

GETTING INVOLVED AT OYH



At Orygen Youth Health (OYH) we believe that young people who use the service have a lot to contribute. There are many opportunities for you to take an active role in your own recovery, and to help make OYH the best it can be.

GETTING INVOLVED IN YOUR RECOVERY

It is important that you have a say about your care, and at OYH you will have the opportunity to work with your case manager to develop a wellness and recovery plan. This is a working plan that helps describe what's important to you in your recovery and how you'll be supported towards these goals. This might include accessing additional programs and services offered by OYH, such as groups, education or job support, or meeting with a different kind of specialist at OYH (see **What is Treatment factsheet** for more info).

You are also encouraged to give feedback about your support from OYH via a Speak Out form, or our annual YES survey. This feedback helps us to ensure we are continually improving our service to best meet the needs of young people. For more information about how you can give feedback about our service, please see the **Rights & Responsibilities factsheet**.

From time to time, you may also be invited to participate in a research study that is being done at OYH. This is an opportunity to support research into what works best for young people and their mental health. Participation is completely voluntary and choosing not to be involved will not compromise your care in any way.

GETTING INVOLVED IN WHAT HAPPENS AT OYH

The youth participation program at OYH aims to make use of your expertise, as users of our service, to make things better and support other young people in their recovery. The two main opportunities to do this are:

- Platform
- Peer Support

If you get involved you will be reimbursed for your participation and can choose what you do and how often. You will receive support from the Youth Participation Coordinator and other OYH staff around your involvement.

“

Being part of Platform has allowed me to use my experience at OYH to help the service, and help others. I've had lots of fun, learned new things and met some great people.

Platform team member

Platform

Platform is OYH's youth advisory group which provides consultation on a range of projects such as:

- Speaking to staff about how best to support young people in their recovery
- Supporting staff to develop resources for young people, their families and clinicians
- Helping select new staff by participating in interview panels
- Being involved in developing research into new ways of helping young people
- Providing feedback and training to services outside OYH.

Platform is open to current and past clients of OYH. We meet every second month to discuss upcoming opportunities and share what we have been working on.

Upcoming opportunities are e-mailed once a week and Platformers can choose which activities they'd like to be involved with.



Platform has provided me with a pathway to build up the skills and confidence to get back to work and study.

Platform team member

Peer Support

Volunteer peer support is provided by past clients of OYH who have been trained to provide recovery-focussed support to young people through:

- Rostered visits to the inpatient unit
- Individual appointments at Parkville and Sunshine sites
- Involvement in the running of groups offered by the OYH group program.

Peer support after discharge from the inpatient unit

Peer workers are also employed to provide peer support to young people leaving the inpatient unit.

Involvement in the program is voluntary and involves phone and face-to-face support in the month after leaving hospital. Peer workers work with young people to be empowered in their recovery journey and connect with supports in their community.



I feel very fulfilled when I leave my shift at the Inpatient Unit. I feel like I have made a difference by providing support to those who are going through a very difficult time in their lives.

Peer support worker

IF YOU'D LIKE TO FIND OUT MORE ABOUT PLATFORM, PEER SUPPORT, OR TO MEET WITH A PEER SUPPORT WORKER, PHONE OR TEXT ON **0427 350 376**. YOU CAN ALSO TALK TO YOUR CASE MANAGER.

