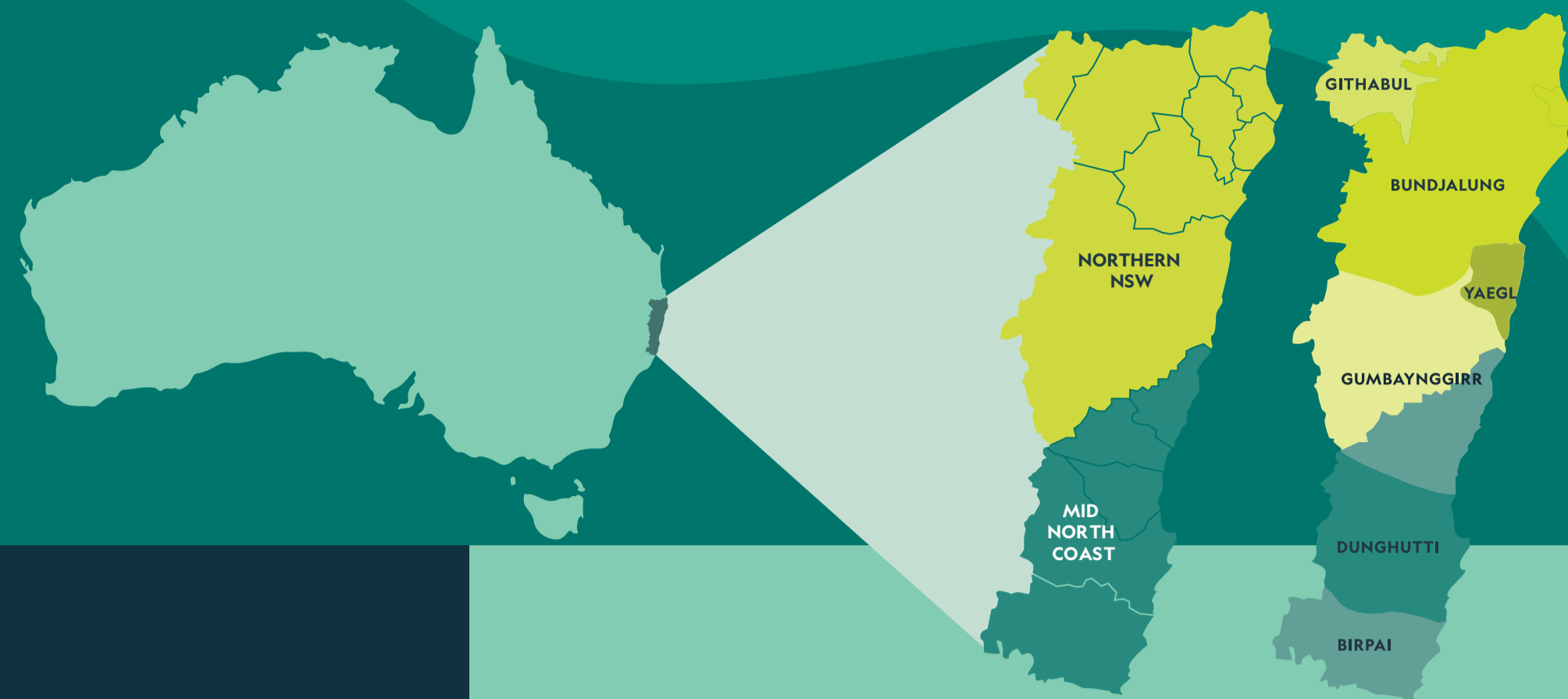


Healthy North Coast Resilient Kids Program

**HEALTHY
NORTH COAST**

phn
NORTH COAST
An Australian Government Initiative

“Elevating youth voices and participation in disaster recovery program design.”



Background

Following the 2022 catastrophic flooding in the Northern Rivers region, Healthy North Coast received a \$10 million grant from the National Emergency Management Agency to design, deliver and evaluate the Resilient Kids Program.

The Resilient Kids Program focuses on prevention, supporting the mental health and social and emotional wellbeing of school-aged children affected by the 2022 floods.

Youth voices were the foundation for service design, combined with rigorous data, evidence, and best practice to inform decision-making. The resulting place-based program was designed to meet young peoples' needs in disaster recovery.

Resilience survey

Before designing the program, Healthy North Coast sought to understand the baseline needs of children and young people in the Northern Rivers. With more than 6,600 responses, the survey is the largest ever response to the Resilience Survey post-disaster and provided valuable insights.

Survey outcomes

Indicators of resilience

90% of primary students felt loved, supported and encouraged by their family

Over **85%** of students believed it was important to help other people

Over **75%** of students ate well to stay well

Nearly **90%** of students reported always or often feeling safe at school

Points of concern

2 in 5 primary school students were at risk of developing trauma-related stress

40% of secondary students were disengaged from learning

46% of female secondary students showed high rates of anxiety symptoms

80% of non-binary secondary students were 'surviving' or 'struggling'

6,611 children and young people from **75** schools completed the Resilience Survey

Qualitative outcomes

STUDENT QUOTES

We asked students...

What is the one thing you would do to support the wellbeing of young people?

“Assure them of their safety, future, and freedom”
Grade 11 student

“Never give up believe in ur self (sic)”
Grade 7 student

“I would give all the people that lost there (sic) things in the flood fresh food and water and a place to live and give all the kids some new toys and all the parents and adults enough money to help repair”
Grade 4 student

Themes from the qualitative report

What students needed:

- Access to basic necessities
- Recreational fun activities and time in nature
- Social connections and support from those closest to them
- Consistent counselling support
- Teaching life skills and how to tackle 'big issues'
- A voice in decisions that impact their lives.

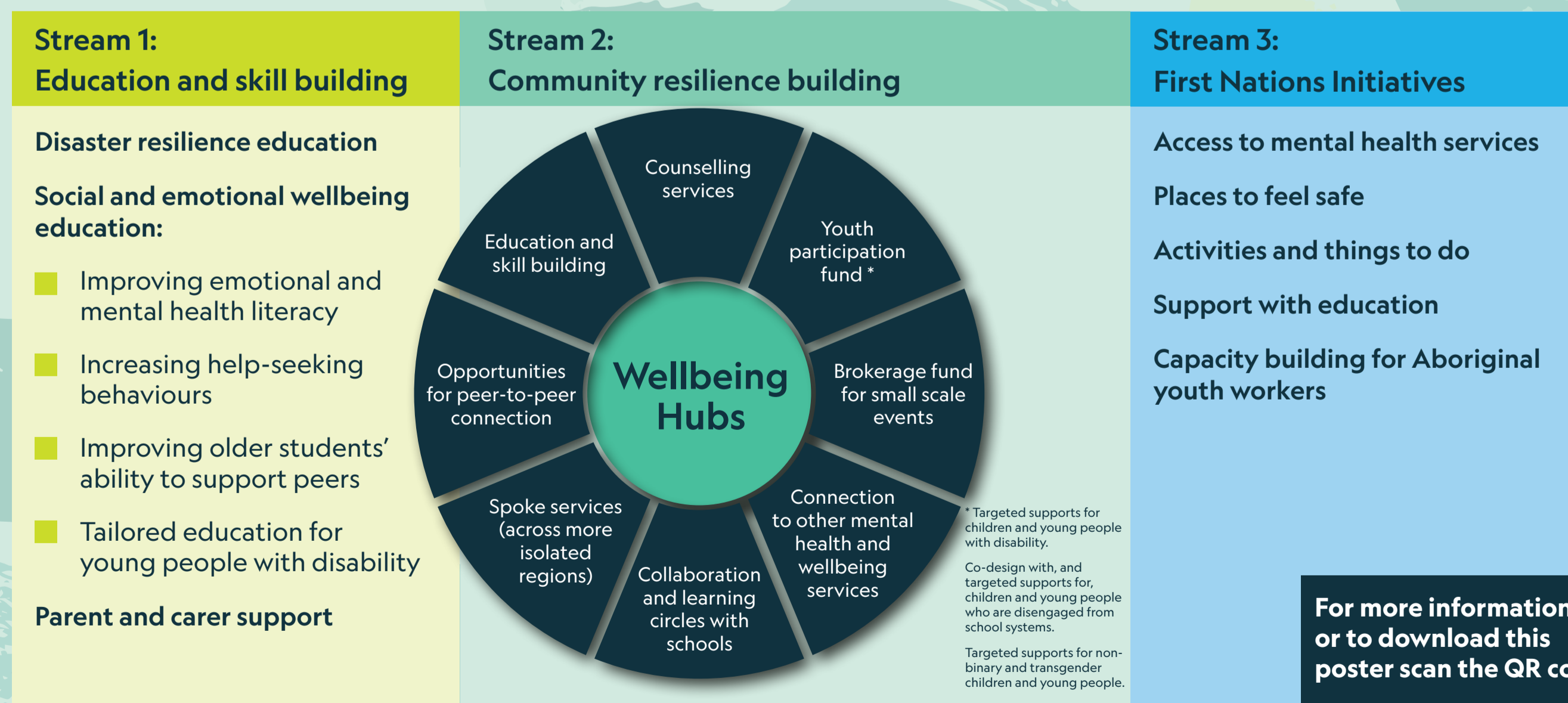
Student and community workshops

Workshops were held with students and Community partners to explore the findings from the Resilience Survey and identified focus areas to generate ideas on the needs and opportunities. The focus areas included:

- Counselling supports
- Life skills supports
- Community supports
- Relationship supports

The Resilient Kids service model

Drawing from the combination of information and insight, Healthy North Coast designed the Resilient Kids Program to reflect what was needed and asked for



Young people have an important role to play in disaster recovery. The influence of young people from the Northern Rivers was key to the development of the Resilient Kids Service model. The Program structure reflects what young people asked for and, because of this, will hopefully be more effective. An independent evaluation will test if goals were achieved as part of the program wrap up.

For more information, or to download this poster scan the QR code

