



Government of **Western Australia**
North Metropolitan Health Service
Mental Health, Public Health and Dental Services



Presented by

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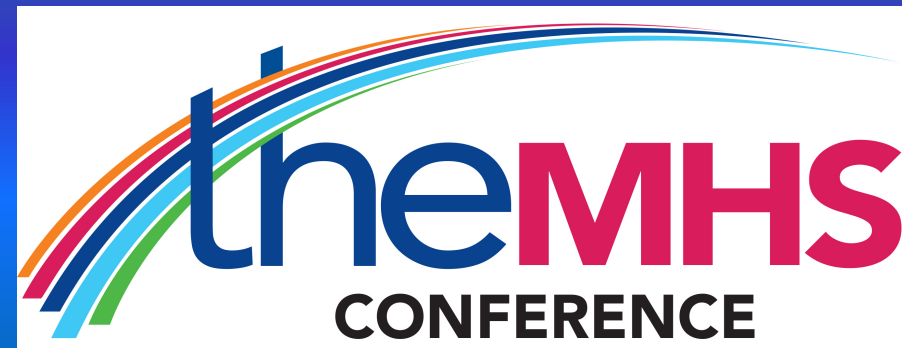
Aboriginal Mental Health Professional

YouthLink, Youth Mental Health

Moorditj Wirn

Culturally informed mental health service for Aboriginal young people: Youth Mental Health Program

**Aboriginal Mental Health Professionals Team working with young
people to create a Moorditj Wirn (Solid Mind, Heart and Spirit)**



Mooditj Wirn -What we do

We are a small team of Aboriginal Mental Health Professionals within Youth Mental Health with connections to Noongar and Yamatji Language groups of Western Australia. We are based at YouthLink and YouthReach South with a focus on providing cultural safety within the service. This is achieved by working to provide:

Indigenous Community Links

- A supportive contact point for community members seeking mental health referrals for Aboriginal and Torres Strait Islander young people.
- Support for community based triage.
- Vouching for Youth Mental Health and other external services where appropriate.

Agency Liaison

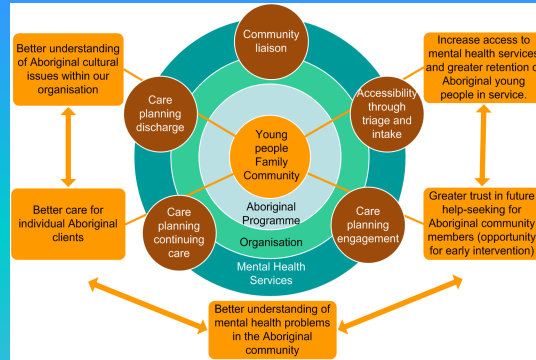
- Consultation/Liaison on cultural issues to a wide range of Government and non-Government organisations.

Cultural Consultation

- Guidance and advice regarding culturally informed practice, through consultation with clinicians within Youth Mental Health.
- Client-specific cultural consultation throughout the individual young person's episode of care.
- Ongoing consultation with community members to support the mental health care of young Aboriginal and Torres Strait Islander individuals.

Training

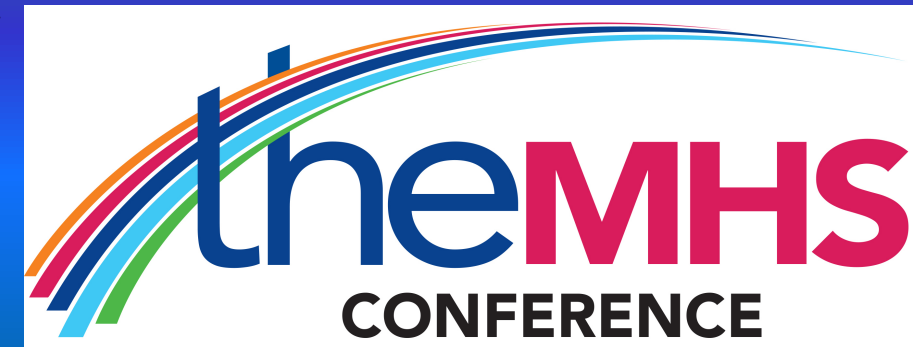
- Training on culturally informed youth mental health practice.
- Training to meet specific agency needs by negotiation.
- Internal Youth Mental Health training to clinicians.



YouthLink and YouthReach South

YouthLink and YouthReach South (Youth Mental Health) provide flexible, (including long-term where required) trauma-informed psychological therapy, case management, and psychiatric treatment to young people aged 13-24 years who are living in the Perth Metropolitan area, and have significant barriers to accessing “mainstream” mental health services. Barriers may include:

- Homelessness or transience;
- Aboriginal or Torres Strait Islander identity;
- LGBTQ+ identity;
- Comorbidity with mental health and other issues, including substance use problems, and some neurodevelopmental disorders.



How Do We Know It Works:

- Increased referrals to Youth Mental Health of Aboriginal and Torres Strait Islander community members.
- Increased proportion of active cases are young people of Aboriginal and Torres Strait Islander descent.
- Up to 50% of current referrals are for young people of Aboriginal and Torres Strait Islander descent.
- Over time, YouthLink has been able to maintain a significant representation of Aboriginal and Torres Strait Islander young people within the service, represent roughly 30-40% of its total caseload.
- Increased number of referrals from community members reflect positive experience with past and current clients

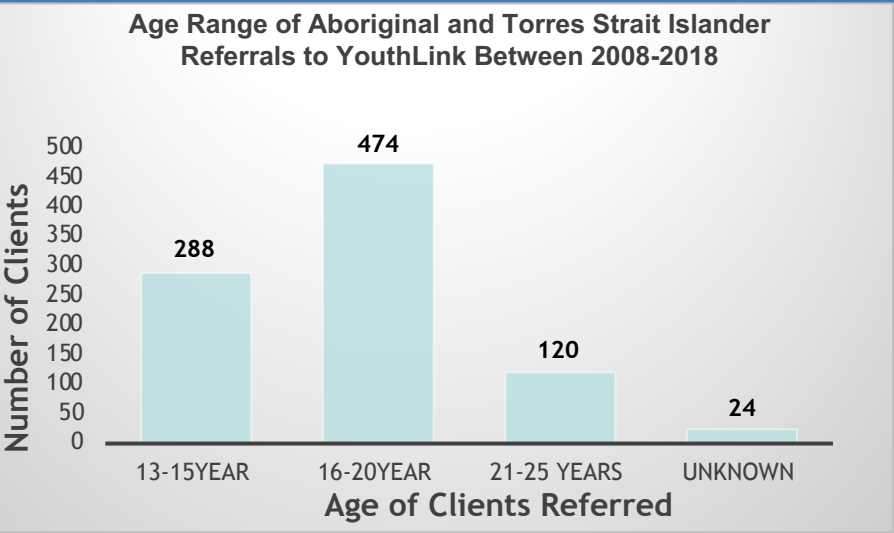
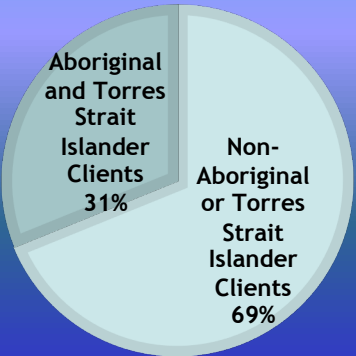
Feedback From Clients

“I feel safe”

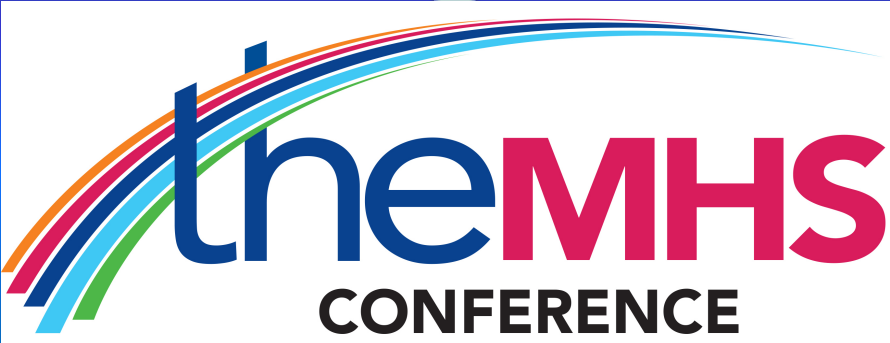
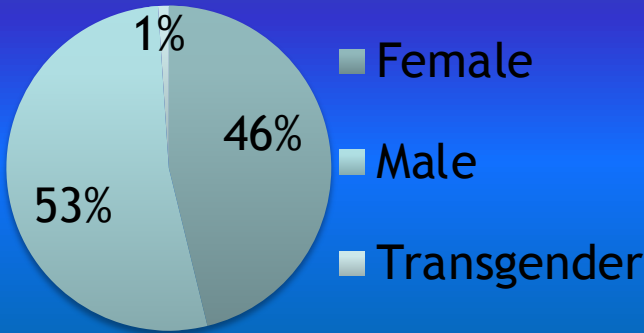
“I found that YouthLink has helped so much with my depression and I am back on track with my life”

“YouthLink has been very beneficial and also very accommodating to my specific needs. Coming out to where I am, finding ways to suit me as a person rather than me just being ‘another client’”

The Percentage of Clients Identified as Aboriginal or Torres Strait Islander in 2018



Gender Identification of Aboriginal and Torres Trait Islander Referrals to YouthLink between 2008-2018





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