

How Will CTV Australia Improve Mental Health & Wellbeing, particularly Loneliness, Alienation, and Depression?

The Community TV intervention is a proven Digital Media solution to alienation, loneliness, disconnection, disaffection, mental illness, depression suicide and crime.

1. WHAT?

Local Film, TV, Video, Photo & Multimedia Production produced by local Community TV Hubs across Australia/NZ.

Wherever there is a library, Performing Arts Centre, and shopping centre you can benefit from media made by your people for your people. Support your community with your own local Video News Production centre and channel. Ask us how?

Based on the successful Canadian CTV model, CTV Australia is primarily a local video and multimedia news source owned by and operated by local citizens.

It is distributed via e-mail to about 100 local organisations, with local reach and buy-in from a minimum of 200,000 people and with maximum reach and buy-in (one city) of 4 to 12 million people. CTV is also carried on YouTube or a private video platform like Vimeo.

Our end-goal, after three years, is to have 100 Volunteers with 200 in training per hub: 300 happy team members per hub. At this stage we see a major hub outside every major capital city in Australia - like Logan. These pioneering hubs will get the CTV ball rolling. First 125, then about 400 CTV hubs across Australia, with more in Asia, are planned.

2. WHAT IS COMMUNITY TV AUSTRALIA?

The OECD and Black Dog report (See appendix and PDF submitted by email), and now the project on Loneliness, all confirm that in Australia loneliness, alienation, depression, mental illness, suicide and crime are increasing.

We are in a mental health crisis and, since Covid, isolation and loneliness has increased.

CTV has observed this crisis since 2000. We have dedicated our communication skills to improving Aussie health. [\(Please view Health films on website\).](#)

Paramount Video's work with suicide prevention, with Qld Health, is notable for our empathy with immigrants saved from suicide.



In this Loneliness project we will draw on our good relationship with Queensland Health (QH), especially QH Metro South, as well as all States and Federal Mental Health services for advice going forward about how CTV Oz can help their populations enjoy better Mental Health, with reference to this ELT project.

Our sponsorship and work with Adam Lo's Positive Mindset project, encouraged by QH Metro South, aligns CTV with Queensland State-approved projects to prevent suicide, addiction, and loneliness.

Action. We will ask QH how CTV, as mass communicators, can help fulfil the goals of the Loneliness' project, and help with the mental health and wellbeing projects of QH.

SO HOW DOES CTV HELP?

1. How Do You Access CTV in your community?

- A. Based on Community TV Vancouver (as experienced by TV Producer/Director Trev while studying Film & TV Production at Simon Fraser University Vancouver, you access CTV via making suggestions for productions that help your organization grow and prosper. Talk to a CTV Producer, fill in a Production Request form. Suggest video content that benefits your organization.

Distribution: about 100 organizations surrounding a hub will be invited to email CTV to their data base. Each organisation will have the opportunity to benefit from CTV digital media services, plus publicity on CTV Video News.

Example

Bravehearts suggests CTV cover a fund-raising event. Provided the event is of interest to our audience, we agree. A Braveheart PR person appears on our Local Video News show to promote the event later, our CTV Volunteers make a 5-minute movie about the event – this “insert” also appears on the show.

Braveheart's media is carried on our website and social media so they get huge exposure. We may help them run a state-wide competition.

This exposure raises the profile of Bravehearts. They get better funding. Their current funders are impressed, and Braveheart's uses all this positive media and growth to attract a major federal grant.

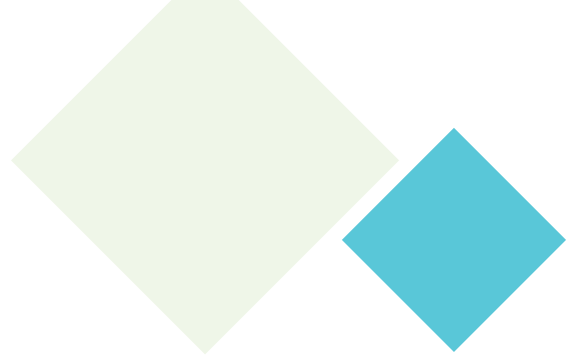
Bravehearts maximises CTV media - they use CTV media on their own digital platforms. They benefit hugely.

Before the fundraising event next year, Bravehearts will show the video again, as will CTV, to drive good attendance. Repeated annually, this exposure is worth millions to Bravehearts and helps them grow.

Thus, like Radio 101 Logan, or any local radio station, we especially promote local efforts to improve Mental Health and Wellbeing.

- 2. **Volunteering:** a CTV Hub is a safe happy place for disadvantaged, lonely and at-risk people. Youth and Adults join a CTV hub as volunteers for 6 months to life.

Volunteers may be drawn from the at-risk groups as recognised by Queensland Health Metro South, The Black Dog report and the Ending Loneliness Together (ELT) project.



Such groups will be especially invited, via local radio and print media, notices on University and school noticeboards, marketing, PR and reach-out methods, to join CTV or come to our associated Community Media Hubs where all forms of non-screen creativity take place.

Example Video: “Are you experiencing loneliness and depression? Join the happy family of creatives at CTV Australia - be part of the team, help your community, meet interesting people, and work on amazing projects guided by exciting mentors. Connect. Create. Be Happy.”

2a. **A Wide Reach:** CTV Education teaches video production to citizens, including at-risk people, wherever libraries, performing arts centres and shopping centres exist across Australia.

2c. **Measurement.** Improvement in Loneliness and Mental health will be undertaken using measures from the Loneliness project.

3. **CTV establishes virtual interest groups** in which at-risk people in the ELT report (or anybody needing friends), join virtual communities. These meet in person at events to bond. This form of connection especially applies to isolated rural people.

This is a pet Facebook project as founder Zuckerberg recognises the global loss of community and thus **desperate need to end alienation and loneliness**. We will ask for his help.

(Reference book: 21 Lessons for the 21st Century. Chapter 5: Community. Author: Harari. Publisher: Penguin.)

4. **Digitising Positive Mindset in Game and Web format.**

Our connection, since 2016, with Adam Lo of Positive Minds (PM), is an important part of CTV going forward. The Positive Mindset event will be a permanent part of our website. All the mental health services, all those services that have appeared at PM events since 2016 (see PM website) will be featured directly under our local Video News.

This will enable at-risk people to contact a huge range of mental health services, both State and non-state actors.

We aim to help PM host four major weekend events in Logan and Brisbane, **directly aimed at attracting at-risk youth and adults to this joyous arts festival where mental health services may be accessed in a spirit of joy.**

5. **Our work with RAP**, a Queensland University of Technology program to increase Resilience in teens and indigenous groups, and to promote connectivity, is another important aspect of CTV. We will promote this throughout Queensland.

When we look at the important landmark work of Professor Shochet of QUT Health in building Resilience and Connectedness in teens and at-risk groups, **we see that individuals are happiest and most productive when “connected” to peer groups, community and country. This is CTV’s mission, via mass media.**

The benefits of CTV are confirmed by the Canadian CRTC report (Appendix) which shows that Canadians want Community TV to continue to supply local video news, confirming CTV’s essential delivery of local information necessary to live a happier, better life.



5a. We will help promote Headspace, Braveheart's and Rotary programs for youth.

5b. CTV will work with Aunty Betty of Logan who saves indigenous youth from prison, to create a CTV group of indigenous (and other youth) to produce short films about country.

6. **Stronger Smarter** workshops and methods are part of the solution for all Australians. We will promote this program to improve the Mental health and wellbeing of indigenous people.
7. **We will work with Logan immigrant group** to ask the 300 ethnic groups in Logan, mainly immigrants, how CTV can help reduce loneliness and mental health. Their answers will apply to all immigrants in Queensland and help CTV tailor programming to their needs.

7a. **We suggest the ACCESS cafe become a folk and pop music venue for young people to drop into to hear music and socialise in a safe, happy, curated environment.**

This DROP-IN centre will be a safe place for youth at risk. They will be invited, via posters and via the MC, to engage with counsellors and Elders present; as with Positive Mindset, all mental health services will be advertised here.

8. Our association with Charles Alder, founder of Rural Aid, will lead **RURAL COMMUNITY TV** where loneliness, and education are front of mind
9. We propose **Closing the Gap**: a slot on the CTV video news show. **Wendy Watego of the SARS institute** will be invited to host a CLOSING THE GAP segment on Logan CTV.

This will support literacy programs for immigrants and indigenous people, and ask how can we close the gap for all Australians.

10. We will educate about how to produce WebTV and program your own channel throughout Queensland, from the "Butter Factory" in Logan, the Ration Shed in Cherbourg (produced locally with Robyn & Mark Newman), the Community centre in Cooktown, and wherever disadvantaged people mentioned in the Loneliness report request our help.

11. **Weekend Workshops. Future Vision:** A CTV hub, in as many places as possible throughout Queensland and Australia, is a group of happy video-makers who meet weekly, like Scouts, to produce film, tv, video, animations, arts and crafts, digital media, science and tech innovation.

Workshops happen at libraries and cultural centres on Saturday mornings.

Production takes place all weekend and during the week. People on the Loneliness Report, in the Black Dog report, in the OECD report and people referred to us by Headspace, Black Dog, Lifeline, ALIVE, the Salvation Army, the RSL, Queensland Health, QUT's RAP, Positive Mindset, Stronger Smarter and other significant players in the Mental Health sphere - will be welcomed into our group for life.

This will substantially take care of many mental health issues.



12. In Summary

Community TV's job in Australia is to connect individuals to communities like Logan, Brisbane, the Gold Coast and many other emerging cities in Australia **identified by demographer Bernard Salt**, where councils need to deliver better local lifestyles to ratepayers.

CTV will supply the communications glue for councils, communities, State and Federal bodies to communicate to local audiences.

CTV will establish local WebTV stations and deliver educational video production workshops, teaching how to produce BBC TV-quality films to groups of every kind.

Our goal is to facilitate positive, uplifting, life-affirming citizen video production as in Canada, the USA and Europe. Why not here?

Our mission is to connect individuals to community and country enabling good friendships, meaningful relationships, and better mental health and wellbeing.

Trevor and Claire Brazil. 1st March 2023.

REFERENCES AND EXCERPTS

- The Organisation for Economic Co-operation and Development (OECD): Children & Young People's Mental Health in the Digital Age: Shaping the Future.
- 2. The Canadian Radio-television and Telecommunications Commission Local and Community TV. <https://crtc.gc.ca/eng/television/>
- 3. CACTUS stands for the Canadian Association of Community Television Users and Stations. <https://www.cactusmedia.ca/>
- 4. RAP. The Resourceful Adolescent Program. Building resilience in Teens and at-risk groups. <https://www.rap.qut.edu.au/>
- 5. Queensland Government Metro South Health & Adam Lo's Positive Mindset Festival. <https://www.facebook.com/positivemindsetfest/>
- 6. The Stronger Smarter Institute. <https://strongersmarter.com.au/>
The Stronger Smarter Approach provides the tools and strategies to support improved outcomes in Indigenous education. Our Thought Leadership is enacted through publications of position papers, reading reviews and short articles that articulate the Stronger Smarter Approach (edit) which guides school reform to improve outcomes for Indigenous students and the enactment of transformational approaches to Indigenous Education.
- 7. Blog: The importance of Community Television. WISI Group. Gord Mummery. <https://www.wisigroup.com/us-en/resource-center/the-importance-of-community-television>

PDF'S ATTACHED

1. Project Plan
2. CTV Discussion Document
3. QEDC report
4. Bernard Salt report
5. Black dog report



APPENDIX 1

Children & Young People's Mental Health in the Digital Age

Shaping the Future

The OECD

The **Organisation for Economic Co-operation and Development** (OECD; French: Organisation de coopération et de développement économiques, OCDE) is an intergovernmental organisation with 38 member countries, founded in 1961 to stimulate economic progress and world trade.

Almost half of the world is connected to the internet, and in countries that are members of the OECD almost everyone is online.

For children and young people today, being online and using social media have become an integral part of their lives.

In 2015, a typical 15-year-old from a country that is a member of the OECD had been using the internet since age 10 and spent more than two hours every weekday online after school, and more than three hours on a weekend day.

This reliance on digital technology has fuelled concerns from parents, teachers, governments and young people themselves that digital technologies and social media are exacerbating feelings of anxiety and depression, disturbing sleep patterns, leading to cyber-bullying and distorting body image.

As the rapid take-up of digital technologies and social media by children and young people continues, it is crucial to adopt an approach that minimises the risks without restricting the considerable opportunities and benefits digital technologies and social media have to offer. The OECD is uniquely placed to help countries address children and young people's mental health challenges in the digital age

2) With digital technologies being so readily accessible, children and young people are increasingly drawing upon information and support online. Digital health interventions, particularly computerised cognitive behavioural therapy (CBT) for depression and anxiety in adolescents and young adults, have shown some promising signs (Hollis et al., 2017[22]). Organisations such as England's Digital Mentality create and develop apps specifically designed to support children and young people's mental health, while Digital Dog in Australia is developing a suite of online mobile apps, websites and games to help lower depression, lower suicide risk, reduce stress and promote wellbeing

3) The OECD is uniquely placed to help countries address children and young people's mental health challenges in the digital age. OECD's expertise includes benchmarking mental health performance across member countries and measuring outcomes reported by those experiencing mental health disorders via the Patient-Reported Indicators Survey (PaRIS) initiative. The OECD's triennial Programme for International Student Assessment (PISA) survey assesses 15-year-old school student performance worldwide and collects valuable information on student attitudes and motivations. Deep digital expertise and understanding of technological innovation and its uses is reflected in the OECD's Going Digital project



4) The Children's Commissioner for England has produced a 'Digital 5 A Day' framework (Children's Commissioner for England, 2017[31]) to help children get the most from their time online based on the National Health Service's evidence-based 'Five steps to better mental wellbeing'.

The framework provides easy to follow, practical steps to navigate safely online and achieve a healthy and balanced digital diet:

CONNECT

recognises how the internet has enabled the maintenance of friendships and family relationships. It supports parents and carers having conversations with children about who they are connecting with and their privacy settings. It suggests keeping an open dialogue so parents and carers can understand how their child is spending their time on-line, as well as enabling children to seek help should they need to.

BE ACTIVE

emphasises that all children should have time to switch off and get moving, with too much time online often resulting in children feeling grumpy, tired and stressed. Researching an activity or place online before going out is a good way of combining online and offline activity and provides an opportunity to use the internet together.

GET CREATIVE

highlights the internet's ability to provide children with opportunities to learn and to be creative, whether coding to building complex structures in Minecraft or creating video content. It discourages children to spend time online passively consuming content.

GIVE TO OTHERS

includes posting positive messages, reporting hateful comments, block-ing trolls, and not sharing content that is fake or might hurt others, as well as encouraging children to help friends, family and their community offline as well.

BE MINDFUL

underscores that children often feel pressured by the constantly connected nature of the internet and that it can be difficult for them to put their phones down when apps are encouraging them to engage. Parents and carers can help children to come up with ways of managing this, such as logging the amount

Recommendations

EMPOWER children and young people to be responsible online participants

Children and young people should be empowered and supported to use digital technology well, so they can further reap benefits that social media provides. By talking with children about their use of social media, parents and carers should adopt an approach that works best for their child's age, interests and needs. This should be proportionate – maximising the protection against online risks without restricting the opportunities and benefits, or undermining the child's ability to explore, learn and express themselves. Supporting a child's exploration of the internet and enhancing their opportunities is important, including joining in with them via joint screen time activities.

Children should take as much responsibility as they can – whether it be reporting cyber-bullying of themselves or against others, or developing pro-active coping strategies such as deleting messages or blocking unwanted contacts (Livingstone et al.



APPENDIX 2

Canadian Radio-television and Telecommunications Commission

Local and Community TV

The decision on local and community TV is out! It recognizes the importance for Canadians to have access to local programming, and particularly local news that meet the needs and interests of Canadians. [Read the new policy.](#)

Quick Facts

- During this process, you reiterated that you place great importance on local news to stay informed and that you value community television programming, especially in smaller communities
- The emergence of new media transformed the news and information industry. However, new media do not yet have all the resources or expertise they need to replace traditional local news.
- There are currently sufficient sources of funding within the system the creation of locally produced locally reflective programming.
- The allocation of these funding sources has been reviewed to ensure that local programming continues to be of high quality and receive adequate funding.
- We are instituting new local news thresholds that must be met.
- We expect broadcasters to fulfill their social responsibility to produce programming that informs and reflects local communities.
- We are setting up the Independent Local News Fund to give independent stations access to approximately \$23 million to produce high-quality news programming.
- The framework surrounding community television remains valid and relevant in providing appropriate support for this programming.
- We are ensuring that the programming offered by community channels continues to reflect local citizens and events.

Why keep local programming and Over-The-Air (OTA) broadcasting?

We have taken these steps to ensure that OTA television and local programming continue to be available in Canada for a number of reasons.

- **OTA television is widely available and free.** Unlike paid television services, OTA television provides a viable, free, and convenient way for virtually all Canadians (over 32 million viewers, or about 97% of the population) to access television programming
- **It helps us stay safe.** Local programming offers information on events that are important to Canadians, such as approaching weather systems and police and other emergency notifications
- **It helps create jobs and develop talent.** Local television creates jobs in the Canadian broadcasting industry and helps develop Canadian talent
- **It connects Canadians.** Local television is where many Canadians turn to for local news and regional programming that connects them to their communities, their regions, Canada and the world. It is a pillar of our



democracy that keeps us informed and challenges the way we think about the world

A Short History of Local Programming and Over-The-Air (OTA) Television Broadcasting

For over 50 years, any Canadian with a TV set has been able to watch television programs through over-the-air (OTA) broadcasting – a free wireless television service that has typically included a significant amount of local programming.

Today, alternatives to OTA broadcasting, such as cable, satellite, IPTV and the Internet provide Canadians that are willing to pay for them with greater control over what they watch and when they watch it. Canadians can now view programs not only on television sets but on computers, tablets, and smart phones.

These new approaches provide Canadians with more choice and convenience. However, many Canadians still rely on OTA services and, in particular, local television for their news and information programming.

During [Let's Talk TV: A Conversation with Canadians](#), Canadians told us that OTA television services and local programming continue to play an important role in their everyday lives.

It is also important to point out that with all the new online options available, many Canadians who decide to cancel their cable subscriptions could still continue to have access to an average of 5 to 9 (or more in certain areas) free high-quality channels with an antenna.

As a result, the CRTC considers that free OTA television is an alternative to cable and satellite television that must be maintained for now (see [Broadcasting Regulatory Policy 2015-24](#)). Should broadcasters choose to shut-down OTA transmitters, they will lose certain regulatory privileges, such as their mandatory carriage on the basic package of channels offered by cable and satellite companies and the ability to request simultaneous substitution (For more information about simultaneous substitution, see [Seeing Canadian Commercials on American Channels](#)).



APPENDIX 3

Welcome to the CACTUS web site!

CACTUS stands for the Canadian Association of Community Television Users and Stations. CACTUS was created to educate consumers and to improve access by Canadians to two specific media services:

- Local media, especially video and television programming
- Media production training and equipment at the local level, especially video and television.

What is community television?

Community television is made by and for members of a community and is therefore an open-access democratic platform as well as a training platform for Canadians to gain the digital and media literacy skills they need to participate fully in the political, cultural, social and economic life of their communities.

Because of the voluntary participation of community members, community television is a low-cost way to generate relevant local TV content even in relatively small communities. It is also often more innovative, investigative, diverse and engaged than mainstream media because of this direct participation by viewers.

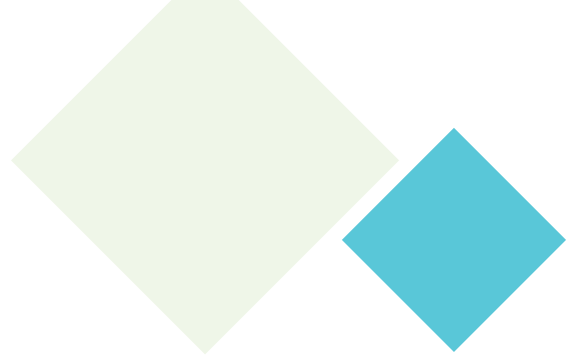
Community media is formally recognized in the Canadian Broadcasting System as one of three pillars in the broadcasting system.

Community television exists in Canada in two forms.

The Canadian Radio, Television and Telecommunications Commission requires cable companies and other broadcasting distribution undertakings to set aside one channel for community use. This is the historical “Waynesworld” model. Many Canadian actors and cultural figures got their start on such channels, including Dan Aykroyd, Mike Meyers, Tom Green and Guy Maddin. In recent years, many of the rural cable community channels that once existed have been closed, and production has been both regionalized and professionalized (i.e. cable company staff shape most of what is seen.)

We encourage our members to make their programming available on the Internet as well, so that all members of a community can participate and see the content, regardless of the method by which they watch television.

Lastly, in a multi-platform digital universe, the old distinctions among radio, television and print are breaking down. CACTUS assists communities that already have licences or that wish to obtain a licence to design their production facility as a multimedia training and production centre that may include all these elements. For example, in addition to broadcasting using a traditional TV and/or radio licence, the community’s web site might incorporate sound, moving video, print, or interactive elements that solicit community participation.



Why the CACTUS web site?

Canadians have been making community television for more than 40 years, but for most of that time, there has been no national organization to promote it, no place where its fans and practitioners can share stories and exchange ideas, nowhere to discuss the policies and regulations that affect community television, and no one place to learn about other community TV groups and how they manage volunteers, fundraising, technological change, and program creation.

CACTUS provides a space where people who care about local and democratic media in Canada can collaborate, share resources, and exchange ideas. CACTUS' goal is to enable Canadians' free expression on mainstream media platforms, as envisioned under the Canadian Broadcasting Act.

How does CACTUS work?

The CACTUS web site uses druple, which allows users from anywhere in the world to share content. Anyone can read the articles and information contributed. We ask for a nominal membership starting at \$10 to enable you to contribute and post information of your own, including member news or to contribute to discussion fora. Membership also ensures that you receive our press releases, newsletters, and e-mail updates.

Resources

In these pages you will find resources on policy issues, technology, fundraising, training, and programs that can be shared.

Group PhotoBlogs

Since we are scattered across this huge country, few of us get to meet other community television practitioners. PhotoBlogs are a chance for you to introduce yourself and the other members of your TV group to the rest of the CACTUS community. Photos of people, studios, productions, equipment, and local surroundings all welcome. Tell the story of who you are, and how you came to be.

Community TV News

One of the primary purposes of the site is to share community television news: new stations, program innovations, policy changes, calls for action, community tv in far away lands... Both our press releases as well as instances of CACTUS or community TV in the news are available on the green Navigator bar at the left. You can also access Member News at the upper left of the home page.

What's in a name?

Cacti in Canada are rare, like community television channels at the present time. But there are cacti native to Canada (such the prickly pear cactus), that are beautiful, hardy and persistent. Cacti flower with only the smallest amounts of water... well, you can see where this is going. We like to think the metaphor captures the resilience and humble beauty routinely found in the efforts of community television programmers across the country.



APPENDIX 4 RAP

QUT Resourceful Adolescent Program

Evidence of effectiveness

RAP is endorsed as an evidence-based program by the Commonwealth Government. Results of published randomised controlled trials have indicated that the RAP program prevents future depressive symptoms in adolescents and is significantly better than a placebo control.

Order RAP resources

RAP facilitators: order your Group Leader Manuals and Participant Workbooks easily with our online order form.

RAP-A-ASD Facilitator's Manual & Participant Workbook

Preventing teen depression

Professor Ian Shochet giving a public lecture on preventing teen depression.

- [RAP-P - For Parents](#)
- [RAP-T - For Teachers](#)
- [Indigenous RAP](#)

The RAP Indigenous Parent Program is an adaptation of RAP-P. The RAP-P program was not developed specifically for Indigenous families. While some of the main ideas are relevant, the adaptation of the program was required if it was to be relevant and useful for Indigenous communities.

There is also an Indigenous RAP-A Supplement. This manual is used in conjunction with the RAP-A Group Leaders Manual and provides guidelines for the adaptation of RAP-A for indigenous adolescents.

Biography Professor Ian Shochet

Faculty of Health, School of Psychology & Counselling

Professor Ian Shochet has an international reputation in resilience research, developing nationally and internationally recognised interventions that promote resilience. His research on school-based approaches to promoting resilience and preventing depression in young people represented the world's first successful trial in this area, cementing his position as a pioneer in this field. His work has attracted over \$4 million of external funding and hundreds of citations. He has held leadership and academic positions at prestigious organisations both overseas and in Australia, and has continued his practice as a clinical psychologist. Shochet commenced work at the Queensland University of Technology in 2004 and brought with him a highly successful research endeavour; the Resourceful Adolescent Program (RAP) – his multifaceted resilience program for adolescents. Shochet founded RAP in 1996 and remains the Director of RAP, providing ongoing consultancy on national and international dissemination. RAP is endorsed by the Commonwealth Government as an evidence-based intervention for adolescent depression,



and is listed in numerous Commonwealth and State Government publications. RAP has been translated into four languages and has been disseminated into 17 countries. Approximately 100,000 adolescents have received the program and over 7000 professionals have been trained in the use of the RAP resilience building interventions. Shochet has also worked to implement RAP with population groups at greater risk for depression e.g. partnering with Aboriginal communities, contributing to the implementation of RAP in low socio-economic urban schools, and partnering with community organisations to develop flexible delivery of the RAP in remote areas and adolescents with Diabetes. Shochet has extended the resilience work to adult populations, including the development and randomised controlled trial of the Promoting Resilient Officers (PRO) programs for police recruits, the Promoting Adult Resilience (PAR) Program and the development of a resilience intervention for Indigenous Australian job seekers (Horizon; Moving forward with resilience). A current research focus is on promoting resilience and wellbeing for adolescents diagnosed with Autistic Spectrum Disorder. Shochet has also done pioneering work on interpersonal predictors of depression. In particular his research on the link between school connectedness and adolescent depression has been extensively cited. Shochet is also regarded as a leader in the field of depression and promoting positive mental health, evidenced by numerous invitations to participate in projects targeting depression. He was invited to be a member of the National Think Tank on Depression, and to attend the National Depression Workshop, a gathering of leading figures in the field. Shochet was a consultant on the MindMatters Plus project, the Beyond Blue National School-Based Initiative, and has consulted to assist impoverished communities in South Africa. Shochet has also been a member of an expert working group to develop a framework for promoting Social and Emotional Wellbeing for Indigenous communities in Queensland. In 2011 he was invited by the Australian Defense Force Director General for Mental Health to provide the opening address to a National Operational Mental Health Training Forum. From 2006 to 2011 Professor Shochet was the Head of School of Psychology and Counselling at QUT. In this role he provided academic and professional leadership to the School while continuing to conduct research and manage large external grants. Shochet successfully fostered a steady increase in the research efforts of the School and presided over the doubling of student numbers. Shochet's current and recent research grants and research focus include:

- Autism Cooperative Research Centre Grant to promote wellbeing and school connectedness for adolescents with ASD.
- ARC Linkage to build capacity for online interventions for adolescents
- ARC Discovery to promote resilience in people with intellectual disability

APPENDIX 5

Students showcase creative talent to boost mental health awareness



Hundreds of students from 16 schools across Brisbane's south-east descended on Logan's Entertainment Centre on Tuesday for the second annual Positive Mindset Creative Arts Festival Grand Final.

Held during Mental Health Week, the festival focussed on connecting young people and raising awareness about mental health and addiction issues through performance and artwork.

Participating schools included Carmel College; Browns Plains State School; Carinity College; Groves Catholic College; Marsden State High School; Mt Warren State Primary School; Ormiston State School; Springwood State High School; Loganlea State High School; Flagstone State Community College, Rochedale State High School, Loganlea State High School, Canterbury College, Chisholm Catholic College and Runcorn State High School.

Executive Director Metro South Addiction and Mental Health Services Professor David Crompton said the festival was an investment in our youth.

"Metro South Health serves an estimated population of one million people, with more than 250,000 people under 18 years of age," Professor Crompton said.

"The 2016 production was a great success and I thank everyone for their involvement and commitment to making the event such a huge success.

"I'd like to particularly thank our partners - QUT, Headspace, Logan Together and Lady Cilento Children's Hospital, who have all worked incredibly hard to help nurture student's talent and to fight the stigma surrounding mental health issues.

"Thanks must also go to the many schools and teachers who supported their students in the planning and delivery of their performances and submissions."

Professor Crompton said the public now had a chance to view the visual art submissions from the festival, which will be on display in the foyer of the Lady Cilento Children's Hospital.

"We have some truly talented young people in the Metro South Health catchment area and I'd strongly encourage the community to visit the artwork installations from the Festival while they are on display at Lady Cilento Children's Hospital for the next few months."



APPENDIX 6

Stronger Smarter Institute

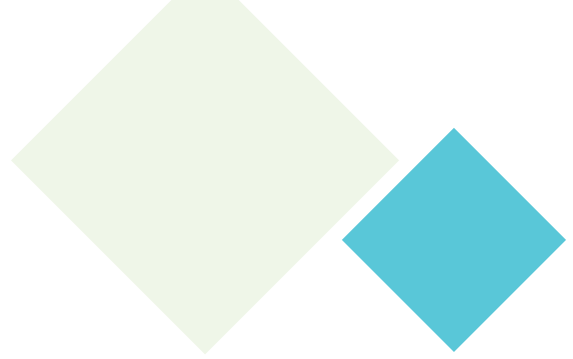
Over 1,000 schools enacting the Stronger Smarter Approach. Over 4,600 program participants since 2006.

A growing footprint across the country.

We know that Aboriginal and Torres Strait Islander children will succeed in school when the classroom is a place where they can be proud of their culture, the standards are high, and the curriculum is relevant to their lives. This is the Strong and Smart classroom developed by Dr Chris Sarra at Cherbourg. Since 2006, the Institute has worked with educators from across the country as 'partners in change' to enact the Stronger Smarter Approach in their schools. We have seen strong regional learning communities grow as schools work together to drive high expectations, build authentic relationships with students, families and local communities, and establish quality environments for learning. "We didn't go to Cherbourg and give the children a sense of being 'Strong and Smart'... That was inside them already...That sense of being strong and smart resides in every Aboriginal and Torres Strait Islander child." Dr Chris Sarra

History

In the late 1990s, when Dr Chris Sarra became the first Aboriginal principal of Cherbourg State School, he challenged the whole school community to have High-Expectations Relationships with their students. As literacy, numeracy and attendance all improved, Dr Sarra recognised that 'Strong and Smart' was a model that would work in any school. This success led to the formation of the Stronger Smarter Institute with the Stronger Smarter Approach now used in schools across the country to embrace a strong and positive sense of what it means to be Aboriginal or Torres Strait Islander in contemporary Australian society. The Institute's programs include a 'Workplace Challenge' involving enacting elements of the Stronger Smarter Approach in schools or workplaces and reporting back on successes and challenges. For many, this is a rewriting of the narrative of the school to a shared vision of high expectations. As the Institute extends this footprint across the country, we are seeing more and more schools changing this narrative and building Stronger Smarter networks and communities. Complex challenges require a deep understanding of the local context, and we have always considered our program participants as the ones best placed to make the decisions on how to enact change in their schools and communities. As we have learnt from our 'partners in change' we have been able to continually refine the Stronger Smarter Approach and develop new programs and resources to support classrooms where Aboriginal and Torres Strait Islander students feel they belong and can succeed.



APPENDIX 7

The Importance of Community Television

Do you folks recognize and relate to the image above? These broadcast trucks were used for the delivery of video content to the local community for such events as sports, local government meetings, and news, at a time when it was part of your daily routine to check on local events. Well, as Bob Dylan has told us, The Times They Are A-Changing.

Over-the-top delivery of video content, the globalization that was the result of the Internet, and the devices we view content on have changed our behaviour. I hope to help you reminisce on the impact of local events and how they shaped your life, directly and indirectly. Enlighten you to current trends and the services that are now supported. Finally, I would like to point out some options that make it easier than ever to cover local community content.

Brief History of Canadian Community Television

Community television has a long history in Canada. In 1971 the Canadian Radio-Television and Telecommunications Commission required cable companies to provide public access to broadcast facilities. Community access remained in place until 1997 when the CRTC deregulated community television in Canada, but vocal advocates pushed cable companies to continue to provide access. This resulted in the CRTC decision 2002-61 which revived elements of community television. While community channels can be run by independent community groups, up to one-half of the channels' time had to be made available to independent community producers.

2016 rolls around and the CRTC enacts a policy that a community channel may now allocate funding that once went towards community television, to news departments of the local broadcast station. This resulted in losses of community channels in Vancouver, Edmonton, Calgary, Brampton, Mississauga, Richmond Hill, and Toronto.

We are now waiting for Bill C-10 and the possible ramifications on internet-delivered content. There is an intention to provide guidelines for Canadian content. What that bill looks like when it passes through the Senate, we will be watching closely.

While many community channels have disappeared, there are some locations that local content is going strong. Access in Regina and CHCH in Hamilton come to mind.

Globalization and the New Reality of Content Consumption

I have touched on the changes in human behaviour towards technology in a previous blog. Basically, with the growth of the Internet and access speeds for personal use not reaching gigabit speeds and beyond, how we take in content has changed, significantly in the case of younger generations.

If you were looking for local content on the internet, today's search engines do not necessarily provide easy access or non-biased access to links that you may have been looking for. I hate to sound like a person with tin foil on their head, but the reality is these search engines know a bit too much about you to provide objective search results. The power of an algorithm uses your past browsing history to give you what it thinks you want. This is not necessarily a good thing unless you are an advertiser with a global customer base.

While television channels mean little to the new generation, those communities that offer local content have found ways to reach the internet generation and still provide linear channel access.



What Drives a Strong Community?

I grew up in a town that no longer exists due to amalgamation. Bramalea was unique, created as the 1st satellite city in Canada in the 1960s. We had streets arranged in alphabetical order, we had a festival with a unique name, the Nitty Gritty Brama Ching Wing Ding, strong community groups such as the Lions Club, a world champion majorettes' team and a very successful junior B hockey team in the Bramalea Blues. We did have a community television station, but in honesty, we were people on the move. Friday nights we gathered at the arena to watch our Blues compete, we skied on the Chinguacousy bump, we hung out at the Bramalea City Centre Mall. I felt pride in my community and that pride is still reflected online with a Facebook group that reflects on the good old days of Bramalea. We had something in common.

Well, many changes happened, including the shutdown of the community television channel.

Every kid has a cell phone with which they can watch videos from creators around the world. Especially now with the effects of the COVID pandemic, there is not the gathering of people that I once experienced. Yes, the kids now text each other, but instead of talking about the local hockey game, for example, they talk about a Tik Tok video made somewhere in the US. Why? Easy access! Access to content that has no relevance to local events, sports, business, or politics for that matter. And as a result, the sense of community and belonging has diminished.

Since the internet is the main source of content, we lose touch with that local sports team that needs your support to be successful. We lose the community TV bingo hour that funds the local boys and girls club. We lose the advertising from the local unique pizza restaurant, the local music festival, and the local art exhibit.

There is Hope

If anything good can come of Bill C-10, hopefully, there is a push for local content. And quite frankly, it does not need to be a burden on the taxpayer. If the internet infrastructure has taken away the ability to stumble upon relevant local events, it has also provided us a path for a very cost-effective distribution of local content in a secure manner. It is now extremely easy and cost-effective to provide access to that local hockey game, the town council meeting, coverage of the grad ceremony, the music event is the local bandshell, etc. No need for that satellite truck, the same connectivity can be provided at one one-hundredth of the cost, utilizing broadband connectivity that is at our fingertips.

Create the content and make it accessible and they will come! They will now have the desire to come to that concert, or that hockey game, or that town council meeting that has a direct effect on them. There is the ability to build the sense of community we are losing, and the answer must come from the same infrastructure that is blurring our sense of community. It is crucial for us to be aware we can take back our community without breaking the bank and giving the big carriers excuses to push funding away from the community.

By Gord Mummery

Director of Canadian National Accounts

With over 25 years of experience in the telecommunications industry, Gord has worked with companies across North America, Europe and Asia to deliver industry-leading video and data solutions. Based in Toronto, Ontario, if you can't find Gord in a customer headend or boardroom working to solve the next challenge, you just might catch him fishing in a tournament.

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