

Progress Report

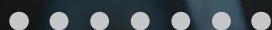
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youthfocus

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Supporting young people & their mental health



ESTABLISHED IN 1994, YOUTH FOCUS IS A LEADING FOR-PURPOSE ORGANISATION THAT DELIVERS INNOVATIVE AND ACCESSIBLE MENTAL HEALTH SERVICES AND PROGRAMS ACROSS WESTERN AUSTRALIA TO HELP AT-RISK YOUNG PEOPLE AGED 12 TO 25 LEAD FULL AND HEALTHY LIVES.

It operates with a team of highly skilled psychologists, social workers and occupational therapists to provide a range of early intervention and prevention services free of charge to reduce symptoms associated with suicide, depression, anxiety and self-harm, build long-term mental wellbeing and help young people reach their full potential.

In addition to its professional counselling services, Youth Focus engages with communities to educate and build awareness about youth mental health issues and suicide prevention. As part of this engagement, it delivers education programs in schools and communities across Western Australia.

Youth Focus offers its services from offices located in Burswood, Joondalup, Rockingham, Bunbury and Albany as well as via schools, outreach programs and headspace Centres in Midland, Albany and Geraldton.



A message from the CEO



Youth Focus is bound together with its partners and communities through its dedication to creating brighter futures for young people with mental health issues.

The 2017/18 financial year has further consolidated Youth Focus as a leader in youth mental health services. As a team, we have developed new ways to strengthen our organisation's services to young people and built stronger, more resilient and suicide-safe communities. We have also returned a substantial profit for our purpose of \$656,000, while retaining a low administration ratio of less than 5 per cent to ensure that our limited funds are spent responsibly in the delivery of services.

This year was also one of celebration as we heralded in a new brand identity that has great resonance with our young clients. We also launched our new website that has improved functionality to make it easier for young people to connect with our services.

Our services continue to be vital to communities across Western Australia as suicide remains the leading cause of death for our children aged 5 to 17, and young adults aged 18 to 25. In the 24 years since starting our operations, our organisation has helped more than 25,000 at-risk young people through their journey to recovery.

SUPPORTING YOUNG PEOPLE AND THEIR MENTAL HEALTH

In the past year to 30 June 2018, our organisation has supported a total of 3,678 young people through our five Youth Focus offices and four headspace Centres. Importantly, the clinical results have been overwhelmingly positive, with the majority of our clients reporting an improvement in their psychological wellbeing.

Our organisation continues to develop new and innovative mental health initiatives that aim to reduce the rate of suicide in young people. We have further expanded into regional and remote areas, with web counselling now being delivered in locations where in-person mental health services are limited.

Our relationship with headspace ensured that even more young people could connect with professional care for their mental health issues. Through the headspace Centres operated by Youth Focus – Albany, Geraldton and two in Midland (one of which is a Youth Early Psychosis Program) – we worked with 2,037 young people.

EDUCATING AND ENGAGING COMMUNITIES

Community engagement is a key tenet in the fight to reduce suicide. Youth Focus continues to lead the way in meaningful community education and engagement through partnerships with schools, workforces, sports clubs and other local organisations throughout Western Australia. In the 2017/18 financial year, our education and engagement team connected with more than 6,000 people through in-school and in-workplace sessions.

Our organisation continued its leading efforts into suicide prevention research and development through the ground-breaking Young Men's Project. The project has an exciting future on the national and international stage in playing a lead role in reducing suicide by young men.





THE ICONIC HAWAIIAN RIDE FOR YOUTH EXTENDS REGIONAL REACH

In 2018, the iconic Hawaiian Ride for Youth achieved yet another outstanding fundraising result of more than \$2.3 million. While the fundraising aspect of the Ride is crucial to the ongoing services provided to the communities of young people throughout the State, the Ride also plays a major role in raising awareness and reducing the stigma associated with mental health.

This year, we launched a new Ride website to make it easier for people to learn more about the event and Youth Focus, make donations and book tickets for fundraising events. We remain grateful for the enduring partnership with the Hawaiian Ride for Youth, its many sponsors – particularly long-term naming rights partner, Hawaiian – and the riders themselves, whose commitment, passion and courage are felt so keenly by the young people in the care of Youth Focus.

MEANINGFUL EVENTS AND PARTNERSHIPS FURTHERING OUR CAUSE

The Night of Nights Ball presented by Audi, held on 26 August 2017, not only raised almost half a million dollars to support our services, but attracted more than 600 people to learn more about our important work. We are most grateful for the support of Audi Centre Perth and Crown Perth, without which this event would not be possible.

We are also thankful for the commitment of our corporate partners. In particular, I would like to acknowledge Youth Focus Premier Partners: Alcoa of Australia, Channel 7 Telethon Trust, Hawaiian and Mineral Resources.

Government relationships and partnerships are also crucial to the ability of our organisation to deliver our vital services. We acknowledge the relationships with the WA Mental Health Commission, the Department of Local Government, Sport and Cultural Industries and the Department of Education.

We are also grateful for the strong relationship with the WA Primary Health Alliance and headspace – partnerships which enable our organisation to amplify its reach throughout Western Australia.

A BUSINESS OF PEOPLE FOR PEOPLE

I would like to acknowledge the calibre, professionalism and passion of the Youth Focus people, who work tirelessly in all areas of our organisation – from services and headspace through to events, partnerships, finance and administration. Their continued contributions ensure that we can deliver the best in youth mental health and suicide prevention services.

CELEBRATING 25 YEARS

The new financial year will be yet another exciting one for Youth Focus as it marks the 25th anniversary of the organisation and, in many respects, its own coming of age as a significant, credible and professional youth mental health services provider, advocate and leader.

It was not without some sadness that I resigned from Youth Focus in September 2018. I am pleased that I leave the organisation in a strong position, with an outstanding team, a refreshed brand and a revitalised financial position. Moreover, I am pleased that the crucial youth mental health services of Youth Focus and its headspace Centres continue to deliver quality health outcomes for their young clients. Youth Focus is on a truly exciting journey as it heads into its 25th anniversary year in 2019 and beyond. The experience of leading the organisation as its CEO has been deeply rewarding for me personally and professionally, and I look forward to following the important and inspiring work of all at Youth Focus.

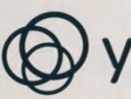
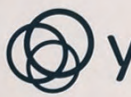
On behalf of all of us at Youth Focus, we thank you for your support as we continue to create brighter futures for young Western Australians.

FIONA KALAF
CEO

NIGHT OF NIG



Presented



"I am so grateful I pushed through it, I'm definitely a stronger person because of Youth Focus and I can't thank them enough."

Bree-Anna's story



Youth Focus wasn't just an organisation to me, it was a lifeline. It was my last hope before I was fully consumed by the darkness in my mind that had been haunting me since I was a child.

My first appointment with Youth Focus was in 2014. I was 15 years old and having strong feelings to want to end my life. My life up until that first appointment was definitely a roller-coaster ride. When I was four, I lost my older brother in a drowning accident. My family fell apart after this. My mum and dad really didn't cope and after a few years they ended their relationship.

I grew up very isolated, so when my younger brother and I had to move in with our mum when I was 11 because my dad wasn't coping raising us on his own it was a really stressful time for me.

I never really got along with my mum so in high school when I started to get anxiety and act out, our arguments would always make me feel worse. Eventually I started to take drugs, drink and self-harm to try to stop all the intrusive thoughts going through my mind.

A school counsellor had noticed that I was struggling and after I had confided in her and told her how I was feeling she referred me to Youth Focus. I wasn't really keen on the idea, but I went to the appointment anyway.

My Counsellor Bec was just incredible I can't describe it but I just knew after that appointment that she was someone I could trust.

She never made me feel like I was on a time limit or that I had to share anything with her, she just made me feel safe and comfortable at every appointment which I was so grateful for.

I moved out of home for my last year of high school because my home life was impacting my mental health and studies too much. I moved in with family friends who are like family now. They helped me get through a dark period especially after I had left my mums.

I still felt really depressed and by this point I was just too exhausted and had decided that ending my life was the only way out. So, I planned it all and after seriously endangering myself I was finally hospitalised.

After this I began to really focus on my recovery and started back up with more intense sessions with Bec because I didn't want to live like that anymore. With time I began to heal and despite everything that happened over the course of year 12, I was proud to still graduate.

I walked into my first appointment at 15 and walked out of my last appointment at 18. My journey with this organisation was long and hard but I am so grateful I pushed through it, I'm definitely a stronger person because of Youth Focus and I can't thank them enough.



Supporting a record number of young people through innovative, evidence-based services



The crucial services Youth Focus provides to young people continued to increase throughout 2017/18.

This included the provision of evidence-based psychological interventions for 12 to 25 year olds by registered mental health professionals who understand the unique social and emotional needs of youth.

*In 2017/18 Youth Focus provided services to a record-breaking **3,678** young people.*

In 2017/18 Youth Focus provided services to a record-breaking 3,678 young people from five offices (Burswood, Albany, Bunbury, Rockingham and Joondalup), five satellite locations (Cockburn, Leederville, Ellenbrook, Kwinana and Mandurah), 34 schools, and four headspace Centres (Albany, Geraldton and two in Midland).

INTRODUCING WEB COUNSELLING TO SUPPORT YOUTH IN REGIONAL AREAS

The Youth Focus web counselling pilot in Wagin and Narrogin expanded in 2017/18. With improved technology and supportive partners in regional areas, web counselling expanded to Northam, Gnowangerup and Dalwallinu. A further 17 sites are on-track to commence services by the end of 2018.

Youth Focus web Counselling will ensure that young people in regional areas have access to professional mental health support.

Over the year, the clinical team provided services to 1,641 young people. The most common issues for young people referred to Youth Focus were depression, anxiety and suicidal ideation.

During the last 12 months, Youth Focus has seen an increase in young people presenting with multiple issues including anxiety, depression and suicidal ideation, as well as non-suicidal self-injury and family and relationship trauma.



WEEKS AVERAGE
IN COUNSELLING



340
AVERAGE No.
CLIENTS
PER MONTH

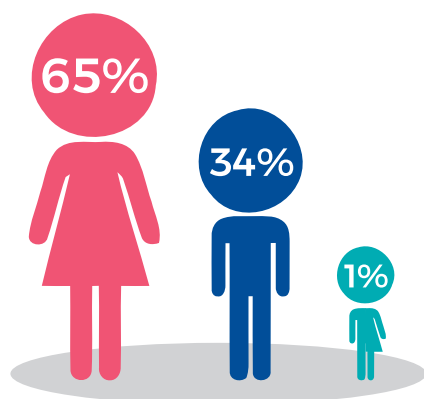
47
AVERAGE No.
NEW CLIENTS
PER MONTH



Throughout 2017/18, the average client age was 15 years. The participation rate for young men has risen over the past two years from 20 per cent to 34 per cent, reflecting targeted efforts to work more with young men who remain a high-risk group for suicide.

Youth Focus saw an increase in the complexity of issues experienced by young people referred and accepted into the service, across both metropolitan and regional areas.

Youth Focus continued to deliver its 'in-house' counselling services in 34 metropolitan and regional high schools, working closely with the department of education, principals, chaplains, school psychologists and student support staff. As demand for services increases, Youth Focus continues to assess the needs of new and existing schools to ensure efficient delivery of services.



HEADSPACE PARTNERSHIP BROADENS SERVICE OFFERING AND REACH

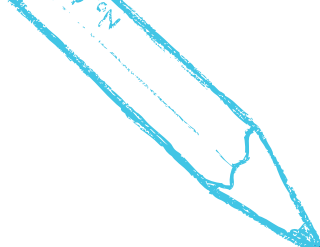
Youth Focus continued its participation in the headspace program as the lead agency for headspace Albany, Geraldton and two in Midland. Through this partnership, Youth Focus supported 2,037 young people. In addition to its partnership with headspace, national alliances with key organisations, including Suicide Prevention Australia and the Black Dog Institute, ensure that Youth Focus plays a role in shaping and influencing policy, and advocating for suicide prevention awareness and services for young people.

NEW SERVICE TO SUPPORT DISENGAGED YOUTH

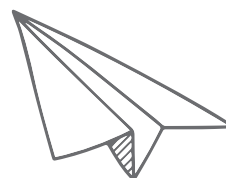
In March 2018, Youth Focus commenced a new service in the Murchison. The Youth Severe service, funded by WA Primary Health Alliance, supports disengaged youth at-risk of severe anxiety, depression, early psychosis and other mental illnesses. This service is in its infancy and Youth Focus will continue to engage with the community to offer support and raise mental health awareness.

YOUTH FOCUS PROVIDED SUPPORT TO
3,678
YOUNG PEOPLE

Engaging communities to be part of the change



6,000
PEOPLE EDUCATED



Community engagement is integral to reducing the rates of suicide in young people.

Youth Focus community engagement programs equip community members with the confidence, willingness and ability to respond to the mental health needs of young people at the earliest opportunity.

CONTRIBUTING TO GREATER UNITY THROUGH RECONCILIATION ACTION

The last financial year has seen Youth Focus embark on a journey to create its own Reconciliation Action Plan (RAP).

In parallel with the development of a RAP, is the organisation's involvement in the Healthway funded Building Bridges Project. This project aims to develop a culturally secure intervention for engaging Aboriginal young people in mental health services.

REDUCING MENTAL HEALTH STIGMA THROUGH EDUCATION

During the year, Youth Focus delivered its Understanding Mental Health Program in 46 high school across the State, providing education to 3,181 Year 9 students and 755 teachers and parents. This program has three separate sessions – one for each Year 9 class, a parent session and a teacher session – each tailored to the unique needs of each group.

Following participation in the program students were more inclined to tell a trusted adult if they were worried about a friend.

Youth Focus also provided workplace mental health education to 2,146 community and industry participants – adapting its professional expertise to incorporate adult learning principles and utilise specialist workplace modules.



Youth Focus provided education to
3,181
Year 9 students

2,146
Community and industry participants

755
Parents and teachers





YOUNG MEN CREATING THEIR OWN SOLUTIONS TO YOUTH SUICIDE

The Young Men's Project (YMP) is an innovative and ground-breaking program pioneered by Youth Focus to bring young men together to reduce stigma, raise awareness of mental health issues and facilitate solutions by young men for young men.

100% of the young men in attendance agreed they wouldn't "go it alone" if they were struggling.

In the last financial year, workshops were held in Ellenbrook and Peel, supported by the City of Swan and Alcoa of Australia, respectively. At the end of these sessions, 100 per cent of the young men in attendance agreed they wouldn't "go it alone" if they were struggling and would recommend the workshop to a friend.

"It was a great workshop to reflect on how we deal with adversity and possible solutions."

YOUNG MEN'S PROJECT WORKSHOP ATTENDEE

YOUTH PASSIONATE ABOUT MAKING A DIFFERENCE

The Youth Focus Youth Reference Group (YRG) is a passionate group of young people aged between 16 to 24 who meet regularly, primarily to ensure the organisation's services are relevant to young people and their families. The YRG also participates in public youth events and engagement opportunities to promote Youth Focus and positive mental health messaging.



PROVIDING SAFE AND SUPPORTIVE OPPORTUNITIES FOR YOUNG PEOPLE

During 2017/18, the Youth Focus Peer Support Program was relaunched as YOUth Matters to better reflect the scope of the program. YOUth Matters is now available across all Youth Focus locations, ensuring all clients can attend therapeutic recreational activities and engage with other young people with lived experiences. The focus of each activity is to help build a young person's toolkit in preparation to transition out of counselling.

MENTORS HELPING YOUNG PEOPLE WITH RECOVERY

Youth Focus has developed a meaningful Mentoring Program to support young people who are already engaged in counselling.

In 2017/18, Youth Focus recruited and educated 46 new mentors.

Youth Focus mentors are equipped with the knowledge and skills to be positive role models, as well as specific education in understanding youth mental health, anxiety, self-harm and suicide.

"It's great to feel like you are actually making a difference, despite being a young age, having your opinions and ideas not only acknowledged but valued."

TESSA GILSON, 18 YRS





The iconic Hawaiian Ride for Youth



The past 12 months have delivered a number of memorable events, including the award-winning Hawaiian Ride for Youth, which again led the Youth Focus fundraising efforts.

In 2018, the Ride continued to go from strength to strength with a record-breaking number of new riders, female riders and Support Crew.

Since inception in 2003, the Hawaiian Ride for Youth has raised more than \$19.8 million to support the life-affirming work of Youth Focus.

The Ride covered four routes, three from Albany to Perth – Coastal, Inland and Wheatbelt – and the Mid West route travelling from Geraldton to Perth. The Ride also visited a record 26 regional high schools and attended community events in Dalwallinu and Three Springs hosted by the local shires.

The school presentations were given by the riders, who delivered key mental health messages developed by the Youth Focus clinical team while sharing their own stories and experiences to reinforce the messages.

Almost 2,000 people attended the Welcome Home Ceremony on Saturday, 24th March and cheered the 170 riders, 48 Support Crew and 8 CEO Challengers across the finish line in Kings Park. Riders presented Youth Focus with a cheque for \$2.2 million – an outstanding achievement. By the close of the financial year, the 2018 Ride total had increased to more than \$2.3 million from ongoing donations.

During Ride Week, more than 3,500 high school students took part in unique presentations.

Youth Focus is grateful to its corporate supporters including naming rights partner Hawaiian and the 34 team sponsors.

Youth Focus was delighted to welcome the Hon. Roger Cook MLA, Minister for Mental Health as a rider in the 2018 Hawaiian Ride for Youth. Mr Cook's participation and support of this important initiative assisted in increasing awareness of the event and the much-needed services Youth Focus provides.

Youth Focus is forever indebted to the riders, their families, the volunteer Organising Committee, the four dedicated volunteer event directors and their volunteer Support Crew who collectively continue to make this event so memorable. There is no question that without this event, Youth Focus would not have the capacity to support as many young people as it does each year.





Engaging and meaningful events are essential in enabling Youth Focus to continue to deliver its much-needed services to the Western Australian community free of charge.

CELEBRATING 15 YEARS OF THE PRESTIGIOUS NIGHT OF NIGHTS PRESENTED BY AUDI

The 2017 Night of Nights presented by Audi was hosted at Crown Perth. Since 2003, this prestigious event has provided Youth Focus a unique platform to communicate the organisation's cause and raise funds to maintain its life-changing services.

*Celebrating its 15th Anniversary in 2017, the evening was attended by more than 600 generous supporters who helped raise more than **\$445,000**.*

This event would not have been so successful without the support of the many businesses and individuals who kindly donated the 13 major auction items and more than 140 silent auction items. Special thanks go to Platinum Sponsor, Audi Centre Perth and Major Sponsor, Crown Perth.

CELEBRATING THOSE WHO MAKE A DIFFERENCE

The Youth Focus Make A Difference Awards is an opportunity to recognise the many individuals and businesses that have supported the organisation's life-changing work over the past 12 months. This year, Youth Focus presented awards in six categories including the Youth Award, which was presented to Jared Stone in recognition of his outstanding voluntary commitment to assisting Youth Focus in the promotion of youth mental health.

MENTAL HEALTH WEEK BREAKFAST

To coincide with Mental Health Week, Youth Focus hosted its annual breakfast to facilitate discussion around key youth mental health issues and update its supporters on the organisation's past and future endeavours.

The event saw 50 of the organisation's key stakeholders attend to hear from the Hon. Roger Cook MLA, followed by an engaging panel discussion exploring ways in which workplace and education initiatives can connect to have a positive effect on youth mental health.

PERTH'S PREMIER POLO EVENT

Youth Focus once again hosted a marquee at the prestigious Bentley Polo in the Valley, staged at the magnificent Duncraig Stud in Middle Swan. Thanks to the continued support and incredible generosity of Peter and Debra Prendiville, Youth Focus was named the beneficiary charity for the event, which raised more than \$106,000. Since 2010, Polo in the Valley has contributed more than \$885,000 to support Youth Focus.

The success of all these events has continued to play a major role in resourcing the growth of Youth Focus, addressing the stigma surrounding mental health and suicide, creating awareness and facilitating the delivery of the organisation's services to young people.





Supporting youth through WA's leading charity events

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Partnering for change



Youth Focus thanks the Western Australian Government, corporate partners and local communities for their generosity and support in helping to make a difference to the lives of young Western Australians dealing with mental health issues.

This year, Youth Focus strived to maintain a consistent level of income to ensure continual service delivery. It achieved this by engaging with individuals and corporates who share its vision to put a stop to youth suicide.

Youth Focus welcomed a number of new partners and continued to develop robust government relations at both Federal and State levels.

The State Government, through the Mental Health Commission, provided vital funding for the implementation of post-vention strategies in schools, while the Department of Local Government, Sport and Cultural Industries supported Youth Focus in the delivery of youth counselling services to the community.

The WA Primary Health Alliance (WAPHA) continued its strong partnership with Youth Focus, providing essential funding to support a number of key projects, including the implementation of web counselling services in regional sites across Western Australia, and the provision of Youth Severe services in the Murchison, across Meekatharra, Cue and Mt Magnet. These important projects will provide much needed mental health services in regional areas, where services are often scarce or absent.

Mineral Resources continued its partnership with Youth Focus to support the delivery of mental health services for young people. This funding supports Youth Focus in providing life-changing care to hundreds of young people during the course of the partnership.

Youth Focus continued its relationship with Alcoa of Australia, delivering community education to support young people in the Peel region and a Young Men's Project to generate region specific solutions to reduce the suicide rates of young men in their community. This partnership helps to empower young people, creating a stronger region through community engagement and awareness.

The community continues to benefit from the organisation's partnership with long-standing partner Hawaiian, which continued with as the naming rights partner for the largest Youth Focus fundraising event, the Hawaiian Ride for Youth.

Youth Focus also partnered with corporate social responsibility leaders Coogee, Clough and Horizon Power, to deliver mental health education in a range of communities across Western Australia.

Youth Focus acknowledges the ongoing generosity and support of Future Generations Investment Company, Channel 7 Telethon Trust, the Harman Family Trust, the Prendiville Group, the McCusker Foundation, Lavan, Meerkats, Humaan, Wind Over Water Foundation, Fremantle Football Club and Transit Clothing.



Fundraising for greater impact



Youth Focus is fortunate to be the beneficiary of a number of community fundraisers, organised by extraordinary supporters who share the Youth Focus vision of reducing youth suicide in Western Australia.

This voluntary contribution makes a real and lasting difference to the lives of young Western Australians.

From workplace giving to celebrity football matches and live local music, the wonderful supporters of Youth Focus raised more than \$150,000 in 2017/18.

The organisation was also supported by third-party fundraising events such as the HBF Run for a Reason, Chevron City to Surf for Activ and Youth Focus's own initiative, Lavan Fit30. These events challenged community members physically while motivating their peers to support their fundraising efforts. Thank you to everyone who made their move to support youth in need.

Each year, a vital contributor to Youth Focus fundraising is its campaign program. In May 2018, Youth Focus launched a powerful end of financial year campaign to help prevent youth depression and suicide in Western Australia.

The Campaign shared deeply personal letters penned by young people, revealing their innermost thoughts to depression and other mental health issues.

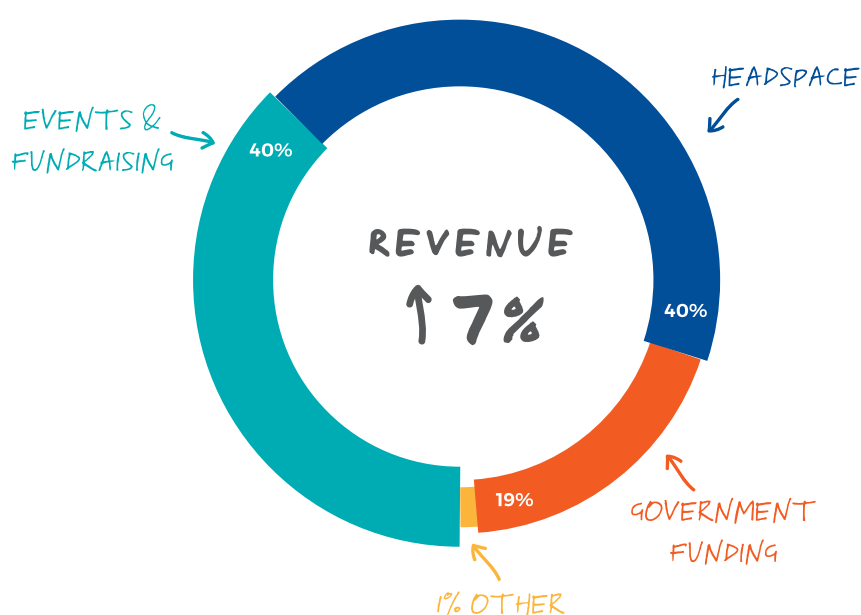
This well-received campaign brought to the fore the personal struggles that mental illness can bring to the lives of young people and raised much-needed funds to help Youth Focus continue its important work to provide free, face-to-face counselling sessions for young people and suicide prevention education programs in schools.

Thank you to everyone who has supported Youth Focus in the last financial year. The support provided has made a significant contribution to the vital work of Youth Focus in the Western Australian community.





Investing for the future



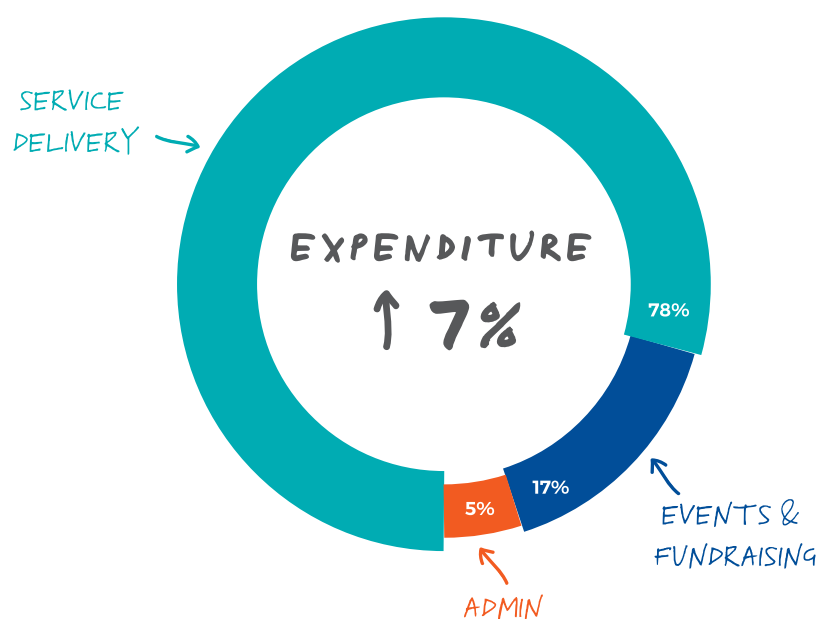
Youth Focus continued to strengthen its financial position enabling a record number of young people to access life-changing counselling services.

In 2017/18 Youth Focus recorded a second successive yearly surplus in excess of circa \$650,000. The resulting contribution to the organisation's reserve base will strengthen its ongoing sustainability and allow for continued investment in important strategic initiatives.

Youth Focus saw an overall increase in revenues by 7 per cent in 2017/18. This increase largely reflects securing funding contracts for web counselling and Meekatharra Youth Severe projects. This increase in revenue was directed to the organisation's professional counselling services, resulting in a record number of young people being supported by Youth Focus.

The organisation saw a slight decline in donations and fundraising income in the past financial year, which have been impacted by the current challenging economic climate.

Overall, the very generous, continuing support from individuals, corporate and community sectors enabled the organisation to expand its services and programs to support more young people dealing with mental health issues.



Our supporters



PREMIER PARTNERS



MAJOR PARTNERS



OFFICIAL PARTNERS



OFFICIAL SUPPORTERS



EVENT SPONSORS

Ansell Strategic • Arc Infrastructure • Avoca Insurance Brokers • Azure Capital • Budget Car and Truck Rental • Buswest • Citadel-MAGNUS
Cor Cordis • Corinthia Hotel St George's Bay Malta • Detail • Emirates • ERGT Australia • FIIG • Harmanis Holdings • Hawaiian
Helicopter Company • Hollywood Private Hospital • Key Residential • Kitchen Warehouse • KPMG • Linc Property • MACA • Murdoch University
Office Solutions IT • Perrott Painting • Perth Public Art Foundation • Resource Capital Funds • Rhone Wine Online • Rob Breden • Rohan Jewellery
Schrole Group • Shadforth Financial Group • Steinepreis Paganin • Synergy Resources • WA Primary Health Alliance • Wesfarmers

EVENT SUPPORTERS

Adam Gilchrist • Aqualyte • Audi Centre Perth • Aussie Natural Spring Water • AV Partners • Budget Car and Truck Rental • Buswest • Cape Lodge
Caterlink • COMO the Treasury • Dennis Lillie • Ferngrove Wine Group • Gage Roads • Global Cabling • Injidup Spa Retreat • Karara Mining Ltd
Karma Resorts • Kim Hughes • Leeuwin Estate • Nova 93.7 • Office National Canningvale • Optimus • Perth Expo • RAC
Southwest Hospital Pharmacy • St Johns Brook • State Buildings • Steel Blue • Trench Health and Fitness • Waldemar Kolbusz

Board of Directors



DAVID GRAY
CHAIR

JOINED FEBRUARY 2008

A partner at Herbert Smith Freehills' Perth corporate practice, David specialises in takeovers, equity capital markets and general corporate acquisitions, as well as reconstructions and disposals. He has worked for HSF in its Melbourne, London and Perth offices and is a member of the national advisory team. He has extensive experience in advising on Board governance matters and is regularly consulted by his clients on matters of the highest strategic importance.

David has served as a member of the Redkite (a children's cancer charity) regional council.



NICK HENRY
DEPUTY CHAIR

JOINED MARCH 2015
DEPUTY CHAIR FROM
AUGUST 2017

Nick is the Lead Partner of Assurance at Pricewaterhouse Coopers in Western Australia. He is a member of PwC's WA Executive Leadership Team and the National Assurance Markets Leadership Team.

Nick has extensive experience in providing audit and accounting advisory services to the resources sector having worked predominantly in Australia and USA but also with experience on the ground in Asia, Canada and a number of countries in Africa. In addition to audit services, he routinely provides expert accounting advice and support around working through complex accounting issues, mergers & acquisitions, debt arrangements and other issues.

Nick is a former State Chairman and Fellow of The Institute of Chartered Accountants in Australia, a Governor of the American Chamber of Commerce in Australia, Chair of the MLC College Council and is a member of the Australian Institute of Company Directors.



RON EDWARDS
DIRECTOR

JOINED OCTOBER 2016

Ron has had a diverse career including work as a public servant in Canberra and Sydney, a Lecturer in the TAFE and university sectors as well as roles in the private sector. He was a Member of the Federal Parliament and Deputy Speaker in the period from 1983 to 1993.

Along with the Hon. Fred Chaney and John Cunningham, Ron established the Graham (Polly) Farmer Foundation in 1996 and became a member of the Anglican Schools Commission from 1994 to 2015. Ron was a founding member of the Social Inclusion Board and a member of the Not For Profit Reform Council which established the Australian Charities and Not For Profits Commission.

He is currently Chair of the State Emergency Management Committee; a Board Member of the Young Lives Matter Foundation and is a consultant to the Kimberley tourism industry and Austral Fisheries. Ron was recently appointed as the Independent Chair of the Burrup Rock Stakeholder Reference Group.



DAMIAN GORDON
DIRECTOR

JOINED JUNE 2012

Damian is an Executive Director and the Chief Financial Officer of West Australian property group Hawaiian. Damian joined Hawaiian in 2002 and is responsible for overseeing the financial management along with the Group's investment into land sub-divisions and financial assets. He was appointed to the Hawaiian board in 2008.

Damian is a Fellow of the Institute of Chartered Accountants, a Fellow of Finsia, a Member of the AICD and completed INSEAD's inaugural LEAP (Leadership Excellence through Awareness and Practice) Program in 2013.

Damian is a member of the Finance Committee of Curtin University and a Director of Amana Living.

The Youth Focus Board performs essential governance and strategy functions for the organisation.

Youth Focus has been deliberate in its recruitment of talented, committed and passionate Board members with complementary skill sets. It is important that each Board member brings with them not just corporate acumen and commercial experience, but also an understanding and alliance with the organisational values: compassion, commitment, integrity and a 'client-first' focus.



DEAN HELY
DIRECTOR

JOINED MARCH 2015

Dean Hely is the managing partner of Lavan and a partner in the Reconstruction, Recovery, Insolvency and Litigation area.

Dean has over 27 years experience working in corporate reconstruction, insolvency and commercial litigation. Dean was integrally involved in the current Lavan partnership moving away from the franchise model the partners operated under with Phillips Fox and established a stand alone Western Australian based legal practice. In 2016 Dean together with several partners and Paul O'Farrell established Quadrant Advisory, a debt advisory practice that assists clients ranging from mid sized companies though to ASX listed companies with their debt requirements.

Dean joined the Board of Youth Focus in March 2015. Dean is a Board member of RugbyWA, AIMWA and a member of the Australian Institute of Company Directors.



FIONA KALAF
DIRECTOR & CEO

JOINED FEBRUARY 2016

Fiona Kalaf was CEO and Director of Youth Focus from February 2016 to October 2018. During Fiona's leadership as CEO, she built an outstanding team, refreshed the Youth Focus brand and revitalised its financial strength, leaving the organisation in a sustainable position for the future.

Fiona is currently General Manager Markets and Innovation at APM and is on the Board of Healthway. She has held numerous senior executive and directorship roles, including CEO of Lifeline WA and Chair of the Art Gallery of WA.

Fiona holds a Bachelor of Arts, a Bachelor of Architecture and a Master of Business Administration (Advanced). Fiona has also completed the Strategic Perspectives in Nonprofit Management at Harvard Business School.



FIONA LANDER
DIRECTOR

JOINED AUGUST 2012

Fiona Lander is a Partner with Deloitte Australia, working in the Public Sector Consulting area and was previously an Executive General Manager with Perth Airport. Prior to this, Fiona held a range of Senior Executive roles in human service portfolios in the State Government.

Fiona has a strong interest in suicide prevention and lead the Office for Youth Affairs for many years. She worked closely with the then Ministerial Council for Suicide Prevention, piloting community and peer support programs in regional Western Australia and conducting research into Aboriginal youth suicide prevention and men's help seeking behaviours.

Fiona holds a Bachelor of Arts (Social Science), an Executive Master of Public Administration and is a graduate of the Australian Institute of Company Directors. She holds a number of non-executive director Board positions including Vice President - Meerilinga Young Children's Foundation and Governing Council Member - South Metropolitan TAFE.



PAUL LARSEN
DIRECTOR

JOINED OCTOBER 2016

As Chief Executive Officer, Paul Larsen oversees the management of Arc Infrastructure's network across the southern half of Western Australia. Paul is passionate about rail in this State, and is committed to positioning Arc Infrastructure to secure an exciting future for its customers, employees, shareholders and everyone affected by how well the railway performs. He joined the company in 2003 and held several senior commercial positions prior to taking on the leadership role in April 2008.

Paul has since led the transformation of the business with more than \$2 billion invested by Arc Infrastructure to deliver an upgraded and modernised railway that has supported a 113% increase of tonnes transported on the rail network. This achievement was recognised by the international rail industry with the 2014 award for corporate innovation and excellence.



BELINDA LONSDALE
DIRECTOR

JOINED AUGUST 2016

Belinda Lonsdale is a Judge of the District Court of Western Australia. She holds a Bachelor of Laws and Master of Business Administration from the University of Western Australia. Belinda was admitted to practice in 1993 and prior to her appointment as a Judge in 2017, she practiced as a barrister at Albert Wolff Chambers, primarily in the area of criminal defence.

Belinda is a former President of the WA Criminal Lawyers Association and has been a member of the Law Society Council and WA Bar Association Council.

Belinda first participated in the Hawaiian Ride for Youth in 2009 and since that time has completed five rides. Belinda's experience as a judge and criminal lawyer provides her with a unique perspective on issues of social justice in the context of mental health and disadvantage.



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