

Discussion Paper- *Health and Wellbeing*



# TASMANIA'S CHILD AND YOUTH WELLBEING STRATEGY

Presented By

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By

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March 2021

## Key Ideas and approaches for current issues

Develop an “act fast” attitude, using technology to its full potential



Mobile application

Targeted events



Emphasis on art and sport specially in regions where access is limited, making Tasmania an event destination.

Create platforms for small business to thrive to create more job opportunities, include immigrant input as it will bring with it a global perspective.



Immigrant skills utilized from day 1

# Direction towards Progress



Community building, collective efforts and active participation are all key elements towards progress, a willingness to have a change in perspectives in sync with current issues.

- Optimum utilization of resources
- Use of technology
- Mediums of communication for accessibility
- Implementation of global trends to suit a multicultural society
- Importance of history and culture
- Identifying skills within the community
- Mentor programs
- Utilization of immigrant skills on arrival
- Tailored solutions in sync with the times
- Multiagency and cross- sector solutions



A note on Aboriginal child and youth wellbeing outcomes in Tasmania and the development of the Strategy

**What programs, services, initiatives or supports are important for Aboriginal families, caregivers, children and young people?**

Answer –

The Government of Tasmania could explore the possibility to provide funding or an allotment of budget accessible for local businesses to create cultural events that showcase aboriginal history and culture, this would bridge the gap and create more inclusion. it would also serve as a platform for community bonding, The Aboriginal community is unique to Australia and these unique events could in turn provide revenue to the state by attracting visitors it could potentially be an annual festival that pays for itself. I believe we need to approach this as a unique feature that not only draws attention to its rich history but utilizing its resources and rich history to its full potential.

Quoting the definition of culture by UNESCO. It reads: “in its widest sense, culture may now be said to be the whole complex of distinctive spiritual, material, intellectual and emotional features that characterize a society or group. It includes not only the arts and letters, but also modes of life, the fundamental rights of the human beings, value systems, traditions and beliefs.” This is a treasure trove and an area that needs to be tapped into

## **2. What actions are needed to support protective factors for Aboriginal children and young people?**

Answer –

Young Mothers are often tied down by the pressures that come with raising young children and several factors lead to unhealthy lifestyles, By Creating awareness and self-help groups within the community organizing events that talk about mental health not only will this benefit young adults but create a stable environment for young children to grow in` Mental health is a factor worth considering as a parent's demeanor impacts a child. Children pick up on behavioral patterns as part of early learning.

We also believe that a mobile app with helplines and all available features would be a great tool for young adults to access, we at Tayored Eventz Event Management Services Pty.Ltd are happy to help put in a separate document on the list of customized events that will benefit the community as well as what the mobile application should entail with this regard. This mobile application and events will help mitigate the barriers that are faced by the community in regard to accessibility and can be used with ease by a tech savvy generation. We are happy to contribute with our skills for the progress of the State we call home. We take pride in being part of the process that reaches the objective of Tasmania being one of the best places to live in.

## **3. How can we support all Tasmanian Aboriginal children, young people, families, caregivers and communities to achieve their goals against each domain of the Child and Youth Wellbeing Framework?**

Answer –

We believe that the government has outlined a framework that encompasses the basic need for young adults and children. Thus the framework can be used as an outline for activities that involve the community and ensure that these measures have been implemented from a grass root level as making it accessible to every family who needs this support. It is worth shedding light on situations that would prevent some young mothers from achieving a safe environment at home where tailored help is required.

We need to address such issues ie Coercive Control and domestic violence for all else to function safety is priority, Young children are often affected and are silent victims to such crimes, we would urge the government of Tasmania to implement laws that protect women from the initial stages of violence as this could save lives, providing a safe place for women and children to reach their potential without fear.

Governments Coordinating these entities, however, to work together across boundaries—spanning departments, organizations, and even sectors—to produce a lasting solution would take a lot of

time and effort. They need to find a way to initiate and accelerate a complex collaboration to save lives



A multicultural perspective with an event background in regard to this discussion paper

#### **4. In the knowledge of the existing domains of the Child and Youth Wellbeing Framework what should be our unifying vision for the Child and Youth Wellbeing Strategy?**

Answer -

Based on this well-developed framework, we need Tasmania to be a great place to raise a young family. It's important to change our directives from a child's perspective and analyze what needs to be done differently, a unifying vision is not only strategizing but core implementation. Outlining target areas and implementation is key. Starting with initial focus and gaining momentum through development. Addressing child poverty, family violence, housing, learning support, mental health, employment for young adults could be approached differently through skill training programmes to build more small businesses within Tasmania. This strategy is a step forward, it a shared understanding of the current requirement for young adults and children in order for them to do well. This will enable them to become better versions of themselves. A vision to build a strong foundation for progress.

The six focus areas (domains) of the Child and Youth Wellbeing Framework are:

Tasmanian children and young people are loved and safe;

- Tasmanian children and young people have material basics;
- Tasmanian children and young people are healthy;

- Tasmanian children and young people are learning;
- Tasmanian children and young people are participating;
- Tasmanian children and young people have a positive sense of culture and identity.

**5. Please circle your specific community or communities: • LGBTIQ+ • Multicultural • Disability • Kindship or Out of Home Care • children and young people who are carers • children and young people involved in the Justice system • other (please specify)**

Answer –

Multicultural – Australian communities are made up of people from around the world with cultural needs and giving young adults a sense of identity and mutual respect is important

**6. With reference to existing supports, programs and initiatives in Tasmania for your community what do you think works best and why?**

Answer – The overall strategy is a step forward; it all comes down to the efficacy in the implementation. Also areas untapped such as the value of immigrant skills not utilized to its full potential. Multicultural people need to feel more inclusive, and not feel like their history and background needs to be abandoned to fit in. communities need to embrace cultures and see it as a way of broadening their horizons which will only add to Australia's wealth. We believe that the immigrant population come with skills, but the time lost in settling in or becoming part of the overall community is valuable time lost.

Programs, events ect. from the state to create opportunities to make use of these skills needs more focus. Most immigrants come into the state hoping to gain employment in their field of expertise but the lack of opportunity forces them to take up other employment that they have little skills in as they are already dealing with the daunting task of settling in. The state nominates these skilled individuals based on their skill set. This will also help in the development of new small businesses that could provide employment for the wider community in the future. It's also a resource that could add value to the state from their arrival. Government sectors set up to make the transition easy, potential can be identified. It is all about building a firm foundation for the present and future. These immigrant skills can be utilized to reach out to the wider community, which will aid in community bonding especially for young adults who want to start a family in Tasmania or skilled individuals who could prove to be an asset in implementing this strategy.

**7. If additional initiatives are required to ensure the wellbeing of Tasmanian children and young people in your community what are they and why have you made that suggestion?**

Answer

1. Programs that emphasize the importance of Multiculturalism and the value it brings to the Australian society
2. Focused programs on identifying skills, talent and potential so the state can draw from a variety of skills that will be a long term benefit to the state.
3. Programs that tap immigrant skills on arrival
4. Encourage and provide funding small scale home run business that will help young mothers be active contributors.

**8. Are you able to identify any barriers to Tasmanian children and young people accessing initiatives aimed at improving wellbeing for your community**

Answer

Cultural barriers, the feeling of not being acceptable because of their background, lack of self-motivation even to access what is available.

**9. How do you suggest these barriers are addressed?**

Answer

Community bonding can play a huge role in feeling accepted. Creating more events and festivals to celebrate different cultures.

**10. What other issues are of concern to children and young people in Tasmania?**

Answer

Lack of knowledge that there are programs and funding available. Lack of exposure

**11. What is one thing we can do to address each of these issues?**

Answer.

Getting involved, taking the time to address issues that affect the society that we live in. Active participation in building a better progressive Tasmania.

**12. Given the importance of the first 1,000 days what is the program you would put in place as your highest priority to support children up to 2 years and/or families?**

Answer

For a strong progressive state, foundations need to be built and built strong. We prioritize Health and wellbeing especially a safe environment that caters to mental and physical health of young adults so they have the mental and physical capacity to raise young children in a stable and loving environment.

**13. Why have you identified this as your priority?**

Answer

Because it is what other factors depend on. If an individual is in a violent or abusive situation and goes unreported coercive control can lead to an extremely unhealthy toxic environment for a young person to be raised in. changes need to be implemented and laws need to come in place to protect the vulnerable. A new direction in perspective is needed.

**14. Which Tasmanian Government initiatives do you think work best and why?**

Answers

“Three Aboriginal Liaison Officers have been employed, one in each region, to better support and work more closely with the Aboriginal community. A key function of the Aboriginal Liaison Officers, who are part of the Advice and Referral Service, is to facilitate increased participation of Aboriginal people in Child Safety decision making.” This is a valuable Tasmanian Government initiative as it works from a grass root level however we believe that more officers could be employed per region to take into account and have a broader perspective of vulnerable young children and adults within the community. The other initiative is including policy in legislation for long term progress.

**15.If additional initiatives are required to ensure Tasmanian children and young people are Loved and Safe what would they be and why?**

**16. Are you able to identify any barriers to Tasmanian children and young people accessing initiatives aimed at ensuring they are loved and safe?**

**17. How do you suggest these barriers are addressed?**

**18. Which Tasmanian Government initiatives do you think work best and why?**

**19. If additional initiatives are required to ensure Tasmanian children and young people have material basics what would they be and why?**

**20. Are you able to identify any barriers to Tasmanian children and young people accessing initiatives aimed at ensuring they have material basics?**

**21. How do you suggest these barriers are addressed?**

Answer 15 -21

Child Health and Parenting Service (CHaPS) as well as Safe Homes, Families, Communities: Tasmania’s action plan for family and sexual violence 2019-2022

Programs for a deeper understanding of telltale signs of violence to mitigate the number of cases of domestic violence and child abuse in Tasmanian communities, creating a safer environment for young adults and children. Some issues will not fall exactly into the domains of the Framework, issues may be overarching or multi-faceted and can be relevant to one or more domains. Widening thinking perspectives that puts into place that “it is not a one size fits all situation” closely analyzed is what is paramount. A firm understanding that every situation is different and need to be dealt with caution to ensure that the processes in place don’t hinder outcomes in the long run.

A program to help understand the different domains they are dealing with along with in-depth knowledge will aid in progress. It’s also important to recognize a situation from the very beginning when dealing with sensitive situations. As situations can escalate if not dealt with caution. One of the barriers faced is shame and their place in society and so even if the government has these facilities available. This would pose as barrier. A way to mitigate that on some level is to create more community bonding events where a sense of belonging is instilled and children have the opportunity express themselves freely. This also helps in identifying and targeting where help is needed.

With reference to existing **Health initiatives** and with your knowledge of other programs:

**22. Which Tasmanian Government initiatives do you think work best and why?**

**23. If additional initiatives are required to ensure Tasmanian children and young people are healthy what would they be and why?**

**24. Are you able to identify any barriers to Tasmanian children and young people accessing initiatives aimed at ensuring they are healthy?**

**25. How do you suggest these barriers are addressed?**

Answer – 22 -25

COVID-19 Recovery Survey for 18-25 year olds • The Premier’s Economic and Social Recovery Advisory Committee are partnering with the University of Tasmanian to undertake a community survey on recovery and wellbeing following COVID-19. • Includes a specific focus on the wellbeing and views of 18-25 year olds.

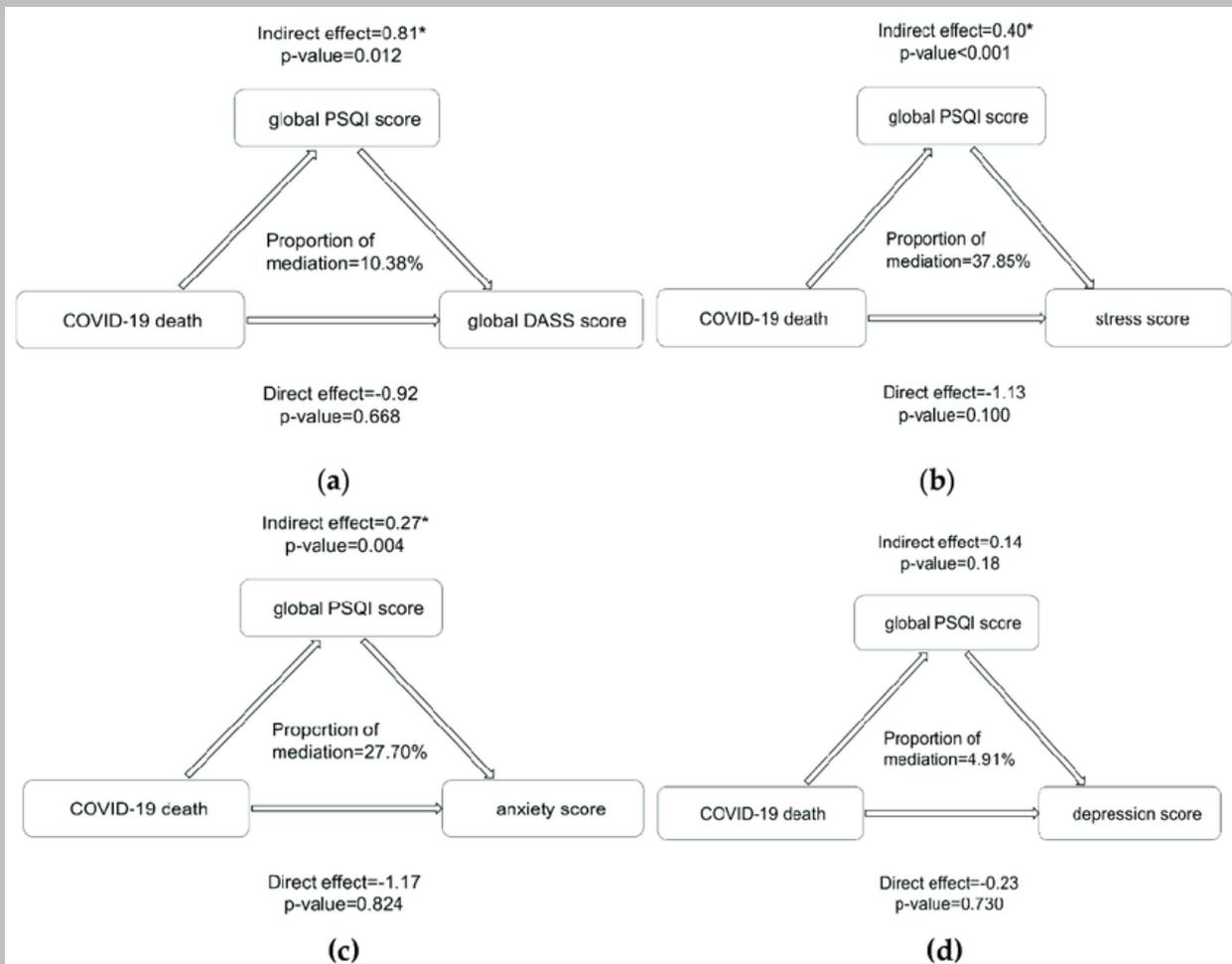
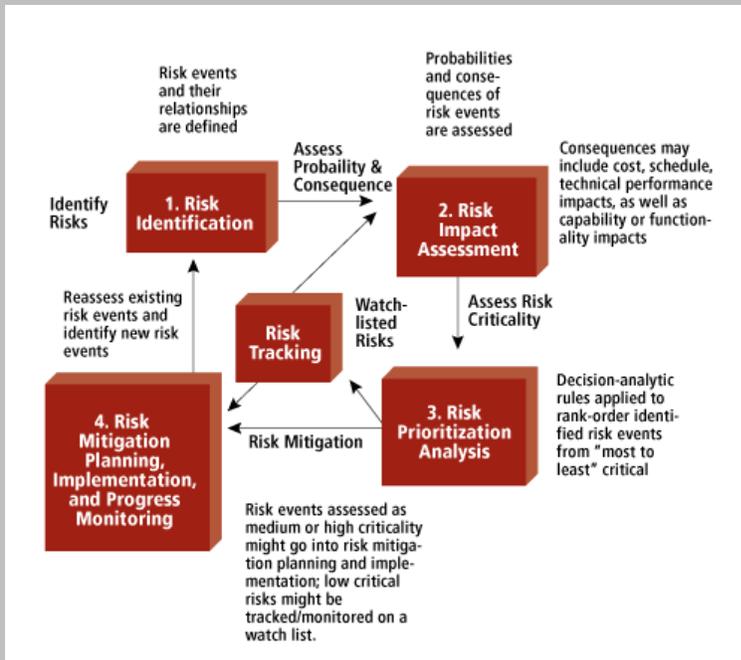
This aspect of the government we believe is most relevant as it addresses the current issues, the Global pandemic has caused immense damage to health and wellbeing as well as the economy. This paves the way to picking up and moving on with life. as the situation needs to be addressed. To start with accessibility made easy to receive the vaccine. Home quarantine opened so people can return home as soon as possible, many families have been torn apart due to the pandemic and unable to return home to their families, businesses and livelihood which has impacted the economy and communities in a great way there are many individuals who contribute to Australia’s economy who have made Australia their home and can’t return home with current travel bans in place. Initially travel bans proved to be a necessary step to ensure safety, however it has been a year since, the vaccines have been approved, there needs to be steps taken, a road map in place and

implementation. Anxiety and mental health are an important aspect for families to have a stable environment to raise young children, it is imperative to address the issues at hand that are proving to be barriers for a progressive State. Hotel quarantines are not only expensive but don't serve the capacity for all incoming Passengers into Australia. Also additional factors need to be taken into consideration that many have lost their income, jobs and businesses during this year and this adds to their mental anxiety. The objective is to make a comprehensive assessment of the situation and act fast.

With delay in government action anxiety builds, and then trying to fund what could have been prevented. Mitigation is far better than damage control. There is much that is out of the control of governments, and at times inundated with issues, that were not part of the strategic planning, we get that no one signed up for pandemic. But the ability to act fast in a situation, think on the go, is the best way to cope with the situation at hand as delays will only prove to be detrimental. Mitigation Planning is the process of developing options and actions to enhance opportunities and reduce threats to project objectives.

(COVID-19) is a global public health emergency that has caused worldwide concern. Vast resources have been allocated to control the pandemic and treat patients. However, little attention has been paid to the adverse impact on mental health or effective mitigation strategies to improve mental health. The importance lies in understanding the underlying mechanisms, to explore feasible mitigation strategies.

Rapid Response Skills Initiative • Provides funding towards the cost of training for people who have lost employment, were retrenched or forced to close their business due to COVID-19. • Funding can be used to pay for training, licenses, careers advice and other things that will improve job prospects. This is a brilliant initiative towards progress as the hospitality industry has suffer great losses



The pandemic and the effects on mental health as an example by Mental Health Problems during the COVID-19 Pandemics and the Mitigation Effects of Exercise: A Longitudinal Study of College Students in China where the pandemic started

Mediation effects of sleep quality on the relationship between COVID-19 deaths and negative emotions. Note: The subgraph of (a-d) indicates the indirect influencing path of the COVID-19 on global negative emotions, stress, anxiety and depression, respectively, with sleep quality playing as a mediator. In Figure (a), indirect effect = 0.81 means that for every 1000 increase in the COVID-19 death count, there is an indirect effect on the global DASS score and an associated increase in the global DASS score of 0.81, indicating an increased level of negative emotions. The same interpretation also holds for other figures. Asterisks indicate significance at the 5% level. MET: the ratio of work metabolic rate to a standard resting metabolic rate. METs: energy expenditure in METminutes per week; PSQI: Pittsburgh Sleep Quality Index. Calculation of mediation effects and proportion of mediation was completed in the mediation package of R software, version 3.6.3.

There are no finding through research about the accuracy of the above diagram, but it did map out the extent of damage and its effects on mental health.

With reference to **existing Learning initiatives** and with your knowledge of other programs:

**26. Which Tasmanian Government initiatives do you think work best and why?**

**27. If additional initiatives are required to ensure Tasmanian children and young people are learning what would they be and why?**

**28. Are you able to identify any barriers to Tasmanian children and young people accessing initiatives aimed at ensuring they are learning?**

**29. How do you suggest these barriers are addressed?**

With reference to existing **Participating initiatives** and with your knowledge of other programs:

**30. Which Tasmanian Government initiatives do you think work best and why?**

**31. If additional initiatives are required to ensure Tasmanian children and young people are participating what would they be and why?**

**32. Are you able to identify any barriers to Tasmanian children and young people accessing initiatives aimed at ensuring they are participating?**

**33. How do you suggest these barriers are addressed?**

Answer – 26 -32

Premier's Youth Advisory Council the Premier's Youth Advisory Council provides a diverse group of young people aged 12-25 years with opportunities to: • Provide advice to Government on issues of importance to young people; • Provide feedback to Government on the impact of policies and initiatives on young people; • Provide advice to Government on strategies for engaging with young Tasmanians wherever they live and whatever their circumstances.

This Tasmanian Government initiative is definitely a step in the right direction as has a provision to tackle an issue from a grass root level. We also believe that it's a great way to train young minds to think ahead it gives them the confidence that their government has faith and respect in young adults to have a member at the age of 12 on an advisory committee not only helps in solving issues at hand but also serves as a training for young leaders. Decision making is a mental training exercise to prepare young adults/ future leaders for Tasmania. As part of this advisory committee including technology and mobile applications will help the younger generation communicate and actively participate. Youth Voice is the knowledge, perspectives and experiences of young people, and is an essential element of any organization that works with youth. When you begin integrating Youth Voice into programming, it is imperative that youth have a safe place to share their thoughts, input and opinions. Listen to their ideas related to projects and activities, and actually use them! This will enable the Tasmanian government to gain fresh perspectives and can more effectively reach youth as a target population.

Some pointers to work with a youth advisory board

- Set Clear Boundaries & Expectations
- Work on Facilitation Skills
- Allow for Executive & Leadership Positions
- Allow Youth to Participate in Higher-Level Planning, Implementation & Seeking of Funding Sources

With reference to **existing Culture and Identity initiatives** and with your knowledge of other programs:

**34. Which Tasmanian Government initiatives do you think work best and why?**

**35. If additional initiatives are required to ensure Tasmanian children and young people have a positive sense of culture and identity what would they be and why?**

**36. Are you able to identify any barriers to Tasmanian children and young people accessing initiatives aimed at ensuring they have a positive sense of culture and identify?**

**37. How do you suggest these barriers are addressed?**

Answer

Tasmania's Multicultural Policy and Action Plan 2019-2022 • Vision is for a harmonious, inclusive and respectful Multicultural Island. Actions related to children and young people include:  
° Multicultural Youth Swimming and Water Safety Programs for young people  
° Work to address barriers to participation and employment for young people  
° Pathways to Opportunities project that links young people with employers and further study

We believe that ° Work to address barriers to participation and employment for young people ° Pathways to Opportunities project that links young people with employers and further study, also a suggestion to create awareness and stress on the importance of multiculturalism especially in schools and work place where people feel acceptance in close nit spaces, this will boost their confidence and help them achieve their goals, a barrier that we believe is that multiculturalism is not celebrated enough and the lack of knowledge with backgrounds hinders progress. Multiculturalism brings with it global knowledge and that helps the community to prepare themselves for a global platform weather it's the arts or sports it would lay the foundation for future success.

**38. What are your suggestions for short-term (1-2 year) structures to implement a whole of government long-term Child and Youth Wellbeing Strategy?**

**39. What are your suggestions for longer term (3 years +) structures to support a whole of government long term Child and Youth Wellbeing Strategy?**

**40. The New Zealand Child and Youth Wellbeing Strategy covers all children under 18, young people who have been in State Care until 21 and a separate group of young people until 25. Given this, how would your priorities the group of children and young people under 25 covered by this strategy?**

Answer 38 -40

### **Capacity building and guidance for public servants.**

This domain requires attention as it's a critical element in implementation, each case is different and officers need to be equipped with the knowledge to cope with the nature of different situations Extensive education about wellbeing, its definition, domains and the ARACY Framework was undertaken during the development of the Child and Youth Wellbeing Framework. Additional support is provided through online resources, including an assessment tool and fact sheets. But an inclusion of training events that cater directly to the crucial elements that will aid in carrying out their work in the community. The development of a common language and common assessment tool aims to support better interagency liaison and understanding of critical areas of need. The Framework provides a firm basis from which agencies can work together to progress child and youth wellbeing. In regard to the group under this strategy it needs to be flexible based on what actually works best in a situation.

**41. How do we know we are making a difference?**

**42. What is most important to measure against the Tasmanian Child and Youth Wellbeing Framework Domains/outcomes and why?**

**43. What outcome methodologies should be considered (eg system and/or citizen/client defined, strengths based or other)?**

**44. Are there significant data gaps? What options do we have to address them?**

**45. In considering a data/information strategy for children and young people:**

**46. Are these building blocks/jigsaw pieces right? 47. What would you remove/add?**

**48. Are there other starting points, models or approaches to achieve outcomes and measure progress for the wellbeing of children and young people that you would like to tell us about?**

Answer. 41 - 48

As important as it is to review past accounts as it helps to form a comprehensive strategy to cope with present and future

There have been previous attempts to collect holistic data measurement for child and youth wellbeing in Tasmania, most notably, the Kids Come First project. Kids Come First monitored how well Tasmania's children and young people were faring, from birth to 18 years of age. It provided around 100 indicators of children's health, wellbeing, safety and learning, together with community profiles and time trends. The benefit of this approach was its comprehensive number of indicators. It was resource intensive to maintain and update a way forward is to Develop shared wellbeing objectives and outcomes – ensuring activities and functions across government do not duplicate effort or work counter-productively and that we measure strengths or protective factors as well as risks or deficit based indicators. Out of which Developing linked data and research partnerships, utilizing specialized knowledge and expertise to help shape the wellbeing agenda over time.

the material conditions that shape people's economic options (income and wealth, housing, work and job quality); quality-of-life factors that encompass how well people are (and how well they feel they are), what they know and can do, and how healthy and safe their places of living are (health, knowledge and skills, environmental quality, subjective wellbeing, safety); and how connected and engaged people are, and how and with whom they spend their time (work-life balance, social connections, civic engagement) important to measure against the Tasmanian Child and Youth Wellbeing Framework Domains/outcomes These factors are comprehensive it comes down to implementation and efficacy. Tasmania, we'll need a robust process to discuss setting and measuring outcomes, contributing indicators, which are built from reliable, timely, high quality data that can guide our interactions across government and the community sector. And interesting point to be noted is that Creating new data tools and collections when existing ones done better would suffice is worth considering as new governments come in they try to implement new strategies and this stalls the process and hinders efficacy

In the jigsaws we would remove wellbeing surveys as we don't believe it a very effective or accurate tool and a bit dated in nature, instead we would add more realistic approach where issues are dealt with on a case to case basis. Where an issue is identified and work toward solving it its moving towards a more progressive state. Particular groups of young people need particular responses. These responses need to be tailored to their needs and a 'one size fits all' approach is not always the most effective. Utilizing key members of groups within communities in identifying vulnerable young people as part of the local planning process will assist in understanding what are the most effective responses. Prevention and the early identification of risk factors that may jeopardize young people's social and emotional development during adolescence is essential to ensuring all young people are able to succeed in their transition to adulthood.

# Research

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