



## MHYF Vic Newsletter No. 92 February 2025

### **This edition**

Forum

Positions Vacant

News from “Emerging Minds”

Gender Diversity Workshop

**Upcoming Morning MHYF Vic Workshop**  
(re-scheduled from last year):

**“UNDERSTANDING GENDER DIVERSITY IN THE YOUNG: Becoming me...pathways for gender diverse young children and adolescents: with families, teachers and health professionals supporting healthy, positive development”**

***Presented by: A/Prof Campbell Paul, Dr Felix McMillan and a person of Lived Experience. Chaired by: Dr Rob Gordon***

We are all learning about who we are across the course of life. For many gender diverse young people, there are additional societal stresses and hurdles, and family and sometimes professionals may be able to help. Studies show that in any school there are at least two young people in every hundred who are gender diverse. Being transgender or gender diverse is not a mental health problem, but discriminatory social structures can alienate young people, causing significant distress; even well-intended attitudes, words and actions can undermine a child’s core sense of self and autonomy. Services supporting young

people and protecting their mental health can provide crucial opportunities for them and their families to safely talk together about experiences of self and identity. This and a supportive school environment can help improve mental health outcomes. A range of counselling, healthcare services and mental health clinicians can support young people and their families in accessing specialist Gender Services, which may include medical treatment options. This workshop will provide a safe place for participants to ask questions and for some thoughtful discussion with the presenters and each other. Presented by Child and Adolescent Psychiatrists Associate Professor Campbell Paul and Dr Felix McMillan of the Royal Children’s Hospital, together with a person with lived experience, it will be chaired by Clinical Psychologist Dr Rob Gordon.

**Saturday 29<sup>th</sup> March: 9.00am-1.00pm**

**Royal Children’s Hospital, Melbourne**  
(room location notified March 28<sup>th</sup> to Registrants)

Cost? \$90 – includes Morning Tea

**REGISTER EARLY at Try Booking:**

<https://www.trybooking.com/CZLJV>



**Announcing: THE FOURTEENTH  
WINSTON S. RICKARDS  
MEMORIAL ORATION**

**“THE STATE AS THE CORPORATE  
PARENT: RAISING OR MANAGING?  
How to turn around the ‘post care’ life  
trajectories of Young People raised in  
State Care”**

Delivered by **Paul McDonald, CEO of  
Anglicare, Victoria;** *Founding Chair of the  
successful ‘Home Stretch’ campaign;  
Winner of the ‘Pro Bono Judges Choice  
Award for Influence’, Pro Bono Impact 25  
Awards*

Young People transitioning out of State Care are arguably the most disadvantaged and affected of all cohorts across our health, social care, and welfare systems. Rarely described as a single identified group, young care leavers (post care), are overrepresented in all the wrong places - in homelessness, suicidal ideation, unemployment, teenage pregnancy, mental health, intergenerational care and poverty. Downstream costs to Government in responding to the care leaver have been recorded by Deloitte Access Economics as being in the billions, and this just represents those aged between 18 and 21 years. Yet a childhood being raised in State Care doesn't have to have such poor 'post care' outcomes. The Oration will argue that if the State viewed its obligations differently as the 'Corporate Parent', then life chances, life expectations and life trajectories for the young care leaver would change dramatically, as would those for the families that they in turn will raise.

**7.30 pm Monday 14th April 2025**

**Ian Potter Auditorium,** Kenneth Myer Building, 30 Royal Pde, Parkville, Melbourne (next to Dr Dax Cafe) - onsite carpark

**Please Register** with \$22.00 payment by **11th April 2025** via Try Booking:

<https://www.trybooking.com/CZMAQ>



***Child & Adolescent Mental Health  
Conference 2025 [Gold Coast]***

**MHYF Vic members** propose to present the case for a national body representing the interests of young people and their families in the mental health advocacy field because we have consistently been sidelined by the adult “noisy wheels”.

The poster for this presentation is shown on the next page of this newsletter.

**2025 MHYF Vic Committee**

- \* President : Jo Grimwade
- \* Vice- President: Allan Mawdsley
- \* Secretary : Cecelia Winkelman
- \* Treasurer/Memberships: Kaye Geoghegan
- \* Projects Coordinator, Allan Mawdsley
- \* WebMaster, Linda Purcell
- \* Newsletter Editor, Allan Mawdsley
- \* Youth Consumer Representative, vacant
- \* Members without portfolio: Suzie Dean, Miriam Tisher, Liam O'Connor, Sarina Smale, Porpavai Kasiannan, Michelle Morris, Kylie Cassar.

## National advocacy for child and adolescent mental health: a need for coordination and productivity

Jolyon Grimwade, PhD, Clinical Psychologist, President, MHYF Vic

Suzanne Dean, PhD, Clinical Psychologist, Director, Stewart Consultancies,  
Committee Member, MHYF Vic

- **CAMH needs a VOICE** that is strong and clear. Independent. Coordinated.
- **Oriented to service enhancement, consumer involvement, and support for developing professionals.**
- The **needs of special communities** and of **access in remote locations** require speaking up and funding.

### Three Key Learnings:

- **Need to establish national body for advocacy for child, adolescent, and family mental health**
- **Need to have national and local representation across Australia**
- **Funding must be independent of government so that a critical voice can be articulated without bias**

