Peer Academy

Prototype workshop

Overview & Synthesis

Logistics

Where - Newport Community Hub

When - 7th December

TIme - 4.30pm-7.30pm (3 hrs)

No. of attendees - 20 young people / 20 service providers reps

Participants

Who

Young people, SAG (service providers & community representatives), interpreters

Purpose

Purpose

The purpose of the workshop was to create a collaborative environment where service providers and young people might prototype ideas together

Outcomes

The outcome of the workshop is a refined version of each of the three ideas developed by community representatives in the Ideas Workshop.

The refined ideas have broad agreement and support by all of the workshop participants including young people and service providers.

These refined ideas may be further developed to gain support as pilot projects.

Process

Pre-workshop planning

Given the diversity of people in attendance at the workshop, the project team completed a number of activities in preparing for the workshop

- Community representatives - were supported to test their ideas with their peers
- Community representatives - were briefed on the role of table facilitators
- Staff from Orygen and Headspace - were available at the workshop for 'support' and referral
- Najib and Tigist - were supported to play leading roles in the delivery of the workshop

.

Process

The approach for the prototype workshop involved two key components -

1. Creating opportunities for young people and service providers to connect and learn how to work together
2. Provide a robust design process for and; support participants to refine the ideas from the ideas workshop through prototyping activities such as storyboards

Please see the workshop agenda in the next 3 slides.

.

Process

Workshop agenda

What & why	How	Resources
Introduction	Our work so far - Ideas workshop with 5 young people - Test the 3 ideas with eight young people Today - To refine our 3 ideas through prototyping Storytelling - Tigist's story	
Checkin	What do we have in common? - Everyone stand up! - Find the person closest to you and talk to them about..."what you ate for breakfast" - Now go find someone who doesn't look anything like you and talk to them about......"If you could be an animal what would you be" - Now go find someone who has the same colour eyes as you and talk to them about....."Where are you from"	
Marshmellow challenge	"*On your tables you have a kit of goodies - spaghetti, marshmallows, tape and string*" - Build the Tallest Freestanding Structure: The winning team is the one that has the tallest structure! - The Entire Marshmallow must be on top: The entire marshmallow needs to be on the top of the structure. Cutting or eating part of the marshmallow disqualifies the team. - Use as Much or as Little of the Kit: The team can use as many or as few of the 20 spaghetti sticks, as much or as little of the string or tape. The team cannot use the paper bag as part of their structure. - Break up the Spaghetti, String or Tape: Teams are free to break the spaghetti, cut up the tape and string to create new structures. - The Challenge Lasts 15 minutes: Teams cannot hold on to the structure when the time runs out. Those touching or supporting the structure at the end of the exercise will be disqualified. - Ensure Everyone Understands the Rules: Don't worry about repeating the rules too many times. Repeat them at least three times. Ask if anyone has any questions before starting.	

Process

Workshop agenda

| What & why	How	Resources
Group agreements	- Spend time on your tables talking about how you want to work together - Write them down on butchers papers - Example include - "all voices heard", "no using phones when other's are talking"	
Our three ideas	Our three ideas - Awareness campaign (similar to Are you okay?) - Sharing our stories - Wellbeing workshops Share feedback from interviews with young people - How were the idea's received? - What are some suggestions for improvement? - What are important questions to be considered?	
Rapid prototyping	Hand out ideas - Think of someone who would benefit from this idea - it could be a friend/ family member or yourself - Imagine this person accessing your idea ie. a wellbeing workshop - What would their best experience be? From start to finish. Storyboarding - Draw that experience - scene by scene - Start from the very beginning and draw from the perspective of the person who will use the service/idea - 10min individual prototyping - 10 min share & feedback - 10min group prototype	

Process

Workshop agenda

What & why	How	Resources
Presenting our ideas	Each team to present the idea to group - Three mins. per group Discussion - what did you like the most? - What are some common features that the other teams have?	
Checkout & evaluation	Check out - Love / Learn / Leave Process - Example of each one - Write on post it notes - Shout out a few to the group	
Next steps	Healthwest Partnership Feedback form available Announcements re: Councillor supports	

Peer
Academy

Our three ideas

About our three ideas

- Access
- Recognition
- Stigma.
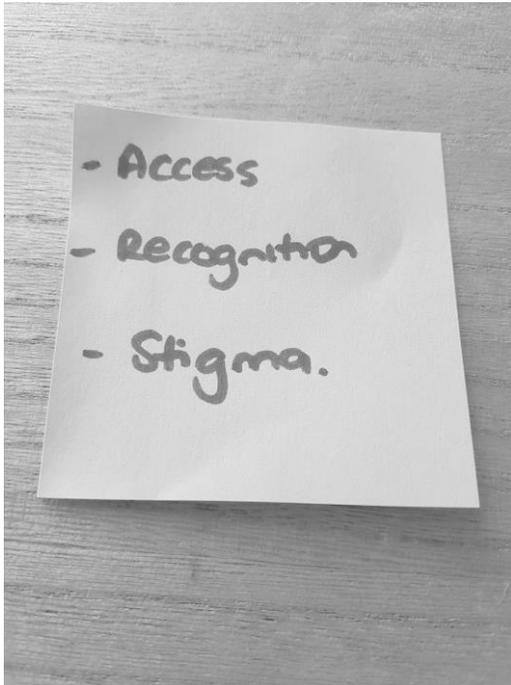
At the prototype workshop, the refined ideas gained broad agreement and support from all workshop participants including young people and service providers.

The workshop was also an opportunity to further test and refine the three ideas developed by the community representatives during the Ideas workshop.

The remaining slides in the document, show the development pathway for each of the ideas as follows -

Slide five - shows the most up to date thinking about the idea
Slide four & three - provide the outputs from the prototype workshop
Slide two - shows the questions that participants were asked to consider in building their storyboards
Slide one- the original ideas developed by the community representatives at the ideas workshop

Idea one

Idea one

"Are you okay?" style campaign for young refugees and their community

What is it -
A similar campaign to "Are you okay?" . More culturally diverse and delivered in different languages - (For example - each culture has their own way of saying "Are you okay?")

There was broad agreement around the idea of connecting with people in their own language and culture by translating the 'Are you ok?' program into culturally appropriate catch phrases and; symbols which might communicate notions of unity and solidarity.

The group also really supported the idea of communicating the campaign as part of activities that we enjoy doing such as on objects such as soccer balls and the like. This would extend the outreach of the program into more diverse communities. Empowering young leaders was also seen as an important outreach activity, to talk at local schools, religious centres, etc and promote discussions about things that are important to people.

How it could help -
The "Are you okay?" campaign was successful in allowing young people to open up and make it okay to not only speak about their mental health but also help other's open up about it. However, current "Are you Okay?" campaign is not culturally relevant for youth from refugee background, for reasons such as language barriers.
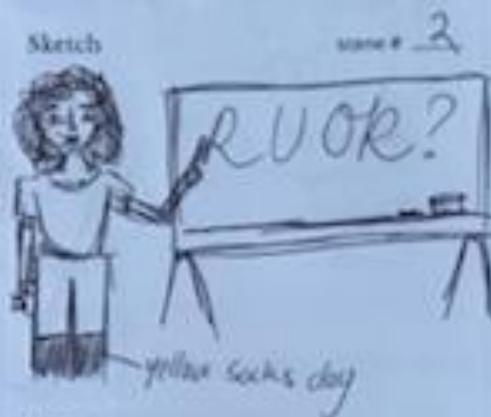
Storyboard

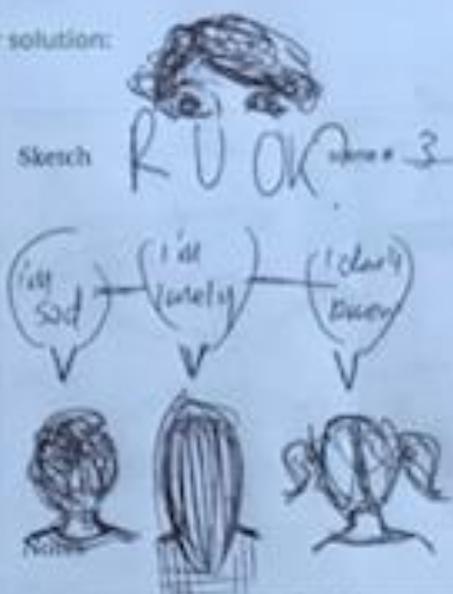Do a rough sketch of an end-user's ideal journey through engagement with your solution:

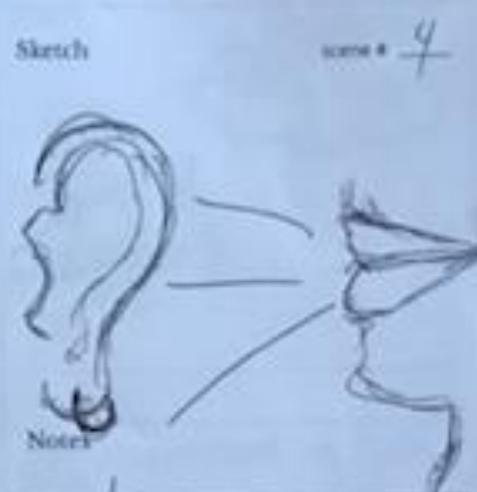|	
Sketch — scene # 1	**Sketch** — scene # 2
R U OK?	RUOK? yellow socks day
Notes promoting	**Notes** education

Sketch — scene # 3	**Sketch** — scene # 4
R U OK	listen
Notes communities	**Notes** listen

Sketch — scene # 5	**Sketch** — scene # 6
Notes acceptance	**Notes** support

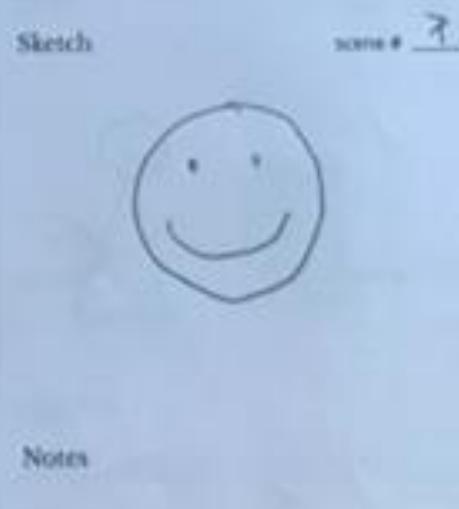|	
Sketch — scene # 7	**Sketch** — scene #
Notes	**Notes**

Idea 1.

Storyboard

Do a rough sketch of an end-user's ideal journey through engagement with your solution:

Sketch   scene # _____

Notes

POSTERS - LACK IF ACCESS. FEELING
EXCLUDED FROM THE CONVERSATION

Sketch   scene # _____

Notes

~~ACCESSIBILITY~~ - ACCESSIBILITY
THROUGH YOUR
~~REPRESENTATION~~ MEDIA
- REPRESENTATION

Sketch   scene # _____

Notes

- CAMPAIGN & PROMOTED
IN DIFFERENT SPACES
(e.g., SPORTS)

Sketch   scene # _____

Notes

∴ SCHOOLS, RELIGIOUS INSTIT-
TIONS, COMMUNITY CENTRE

Sketch   scene # _____

Notes

Conversations b/w
people.

Sketch   scene # _____

Notes

Sharing knowledge
with others

Sketch   scene # _____

Notes

Sketch   scene # _____

Notes

Idea one

1. What would make the workshops appealing for people to attend?
2. What type of activities should the workshops include?
3. How will the workshops be delivered? Where, when and how?
4. Who would be the best people to run the workshops?

Idea one

"Are you okay?" style campaign for young refugees and their community

What is it -
A similar campaign to "Are you okay?" . More culturally diverse and delivered in different languages - (For example - each culture has their own way of saying "Are you okay?")

How it could help -
The "Are you okay?" campaign was successful in allowing young people to open up and make it okay to not only speak about their mental health but also help other's open up about it. However, current "Are you Okay?" campaign is not culturally relevant for youth from refugee background, for reasons such as language barriers.

Idea two

Idea two

Sharing our stories

What is it -
A storytelling initiative allowing young refugees to share their story of migration and mental health through different mediums (i.e music, video, art, public forum)

During the workshop, it was acknowledged that there are so many rich stories to share and that young people might draw on their families, friends and other local leaders to create a reflective space where they might get clear on the story they wish to tell.

Some potential story threads might involve telling the story of settlement, the trauma they have lived through, and the disappointment that comes with not achieving what they thought they would have.

As an alternative, there was an idea to have resources available on a website to support people to tell their own stories and to help them build confidence to the end. A website was also cited as a great way to share storis to a broad audience.

The stories do not necessarily need to be in a text format and might be communicated as part of an oral tradition like a living library or as paintings, drawings or even a comic book which is accessible for people from different backgrounds.

How it could help -
Storytelling in a powerful medium to hear from peers who've had similar experiences, sharing stories has the potential to normalise mental health, thereby reducing stigma and also a an opportunity to include content about developing mental health literacy. (I.e the signs and symptoms)

Storyboard

Do a rough sketch of an end-user's ideal journey through engagement with your solution:

Sketch   scene # **1**

SHARE STORIES

Notes

Sees campaign through
a few mediums and
decides to research it.

Sketch   scene # **2**

I HAVE A STORY...

Notes

Walks home and thinks
about their experiences

Sketch   scene # **3**

TEACHER   FAMILY   COUNSELLOR   FRIENDS

Notes

Speaks to a range of
trusted individuals.
Interconnected communication

Sketch   scene # **4**

REFLECTION

Notes

Has a moment of self
doubt and ponders.

Sketch   scene # **5**

WEBSITE
STORY
SHARE YOURS...

Notes

Sees that others have
shared and gets the
courage to share.

Sketch   scene # **6**

Notes

Thinks about how to
share story. TV, comedy,
music, paint, writing
sculpture...

Sketch   scene # **7**

Notes

Decides to write
a poem

Sketch   scene # ___

Notes

Shares to classmates
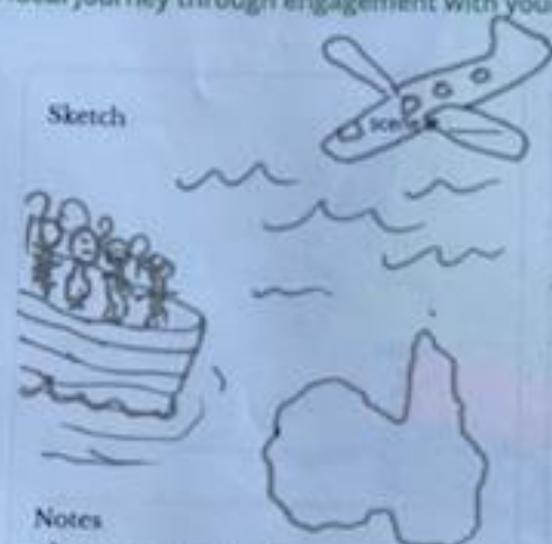and peers, and then
gets posted to website

Storyboard

Do a rough sketch of an end-user's ideal journey through engagement with your solution:

Sketch — Scene #
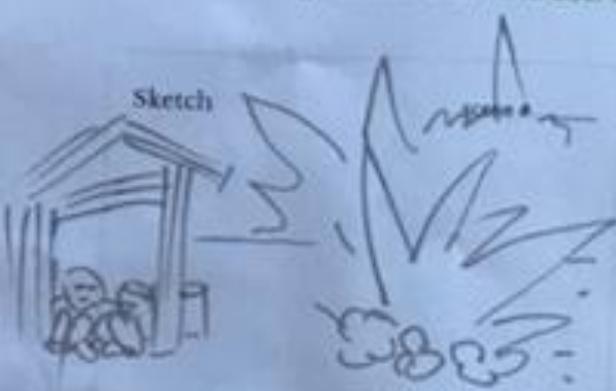
Notes
War torn country /
trauma.

Sketch — scene #

Notes
- traveling to
Australia a seeking
Asylum.

Sketch — scene #

Notes
Settlement / Education
Job. as a painter.

Sketch — scene #

Notes
- Not feeling good enough
- missing something out of
life.

Sketch — scene #
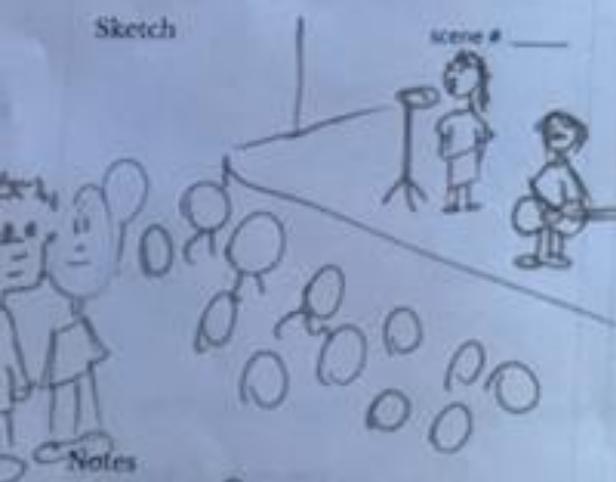
Notes
Out i friends..
saw the event - Music.

Sketch — scene #
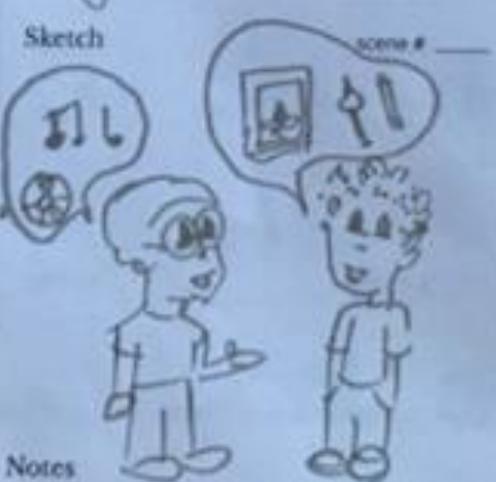
Notes
talk to others in
the crowd about the
event + g joins in

Sketch — scene #

Notes
goes to seek
professional help

Sketch — scene #
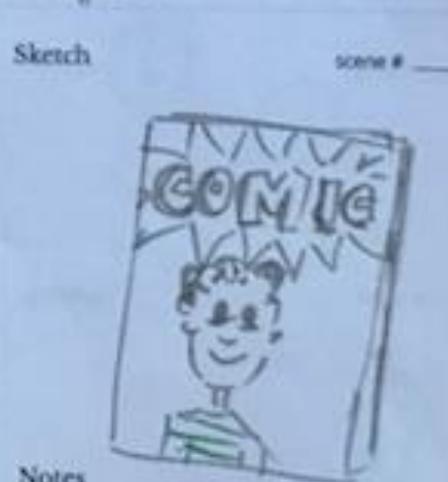
Notes
Publishes a book
comic book about
his story.

Idea two

1. How can we represent all different cultures and languages in our storytelling?
2. How can we build trust with young people to share their stories?
3. What type of mediums can we use to tell the stories? I.e Art, music, poetry
4. How might you access the help after you seeing one of the stories?
5. What is the best way to share the stories?

Idea two

Sharing our stories

What is it -

A storytelling initiative allowing young refugees to share their story of migration and mental health through different mediums (i.e music, video, art, public forum)

How it could help -

 Storytelling in a powerful medium to hear from peers who've had similar experiences, sharing stories has the potential to normalise mental health, thereby reducing stigma and also a an opportunity to include content about developing mental health literacy. (I.e the signs and symptoms)

Idea three

Idea three

Wellbeing workshops

What is it -
Workshop series for young people (either weekly, bi-weekly or monthly). Workshops include different activities such as painting, dance, sport, cooking, mindfulness as the main draw card with learning about mental health literacy as a subset of the workshops.

Specifically, the workshops can offer a paid peer support model and thus; provide a very personal experience, through per and post workshop activities such as connecting through social media prior and; participating in mentoring afterwards.

People will be attracted to the workshops through advertising in public spaces and workshop venues which are already known and trusted in the community.

Activities would include both physical and mental options and early cohorts could be involved in the design of these and incentives would be offered to attract more people along. .

How it could help -

Workshops could help facilitate learning of experiencing and sensing mental health issues, meeting peers with similar experiences. It was suggested that it was unlikely young people would attend workshops solely based on learning about mental health literacy. So it was suggested that other activities of interest (i.e painting, dance, sport, cooking, mindfulness) could be used as a draw card. The workshops could also be held in partnership with existing communities hubs (i.e community centres, churches, schools and sporting clubs).

ryboard

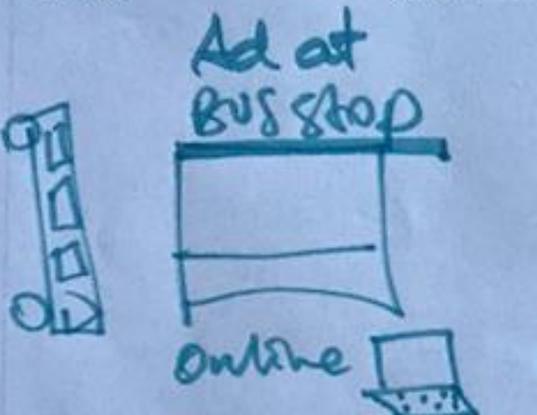a rough sketch of an end-user's ideal journey through engagement with your solution:

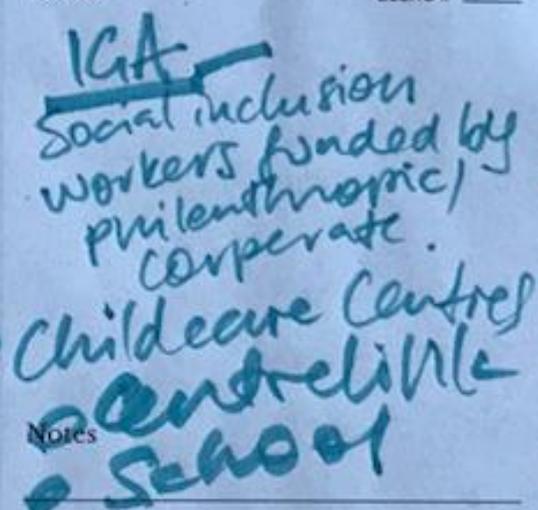**Focus is on well supporting the invitation w/ paid peer support.**

---

scene # _____

$ PTV

...ney

...tnerships WB

Sketch scene # _____

Ad at BUS stop

online 💻

Notes
easily leads to event

Sketch scene # _____
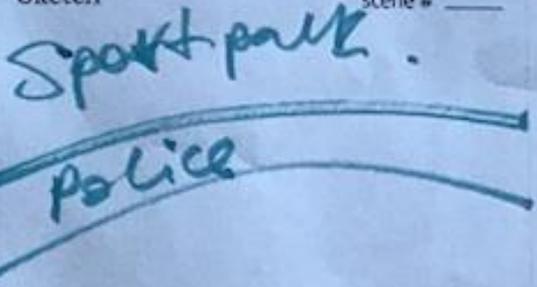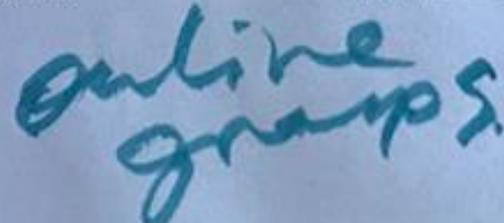
IGA

Social inclusion workers funded by philanthropic/ corporate.

• Childcare Centres
• Centrelink
• School

Notes

Sketch scene # _____

Sport park.

Police

Notes

---

scene # _____

online groups

Notes

Sketch scene # _____

Notes

Sketch scene # _____

Notes

Storyboard

Do a rough sketch of an end-user's ideal journey through engagement with your solution:

idea

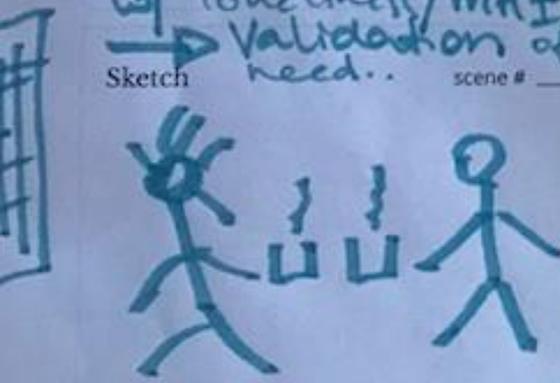Sketch — scene # 1

bus stop
sport
cooking
art
choir
dancing

Facebook.

Notes 85% Australians
want value
multiculturalism
1 in 4 Aust struggle
w/ loneliness/MH
→ Validation of
need..

Sketch — scene # ___

incentives —
Bring a friend
Bring yourself
food in learning
friendship

Notes

Sketch — scene # ___

Notes local park
local library

Sketch — scene # ___

FB

Notes online
linkages

Sketch — scene # ___

Notes informal

Sketch — scene # ___

Sexual
health   Jobs
AOD   MH.
housing
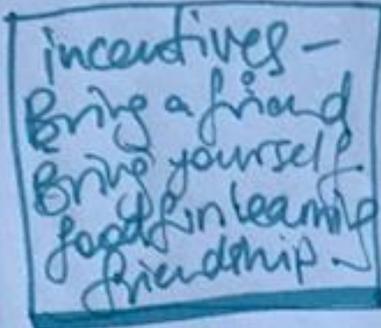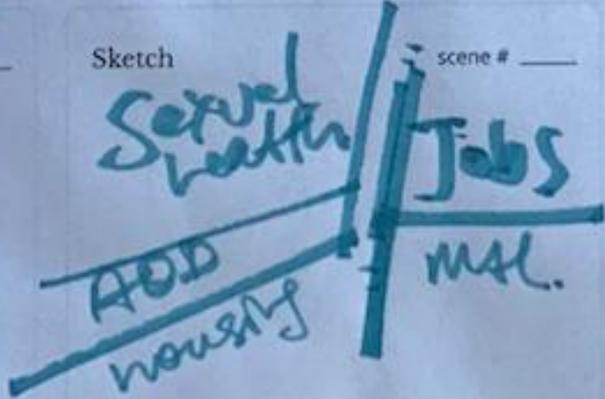
Notes links to

Sketch — scene # ___

Mentor
project w/
Norkmaps

Notes

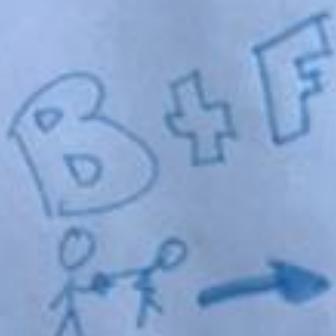Sketch — scene # ___

Notes

Storyboard

Do a rough sketch of an end-user's ideal journey through engagement with your solution:

Sketch | scene # ____

Notes
- social media -

Sketch | scene # ____

Notes
being a friend
(importance being a friend)

Sketch | scene # ____

Notes
public transport

Sketch | scene # ____

Notes
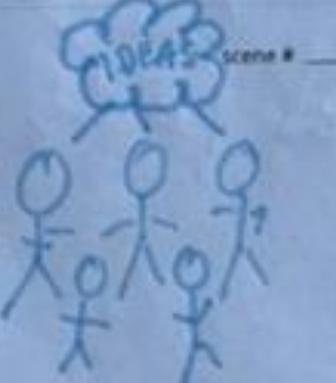safe + fun for
venue for out of hours

Sketch | scene # ____

Notes
Welcomed at

Sketch | scene # ____

Notes
Activities: games,
tournaments,

Sketch | scene # ____

Notes
Info + Action Research
Youth + Women sessions

Sketch | scene # ____

Notes
Health + Wellness
+ Added Benefit

Idea three

1. What would make the workshops appealing for people to attend?
2. What type of activities should the workshops include?
3. How will the workshops be delivered? Where, when and how?
4. Who would be the best people to run the workshops?

Idea three

Wellbeing workshops

What is it -
Workshop series for young people (either weekly, bi-weekly or monthly). Workshops include different activities such as painting, dance, sport, cooking, mindfulness as the main draw card with learning about mental health literacy as a subset of the workshops.

How it could help -

Workshops could help facilitate learning of experiencing and sensing mental health issues, meeting peers with similar experiences. It was suggested that it was unlikely young people would attend workshops solely based on learning about mental health literacy. So it was suggested that other activities of interest (i.e painting, dance, sport, cooking, mindfulness) could be used as a draw card. The workshops could also be held in partnership with existing communities hubs (i.e community centres, churches, schools and sporting clubs).

Next steps

Prototype ideas

The ideas discussed in this workshop will be further developed in 2018.

All three ideas will be explored by working groups, made up of both young people and service providers.