

Title: Impact of carer involvement in a young person's recovery - A focus on Logan Youth SUSD.

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Mind Australia and Metro South Health partner together to establish Logan's first Youth Step up Step down Service (YSUSD) in 2022. The Program offers a sub-acute recovery-focussed support for young people (16 – 21 years old) with moderate to severe mental health issues.

Family's involvement plays a pivotal role in the recovery journey of the young person, but this has been overlooked in most services. A prevalent challenge encountered in YSUSD is the divergent views between parents' and young people's regarding the path to recovery. Logan YSUSD has achieved numerous successes in bridging these gaps.

Key aspects of our approach include employing a family engagement work, information packs, offering supports, weekly family dinners. Not every young person has a family member engaged with the service. Enhancing understanding of family dynamics and involving family members in services can significantly improve engagement and increase the overall wellbeing for both the young person and the family.

Three key learnings will be addressed in this presentation:

- a) Findings on the impact of the carer's involvement in young people Journey.
- b) The barriers and facilitators to family's involvement
- c) Strategies to improve positive communication and collaboration between the service, the young person, and their family.