

**“Uncovering Youth
Mindfulness”**
“Empowering Young Minds to



Maximum Potential Through
kick out stigma”

LAUNCHING OF

GYMHA

19TH OCTOBER 2019

Executive Summary

The Inaugural Australian Global Youth Mental Health Awareness Association Launch and presentation was held on 10am -3pm on the 19th October 2019 at Chrisholm Institute Dandenong Campus in Dandenong, Melbourne, Vic Australia.

Introduction to Global Youth Mental Health Awareness (GYMHA) Limited

GYMHA is an international membership-based initiative directly supported by the Global Socio- Economic & Financial Evolution Network (GSFEN) and is a key initiative associated with their Sustainability Development Goals.

The Global Youth Mental Health Awareness Limited is registered under Australia Securities and Investment Commission of the Corporation Act 2001. The company is a limited by guarantee NOT FOR PROFIT organization.

GYMHA became a proud member of United Nations Association of Australia Victoria branch on the 28th July 2019. The primary purpose of the (GYMHA), is to exemplify a more balanced attitude about incorporating youth ideas, visions, positively and contributions towards Global benefits.

Our Vision

To make psychology a household term and to be advocate for raising awareness and improving youth emotional and mental health outcomes

Our Slogan

- Empowering young minds with little acts of kindness
- Young people will be engaged in designing youth-friendly mental health services and as advocates on important mental health issues.

The Project

The Global Youth Mental Health Awareness (the project) was developed in response to the growing need to communicate and engage with professionals and the youth of the community, to the issues associated with Youth Mental Health and the stigma associated with those individuals who may seek help.

Goals and objectives

- To empower is a process where youth and young people are encouraged to take charge of their lives
- We also envision communities where valued standard is empowered. Youth leaders working alongside adults to create positive change
- The primary purpose of the GYMHA is to exemplify a more balanced attitude about incorporating ideas, visions, positively and contributing towards Global benefits
- Young people will be engaged in designing youth friendly mental health services and as advocates on important mental health issues

Target Group

The most vulnerable youth members of the community and empowering their potential. Improving access and equity, appropriately addressed through regional and gender disparities; addressing issues such as socio-cultural and religious affecting youth

Statistics

- In Australia one in seven young Australians experience a mental health condition
- 13.9% children and adolescents aged between 4-17 years' experience a mental health disorder between 2013-14 which is equivalent to an estimated 560,000 Australian children and adolescents
- Suicide is the biggest killer of young Australians and accounts for the deaths of more people than car accidents
- Latest statistics on suicide in Australia revealed 3,128 Australians lost their lives to suicide in 2017. That makes suicide the leading cause of death for Australians between 15-44 years
- Achieving highest levels of health in young people to ensure the reduction in suicide rate is one of the key priorities for GYMHA, and we can achieve this mission on a global perspective.
- To achieve this requires increasing access to information and services , and creating safe and protective environments for young people to speak up, improve their health and safety including health systems strengthening, devotement of human resources for health skills to engage young people and provide youth friendly health services, community and stakeholders consolation , health research and strengthening collaboration with national and international partners
- It also entails continuous planning and monitoring for effectively delivery instrument and mobilizing essential capital to achieve goals and deliver results.

Membership Opportunities and Benefits

Networking, an opportunity to contribute to mental health and wellbeing for youth
Capacity building and opportunities.

GYMHA Services

- Peer Support Group
- Coaching and mentoring
- Training and development
- Telephone and online counselling
- Research
- Consultancy
- Vocational Skills training certification to compliment formal education
- Day trips associated it promoting emotional wellbeing
- Workshops to improve mental and emotional health
- Youth Mental Health First Aid training
- Advocacy, peace, justice, human rights, humanitarian actions
- Empowerment and Raising Awareness training
- Promotion of stable goals
- Workshops- anger management, conflict resolution
- Seminars on relationships, health, wellbeing

- Networking

GYMHA Planning Committee Members

- Nika Suwarsih- President of Indonesian Society of Melbourne
- Ruemu Edokpolo- GYMHA Project Officer
- Prof (Dr) Jude Ediae- GYMHA Founder and CEO, Trained Mental Health Practitioner
- Hon Eng.Promise Anurika- President International Youth parliament
- Thokozile Sewela Nhlumayo- Executive Secretary of the International Youth Parliament
- Engr.Samuel Chimdi Peters
- Margaret Pyyvaara- Secretary GYMHA, Founder and Director Progressive Care Solutions
- Sadiki Mukasa- Founder of Tiki. Manager McCafe
- Daniel K Addotei- IYP Country and Communication Director
- Elizabeth ETA-GYMHA PR Officer, Author Counsellor, Youth Leader, Wellness Coach
- HR Dr Princess Sheryl Fransisco
- Junisa Precious Gbeteh Sallu Kallon- GGA Commonwealth Youth Council Africa and Europe

The Event- Launch and Presentation

On arrival the guests were welcomed at the door from 10am to background music, presented with a showbag and an opportunity to network.

The Welcoming Address, presented by Thomas Keplar GYMHA Chair, who acknowledged all guest and presenters and thanked everyone speaking about the work and collaboration “Making the vision a success for the immediate, our children and the future in view; to help bring the global dream of a better place for the stigmatized and bullied to have a reason to be heard and have satisfactorily guaranteed happiness”. “As we all know, the stigmatised., oppressed and needy can be eradicated globally through our vision to establish (GYMHA) not just as a global name , but a global practice initiative, an impact passing across her goal, vision and aims which can be achieved with your immense support and goodwill efforts.”

The Welcome Speech presented by Gabrielle Williams MP introduced GYMHA and Cr Sophie from Greater City of Dandenong. Both speakers acknowledged the efforts of the planning committee, shared their personal, and Hon. Andrew’s Government commitment to youth mental health. Katinda introduced spoke the format of the day speakers.

The Opening Address, presented by GYMHA Founder/CEO – PROF. (DR) Jude Ediae BA-BEHP, MBA, PhD expressed how grateful he was to have had the pleasure to work with everyone during this project. Dr Jude expressed gratitude for assistance from members of his Dissertation Committee and gave special thanks to Professor Blessing for providing the GSFEN platform to roll out the project, and to his family.

The Goodwill Message was presented by Commissioner Alan Woodward about the impact of stress in our complex, modern world, about high levels of distress that may result in suicidal thoughts and the importance of reaching out for the support of others and services that are available to help during this time.

Goodwill message by email by Professor Blessing Lawal, the Founder & Global President of Global Socio-Economic and Financial Evolution Network (GFSEN) from Nigeria.

Mayor Cr Martin Zakharov presented an inspirational keynote speech on the main theme: Uncovering youth maximum potential through mindfulness

Help Lines were displayed on the GYMHA PowerPoint presentation

The Panel Sessions followed lasting 90 minutes and topics were:

- Youth Empowerment for a better mindscape – Dr Ameena
- Youth psychological First Aid- Veronica
- The positive effects of mindfulness on youth self- esteem- Elizabeth
- Youth psychological wellbeing- Josephine
- Mindfulness for stress- Dr Chuks Maxwell (PowerPoint presentation)
- The power to mindful- David Leonard (cover by Roxanne Martin)
- Working with stress, pain and illness through mindful acceptance, awareness and medication- Carolina Modesto
- A mindful boost of self- esteem – Hon Eng. Promise Anurika

Group photos were taken before a break for lunch

The Master of Ceremonies introduced the afternoon session

Launching, Launching, Launching!! By Commissioner Alan Woodward and Rosemary Wilmot

Group photos were taken leading onto the Group Interactive Sessions lasting for around 60 minutes and topics were:

- Finding your own answers- Cultivating insights and Aha! Moments through mindfulness, meditation and contemplative practices- Dr Nasrin Parsian,
- Empowering young minds: kicking out stigma
Facilitators: Thokcozile, Sadiki, Mohammed, Zuleika, Prof Jude
Allowing youth to discuss and write down what they think, walking microphone around and Tech Sessions for anonymous questions

Topics were:

WORDS MATTER: When we talk about stigma, the term ‘mental health’ can cause a lot of discomfort. Do you have suggestions on how we can talk more openly about cultivating a healthy mind without the ‘heavy’ stigma attached to the term ‘mental health’?

SUPPORTERS: Who are the people that you’d go for a conversation when you’re not feeling that good? Especially when we experience shame, close friends or family might not be the alternative, and we just want a neutral person to listen to us. Do you have any suggestions of how this support could be offered?

FEELING SAFE: It is important that young people feel safe and comfortable and can access affordable support before things get too heavy. Sometimes a conversation or some simple mindfulness exercises are already great to relieve the pressure.

- Where would you search for information?

- Who are you more likely to trust and listen to for this kind of information?
- What would be the best ways to inform young people about how to keep their mind strong and healthy? What do you think of the use of apps, and online support (e.g. online chats, videos, tips)?

Key Outcomes/Ideas

- Community support in ways that make people feel respected
- Feeling Safe to communicate, express vulnerability
- Feeling Respected, dignity recognised
- Increase opportunities for authentic, genuine connection

At 3-15pm The Master of Ceremonies (Katinda Ndola) spoke about outcomes and presentation of gifts, awards and group photos were taken.

Closing remarks were made by GYMHA Board Secretary, Margaret Pyyvaara who spoke about the concept of all working together as a community to support and empower the youth of today. Margaret thanked all for the wonderful effort in the planning, the guest speakers for their presentations and the committee for organising the food and refreshments.

A special thanks was given to Jude CEO of GYMHA for his tireless efforts toward success of the event.

Guest Presenters:

- Alan Woodward Commissioner (ANMHC)- Former Dir, at Suicide Prevention Australia
- Gabrielle Williams MP- Minister for Prevention of Family Violence, Women Empowerment & Youth
- Prof (Dr) Jude Ediae- GYMHA Founder and CEO, Trained Mental Health Practitioner
- Mayor Councillor Martin Zakharov- City of Maribyrnong
- Josephine Swaray- Trained Mental Health Practitioner, Multi-Cultural Ambassador
- Dr Chuks Maxwell- Philosopher, Social Commentator, Multicultural Speaker Writer, Translator, Practitioner and transformational coach
- Sadiki Mukasa- Founder of Tiki. Manager McCafe
- Katinda Ndola- Founder of confidenceandselfesteem.com and Author of “The Big Comback”
- Thokozile Nhlumayo - Secretary of the International Youth Parliament
- Dr Ameena Ali PhD- GYMHA Deputy Chairperson
- Rosemary Wilmot- Director Department of Home and Affairs, Tasmania
- Thomas Keplar- GYMHA Chair Board, Director of Various NFPs
- Elizabeth Etta-GYMHA PR Officer, Author Counsellor, Youth Leader, Wellness Coach
- Veronica Stragio- Founder and Managing Director of Mental Health First
- Carolina Modesto- Recruitment and Advocacy Manager at Peace for Africa
- Hon Eng Promise Hon Eng.Promise Anurka- President International Youth parliament
- David Leonard (cover by Roxanne Martin)
- Dr Nasrin Parsian GYMHA Research and Training Coord, Emotional Health Consultant and Speaker, National Course convener at Institute of Health and Management

Key Outcomes

The Project is to ensure that unique people with the same agenda (that includes international political leaders, youth activists, community leaders, allied health professionals) can discuss the most crucial issues

facing the domain of Youth Psychology. Focusing on youth psychology, child psychology and child mental health outcomes, by amalgamating youths, youth activists, NGO's, community groups and allied health practitioners from across many diverse backgrounds and nationalities.

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We also envision communities where valued standard is empowered, youth leaders working alongside adults to create positive change.