

Temporary Financial Assistance Initiative from DEEWR



L-R Senator Louise Pratt, Noelle Jones, Steve Walker; Senator Ursula Stephen, Jenny Allen, Margaret Crowley & Shauna Gaebler

Youth Focus received for the first time the Federal Government's Temporary Financial Assistance Initiative for non-profit organisations. Five Western Australian non profit organisations and charities receive a total of \$1.3 million under the initiative by the Department of Education, Employment & Workplace Relations. The funds we received from the Department will be used towards the retention of two existing counsellors in the first year of grant and recruitment of 2 new counsellors in the South West region in the following year.

Youth Focus applied for the fund as the economic crisis has rendered fundraising and sponsorship from the corporates to be a huge challenge. Demand for our services increased at the same time as financial resources severely declined. The grant was timely to ensure sustainability of our organisation and helped us to continue provision of our services to the growing number of young people and their families who are dealing with mental health issues and in need of counselling and support.

Youth Focus was pleased to host an informal afternoon tea reception on Tuesday 1 September 2009 to welcome Parliamentary Secretary for Social Inclusion and the Voluntary Sector, Senator Ursula Stephens, and Senator Louise Pratt, and Western Australian recipients of the Australian Government's Temporary Financial Assistance grants initiative for non profit organisations.

Hawaiian Ride for Youth 2010

The Hawaiian Ride for Youth is Youth Focus' largest fundraising event. Since its inception in 2003 the Ride has raised over \$3 million for Youth Focus. In 2009 Ride for Youth won the Special Events' category of the Fundraising Institute of Australia's (FIA) National Awards for Excellence in Fundraising.

How can you help? The 2010 fundraising target is \$600,000. By sponsoring a rider in the 2010 R4Y you will be assisting in their fundraising efforts to provide counselling for:

- 60 young people in Albany (new service)

- 55 young people in the South West
- 120 young people in the southern suburbs
- 70 families in the metropolitan area, plus
- 8 mentors for 12 months

Please complete the donation form and give generously to Youth Focus in their fight to prevent youth suicide, depression and self-harm in our state.

Ride for Youth Donation Form

I would like to sponsor:

Rider / Team _____

Amount:

- 5 cents per km - \$32
 50 cents per km - \$320
 10 cents per km - \$64
 \$1 per km - \$640
 20 cents per km - \$128
 Other: _____

Name / Company _____

Address _____

Suburb _____

State _____ Post Code _____

Phone (H) _____ (M) _____

Email _____

Payment:

Cash Cheque/Money Order (please make payable to 'Youth Focus')

Credit Card

Visa MasterCard AMEX Diners

Card No:

Expiry Date: /

Cardholders Name: _____

Signature: _____

Please return this form along with payment to:

Youth Focus
Hawaiian Ride for Youth
Mail: 54 Goodwood Parade,
 Burswood WA 6100
Fax: (08) 6266 4300
Email: events@yct.asn.au

Thank you very much for your generous support. A receipt will be forwarded to you at the above address. All donations over \$2 are tax deductible.
 Please Note: All credit card donation transactions will appear on your credit card statement under the name of "Register Now"
 ABN 35 563 430 804 (Youth Focus)

I do not wish to receive further information about Youth Focus.

CONNECTED

Youth Focus Newsletter

Issue 11

December 2009



Youth Focus receives recognition & two prestigious awards

2009 Mental Health Good Outcomes Awards

Youth Focus is very honoured to be the winner of the Dr Mark Rooney Award for Improved Outcomes in Child and Adolescent Mental Health at the 2009 Mental Health Good Outcomes Awards. Angela Loxton, our Youth & Family Services Manager was at the Awards breakfast to receive the prestigious award from the Minister for Mental Health Hon Dr Graham Jacobs. This award recognises outstanding contribution to child and adolescent mental health in WA.

Dr Mark Rooney (1959-2007) was a Consultant Psychiatrist specialising in Child and Adolescent Psychiatry. Through his positions, initially as Clinical Director Mental Health at Bentley Health Service, and then as East Metropolitan and South Metropolitan Area Director of Mental Health he made a remarkable contribution to shaping and establishing mental health services in WA, particularly for children and adolescents.

His passion for improving the quality of life of vulnerable people, such as children of parents with a mental illness, and his commitment to excellence led to better guidelines and resources for this group. Dr Rooney is remembered for his tireless dedication, leadership, respect for others, intelligence and wit.

2009 TheMHS Conference

Youth Focus Mental Health Services Delivery Model won the Silver Award in the international Mental Health Services Conference 2009 Achievement Awards held recently at the Perth Convention Centre.

The Achievement Awards are presented every year by the Mental Health Services of Australia and New Zealand (TheMHS) to recognise and encourage best practice, excellence and innovation in mental health service delivery. The Awards have been made annually since 1992.

TheMHS Conference is the largest mental health and addiction services conference in Australia, New Zealand and the Pacific. TheMHS aims to promote positive attitudes to mental health and mental illness and to stimulate debate that challenges the boundaries of knowledge and ideas about mental health care.

Youth Focus is very honoured to receive this award and recognition from TheMHS. Youth Focus' approach to address youth suicide, depression and self harm through prevention and early intervention strategies has been firmly focussed on solution and evidence - based strategies in an attempt to ensure that counselling are provided and successful.

PRINCIPAL PARTNERS

Channel 7 Telethon Trust
 CSBP
 Department for Communities --
 Office for Children and Youth
 Department of Education,
 Employment & Workplace Relations
 Department of Education
 Harman Family Trust
 Hawaiian Pty Ltd
 Lotterywest
 Wind Over Water Foundation

MAJOR PARTNERS

Paul Newman's Own Foundation

OFFICIAL PARTNERS

ANZ
 Beilby Corporation
 BHP Billiton Worsley Alumina
 Burswood Entertainment Complex
 Devlin's
 EECW Pty Ltd
 EMECO
 Euroz Charitable Foundation
 McCusker Charitable Foundation
 MLC Community Foundation
 Optus
 Panoramic Resources
 PM Constructions
 The Alternative
 The Griffin Group
 Woolworths



From the desk of the CEO

Our last "Connected" in July was again full of so many aspects of Youth Focus life and our November issue is a repeat of very full and interesting times.

We have continued on the trail of winning some most prestigious Awards – the 2009 Mental Health Good Outcomes Award where we were awarded "Improved Outcomes in Child & Adolescent Mental Health for 2009" and then the Australian, New Zealand and Pacific - MHS Conference where we took out Silver for Best Practice, excellence and innovation in Mental Health Service Delivery", the organization is feeling very chuffed to be recognized in such high circles for the programmes we deliver and the young people and their families we help and support.

Again our events are proving to be recognized as some of the best to attend with this year's Night of Nights Ball again starring and raising some \$225,000 nett and being recognized by the 700 who attended as "one of the best" – it just gets harder to surpass it each year but somehow with the committee and the team we have again pulled it off!!

The newest event for Youth Focus is going to prove to be very different and we believe after its inauguration this year on 9th November we will see some 23 teams compete on the Esplanade in Perth to pull Emeco's 75 Tonne Haulpak truck. This event is being keenly sought after by the mining fraternity with Panoramic Resources leading the way as a major sponsor and Azure Capital's James McMahon putting the pressure on the airforce, navy and army teams to get out there and give West Coast Eagles and Western Force celebs a run for their money!!! The financial and legal industries have also put their teams to the test to win that rather stunning Truck Trophy.

Our Services area has been given assistance by the Federal Government on a one off assistance package during the GFC – it has meant we can continue to employ our southwest staff and look to improving the coverage we are presently able to offer young people between Mandurah, Collie and Bunbury.

Our other exciting news has been the winning of monies to assist in the opening of our office in Albany in early 2010. The Paul Newman Foundation has selected Youth Focus to commence this project and together with Hawaiian Ride for Youth, we will see the commencement of our new offices in the near future, so stay tuned as this is very exciting to know we will now have a reach from Perth to Albany.

With the tabling of the Suicide Prevention Strategy and the Mental Health Plan by the State Government, Youth Focus is working as part of several consortium's to assist in the overall implementation in both these areas.

It is also of note that we have focused, together with MAN and Julian Krieg and Lifeline on men's and young men's mental health. As statistics have proven men are taking their own lives 4 times more than women and this is truly an indictment on our society.

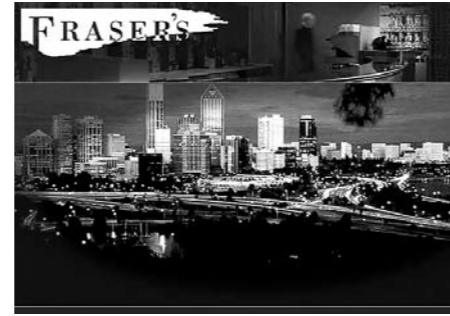
Our other exciting news this edition is the trip that the Business Development Manager, Amanda Moore and myself took to Canberra in October where we hosted a breakfast for some 30 politicians. This would not have been possible if it had not been for our local Federal Member, Steve Irons and his staff, who orchestrated the 3 days we spent pounding the corridors of Parliament House and speaking to various politicians about what we do and who we are. We believe that the next Federal Budget will see Youth Focus recognized on a national level for the work we do with young people which will be the first time that any significant funding looks somewhat more hopeful than over the previous 10 years.

I would like to wish all those who have supported Youth Focus this year and other years, a happy and very healthy Christmas. To our young people we wish them a speedy recovery and the ability to move through the tough stages that they may be presently dealing with, and wish them a wonderful year in 2010.



Jenny Allen
Chief Executive Officer

Fashion & Flowers



Fraser's Restaurant, in association with The Botanic Gardens and Parks Authority's 'Kings Park Festival', and Youth Focus hosted a Fashion and Flowers luncheon on Thursday 10th September – World Suicide Prevention Day.

Over 120 women basked in the amazing view of the Swan River whilst enjoying a delightful three course meal at Fraser's Restaurant, accompanied by wines from Brown Brothers, Madfish and Capel Vale. Floral centrepieces donated by some of Perth's top florists further enhanced the ambience. The afternoon also featured a silent auction and a fashion parade by Claremont Quarter to showcase the latest spring fashion.

At the luncheon, the guests heard an inspirational speech by one of Youth Focus past clients, Jemma, who described how our counsellor has helped her to overcome and cope with challenges and issues she found difficult to deal with.

All proceeds from the afternoon were donated to Youth Focus. The luncheon raised over \$11,000 to enable us to continue the vital work that we undertake in the prevention of youth suicide.

Welcome to our New Volunteers

14 volunteers from different walks of life recently completed two weekends training to become Youth Focus mentors for our clients. They learnt about actual case studies and relevant issues affecting young people. They knew of our program by word of mouth and come from our corporate network of supporters or universities.

Our volunteers undergo national police clearance and working with children checks before they are assigned to work with a young person. They have the opportunity to attend Peer Support camp under the supervision of the counsellors.

2009 Night of Nights Ball 'Cirque du Quartier'



His Excellency Dr Ken Michael AC, Mrs Julie Michael & Jenny Allen

Youth Focus was delighted to host Night of Nights 'Cirque du Quartier' Ball - one of the top charity balls in Perth, on Saturday 5 September 2009.

Taking place in the Grand Ballroom of Burswood Entertainment Complex, the Ball saw 700 of Perth's corporate elite enjoy an 'Elegant French Evening'. The French theme was complimented by a selection of superb entertainment and music. Table centrepieces matched the elegance of the 10 chandeliers that were suspended from the ceiling and the gilded mirrors in the ballroom.

Youth Focus patrons, The Governor of Western Australia His Excellency Dr Ken Michael AC and Mrs Julie Michael were among some of our distinguished guests at the Ball. Entertainment for the night started with French ballet marionettes from Visible Dance. Highlight of the evening performance was 16 year-old Mark Vincent, winner of Australia's Got Talent. Mark is Australia's youngest Opera virtuoso - his rich melodious vocal rendition tugged at the heart strings and struck a chord with the guests who gave him a standing ovation. The night concluded with Darren Reid and the Soul City Groove filling the dance floor with their energetic performance.

The major auction items were another feature of the night and a unique auction item was an adventure day with the SAS at their Swanbourne base. Other auction items included a three year 10% racing share in

filly, Miss Vinnoire, donated by Geisel Park Stud; a fashion experience and gown from Melbourne designer Yeojin Bae donated by Claremont Quarter and Yeojin Bae; and gold earrings and necklace Lotus design featuring Australian South Sea pearls and yellow sapphires courtesy of Kailis.

The 2009 Night of Nights 'Cirque du Quartier' raised approximately \$225,000. These valuable funds will allow Youth Focus to continue the essential work it undertakes in the prevention of youth suicide, depression and self harm.

The generous support of our Platinum Sponsor, Claremont Quarter and Gold Sponsors - Arlec, Azure Capital, CSBP, QBE, Rio Tinto and Toyota WA, together with the fantastic donations of major and silent auctions items helped to make this year's Ball a resounding success. To all our supporters and donors we thank you enormously.



Prisoner of Reality

Prisoner of Reality
Left all alone in this abyss,
no hope, no care, no love,
all that is left is fading,
the fire diminished to ash.
No simple task gives me light,
Closing in, these walls are,
the snicker at my plea's of help,
this heart of mine still beats.
Inside these barred up walls,
no escape, this is my hatred.
Waiting for a lending hand,
a caring soul to save me.

Male 17 yrs.

Woolworths in the Community

A very big thank you to Woolworths for their donations to assist in the continuation of our services to the young people who are dealing with suicidal thoughts, depression and self-harm. Youth Focus depends a great deal on the local community support for the sustainability of our operation as 90% of our funds are from sponsorship and partnerships with corporates and revenues generated by our fundraising events.

Christmas Cards & Hampers

Support Youth Focus by ordering your Personalised Corporate Christmas Card online - \$0.40 per card will be donated to Youth Focus. Order online now for a 5% discount at www.christmascards4charity.com.au

This year you can also support us by purchasing your Christmas hampers from Charity Hampers - 10% of the hamper cost (excluding freight) will be donated to Youth Focus. To order online visit www.charityhampers.com.au or simply go to Youth Focus website www.youthfocus.com.au.

Jenny Allen, Local Chambers Business Person of the Year 2009

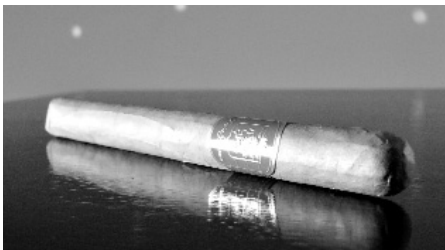
Jenny Allen was the recipient of Local Chambers Business Person of the Year at the BarterCard Commerce & Industry Awards in recognition of her strong dedication in preventing youth suicide in Western Australia.

This award acknowledged Jenny's leadership in the development and growth of Youth Focus into a credible community organisation in the delivery of mental health services and direct counselling to more than 3000 young people and 620 families since 2000.

It was a great honour for Jenny to receive such a prestigious award among many successful business leaders and entrepreneurs in our community.



Devlin's Charity Dinner supports Youth Focus



Youth Focus was privileged to be the chosen Charity at the Annual Devlin's Charity Dinner this year held on 6 November at the Burswood Marquee by the pool side. Jenny Allen was a guest at the dinner and had the opportunity to give a short introduction of Youth Focus and its work in the prevention of youth suicide. The guests enjoyed a scrumptious 5-course dinner of fine food complimented by the finest Howard Park wines. Two exciting



major auction items were offered at the dinner – to wine and



dine at Paul Reiser's House in Beverly Hills with the French Master Chef Bruno Lopez and a bottle of exquisite 40 year old McCallums Whisky; and a game of golf with Hollywood celebrities Andy Garcia and Joe Mantegna in sunny California. Proceeds raised at this dinner will be given to Youth Focus to continue offering its services to an increasing number of young people and their families experiencing mental health illness.

Report by Quantum Consulting commissioned by MHD

The Mental Health Division (MHD) of the Department of Health in Western Australia (DOH) plans to establish a formal system of service evaluation in the Non-Government (NGO) sector. The purpose of these service evaluations will be to assess the effectiveness of measures taken by NGOs to meet the obligations of performance and quality standards set out in their service agreement. The service evaluations would also identify areas where improvement is required and recommend corrective action as necessary. This evaluation will be used to benchmark throughout the sector.

The MHD commissioned Quantum Consulting (in conjunction with Barbara Gatter and Associates) to develop the Service Evaluation Guidelines and conduct pilot evaluations of two NGOs' currently receiving funding from the MHD. Youth Focus Inc was selected and agreed to participate in this pilot evaluation. The MHD provided non-recurrent funding over two years to 2008/09. Unfortunately funding has not been reinstated for 2009/2010.

The final evaluation report was an invaluable document which provided insights into the strengths of Youth Focus and other possible areas for enhancement and improvement.

The evaluation concluded that Youth Focus is:

- achieving good outcomes for the young people to whom it provides services;
- complying with its obligations to allocate monies within the scope of the service agreement and delivering services to the target population for which the money was intended;
- meeting minimum service standards, and
- meeting regular reporting requirements in accordance with service agreements.

World Suicide Prevention Day – Community Forum

Youth Focus participated at a recent third annual World Suicide Prevention Day Community Forum held at the State Library of Western Australia on the evening of Thursday, 10 September 2009. Jenny Allen was involved with Suicide Prevention Australia and other service agencies for the programme and panel of speakers for the forum.

A free event open to the public, the Community Forum is part of a regular program of activities and events hosted by Suicide Prevention Australia (SPA) to coincide with World Suicide Prevention Day on 10 September each year.

In addition, one of the panel discussions – The Help Seeking panel encouraged the community to talk more openly about suicide and suicidal behaviours, and where to get help, in order to reduce stigma and promote prevention.

One of Youth Focus' past clients Anna participated by closing the community panel discussion and speaking about her own difficult journey out of adolescent depression and suicidal thoughts during a dark period of her life. Her personal story was moving and inspirational, and told of how Youth Focus and her Counsellors helped her to regain her self esteem and develop the coping skills she needed to deal with the transitions in her life. Anna was finally able, with counselling and support, to achieve independent living, working part-time, and pursuing an undergraduate



study in psychology at university. She shared the importance of having been able to access a free service such as Youth Focus to help her to overcome the depression and suicidal thoughts she experienced during a particularly difficult time in her life.

Special Presentation by Julian Kreig

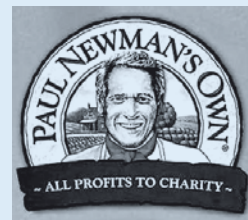
Youth Focus and Lifeline WA staff and volunteers were enthralled by Mr Julian Kreig's presentation on Understanding Men's Needs, It Matters to Women. To help staff to better support and assist an increasing number of young men suffering from depression, Jenny Allen, in collaboration with Men's Advisory Network and Lifeline WA organised this special presentation for staff and volunteers. According to Australian Bureau of Statistics, males accounted for 75% of all suicide deaths in 2007.

The highly informative talk highlighted the different needs and the psychological make up of men and women. Julian Kreig with his witty candour explained men's inability to cope with changing women's role and status. He also identified the specific gender needs of men and women to create the necessary environment supportive of both gender's mental health well-being.



Mr Julian Kreig, President, Men's Advisory Network and Senior Community Educator, Wheatbelt Mens Health

Grant from Paul Newman's Own Foundation



Youth Focus is one of the two successful beneficiaries in WA this year from Paul Newman's Own Foundation for the provision of its services in the regional Great Southern areas in Western Australia which has a high suicide rate. The funding will enable us to provide unique and essential prevention and early intervention services to address youth suicide, depression and self-harm in 12 – 18 year olds. Currently there is no similar service like Youth Focus in Albany and it will complement other services and programmes in the area.

Our service will also include delivery of mental health education workshops at schools and community venues and will be available to all young people in the region. The major town of Albany will be the centre point for the project.

Sponsor me please

At the Youth Focus Night of Nights Ball with the generous support of Kailis, a new fundraising initiative "Sponsor me please" was launched. Guests at the Ball were invited to sponsor a young person by donating \$250 towards

- Four counselling sessions for a troubled young person or;
- Send a young person on two peer support camps or;
- Provide ongoing mentoring for 12 months.

This promotion has now been adopted by Kailis and our supporters will have the opportunity to learn who they have sponsored and what they have chosen to do.