



ADVOCATE

Meet our 2021 Youth Advisory Group on the YAG BRAG Page



Introduction from our Chairperson

The increase in mental illness and distress due to the COVID-19 pandemic has been well documented. Increased rates of interpersonal violence, alcohol and other drug use, financial stress and uncertainty about the future have all impacted directly on our young people. Whilst we, in inner Southwest WA, have been relatively protected from the impacts of COVID-19, those of us working in mental health have been shocked by the escalating need. Across health, education and community services, the number of young people and families needing support is beyond our current capacity. We hope that the upcoming State budget will see an increase in funding to support our young people.

Blackwood Youth Action remains committed to working alongside our youth, listening to their needs and advocating for them to get the support they need.

Through this process, we have been enormously grateful to the Rotary Club of Bridgetown who have provided an additional \$30,000 through proceeds of the Tour of the Blackwood for the provision of social support and case management.

We have also been fortunate to receive funding from the State government – a grant through Jane Kelsbie, the Member for Warren-Blackwood, to purchase a car which will allow young people to get the driving hours they need to successfully apply for their drivers' licence.

In addition, we were thrilled to receive a grant from Lotterywest to support the development of our governance structures, ensuring BYA continues to operate with the highest levels of professionalism.

Please enjoy this edition of the BYA Advocate. I hope it fills you with the same hope for our youth as it does me.

Warm Regards

Sarah Youngson
Chairperson





YOUTH SPACE UPDATE

In the last edition of the BYA Advocate we shared with you that we had been accepted to submit an Expression of Interest for a grant. From there we were told that we had ten days to submit our application. What a crazy ten long days they were but we got there and submitted on time.

We at BYA are very excited to share that we have been successful in our application to Lotterywest to fund the refurbishment of the Youth Space. This is a significant project which has been part of BYA's wishlist since – 2013. We are very grateful and honoured by the confidence and trust that Lotterywest has in BYA and the opportunities this community organisation gives to our young people.

To all of the people and organisations that contributed their efforts and unwavering support to the vision for the Youth Space, THANKYOU.

Despite the challenges of meeting the increasing needs of our youth, we have many examples of hope...and many more opportunities in which we can collectively make a difference.

Let's continue to make significant steps, no matter how small, towards supporting our young people to 'be the best they can be'.



Goodbye and Good Luck

In June, Bridgetown said goodbye to OIC Sergeant Phil Nation and BYA said goodbye to our committee member and great supporter.

Phil offered a great deal of assistance with securing the Old Officer in Charge house which will soon be the BYA Youth Space and has provided space for our Music Sessions at the Courthouse.

We wish Phil all of the best in his new position in Busselton.

THE BYA PYRAMID PROJECT



Blackwood Youth Action Inc (BYA) is a charitable institution that has been supporting at-risk and marginalised young people in the Warren-Blackwood region of the South West, incorporating the towns of Boyup Brook, Bridgetown, Nannup, Manjimup, Pemberton and Northcliffe, since 2013.

Support for youth at-risk, particularly in the mental health sector, is in crisis in the Warren-Blackwood region. Youth mental health services are significantly under-resourced in comparison to South West coastal areas and regional centres. During 2020, 559 young people directly accessed the services of the BYA and this led to 729 professional counselling services. The COVID-19 pandemic has had a significant impact on youth mental illness with no increase in resources in the Warren Blackwood.

BYA is working very hard on securing funding for a pilot program, 'The Pyramid Project', from the State Government and have approached Minister Dawson with our proposal. The Pyramid Project is a tiered mental health program based on the World Health Organisation's best practice approach to mental health prevention and treatment. 'The Pyramid Project' is an expanded model of the 3 Tier Mental Health Program trialled in 2017-2019, in partnership with GP Down South and previously funded by the WA Primary Health Alliance. In 2019, GP Down South appealed to the Western Australian government for funding to support the 3 Tier Program in Warren-Blackwood, as the State Government funds a similar program in the Peel region. This was not successful. Blackwood Youth Action believes 'The Pyramid Project' is an enhanced model of care that aligns strongly with the Western Australian's Government's Young People's Priorities for Action 2020-2025. This model is locally driven and contextually appropriate. 'The Pyramid Project' will be the only prevention and early intervention program delivered in the region.

If BYA is successful in securing funding for this project, it is expected that we will be able to support 2400 to 2600 at risk young people in the next four financial years.

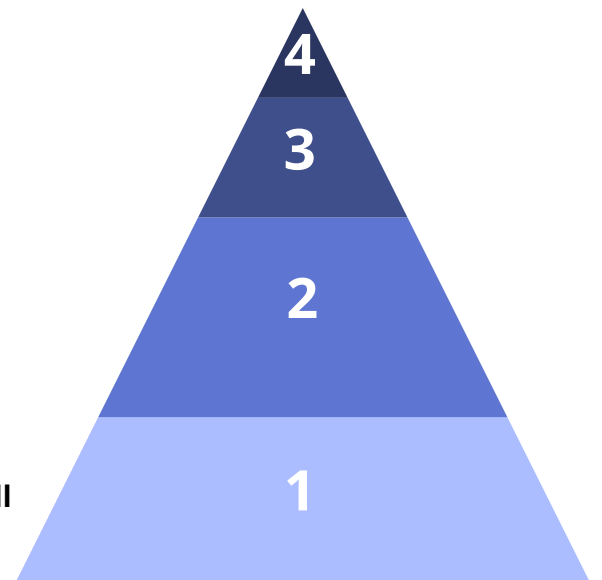
THE PYRAMID PROJECT: SUMMARY

Level 4: Treatment: Psychological Therapy: One-on-one therapy for mild-moderate mental health conditions.

Level 3: Early intervention: Case management and social supports; supportive counselling whilst waiting for more intensive therapy; family and school engagement.

Level 2: Education: 4 x workshops delivered by School Psychologists to Year 9 students at 7 schools in the 4 LGAs.

Level 1: Awareness raising: YARN (Youth Action Regional Network) about Mental Wellbeing Mental Health Expo for all Year 9 students from 7 schools in the 4 LGAs.





Welcome to the BYA Website

BYA's purpose is to serve young people in the 12-25 age group years living in the

Warren Blackwood Region in the most beneficial and comprehensive manner.



DONATE NOW THROUGH OUR MY CAUSE PAGE

Click the logo above to donate to the Blackwood Youth Action.

www.blackwoodyouthaction.com.au is live

With funding from ConnectGroups, BYA has finally been able to have their own website created. Bridgetown Computers have put together a bright and interactive website that will grow and change as BYA continues to expand our services, activities and events.

BYA felt that it was extremely important in uncertain times, to be able to meet the needs of our young people and to also inform our support networks and community. We have grown to meet the needs within our communities in the Warren – Blackwood Region. This website will be a valuable communication and information tool.

We hope this website will deliver:

- Increased awareness and connection to the services available at BYA
- The ability to download course material for training and education
- Registrations for programs and courses
- Payments and donations
- Connections to helplines and support
- Web links to information
- Provide articles of interest, online forms, ability to contribute to ideas
- Program of events and promotion

If anyone has anything that they would like to see on this website please don't hesitate to email your suggestions to admin@blackwoodyouthaction.com.au



ConnectGroup
helping support groups & individuals

YAG BRAG



Introducing the very awesome Youth Advisory Group 2021

You may not recognise this group of young people as they are masters of disguise, but we at BYA recognised them as being some of the members of the BYA Youth Advisory Group (YAG) for 2021. The group currently has members aged between 13-18 and meet with Lisa Burgess, Youth Services Coordinator, every Monday afternoon through the school term. Their role is to represent and raise issues facing young people today in our community and beyond. As a group they also put forward ideas for events and programs and actively support whenever they are asked. BYA are immensely proud of this group.

This group of young people will be attending a Leadership and Team building weekend at the end of July to further their skills.

We wanted our BYA Advocate readers to get to know our YAG. To do this Lisa asked some interview questions. Here are the responses from three of the YAG members to just a few of those questions:

1. Who is your favorite person in the world?

Katie: My Family – all of them. Support me no matter what.

Elise: My Mum She shows me what to do, supports, helps and life lessons.

Alicia: Aunty Heidi

2. Who is your hero?

Katie: My Brothers

Elise: My Mum

Alicia: My Dad

3. What do you think is important in the world?

Katie: Environment, looking after the planet. Climate change.

Elise: Environment, being kind, being connected.

Alicia: Environment



Continued page 8



BYA's very own Youth Worker and family therapist Lisa Burgess has kindly offered to share her thoughts and insights with our Advocate supporters. Should anyone wish to contact Lisa please email bya@westnet.com.au

How to Better Communicate with your Teen

Slamming doors, epic eye rolls, grunts, black hole brain fades, and emotional breakdowns you don't understand. It's all part of a normal day when there is a teenager in the house.

What happened to the sweet little girl who would sneak into your wardrobe and slip on your high heels, and who played with your makeup? What happened to the adorable little boy who idolized everything you said and did?

Well, adolescence happened.... your little babies grew up.

As puberty hits, relationships between parents and young people can take a nosedive and, in some cases, may never recover. But thankfully, it doesn't have to be that way.

Here are five strategies you can use to foster better communication to strengthen your relationship with your teen.

1. Timing your talks

What do you do when you come home from work? Do you enjoy a long line of enquiry from your significant other? Or do you prefer to chill for a bit before you get into a heavy discussion?

Think of school as your teenager's job. They're likely tired, maybe stressed, and if they're anything like my teen, they'll be famished! When they get home the last thing they feel like doing is answering a million questions. Or even one. A kick back, snack, and to relax are the only things on your teen's agenda after school. Choose a different time to chat - or at least give them an hour or so to wind down before attempting a conversation.

2. Don't talk, Listen

When we stop listening, and start interrupting our teenagers, regardless of what we have to say, the message they receive (and one we didn't mean to send), is: Mum and Dad don't respect my thoughts and words.

Think about that friend - we all have one - the one who cuts you off mid sentence to contribute their own experience, or who completely changes the subject, or just isn't interested in what you have to say. They likely have no idea they're doing it, or they don't mean to be hurtful. Even if we don't stop contributing when that person is around, we can become very resentful if it happens over and over again.

Stop talking over your teen. Be with them, wholly and solely. Listen with an open heart and an open mind. You'll never regret investing in your child.

3. Validation

Saying Get Over It, Calm Down, Stop Being So Dramatic are sure fire ways to cut the lines of communication with your teen.

THE ABSOLUTE WORST THING YOU CAN DO TO AN TEENAGER IS INVALIDATE THEIR FEELINGS.

Yes, in capitals. I was kinda yelling – this is important.

Think about how you felt when someone told you to calm down. Did it work? Has it ever worked in the history of mankind? Just because we don't understand something, doesn't mean it isn't real.

Think of hormones as electricity – I have no idea how electricity works. I just know that when I switch on a light, the room is illuminated. Same for hormones. Somewhere there's a switch that causes a change. It's real. Your teens' feelings are real.

When it seems like they're losing their mind, crying, screaming – whatever that looks and sounds like, instead of telling them to calm down, try doing something. Sit down. It shows you're not going anywhere. Try not to speak much, this is their 'meltdown'. When you do talk, use a calm soft voice. Display the behaviour you would like them to mirror.

As we've talked about in point 2, listen. And then be honest when you don't understand it. "Jane, I'm so sorry, this is the first time I've experienced this. I don't understand it. But I definitely want to. What can I do to help?"

4. Interest

Get to know your teen. Show interest, don't interrogate. Sit with him while he games as if his life depends on it. Ask questions to show interest. Keep them genuine, not sarcastic or demeaning.

Have your teen daughter show you how to update your Facebook profile picture, or how SnapChat works. Sit and watch YouTube channels on how to style hair one million ways.

A sure-fire way to cut all communication is to diss current trends, saying Instagram is stupid, or contouring makeup is a waste. This will only widen the gap in your relationship.

Instead, identify what floats their boat and genuinely show interest in it.

I'm not suggesting you should start contouring or start streaming Fortnite on Twitch, – I'm just advising you not to tell your teen it's dumb to want to.

5. Praise

Teenagers need recognition just as much, if not more than, little children.

Teenagers need to know, when they are testing all your boundaries, that they have your approval (of them, not their behaviour), love, and support. Even though they're acting like they don't want or need you, this is exactly the time that they want and need you. Praise them appropriately for their efforts, for their thoughtfulness. Catch them in their awesomeness and let them know you did.

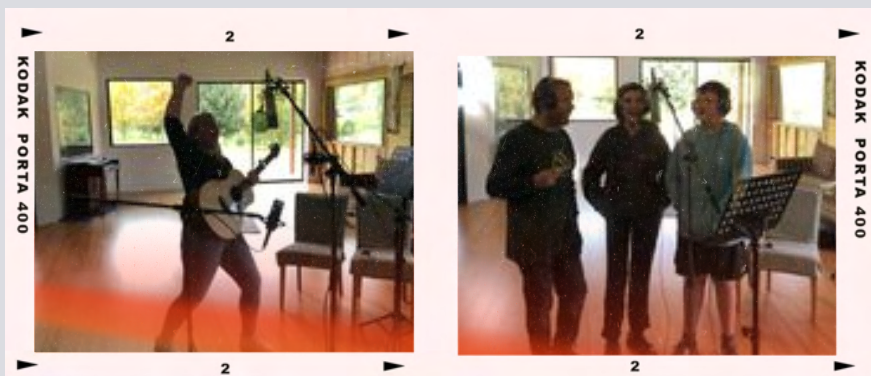
Praise your young person and your relationship and communication will improve.

Strengthening your relationship with your teen will take time. Invest in it. Listen more than you talk. Ask at appropriate times. Get to know their passions. Hang with them, in silence if necessary. They'll know you genuinely want to know who they are. They'll know they belong.

Adolescence and young adulthood is hectic. Investing your time and effort in communication lines and strategies with your young person will have such a positive impact on their emotional, spiritual and physical well being.

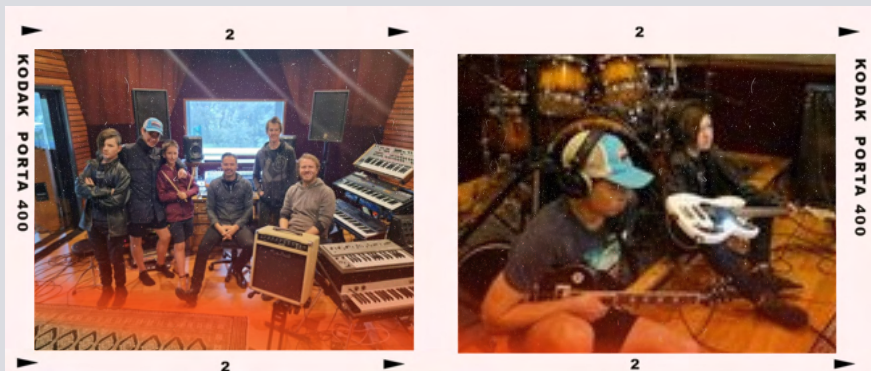
Until next time, Lisa





Government of Western Australia
Department of Communities

Music Jam



Funding was received from Department of Communities to deliver Music Jam sessions to/for our young people and also contributed to BYA being able to provide recording opportunities.

Production is almost complete on BYA's first album. Our budding artists had access to a local and professional recording studio to record either a cover or their own tune.

We will be calling on our talented local young artists to design the album cover soon. An album release date is tentatively book for early September 2021.

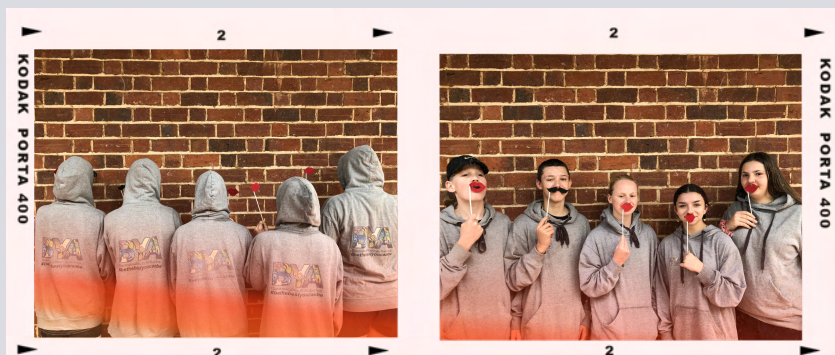
YAG BRAG CONT

4. What is something you are thankful for?

Katie: Everything. Having family and support.

Elise: Family, friends, support

Alicia: My Family



MANTRAS TO THINK ABOUT WHEN YOU'RE HAVING A HARD TIME WITH YOUR TEEN:

MY TEEN ISN'T GIVING ME A HARD TIME,
THEY'RE HAVING A HARD TIME.

I MAY NOT BE ABLE TO CONTROL THEIR MOODS OR
REACTIONS, BUT I CAN ALWAYS CONTROL MINE.

GROWING UP IS HARD. MY KID'S BODY AND BRAIN
ARE UNDER MASSIVE CONSTRUCTION.

BEHIND THE EYE ROLLS, SIGHS AND CLOSED
BEDROOM DOOR IS A CHILD WHO NEEDS ME.

IT WON'T BE THIS HARD FOREVER.

@raisingteens today

YAG Group meets at 33 Steere Street, Bridgetown

All enquiries regarding this group please call Lisa on
0400939266 Monday - Thursday 9am - 4.00pm
or email bya@westnet.com.au

SAVE THE DATE



The Rotary Tour of The Blackwood

2022 Tour Date Announced!

The 6th Tour of the Blackwood will on the 12th March, 2022. BYA Advocate will keep you up to date with all the news on the Rotary Tour of the Blackwood for 2022.

Women In Leadership Breakfast

Discussion: How do you measure leadership?

BYA are collaborating with Talison to celebrate Women in Leadership on Sunday 29th August, at the Linga Longa Function Centre. Buses will be available from Greenbushes and Bridgetown at 8.30am. As part of the morning's presentation there will be some inspiring local and regional women telling their stories as well as panel discussion. After this we will have a visit to the Talison Mine with transport returning to Bridgetown by 12.30 pm. Tickets will be \$40.00 including buses, breakfast and tour. Watch BYA social media for ticketing information.

Proudly sponsored by



Regular Happenings at 33 Steere Street Bridgetown



Monday Art Club 3 - 5 pm

Dungeons and Dragons

Ages 13-15 Tues 3-5pm

Ages 15-17 Wed 4-6pm

Ages 17 and up Thurs 4-6pm

LGBTQIA+ Support Group

15-25 Monday 5-6pm

Must Register

Call Emily for information

0400958055

Music Jam

Bridgetown Courthouse (next to Police Station)

Thursday 4 - 6 pm



Did you know??

BYA Opportunity Shop known as The YEOp Shop (Youth Enterprise Opportunity Shop) is located in Bridgetown in the carpark behind IGA. This social enterprise was created by BYA so that there was an ongoing income stream to pay for Youth Services Coordinator and to assist with the running costs of Blackwood Youth Action.



The BYA YEOp Shop is totally run by volunteers. All funds, after obligations, are delivered back to the BYA. The ongoing success of this enterprise is a testament to the volunteers, those that are with BYA now and those that have gone before in the five years the YEOp Shop has been running. These champions of our BYA community quietly go about their days, sorting, pricing and offering friendly customer service to locals and tourist alike.

The YEOp Shop allows for young people to gain experience in retail and marketing, merchandising, customer service in a friendly and supportive space.

Anyone interested in becoming a volunteer at the YEOp Shop please call Kaye on the number below or speak to anyone of our volunteers in the shop.

Blackwood Youth Action (BYA) Inc
33 Steere Street
Bridgetown WA 6255
PH: 08 97993364

www.blackwoodyouthaction.com.au

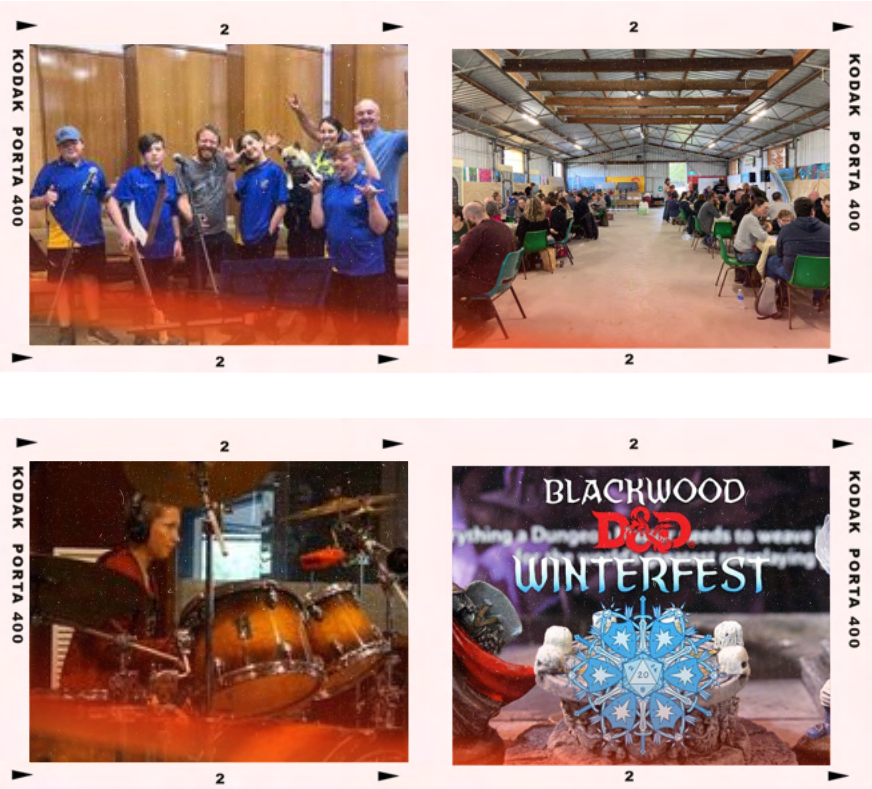
bya@westnet.com.au

To unsubscribe to this newsletter please email bya@westnet.com.au with the word unsubscribe in the subject.



If you would like to donate to Blackwood Youth Action then follow the link to our My Cause page.
<https://www.mycase.com.au/charity/20188/BlackwoodYouthAction>

GALLERY



NOW
THAT →
IS SERIOUSLY
EPIC



THIS BELONGS ON THE FRIDGE

Helpful contacts and websites

There are many organisations dedicated to providing support for young people. If you don't feel comfortable talking to anyone you know you might feel better calling a helpline or trying an online program.

Blackwood Youth Action Youth Services Coordinator is Lisa Burgess and you can contact her on 0400939266 or bya@westnet.com.au

BYA Connect is available to young people aged 12-25 years old. The call will be answered by a psychologist to assist the young person to receive the help that they need or to put them in touch with agencies in their region where required.

BYA Connect 0417173558

beyondblue

www.beyondblue.org.au www.beyondblue.org.au/who-does-it-affect/young-people
1300 22 4636



Lifeline Australia
www.lifeline.org.au
13 11 14

Kids Help Line
www.kidshelp.com.au
1800 55 1800



A number of children and youth may also need emotional. Kids Help Line is a free and confidential telephone counselling service for 5 to 25 year olds in Australia.

Suicide Callback Service
1300 659 467

The Suicide Callback Service is a free nation-wide telephone support service available to support people at risk of suicide and their carers, and is well suited to people who are geographically or emotionally isolated.