



**International Association of Youth Mental Health,
Minutes from the Annual General Meeting,
Monday 12th October 2020,
Virtual meeting via Zoom**

Attendees

Patrick McGorry, President	India Bellairs-Walsh	Peter Jenkins
Craig Hodges, Secretary	Jennifer Betts	Jon Wilson
Kerryn Pennell, Treasurer	Deborah Aluh	Joanna Henderson
Barbara Dooley, Vice President	Haragirimana Claver	Azhar Ansar
Swaran Singh, Vice President	Patricia Taylor	Andrew T. Olagunju
Aleksa Matic	Amanda Fitzgerald	Jess English
Rachel Piper	Kathy Whitfield	Clodhna Sharp
Jessica Fazio	Tom Wood	Eilis Hennessy
Wilma Peters	Joseph Duffy	Jo Fitzsimons
Samara Clark	Dan Nixon	Alan Beanland

Apologies

Matthew Broome

1. Welcome

The Meeting opened at 21.00 hrs (AEDT) and the Secretary thanked everyone for joining.

The IAYMH Executive members introduced themselves to the group.

2. Guest Speaker – Professor Miranda Wolpert, Wellcome Trust

Miranda Wolpert presented on ‘How Wellcome is taking a radical new approach to addressing anxiety and depression in young people.’

About Wellcome:

- The Wellcome Trust is the World’s second largest biomedical research funder.
- Dedicated to tackling the most urgent global health challenges to create a world in which all can thrive.

- Wealth of assets and approaches: funds scientific & cultural research & innovation & developing new models of public and policy engagement.
- Wellcome have decided that youth mental health is a key part of its agenda going forward.
- £200 million to spend on youth mental health in the first five years with the view for more funding to come.

What Wellcome are doing in relation to youth mental health:

- Specifically focusing on prevention and treatment youth anxiety and depression.
- Breaking down into 'active ingredients' – the things that will make a difference to people's lives, at the level of biology or society. Trying to conceptualise them at the most appropriate level.
- We know that anxiety and depression is a major global challenge affecting over 400 million people across the globe.
- The vision at Wellcome is to create a world in which no one is held back by mental health problems.
- The current interventions are limited to talking therapies and medications, which are not effective for everyone.
- Interested in thinking about what are the "best bets" that will make a difference for young people experiencing anxiety and depression. There are currently 26 items researches have suggested may be "best bets" to have in the mental health store cupboard. These are all available on the Wellcome website.
- Considering 'active ingredients' both in and out of what is currently considered as therapy, including biological, behavioural and societal.
- Traditionally the 'recipes' have come from experts and aren't necessarily individualised or have not considered the recipes that individuals or communities have passed around informally. These need to be included.
- Wellcome is working with academics to suggest and discover new ingredients while continued research into the existing ingredients can help access their true 'nutritional value' as well as how they work and interact together.
- Wellcome are trying to curate a short list of the 'best bets' to focus research attention on with the aim to create new recipes or help people discover their own.
- Thinking about ingredients from a number of metrics including how scalable they are, how strong the evidence is and how acceptable they are to different groups.
- Embedding lived experience into all areas of the review process.

People can contribute via surveys and consultations that Wellcome are advertising on LinkedIn, Twitter and their website. Funding calls will always be made available on the Wellcome website.

3. Minutes from previous AGM

The previous minutes were accepted, with all in favour.

Proposed by Jessica English.

Seconded by Joanna Henderson.

4. President's Report

The President provided an update on the Association, including:

- Reference to young people as the 'precariat' especially in the context of COVID its lasting effects on the future of young people's lives. Example provided of youth unemployment doubling in Australia as a result of the pandemic. Input has been provided into government analysis and reports on how to recover from the pandemic from a mental health point of view, showing that young people are one of the highest risk groups.
- Now is an important time to increase the power and reach of youth mental health in a preventative sense, reducing the threat to young people's lives and futures. IAYMH is an important vehicle in this.
- The IAYMH membership has grown to over 3,300.

Total membership : 3,338

Total number of countries represented : 119

75% of the total membership is represented by 7 countries

Australia	960
Canada	403
United Kingdom	357
Ireland	296
Nigeria	211
United States	156
India	106

5. Financial Report

The Treasurer reported on the finances, presenting the current balance sheet and the profit and loss statement (AUD currency).

Balance sheet:

- Currently holding \$120,100.85 (AUD), an increase of approx. \$4000 (AUD) from June 2019, which is attributed to the funds raised as a result of the 2019 IAYMH conference.
- No liabilities
- Some funds held on a term deposit

Profit & loss statement:

- Most of the expenses are general administrative, insurance and ancillary costs.
- High costs associated with the conduct of the conference.

- Return of funds paid out on venue deposit.
- Conference brought in a surplus of \$36,000 (AUD) before taking into account of the additional expenses.
- Came out with a net profit of \$7226.67 this year.

Other financial updates:

- Prior to the pandemic the Executive had agreed on a process of looking at more institutional financial support to grow our financial base so we could move to engage staff support to enable us to better optimise the work of the Association. This has been put on hold due to the pandemic.
- Looking to do some more online events to engage with our members, these will be zero or low cost activities.



Balance Sheet
International Association for Youth Mental Health
Year ending 30th June, 2020

	30th June 2020	30th June 2019
ASSETS		
Bank		
IAYMH Term Deposit account	23,311.19	22,069.16
IAYMH Transactions account	96,789.66	89,629.86
Total Bank	<u>120,100.85</u>	<u>111,699.02</u>
TOTAL ASSETS	120,100.85	111,699.02
LIABILITIES		
Current liabilities		
Credit card	0.00	1,219.87
GST	0.00	(5,662.05)
Rounding	0.00	5.60
Total current liabilities	<u>0.00</u>	<u>(4,436.58)</u>
TOTAL LIABILITIES	0.00	(4,436.58)
TOTAL ASSETS	<u>120,100.85</u>	<u>116,135.60</u>



Profit and Loss
International Association for Youth Mental Health
Year ending 30th June, 2020

	30th June 2020	30th June 2019
INCOME		
IAYMH 2019 Conference surplus	36,431.01	0.00
Venue deposit reimbursement	18,621.82	0.00
Total Income	<u>55,052.83</u>	<u>0.00</u>
GROSS PROFIT	55,052.83	0.00
OPERATING EXPENSES		
Administration Services	13,943.96	6,737.50
Advertising	0.00	50.00
Bank Fees	57.25	155.25
Conference costs	24,934.77	0.00
Consulting	693.00	6,467.00
Exec Meetings and Costs	2,422.01	1,311.56
Insurance	2,128.87	1,617.91
Online service subscriptions	3,335.35	4,103.66
Website and development	310.95	535.00
Total Operating Expenses	<u>47,826.16</u>	<u>20,977.88</u>
NET PROFIT	<u>7,226.67</u>	<u>(37,906.81)</u>

The accounts were accepted, with all in favour.

Proposed by Wilma Peters.

Seconded by Jo Fitzsimons.

6. Vote on special resolutions

The Treasurer provided an overview of the special resolution to change the current structure of the Executive, recognising that the current rules be changed to incorporate the

role of Secretary and treasurer into a joint role held by the person nominating for the role and that an additional Vice President position be created and filled by a young person (age 18 - 25) as currently defined under section 25 (3) a of the rules.

The special resolution was proposed to the membership for consideration and acceptance.

The special resolution was accepted, with most in favour.

Proposed by Kerry Pennell.

Seconded by Joanna Henderson.

7. 2020 IAYMH Elections

The Secretary updated on the IAYMH election process:

- Every 2 years required to call for new nominations for the IAYMH executive.
- One third of the 12 positions must be held by young people aged 18-25.
- The call for nominations is going out this week to all IAYMH members.
- The nominations will go to an online ballot conducted by a third party polling constituent.
- The process takes 4-6 weeks.

i. Number of members to be elected to Executive

- 5 Office bearer positions
 - President
 - 3 Vice Presidents (1 Youth Vice President)
 - Secretary/ Treasurer
- 7 Ordinary members

The Secretary thanked the current members of the Executive for the past 2 years.

8. Copenhagen 2021

The Treasurer updated on the status of the IAYMH 2021 conference in Copenhagen. It has been decided that as a result of the global pandemic, the conference will be deferred until early 2022, with more information to be circulated on the exact dates once it has been finalised with the venue in Copenhagen.

The Association is committed to continuing to hold the conference with consideration of holding a hybrid conference with virtual components. This will be explored further in the lead up to the conference. Consideration is also being given to hosting regular webinars with invited speakers prior to the conference.

9. Association update

Amanda Fitzgerald provided an update on the work being done to update the International Declaration of Youth Mental Health.

During the Brisbane IAYMH conference in 2019, a sub-committee on the Executive held a workshop with 45 young people from a range of different countries to get feedback on new

ways looking at the declaration going forward. Received oral and written feedback which has been analysed and that declaration has been drafted based on this feedback.

The draft has been sent to the Executive for feedback, with wider consultation being required. A survey will be circulated to the IAYMH membership to provide feedback on the declaration.

10. Any other Business

No further business was raised for discussion.

The Vice President provided formal thanks was given to Craig Hodges for his contribution to the Association as the secretary of the Executive Committee.

The meeting concluded at 21.58 hrs (AEDT)