommodation and welfare sectors. Do invite your local GP!

*Service deliverers, rural communities and policy makers alike would be pleased to be presented with a collection of favourite recipes for successful rural youth service models. However, production of a recipe book would be a simplistic solution to improving service access to rural young people. Effective service delivery in rural areas has been achieved in a number of communities. But to recommend that an effective service model in one rural community be transplanted to another would be as potentially disastrous as wholesale transplantation of urban models to rural communities<sup>2</sup>.*

<sup>2</sup> Quixley, S. (1992) Living, Learning and Working - The Experiences of Young People in rural and Remote Communities. National Youth Coalition of Housing: Canberra.

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## The YHF Organising Committee

Youth Health Forum is an educational and networking activity auspiced and administered by the NSW Centre for the Advancement of Adolescent Health.

The Youth Health Forum Organising Committee includes representatives from the following diverse group of organisations who bring different perspectives to the planning and implementation of each forum.

- ◆ Children's Hospital School at the Children's Hospital at Westmead
- ◆ Department of Adolescent Medicine at the Children's Hospital at Westmead
- ◆ Department of Adolescent Medicine at Westmead Hospital
- ◆ High Street Youth Health Service
- ◆ NSW Association for Adolescent Health
- ◆ NSW Centre for the Advancement of Adolescent Health
- ◆ Parramatta City Council
- ◆ Transcultural Mental Health Centre

## Obtaining further copies of the Regional Youth Health Forum DVD Kit

Copies of the kit can be obtained from Kids Health at the Children's Hospital at Westmead for the cost of \$25 (incl GST excluding postage & handling cost).

Tel no: (02) 9845 3588

Email: kidsh@chw.edu.au

## Enquiries

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### For ALL other Area Health Services

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**For More information about the Original Youth Health Forums please check out [www.caah.chw.edu.au](http://www.caah.chw.edu.au)**