



IAYMH Youth Conference Survival Guide

IAYMH Youth Welcome Letter

Dear Youth,

The IAYMH 2022 conference will be an avenue to explore the progress that has been made in youth mental health and show us a reimagined future.

As young people, we are at the center of this world and thus being an integral part of the conference is not negotiable, but a necessity. Our lived experiences are the central piece required to ensure that the best and most effective outcomes can be reimagined.

The world is consistently evolving. Major events that occur en masse effect the wellbeing of young people. Most recently, the COVID-19 pandemic has had such effects. As young people, we have all persevered to display immense strength, thus empowering other youths and the systems that support us. As we demonstrate a fierce vigor for change, we have not just strived, in fact, we have thrived.

Join us for IAYMH 2022 in Copenhagen as we reconnect as a unified global team. It is our collective responsibility to ensure that no one is left behind. Only together can we achieve this.

This is a regeneration of services. This is the revival of young people. This is IAYMH 2022 Reimagined. #ReimaginingYMH

Warm Regards,
IAYMH Youth Exec,
(Oluwaferanmi, Mercy, Jimmy and Zaynab)





IAYMH Conference Programme Helpful Links

Link to Draft Programme

: <https://iaymh2022.com/conference-programme/>

Plenary Speakers

<https://iaymh2022.com/plenary-speakers/>

Workshop Information

<https://iaymh2022.com/workshops/>

Look out for the Climate Change Youth Discussion

Remember that the app has loads of helpful info!



IAYMH

Conference 101-

Lingo

Plenary Session- the part of the conference that everyone attends

Symposium- usually a conference discussion or presentation

Poster- a visual aid where researchers or presenters will present their work/findings so that you can see it clearly

Concurrent Sessions- sessions that happen at the same time so you have to choose which one to go to.

Abstract- an application which briefly presents the whole project. You usually have to submit an abstract for a conference as an application to speak.

Break-out room- a separate group within a big group. It is usually split this way to encourage discussion.

Welcome reception- a mini welcome party where snacks and drinks are usually provided as well as an opportunity to network



IAYMH Conference 101- Tips

- 1) Networking is your fuel during these conferences. If you meet a professional or young person that do incredible work that you are interested in, note their details. Preparing business cards can often help.
- 2) Bring a notepad. You may watch something in the presentations that really resonate with you, that you want to remember and come back to.
- 3) Don't be afraid to put your hand up. Ask as many questions as you can. Shared learning is the whole point of the conference. Chances are, that if you are confused about something, so is someone else. Ask away!
- 4) Use twitter. Twitter is a researcher's main social media avenue. Use hashtags, take selfies, tag people, tag the conference (#IAYMH2022) ... you are free to do so!
- 5) Don't miss the welcome or the plenary. Be at the venue for 8:30am.
- 6) Keep an eye out for a special guest at 8:30 am on 30th Sep!
- 7) During Lunchtime, walk around and meet people. The breaks are designed for you to network.
- 8) Use the helpful IAYMH App!
- 9) Don't print this guide, just use the app, save on paper!

IAYMH Youth Exec Detail



Jimmy, Canada, Youth Exec member.

Global Youth Mental Health Advocate, Physician in Training, Loves Pokemon #relatable



Pat McGorry, Australia, IAYMH Exec President Executive Director at Orygen, Award winning team player!



Zaynab, UK, Youth Co-Convener, Youth Mental Health Advocate, has lived experience of psychosis. Slaying the game, GURL!



Oluwaferanmi, Nigeria, Youth Co-Convener, Youth Exec Vice President Aspiring Public Health Physician, also an entrepreneur! What can't he do?



Vidya Canada IAYMH Exec Vice President, Psychologist, Global Female Health Leader, Loves stories, spices and songs (especially Bollywood ones)



Mercy, Malawi, Youth Exec Member Founder of own mental health organisation, has a degree in business! Girl boss!

IAYMH Youth Exec Detail



Barbara Dooley, Ireland, Exec Vice President, Professor of Psychology, co-founded many organisations, an absolute powerhouse!



Jo Fitzsimons, Australia, Treasurer and Secretary, Psychosis Researcher, Rock on- QUEEN!



Magenta Simmons, Australia, Exec member, Research Fellow, Strong independent woman vibes!



Andy Thompson, Australia, Exec Member, a compassionate Consultant Psychiatrist, Has an abundance of qualifications #SuperAndy



Joseph Duffy, Ireland, Exec Member, CEO of mental health organisation- #ThisGuyGotSkillz



Victor Onyencho, Nigeria, Exec Member, Clinical Psychologist and overall Legend!





IAYMH "Get to know you"

BINGO

<p>Who is co-hosting the IAYMH 2022 Conference?</p> <p>10 PTS</p>	<p>Which country is Oluwaferanmi, youth co-convenor, from?</p> <p>20 PTS</p>	<p>Upload a photo to the activity feed on the app</p> <p>50 PTS</p>
<p>Quiz question: what is Jimmy, Youth Exec Member's favourite colour?</p> <p>200 PTS</p>	<p>Visit each of our exhibitors to get the secret code!</p> <p>30 PTS</p>	<p>Attend the youth gathering on Thurs 29th Sep and answer the poll to win points!</p> <p>100 PTS</p>
<p>What is Zaynab's favourite pet? Check her Twitter feed to find out!</p> <p>70 PTS</p>	<p>How many different countries are the programme committee members from?</p> <p>80PTS</p>	<p>How many programme committee members are there?</p> <p>500 PTS</p>

How many points did you score? P.S. We will ask for evidence via the app. Whoever is the first to win gets a free ticket for registration at IAYMH24

Bonus points will be allocated by the youth co-conveners



IAYMH "Have You Ever" Youth Advocacy

SNAKES AND LADDERS

Done an advocacy zoom meeting in your pyjamas?
MOVE 3 IF YES,
STAY SAME IF NO

Use your lived experience in advocacy?
MOVE 2 IF YES,
BACK 1 IF NO

Made your own organisation in youth mental health
MOVE 10 IF YES,
STAY SAME IF NO

Created a resource with an organisation?
MOVE 4 IF YES,
GO BACK 2 IF NO

Met a super famous politician/person in power from your advocacy?
MOVE 10 IF YES,
STAY SAME IF NO

Gotten compassion fatigue?
MOVE 6 IF YES,
GO BACK 4 IF NO

Represented your country globally?
MOVE 5 IF YES,
GO BACK 3 IF NO

Worked in a participation group?
MOVE 7 IF YES,
GO BACK 3 IF NO

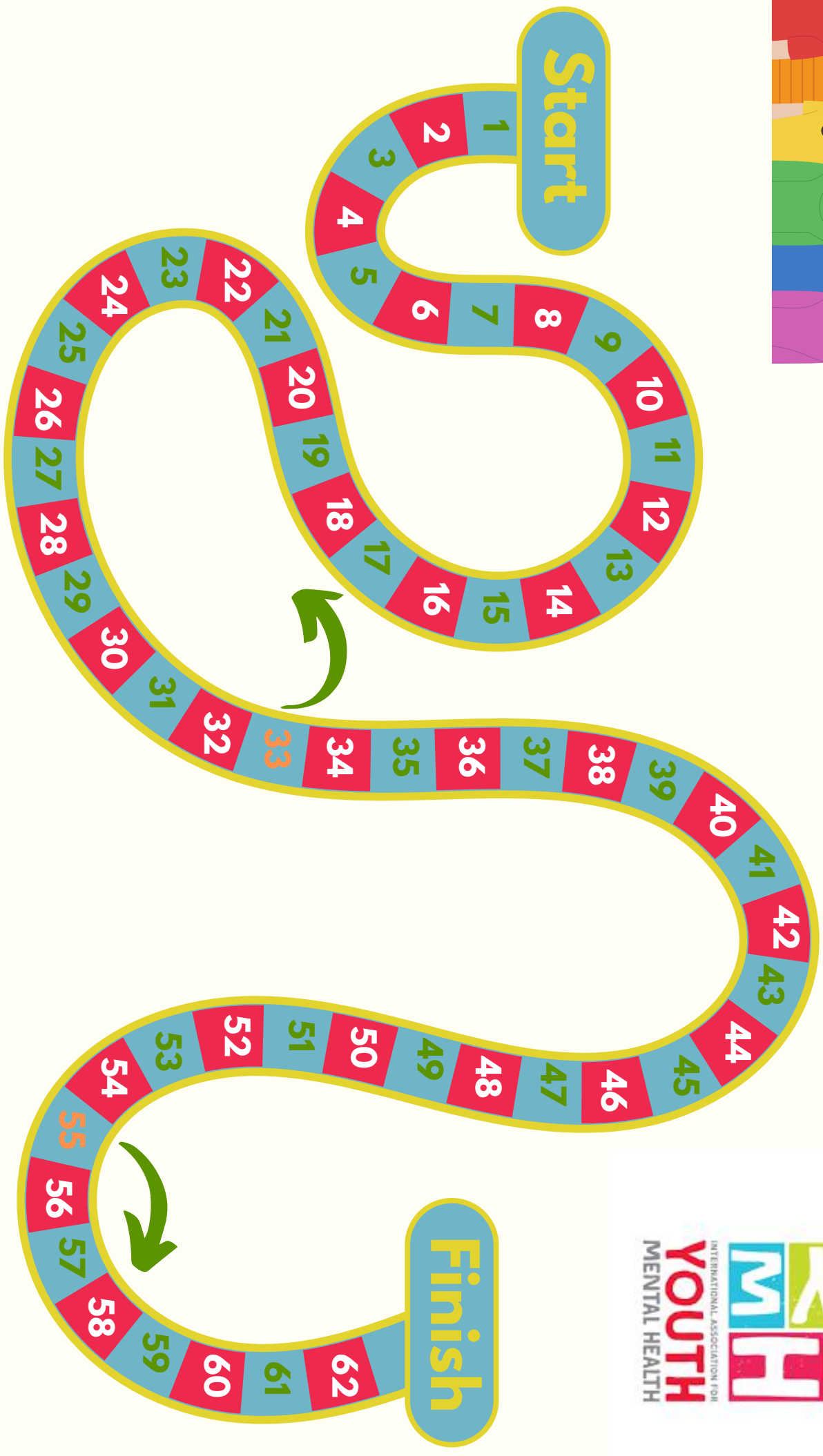
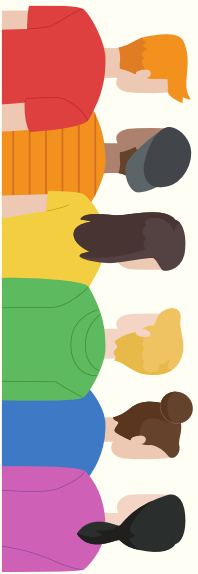
Given a talk/speech to an audience about advocacy?
MOVE 3 IF YES,
GO BACK 2 IF NO

felt Imposter Syndrome from your work in policy?
MOVE 3 IF YES,
GO BACK 1 IF NO

Worked in co-production?
MOVE 2 IF YES,
GO BACK 4 IF NO

Done peer support
MOVE 7 IF YES,
STAY SAME IF NO

Instructions: use the snake and ladders board on the next page. Play with 2 people. Look at each square which has a scenario of a "Have you Ever..?" question. If you say yes, you move forward. If you say no, you will go back or stay the same. Keep playing til someone reaches the end.





IAYMH Social Media Challenge

MOST POPULAR MEME

Challenge:
Create an
IAYMH
MEME

Don't know
what a
meme is?
Google it!

The most popular
(most
liked/retweeted),
will win a selfie
with the Special
Guest

GET
CREATIVE!
...But polite
:)

P.S. We will be checking social media!