Journalism Media & Storytelling Awards Cover Sheet

Category: Lived Experience Led Story Telling

Entry Title: How Youth Peer Support Assists Mental Health Recovery

Name of Applicant: Jessica Anson – Manager Youth Program

Medium: Video – duration 9m 30s

Organisation: Bayside Health Infant, Child and Youth Area Mental Health and Wellbeing Service and headspace Early Psychosis

Entry for Media Award – Lived Experience Led Storytelling

Part B

Bio of the story tellers

Our lived experience storytellers include:

Sarah ~~Bonavia~~ – Youth Lived Experience Worker - Eating Disorder Program (EDP), at Bayside Health Infant, Child and Youth Area Mental Health and Wellbeing Service (ICYAMHWS).

India ~~Guerrieri~~ – former Senior Youth Peer Support Worker at Bayside Health ICYAMHWS, now Consumer Lived Experience Educator at Bayside Health's Alfred Mental and Addiction Health.

Abbey ~~Clark~~ – Youth Peer Support Worker at headspace Early Psychosis.

Sage ~~Escott~~ – Youth Peer Support Worker at Bayside Health ICYAMHWS.

Manni ~~Churchill~~ – Youth Peer Support Worker at headspace Early Psychosis.

Members of the headspace Bentleigh Youth Advisory Committee supported the filming of the videos. Our team thoughtfully share parts of their recovery journey to inspire hope. They model strength and resilience, destigmatise mental health challenges, and provide empathy and connection from the perspective of someone who has 'been there'.

Copy of the story/work or URL link to the work being submitted

Young people video (duration: 3 minutes, 55 seconds): https://youtu.be/FsfEftMaGpE
268 views

Clinician video (duration: 4 minutes, 34 seconds): https://youtu.be/A4a8YKO2BnE
36 views

Social media version 1 (duration – 30 seconds):
https://www.instagram.com/reel/DQBQ0H8CbWV/?igsh=YzRjdHZycHh1eml0
615 views

Social media version 2 (duration – 30 seconds):
https://www.instagram.com/reel/DQtFzHICRX8/?igsh=dTNpNTVjNjk2bDF4
734 views

The young people video appears on the Bayside Health website and the headspace Bentleigh website.

Each week, 380 visitors (young people and families) as well as staff see the young person video on the Infant, Child and Youth Area Mental Health and Wellbeing Service reception TV.

The shorter versions are published as reels on headspace Bentleigh's Instagram.

The clinician video appears on Bayside Health staff SharePoint portal, ICYAMHWS and headspace staff newsletters, and service orientation presentations.