

Australian Institute for  
Disaster Resilience



AIDR Recovery Matters webinar series

# Youth voice and agency in recovery

📅 June 10, 2020

🕒 2pm AEST

📍 [aidr.org.au/events](https://aidr.org.au/events)

## GUEST SPEAKERS

Margaret Nixon - Australian Child and Adolescent Trauma Loss and Grief Network

Annabel Axford - Emerging Minds

Brodie Gaudion - The Sanctuary Mallacoota Youth Group

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# First presenters: Margaret Nixon and Annabel Axford

Annabel has over 30 years' nursing and midwifery experience with over 25 years based in rural and regional healthcare settings both in Australia and overseas. Her experience has included local and regional emergency and disaster response and recovery, and she is currently working at national level for Emerging Minds: National Workforce Centre for Child Mental Health as Senior Child Mental Health Workforce Consultant (Rural and Remote).



Margaret has over 20 years experience in education and research, in the field of children and young people's mental health, wellbeing and trauma. She has worked in various education settings in Australia and overseas and is currently a senior trauma specialist at the Australian Child and Adolescent Trauma Loss and Grief Network at the Australian National University.



# Emerging Minds

Understanding impacts of hazard events on children and young people





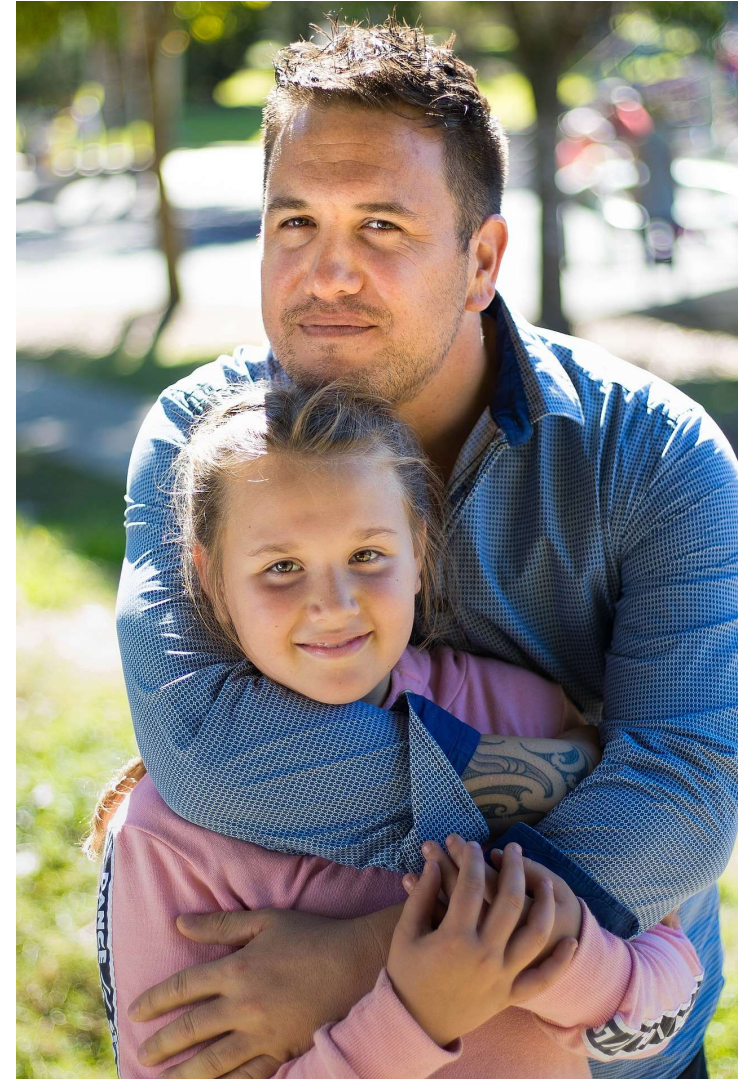
# Emerging Minds

## Psychological First Aid for Children



# Emerging Minds

Hopefulness and post-traumatic growth



## Second presenter: Brodie Gaudion

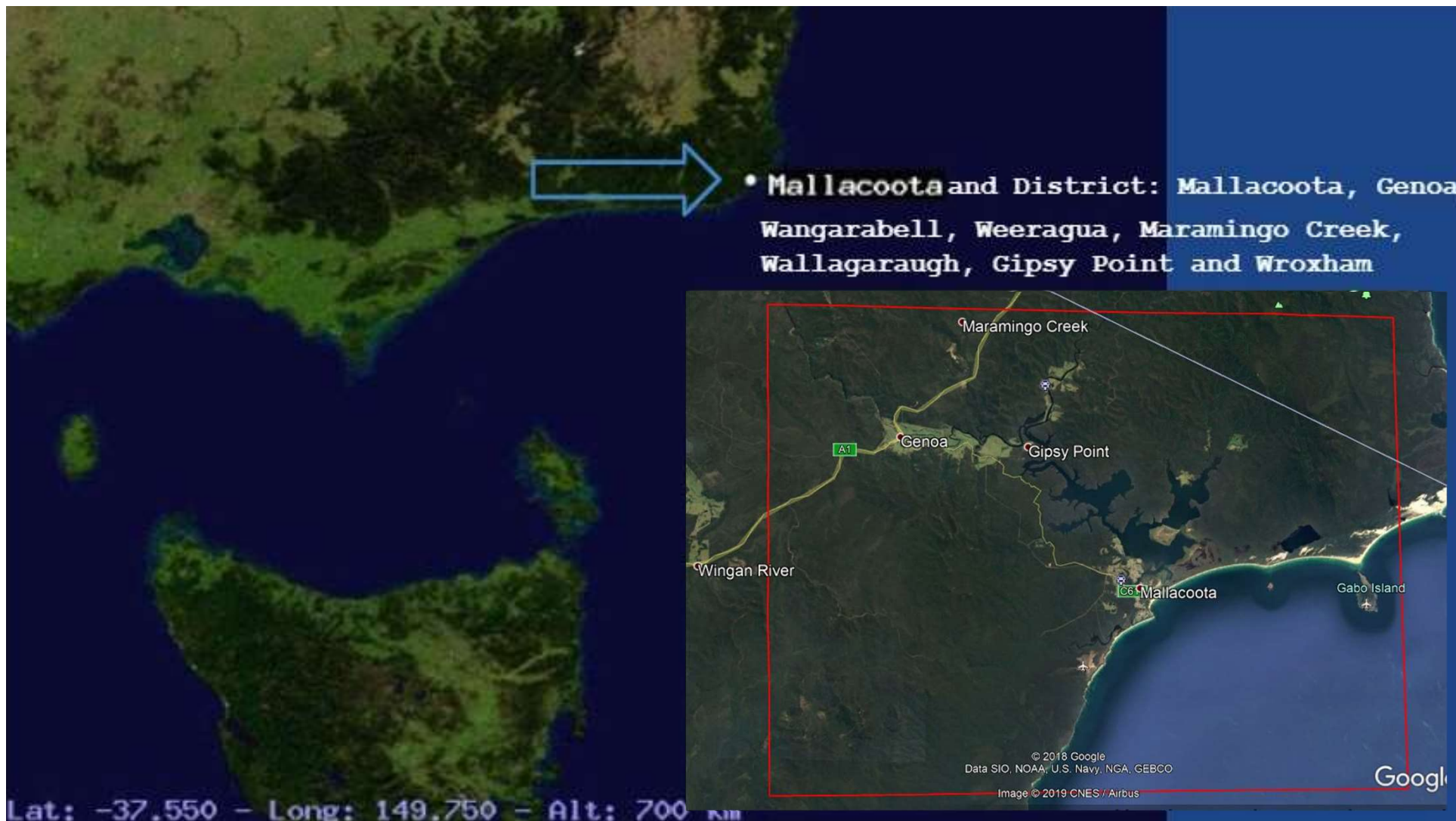
Brodie grew up in Mallacoota, a remote rural community which was hit hard by the 2019/2020 bushfires in East Gippsland. In response to this disaster, Brodie has supported a crew of amazing locals aged 12-25 to establish a youth led, community-based association and drop in service known locally as 'The Sanctuary' Mallacoota Youth Group Inc.

The Sanctuary emerged because young people in Mallacoota needed a place to gather, support each other and organise whilst being cut off from electricity, internet, daylight and the rest of the world during the summer of 2020. In the short time since, it has become a respected, inspiring and effective mechanism of grassroots leadership, mutual aid and representation as we overcome the bushfires and look towards an uncertain post-COVID future.





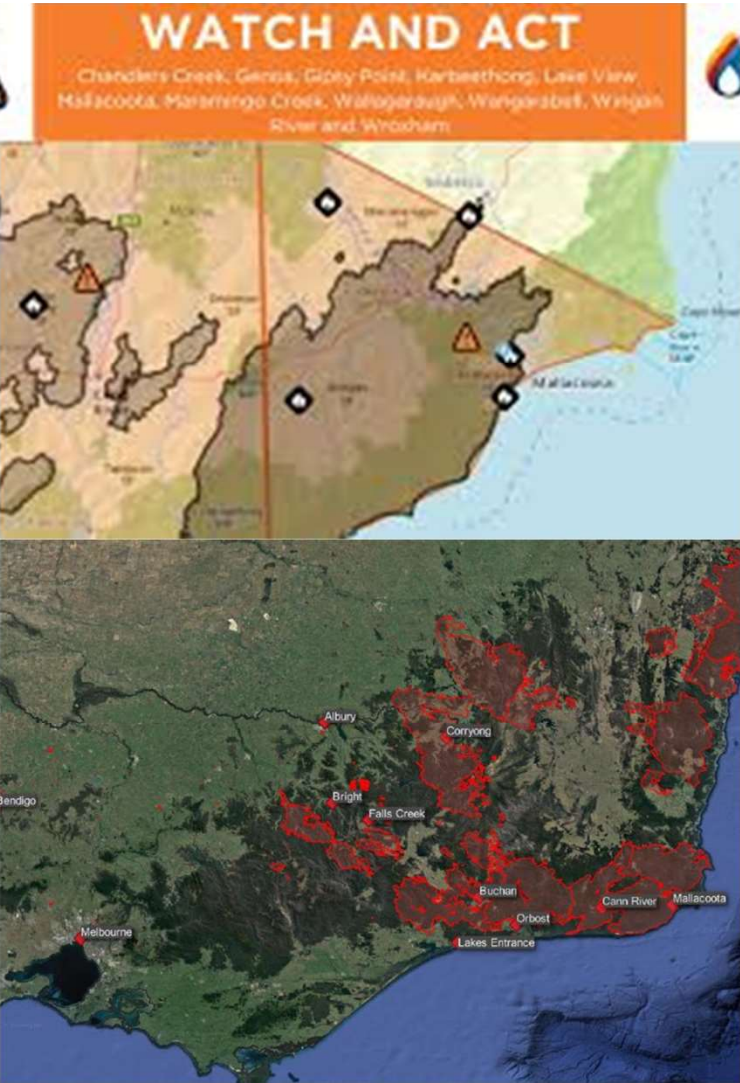




























## GATHERING AGENDA

### MONDAY 2PM

**@ THE SANCTUARY**

- Re opening the Sanctuary Drop In
- Grant / Funding news
- NYCA Q&A panel questions
- Jobs and experience : The Sanctuary as a work place?
- Funding and grants update
- Skate Park : Our next opportunities and plans
- Wilderness Coast Project
- MADRA
- Back to schoooooool :)

**THANK YOU**

Mallacoota SLSC, Sean Rainey Web Design, CHIRF, MDHSS, Save the Children, YACVic, Paris Brooke, FRRR, 3MGB, Malla P-12





*“The Mallacoota Sanctuary is a place where I was able to put my mind to work during the aftermath of the 2019/2020 bushfires here in Mallacoota. In a time where I felt isolated from friends and family, and where I began to struggle with my emotions and the built up adrenalin from the trauma I had seen, the Sanctuary allowed me to focus my mind on something real, that would make a difference to kids lives.*

*The sanctuary offers leadership roles that are excellent to introduce young adults into their futures and develop confidence by dealing with problems that will help in future work, whether that be in business or not.*

*But most importantly for me, the Sanctuary provides a place where I can contribute, whilst also having the opportunity to relax, make my own decisions and get away from stress in a comfortable, safe environment. After dealing with the bushfires and COVID-19, the Sanctuary is just that: a Sanctuary, for teenagers to do their thing, and get on with life.*

*I've realised just how good youth services are, and just how important having one in our small, regional town is.”*

- Airly

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# Q&A session

- Do you have a question for our speakers?
- Use the Q&A box to ask and vote for questions



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Further resources:  
[knowledge.aidr.org.au/recovery](https://knowledge.aidr.org.au/recovery)

- Recovery Matters webinar recordings
- Community Recovery Handbook
- Knowledge-into-Action briefs
- National Principles for Disaster Recovery
- Practitioner resources
- National Monitoring and Evaluation Database for Disaster Recovery

**Mental health support**

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