



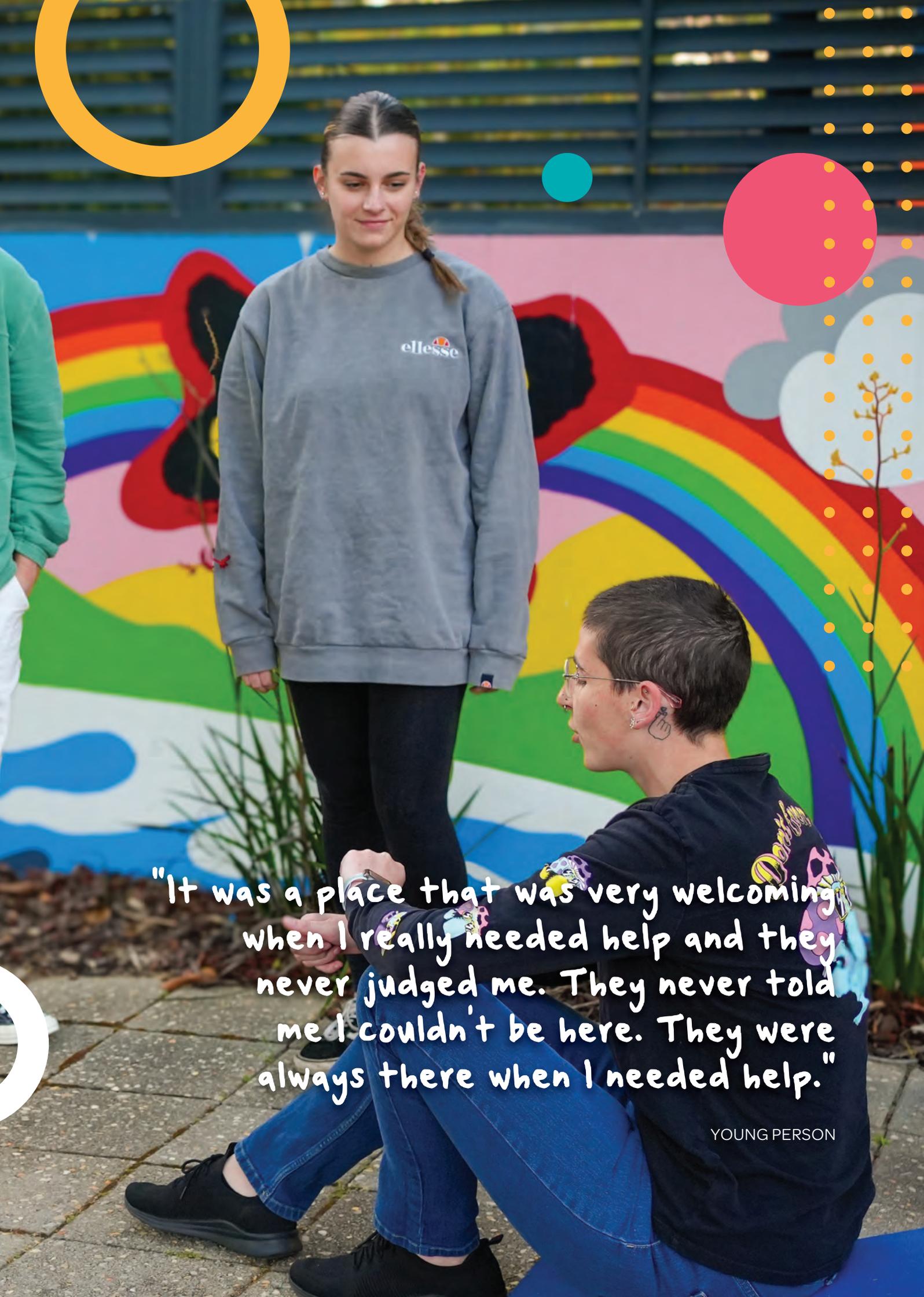


Youth Focus acknowledges the Traditional Custodians of country throughout Western Australia and their connections to land, sea and community. We pay our respect to Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander people.

Youth Focus is committed to ensuring every individual that interacts with us feels safe and is able to bring their whole selves, being welcomed with equity, dignity and respect. In doing so, we understand that we must first include, listen, and reflect in order to build trust, connect, and partner. We celebrate individuality and are guided by the stories and journeys of the communities in which we live and work. Everyone is welcome at Youth Focus.

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"It was a place that was very welcoming when I really needed help and they never judged me. They never told me I couldn't be here. They were always there when I needed help."

YOUNG PERSON

FOREWORD FROM THE CEO



It's easy to feel proud being part of this organisation.

It's been an exciting year at Youth Focus. I stepped into the role of CEO in February 2023, and as I've spent time with each of the teams, I've had the opportunity to see first-hand the incredible work that happens every day at Youth Focus, and the passion every person in the organisation brings.

This financial year we've seen an increasing number of young people who are reaching out for support. It's clear that the need for youth mental health services will continue to grow, and we've been busy making sure we're ready to meet it.

A key initiative this year was developing our new Strategic Plan for 2023-2026. The strategic planning process has been an opportunity to reflect on what we can achieve, together with young people, to help create a community where they can thrive and achieve their goals.

This reflection led us to re-imagine our organisational vision and purpose. We listened to young people, to our staff, and to our stakeholders, and it was clear that in order to achieve mental wellbeing, young people must be able to live the kind of lives they want to, as defined by their own goals and identity.

Based on this, our vision naturally evolved to become 'a world where a young person's mental health does not get in the way of them being who they want to be'. And that shaped our purpose as being 'trusted to champion the mental health needs of young people in WA, supporting them to thrive in their community'.

For us this means looking for ways to do things better, to innovate and find solutions to the existing and emerging challenges impacting youth mental health.

Mental health is complex, and we know we achieve more when we collaborate with others - which is why our new Strategic Plan is focused on 'thriving together'. The plan identifies our key priorities, which are: to increase the accessibility of our services; partner with stakeholders; demonstrate our measurable impact; and continue to build on the sustainability of our services.

In order to deliver on these strategic priorities in the years to come, we have introduced a range of important projects and initiatives this financial year that will enable us to continue to improve how we work as an organisation.

One of these key initiatives is the implementation of Single-Session Thinking for our counselling service. Single-Session Thinking is a solutions-focused and strengths-based approach that is helping us manage waitlists and ensure more young people can access our services.

We were also thrilled to open our newly renovated and expanded centre in Albany, which enables our team to meet increasing demand in the region, in a space that is co-designed with young people to meet their needs.

The safety of young people is at the centre of everything we do at Youth Focus. This financial year saw the launch of our Statement of Commitment to Youth Safety and Wellbeing, as well as a range of initiatives to implement the National Principles for Child Safe Organisations. We also successfully completed our re-certification process for our accreditation, demonstrating our alignment to the National Standards of Mental Health Services (2010).

We welcomed the opportunity to invest in the mental health workforce by partnering with headspace on the Early Careers Program and the headspace Traineeship Program. These programs enable us to support graduates and trainees throughout our centres to gain practical experience, and help develop our future mental health workforce.

We have seen the need for young people from the LGBTQIA+ community to have access to safe, youth-led social spaces. Our Place in Midland has helped to meet this need in the Perth region, while The Space in Geraldton has created a safe and inclusive place for LGBTQIA+ young people in the Midwest, and Spectrum at headspace Albany has done likewise for young people in the Great Southern.



DERRY SIMPSON, YOUTH FOCUS CEO

At the end of the financial year, we farewelled our longstanding Board Chair Dean Hely, after eight years of dedication and commitment to Youth Focus. Dean has been a tireless champion of youth mental health in the Western Australian community and as departing Chair, Dean leaves a legacy of strong governance and strategic foundations. We are delighted to welcome experienced business leader Rod Jones, who has been a member of our Board of Directors since 2020, to the role of Chair.

In preparing this Annual Report, I want to celebrate the contributions of our staff and volunteers, as well as the young people and carers who guide our services. This diverse, dedicated group of talented people are the reason we are able to support thousands of young people each year, and it's through our people that we'll work towards our new vision and purpose in the years to come.

Finally, thank you to our sector partners, corporate supporters, and our donors and fundraisers across Western Australia. The impact Youth Focus makes in the lives of young people is thanks to the support you give us - you are truly helping young people to thrive in our community.

DERRY SIMPSON, CEO



After eight-plus years as a Board member and more than three years as Chair, it was time for renewal as Youth Focus grows and evolves as an organisation. Youth Focus will be well served with Rod Jones as Chair, with his deep corporate and leadership experience, and Lavan's Framy Browne joining the Board to further its focus on robust corporate governance.

During my time at Youth Focus there's been an absolute commitment to providing the highest quality clinical practice, and, with the guidance of an ever more diversified Board, we've seen the growth of a team of people who are truly passionate about caring for young people in Western Australia. I leave the organisation knowing that Youth Focus is overseen by a first-class Board, is led by a dynamic and deeply committed leader in Derry Simpson, and a team that is always willing to consider new ways of helping young people.

DEAN HELY, YOUTH FOCUS BOARD CHAIR 2020-2023

WHO WE ARE & WHAT WE DO

Youth Focus believes in the potential of all young people. We believe the right support can change the trajectory of a young person's life.

WHAT WE DO

We work to improve the mental health and wellbeing of young Western Australians aged between 12 and 25, to achieve our vision of a world where a young person's mental health does not get in the way of them being who they want to be.

Our purpose is to be trusted to champion the mental health needs of young people in WA, supporting them to thrive in their community.

We offer evidence-based, safe, high-quality services, at no cost, when and where young people need them most. We are led by the young person and what they need in their mental health journey, based on what they want to achieve in their lives, in that moment.

We help shape and enable communities that promote mental wellbeing and support young people in all aspects of their lives.

Youth Focus provides services from eight metropolitan and regional offices, in Burswood, Bunbury, Peel, Albany and Meekatharra and as the lead agency at headspace sites in Albany, Midland, Geraldton and Northam. We also deliver services in schools, and in other locations in partnership with the communities in which we work.

WHY WE DO IT

Mental illness is the leading cause of disability and poor life outcomes for young people, and tragically, suicide remains the leading cause of death for people aged 15 to 24 in Western Australia. These statistics need to change.

At Youth Focus we aim to create a community in which young people feel safe reaching for support, and that high-quality services are available when they do.

We want this to be the reality for all young people, everywhere in Western Australia. The earlier young people access support, the sooner they will be able to thrive in their lives and in their communities.

HOW WE ACHIEVE THIS

It's thanks to our dedicated and passionate people and partners that we are able to champion the mental health needs of young people in our communities, supporting them to thrive. Their diverse skills, perspectives and contributions are what makes us able to respond to the many and varied needs of young people. Their compassion and commitment are what drives us to continuously improve our services and how we work.



Mental health services are really important for young people because they oftentimes don't have places where they have agency to make decisions for themselves. Young people who are accessing our services have a say in what happens in their treatment. They even get to have a say of whether or not they want to be here. It's really important for young people to have the opportunity to make the decision for themselves.

PRIYA, YOUTH ACCESS CLINICIAN AT HEADSPACE MIDLAND



OUR VISION

A world where a young person's mental health does not get in the way of them being who they want to be.



OUR PURPOSE

Trusted to champion the mental health needs of young people in WA, supporting them to thrive in their community.

OUR VALUES

COMPASSION



We show heart

We are passionate about our cause and committed to the wellbeing of our clients, teammates, and communities.

COLLABORATION



We collaborate

We are motivated towards a common goal knowing that ordinary people can do extraordinary things when they work together.

DYNAMIC



We are dynamic

We are adaptable, open to change and evolution, holding focus on our work through the transitions we face.

INTEGRITY



We can be counted on

We are clear, honest, and authentic when we communicate. Those around us have trust and confidence in who we are and what we do.

QUALITY



We have a real, meaningful impact

We remain focused on our organisation's purpose. It drives us to be and do our best.



OUR IMPACT

The need for high-quality, evidence-based mental health services continues to grow. At Youth Focus, we are seeing presentations increase not only in numbers but also in complexity.

3,697

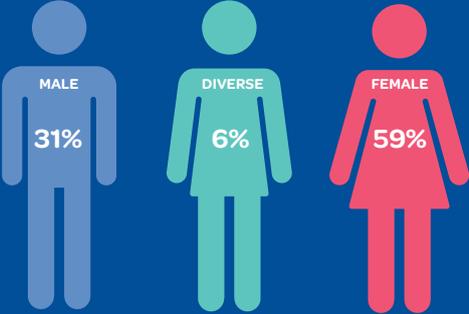
YOUNG PEOPLE SUPPORTED ACROSS YOUTH FOCUS & HEADSPACE

27,796

OCCASIONS OF SERVICE



AVERAGE AGE OF CLIENTS

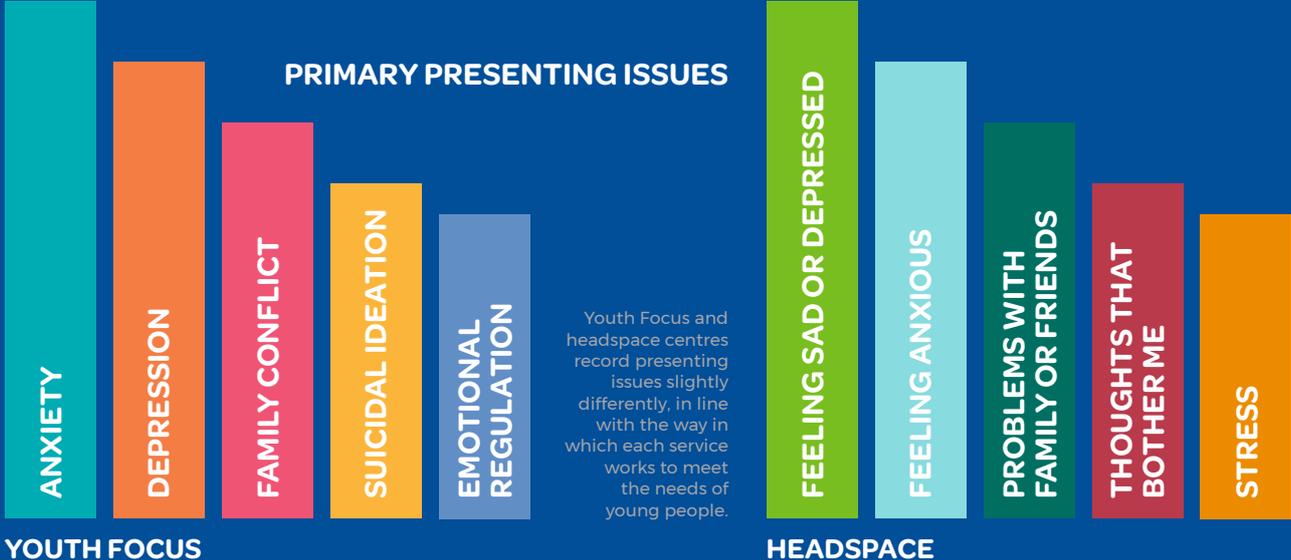


CLIENT GENDER BALANCE
4% NOT STATED



2,567

YOUNG PEOPLE EDUCATED THROUGH YOUTH FOCUS' EDUCATION PROGRAM



Youth Focus and headspace centres record presenting issues slightly differently, in line with the way in which each service works to meet the needs of young people.

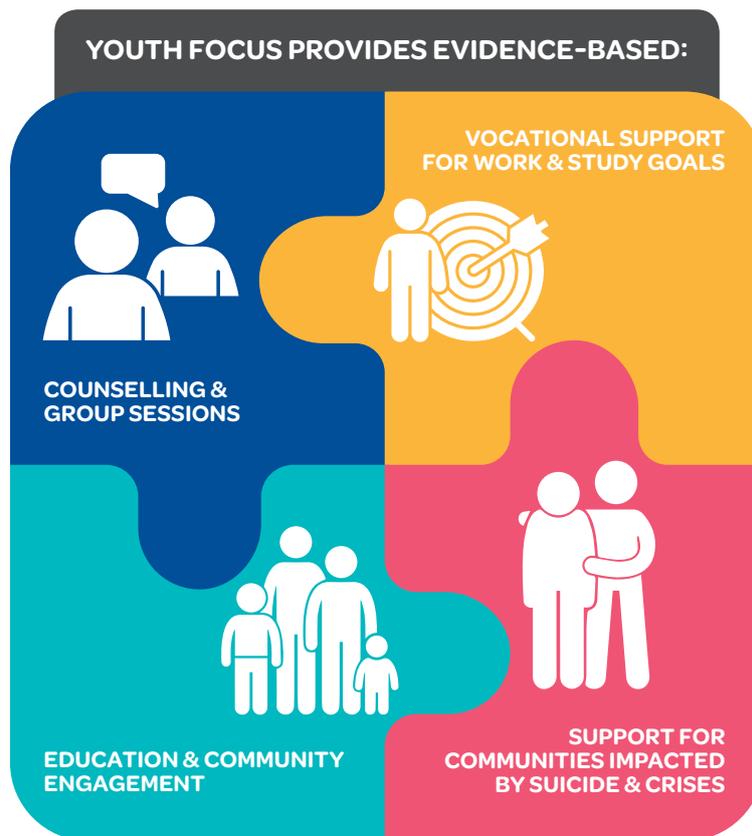
YOUTH FOCUS

HEADSPACE

OUR SERVICES



For nearly three decades, Youth Focus has been championing the mental health and wellbeing needs of young Western Australians aged between 12 and 25, so they can thrive in their community.



Our core service mix enables us to meet the needs of young people, based on their unique strengths and in ways that create sustainable, mentally healthy communities.

Supporting a young person's mental health journey can be complex, which is why our service mix is designed to provide a continuum of mental health services in the community, across prevention, intervention and postvention.

At Youth Focus, we provide tailored supports that are integrated, holistic and youth-specific, keeping the young person at the centre. And we never stop improving and evolving. We are always learning from new emerging evidence, and listening to young people about how they want services to look.

Young people thriving means having a connection to community, identity and belonging. It's knowing that you have someone to turn to when things are hard and someone to celebrate when things are really good.

HEADSPACE MIDLAND YOUTH REFERENCE GROUP MEMBER



COUNSELLING

Each year, we support thousands of young people with our counselling services across Western Australia.

To ensure our services are young-person-centred, accessible, and available at the right time, we design our support so that it:

- has no out-of-pocket expense to a young person and their carers
- is focused on shared goal setting to achieve the most meaningful and important change for the young person
- develops the strengths and unique abilities of the young person (and those who support them) to overcome their mental health challenges

The role of our counselling is to empower a young person to get what they need as quickly as possible, with minimal disruption to their life.

At Youth Focus, we provide a safe space for young people to learn and grow. We aim to help develop a strong network of support around the young person that makes their mental health care sustainable. This way, they are free to build the future they want from a robust platform of mental health and wellbeing.

DORIAN'S STORY

Dorian is one of our Youth Counsellors. Dorian says that while the challenges young people face vary, many are struggling with a sense of overwhelm.

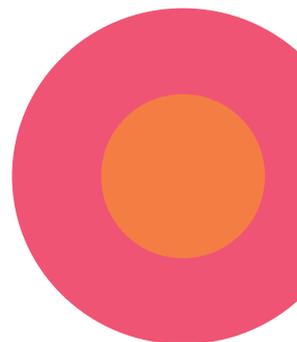
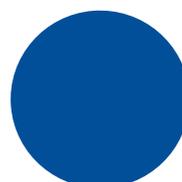
"We respond to where a young person is at. We tailor our support to meet their preferences and get to know what they need and what they want to achieve," says Dorian.

"The impact of our service and our model of delivering these services is that young people have the opportunity to access lasting, sustainable, empowerment-based change."

Getting the right support at the right time can have lifelong benefits for a young person's health, social connections, education and future career.



DORIAN, YOUTH COUNSELLOR



COMMUNITY ENGAGEMENT

Across our Youth Focus and headspace centres in WA, Community Engagement Officers work directly with young people, members of the community, and local service providers.

Our community engagement activities are designed to build relationships, break down stigmas associated with mental health, provide education to improve mental health literacy, and promote mental health and wellbeing services and support.

By engaging our local community, we can empower young people to influence decisions that affect the provision of Youth Focus services and increase the community's capacity to engage in conversations about mental health. When we work with and listen to young people, we are able to build long-term relationships and develop meaningful solutions to complex issues.

We work with local communities to design and develop events and programs to support their needs in a variety of ways, including safe space social drop-ins, campaigns, community events, and education sessions.

Here's what headspace Midland's Community Engagement Officer, Casey, has to say about this service.

"We believe that young people are the experts of youth, and their experiences. We recruit young people to participate in the Youth Reference Group and Our Place Youth Committee, to work directly with our organisation and ensure we are up to date and relevant.

"By providing young people with a platform to make a difference to the lives of their peers, we are enabling them to develop the skills and knowledge necessary to support others within communities.

"Community engagement is more than just promotions. It's about listening to the community, hearing what they have to say, and doing something about it.

"Through the empowerment of future generations, we are able to assist the formulation of emerging leaders through their diverse voices."



CASEY, COMMUNITY ENGAGEMENT OFFICER



HEADSPACE DAY AT MIDLAND



WHITE RIBBON EVENT, PERTH METRO



HARMONY DAY, HEADSPACE GERALDTON



INDIVIDUAL PLACEMENT & SUPPORT

Our Individual Placement and Support (IPS) program is provided at Youth Focus Perth Metro, headspace Albany, headspace Geraldton, and headspace Midland.

IPS is a globally recognised supported employment program, originally designed in the United States.

Sustainable, meaningful employment is a powerful factor in mental health recovery, and in preventing mental ill-health. However, people with experience of mental ill-health face barriers to employment including stigma, discrimination, and lack of support to engage in the workforce (Mental Health Australia, 2022).

IPS is designed to support young people experiencing mental health challenges to obtain and sustain employment that they are interested in and passionate about.

The IPS program is designed to work alongside a young person's existing support network, with the integration of both a counsellor or access clinician and a vocational specialist collaborating through clinical input and strategies across the young person's vocational journey.

IPS is available to any young person who is engaged in our services and who is willing and motivated to find employment or complete education to gain new skills. It is an integral part of our core service mix.

When asked to describe the program's approach, Youth Focus IPS Vocational Specialist Jamie explains: "We focus on building confidence and independence in the young person, because the aim of the program is for us to not be here forever."



What we want to do is help the young people to feel confident in those conversations that they have with the employers, to help them get the job and keep the job. That confidence we help build is going to support them throughout their life.

JAMIE, YOUTH FOCUS VOCATIONAL SPECIALIST

Through working alongside young people to achieve their work and study goals, the IPS team sets up young people for success in their vocational pursuits.

"Working with employers to support young people who have disclosed their needs for support allows for young people to engage effectively in workplaces of their choice, while also upskilling employers, which leads to safer and more supportive workplaces," headspace Albany Clinical Lead Carl says.

184

YOUNG PEOPLE ACCESSED
IPS ACROSS OUR LOCATIONS
IN 2022/23



The difference that the IPS program makes to young people's lives is that not only will they gain life skills, but once they obtain employment, they gain a sense of achievement, responsibility, self-worth, and the ability to be financially free, ultimately setting them up for a brighter future.

JOE, IPS SPECIALIST, HEADSPACE MIDLAND



The IPS program works by showing young people they too deserve to work, to make a living, and to pursue a career for themselves regardless of their mental health status. It's about showing them the ropes, teaching them the basics, building their confidence, while supporting their mental health needs. Two years from now, young people should be able to reflect on their IPS journey and apply what they've learnt when it comes to finding their new dream job and/or how to positively maintain their mental health in the workplace.

CARL, CLINICAL LEAD, HEADSPACE ALBANY

JESS' IPS STORY

For several months, Jess engaged with Youth Focus' IPS program to build confidence in herself and to prepare herself for the workforce and for her first after-school job. Through engagement with Youth Focus' IPS program, known as Work Focus, Jess increased her confidence to drop off resumes to employers, and gained the ability to understand job applications, and how to market her skills.

Jess' vocational specialist identified an employer she was interested in working for and explored Jess' fears around interacting with employers by role-playing scenarios she might come across. He then helped Jess to practise these conversations until she was comfortable.

Jess had a positive interaction with this employer and ultimately overcame her fear of talking to employers. Jess was successful with the role and is now in employment at a local café and continuing to build on her confidence in a supportive workplace, while still being provided the wraparound support from Youth Focus.

Jess has expressed how much Work Focus support has helped her in her job search journey and how much insight she has gained into how to manage her mental health in the workplace in the future.

2,567

YOUNG PEOPLE EDUCATED
THROUGH YOUTH FOCUS'
EDUCATION PROGRAM



**COLLIE
SENIOR HIGH
SCHOOL**

YOUTH FOCUS PROVIDED
COUNSELLING SERVICES IN

56

SCHOOLS ACROSS WA

NADIYAH, YOUTH COUNSELLOR

YOUTH FOCUS IN SCHOOLS

This financial year, Youth Focus has provided counselling services in 56 schools across Western Australia.

Importantly, more than half of the young people supported by Youth Focus see their counsellor at their school.

Providing services within schools allows Youth Focus to meet young people where they're at, rather than requiring them to travel to receive support. In schools, staff are able to effectively integrate into young people's pre-existing support networks to improve outcomes, engagement, and risk management.

Youth Focus understands that each school environment and community has unique needs and circumstances. We work hard to foster an understanding of the cohort of young people and of the other services available at the school.

By partnering with schools, we are able to support vulnerable population groups and communities who may not otherwise be supported.

POSTVENTION AT SCHOOLS

Our postvention service is an extension of Youth Focus counselling following a suspected death by suicide of a high-school-aged student. The service aims to assist high-school-aged young people, and those who teach and care for them. It may also involve preventative activities (for example, carer and teacher information sessions based on the needs and decisions made by school leadership). Youth Focus offers postvention services to schools affected by any suspected suicide within our organisational area.

PREVENTION AT SCHOOLS

Our school education programs, such as Mental Notes, seek to equip students, teachers, parents, and the wider community with mental health literacy and help-seeking pathways prior to mental health challenges emerging.

Our education program reached 2,567 people in the 2022/23 financial year, supporting the prevention of mental ill-health and encouraging early intervention.

YOUTH FOCUS AT COLLIE SENIOR HIGH SCHOOL

For close to two decades, Youth Focus has maintained an important and consistent presence at Collie Senior High School, providing the students with much-needed mental health support.

Counsellor Nadiyah from Youth Focus Bunbury spends one day a week at the school, which sees her dividing her time between counselling sessions and the Shooting Stars program for young Aboriginal women.

Being a small town in Western Australia's South West, mental health support services aren't always readily available in Collie. Without Nadiyah's counselling sessions at the school, those young people could face a variety of barriers to accessing mental health support.

Nadiyah explains: "For the most part, young people with mental health challenges are referred out to Bunbury. This can mean waiting for an extended time before they get the opportunity to sit down and have a conversation with somebody face to face."

Nadiyah and the service she provides are welcomed and included in the Collie Senior High School community. "Supporting young people is our priority and I feel like my opinion is really valued," says Nadiyah.



MENTAL NOTES
CONVERSATIONS ABOUT MENTAL HEALTH





OUR PLACES

At Youth Focus, we are dedicated to providing youth mental health services that are high-quality, safe and consistent across all of our locations, tailored to meet the needs of the communities in which we operate.

Our goal is to support young Western Australians, where they are and when they need it, so mental health challenges don't get in the way of them being who they want to be.

"Because each of our locations is unique, our approach is led by the young people we serve and what they need in each community," Youth Focus Chief Operating Officer Angie Perkins explains.

For us, this means continuing to put the voices of young people at the centre of our approach, ensuring that they are supported to thrive, wherever they are, and whatever that looks like for them.



Mental health is complex, and it's everyone's business. We know we can't do it alone, and we believe that by collaborating and working together with community partners, we can deliver accessible services that meet the needs of Western Australia's young people.

ANGIE, YOUTH FOCUS CHIEF OPERATING OFFICER

OUR SERVICE FOOTPRINT 2022/23

Our local, place-based services are vital for young people to access support within their own community.

YOUNG PEOPLE SUPPORTED BY REGION

● YOUTH FOCUS OFFICE
● HEADSPACE OFFICE

MID WEST
545

WHEATBELT
257

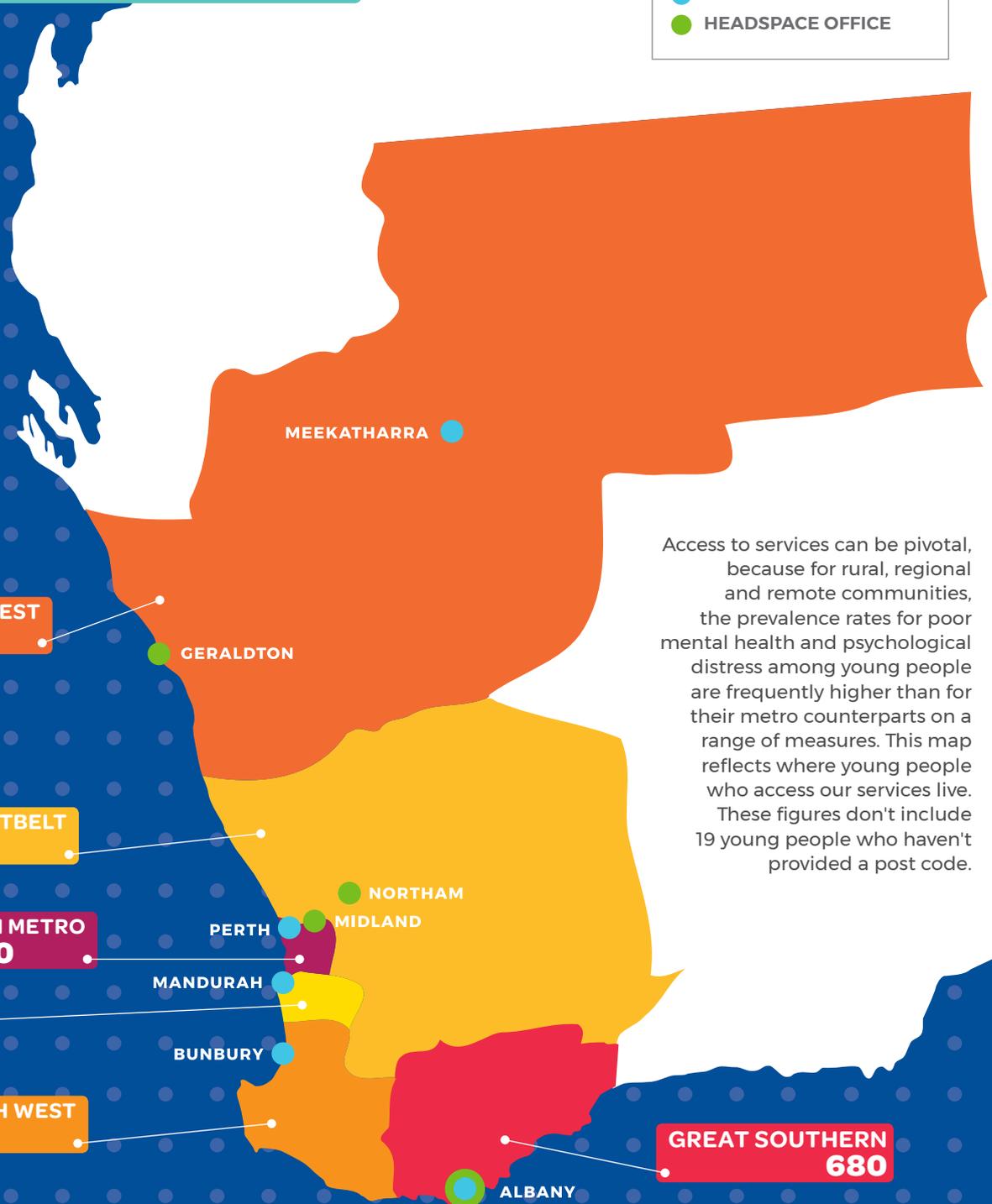
PERTH METRO
1,790

PEEL
137

SOUTH WEST
269

Access to services can be pivotal, because for rural, regional and remote communities, the prevalence rates for poor mental health and psychological distress among young people are frequently higher than for their metro counterparts on a range of measures. This map reflects where young people who access our services live. These figures don't include 19 young people who haven't provided a post code.

GREAT SOUTHERN
680



YOUTH FOCUS GREAT SOUTHERN & HEADSPACE ALBANY

Youth Focus Great Southern and headspace Albany are dedicated to putting the young person at the centre of their own care, as the experts in their own mental health.

In the financial year 2022/23, headspace Albany and Youth Focus Great Southern supported 677 young people, with 3,736 occasions of service. This includes 63 young people who also received support with work and training through the headspace Albany Individual Placement and Support Program.

Youth Focus Great Southern and headspace Albany are known for leading the way with new and innovative mental health support programs. An example of the team's commitment to better practice is the development of a specialised program for young people in Albany with eating disorders, which has been in place for close to four years, and remains the only regionally based eating disorders program in Western Australia.

The eating disorders program in Albany has a multi-disciplinary approach to care, incorporating four components: psychiatry, GP, counselling, and dietician, all supported by a headspace Albany Youth Access Clinician, who helps coordinate the care. This better-practice model of care helps to address the complexity of issues facing young people with disordered eating, and provides wraparound support.

WELCOME HOME YOUTH FOCUS GREAT SOUTHERN AND HEADSPACE ALBANY

In 2022 Youth Focus was able to expand and comprehensively renovate a new space in the heart of Albany, where we can accommodate more young people and create an even better service experience. The new centre was co-designed with young people, and opened in November 2022. In the months that followed the team saw an increase in the number of young people accessing support, with April 2023 seeing the highest ever number of new young people presenting.

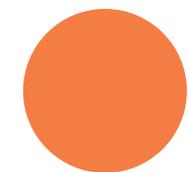
We now have capacity to meet the growing future needs of Albany's young people, and to diversify our service streams in the region.

The centre renovation was supported by WA Primary Health Alliance under the Australian Government's Primary Health Networks Program.

677
YOUNG
PEOPLE
SUPPORTED

3,736
OCCASIONS
OF SERVICE

HEADSPACE ALBANY
& YOUTH FOCUS
GREAT SOUTHERN





MEMBERS OF THE HEADSPACE ALBANY COMMITTEE



We listened to feedback from young people, families and members of our team and took exciting leaps to create a more welcoming, comfortable and accessible space for our local community. In our newly refurbished centre there is enough of the old to ensure it remains familiar with enough of the new to notice some big improvements were made. It's a place we can feel truly proud to work in each day.

JASMINE, HEADSPACE ALBANY



YOUTH FOCUS PERTH METRO

To increase accessibility and reduce barriers to getting support, our services in the Perth Metro region are offered in schools, community locations, and at our Youth Focus office in Burswood.

During 2022/23, our Youth Focus Perth Metro services supported 766 young people, with 4,240 occasions of service. This includes 43 young people who accessed the Youth Focus Individual Placement and Support (IPS) program, Work Focus.

In the 2022/23 financial year, we built on our partnership with Women's Health and Family Services by co-locating in their Joondalup office to offer support services to young people in the north metro region.

By co-locating we've been able to reach more young people and increase the accessibility of our services in the northern suburbs.

In 2022/23, Youth Focus Perth Metro also successfully trialled an Equine Assisted Learning program.

766
YOUNG
PEOPLE
SUPPORTED

4,240
OCCASIONS
OF SERVICE

YOUTH FOCUS
PERTH METRO

SINGLE-SESSION THINKING AT YOUTH FOCUS PERTH METRO

The implementation of Single-Session Thinking (SST) at Youth Focus Perth Metro has had a huge impact on our ability to manage demand and reduce wait times.

SST puts the young person and their needs and goals first, providing space for them to grow. The SST approach treats each session as if it may be the only one needed, although it leaves open the opportunity to book in a future session if the young person would like to access additional support. It's a solutions-focused and strengths-based approach to working on an agreed area of focus.

Thanks to this approach, Youth Focus Perth Metro saw an increased number of young people in the financial year 2022/23, with many of the referrals coming from the young people themselves.

We first saw the effect SST can have at headspace Albany with impressive results. It quickly became clear that SST enables young people and clinicians to make the most of the session itself, laying the foundation for ongoing work, if needed.



With increasing demand and long wait times across all youth mental health services, Youth Focus has been innovative in finding ways to be able to support young people as they need, when they need it, which is why Single-Session Thinking has been such an important change in the way we approach service delivery. The Youth Focus Perth Metro team's rollout of SST has seen an increased number of young people being able to access support, as well as having reduced wait times. SST emphasises meeting the young person in the here and now, focusing on what's most important to them, and making the most of each session and interaction.

MELLISSA, CLINICAL LEAD,
YOUTH FOCUS PERTH METRO



YOUTH FOCUS PERTH METRO TEAM

THE IMPORTANCE OF THE INTAKE PROCESS

The intake role is an integral part of our service. Youth Focus Intake Officer Dominique spends her days listening to young people, carers and referral partners. She is often the first person they are speaking to about accessing services, helping and supporting them through the intake process.

“For a young person, the world can be challenging, with a lot to navigate,” Dominique explains. Youth Focus is here for young people. We’re here to listen, which in itself can do wonders for mental health and emotional wellbeing. “Young people are extremely

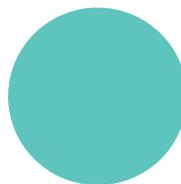
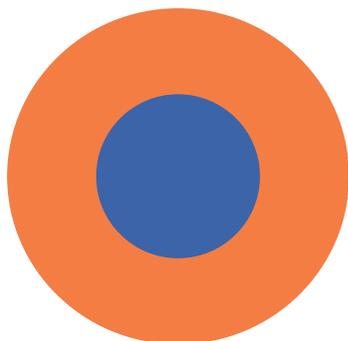
resilient, but they face a lot of challenges. We help young people understand and consolidate their resilience. We’re there for them and only them. We help them find their voice and be heard.”

For Dominique, it’s a privilege to hear from young people and help them navigate their journey.

“I get to hear the relief in young people’s voices when they know that help is there for them.”



DOMINIQUE, INTAKE OFFICER



YOUTH FOCUS PEEL & SOUTH WEST

For young people in the Peel and South West regions, access to mental health services can be challenging, and this often results in greater pressure on general practice services and emergency departments.

During 2022/23, our Peel and South West locations supported 645 young people, with 3,934 occasions of service.

Our Youth Focus Peel and South West teams are working to increase accessibility to services for young people in these regions through innovative, de-centralised solutions, which involve partnerships, lived experience, service hubs, and community-based service provision across locations and schools.

YOUTH FOCUS AT THE PEEL HEALTH HUB

Our Youth Focus location within the Peel Health Hub opened in 2019, in response to a community need for a safe place where young people experiencing mental health challenges could access a range of health services in one location, in a way that provides wraparound care.

The Peel Health Hub model enables us to offer an integrated service to young people in the region. We value the partnerships this collaborative model enables, as we recognise that young people can thrive when we work together.

"Youth Focus being based within the Peel Health Hub allows young people and their families to access all services under one roof," Clinical Lead Leanne explains.

"The 'Care Coordination' model facilitates and supports the development of youth mental health services and projects in the Peel area."

YOUTH FOCUS IN THE SOUTH WEST

In the South West, Youth Focus operates out of Bunbury, offering counselling from the centre, and from schools in the regions, delivering both prevention and intervention services to improve the mental health of young people.

Partnership and collaboration enhance the positive impact of mental health interventions with young people, and our Bunbury centre operates with strong external partnerships with the local headspace and regional schools.

Our in-reach mental health counselling at schools provides the core of our work for the Bunbury team. By providing mental health services in high schools we help ensure the majority of young people have access to face-to-face support, regardless of where they live.

Youth Focus Bunbury has a long history in the South West, operating in some locations for up to 20 years. The service maintains a strong relationship with a large number of high schools, working closely with principals, chaplains, school psychologists and student support staff to provide counselling services 'in-house'.



We work collaboratively with the Peel Health Hub Care Coordination Team, stakeholders, agencies, and young people to enhance youth access to services. The model demonstrates a remarkable capacity to link young people, their families, resources, and training opportunities, and it works effectively and efficiently. The outlying rural areas in the Peel region with fragmented and geographically isolated services benefit most from this model.

LEANNE, YOUTH FOCUS PEEL & SOUTH WEST



Operating across a vast region, delivering the majority of our services in education settings, requires adaptation and flexibility to connect in meaningful and worthwhile ways with young people.

MARK, SERVICE MANAGER FOR PEEL & SOUTH WEST

Mark Barrett-Lennard, Service Manager for Peel and South West, explains, "It also creates enormous opportunities to contribute to better health and education outcomes, and respond to the challenges of the unique contexts we encounter. This is particularly the case when regional or rural communities face events such as the sudden death by suicide of community members.

"Our ability to provide postvention support alongside health, education and community service providers responding to these events is an additional important aspect of our service."

645
YOUNG PEOPLE SUPPORTED

3,934
OCCASIONS OF SERVICE

YOUTH FOCUS
PEEL & SOUTH WEST



HEADSPACE GERALDTON

headspace Geraldton sits at the heart of this Midwest coastal city. With a higher-than-average number of young people in the city, the need for us to work alongside others in the community is vital.

During 2022/23, headspace Geraldton supported 483 young people, with 1,683 occasions of service. This includes 31 young people who accessed the headspace Geraldton Individual Placement and Support Program.

Much of headspace Geraldton's positive impact on the city's young people can be attributed to the team's engagement and solid relationships with the community, including the Youth Affairs Council of WA, Child and Adolescent Mental Health Service, Country Health Service, Community Alcohol and Drug Service, and the Clontarf Academy.

"When local agencies and community groups join forces, pooling their resources, vision and expertise together, they create a powerful synergy that can bring about transformative change," headspace Geraldton Manager May Doncon says.



Collaboration with local agencies is not just a choice, it's a necessity for addressing the complex challenges facing the health and wellbeing of young people in this region.

MAY, HEADSPACE GERALDTON CENTRE MANAGER



I watch people come out of their sessions, young people look lighter and different, the team are amazing and so passionate.

JENNY, HEADSPACE GERALDTON

headspace Geraldton is known for its dynamic, creative and responsive approach to the needs of the community, continually providing innovative mental health services and programs, community partnerships and engagement activities at schools, regional shows, workshops, sporting events and more.

HEADSPACE GERALDTON GUIDES THE WAY TO HIGH SCHOOL

For the past four years, the community engagement team from headspace Geraldton has been going out to primary schools in the region, engaging with the students who are about to move into high school.

Recently, the community engagement team has been joined by young people from headspace Geraldton's Youth Reference Group. The year six students respond particularly well to these young people, feeling empowered to ask questions and raise concerns.

These transition talks came about when the team at headspace Geraldton saw the need to help year six students make the move to high school. Given the transition to high school can be both daunting and exciting for young people, the team developed a positive presentation to offer year six students.

Each year, approximately 460 students receive an hour-long presentation, to discuss any concerns students may have around their transition from primary school and promote the importance of the seven healthy headspace tips in order to be their best self.

**483
YOUNG
PEOPLE
SUPPORTED**

**1,683
OCCASIONS
OF SERVICE**

HEADSPACE GERALDTON



YOUTH FOCUS MEEKATHARRA

Youth Focus Meekatharra is dedicated to providing culturally appropriate services that strengthen family and community connections in the region.

In the financial year 2022/2023, Youth Focus Meekatharra supported 151 young people, with 385 occasions of service.

Our work in this community emphasises the importance of intergenerational dialogue and understanding to help build a supportive environment for youth mental health.

Given Youth Focus Meekatharra's location and community needs, the centre is focused on developing and delivering mental health programs and interventions that are culturally sensitive and relevant to the Meekatharra community. The team collaborate with Aboriginal Elders, young people, and community members to ensure that services are respectful and effective.

The underlying model informing and underpinning Youth Focus Meekatharra's service offering is the Social and Emotional Wellbeing model (SEWB), which takes a holistic view of health and a collectivist view of self, where self is embedded within family and community.

The SEWB model recognises connection to land, sea, culture, and spirituality, as well as the social, historical and political influences that can affect wellbeing.

YOUTH FOCUS MEEKATHARRA'S YOUNG WOMEN'S GROUP AND YOUNG MEN'S GROUP

Our Youth Focus Young Women's Group and Young Men's Group enable Meekatharra's young people to build connections to each other, and to their community, through the involvement of respected adults and Elders.

Traditional western, sit-down, talking-based, one-on-one therapy is often not an appropriate or culturally secure counselling modality in Meekatharra. That's why the activities and weekly sessions of each group are designed to accommodate the specific requirements of the young people attending, as well as the cultural considerations pertinent to the community.



I want to give these kids something I didn't have growing up, and with all the education it gives them a better opportunity to look at the future.

KEN, YOUTH ENGAGEMENT OFFICER, YOUTH FOCUS MEEKATHARRA

151
YOUNG PEOPLE SUPPORTED

385
OCCASIONS OF SERVICE

YOUTH FOCUS MEEKATHARRA





YOUTH FOCUS MEEKATHARRA YOUNG MEN'S GROUP



PAULETTE, WALK FOR SUICIDE AWARENESS



MEEKATHARRA WALK FOR SUICIDE AWARENESS



HEADSPACE MIDLAND

headspace Midland dedicates significant time and resources into the education, awareness and understanding of mental health and factors that can impact negatively on young people’s mental health, and offers a range of supporting services to help young people navigate the challenges they may be facing.

During 2022/23, headspace Midland supported 983 young people, with 4,197 occasions of service. This includes 47 young people who accessed the Individual Placement and Support Program, Work Focus.

“We achieve this by not only offering a youth-friendly centre that provides a stigma-free, one-stop hub for young people, but by maintaining our presence in the community and local schools and colleges, engaging in education around prevention and support pathways, and by collaborating with other government and non-government service providers. Together, we ensure any needs identified by young people can be addressed in a timely and safe manner that provides the best outcomes for young people to excel,” explains Matt Wilson, Centre Manager headspace Midland and Northam.

**983
YOUNG
PEOPLE
SUPPORTED**

**4,197
OCCASIONS
OF SERVICE**

HEADSPACE MIDLAND

HEADSPACE EARLY PSYCHOSIS

headspace Midland offers the headspace Early Psychosis (hEP) program, which is a comprehensive, early intervention mental health service for young people experiencing a First Episode of Psychosis (FEP), or who are at Ultra High Risk (UHR) of psychosis, which we deliver in partnership with Black Swan.

The framework for hEP was developed by Orygen, in order to ensure early treatment with a focus on recovery.

In 2022/23, hEP provided 3,761 occasions of service to 105 young people. These numbers are in addition to the young people supported by headspace Midland’s other services.

Tracey Young, Clinical Coordinator at headspace Midland says, “hEP Midland provides assertive, multidisciplinary, home and community-based case management for young people in our area, which is over 2,000km². Our team consists of Psychiatry, Nursing, Social Work and Occupational Therapy.

“In our community we purposefully develop relationships with agencies to support our young people, including: Koya Aboriginal Corporation; Wungening Aboriginal Alcohol and Other Drugs Support; Indigo Junction; Richmond Wellbeing; Swan City Youth Service; Midlas; Disability Employment Service providers; Centrelink; NDIA; Ishar Multicultural Women’s Health Service; St John of God Hospital; and Wungen Kartup, Specialist Aboriginal Mental Health Service.”



We operate as a no-wrong-door hub where young people can be actively supported to address not only mental health but all other impacting concerns they may identify.

MATT, CENTRE MANAGER
HEADSPACE MIDLAND & NORTHAM





We coordinate care in partnership with families, carers and community partners to deliver holistic care and advocacy to enable our young people to flourish.

TRACEY, CLINICAL COORDINATOR AT HEADSPACE MIDLAND

HEADSPACE NORTHAM

headspace Northam is very much a product of its community, evolving through collaborations and communications with Northam residents, young people, and Elders.

In 2022/23, headspace Northam supported 81 young people with 335 occasions of service.

The team at headspace Northam has a passion for working with and supporting local young people, continually going above and beyond to accommodate the needs of the community.

This includes the creation of “Soup and Toastie” events, where anyone from the Northam community is welcome to attend the centre over the winter period for fresh-made soup and toasties, and to meet the team and develop and strengthen relationships.

The team sits across a variety of multi-stakeholder working groups aimed at reducing external risks to young people and developing strategies to further support the wellbeing of the Northam and Wheatbelt youth.

THE IMPORTANCE OF ELDERS AT HEADSPACE NORTHAM

headspace Northam is an integrated part of the wider youth services network in the community, working towards supporting the mental health of young people in this regional town.

headspace Northam is guided by Elders in the Northam community, including Uncle Paul Parfitt, and Aunty Kathy Davis – who enjoy stopping by the centre for a coffee and catch-up, and support the team with connections, feedback and knowledge to ensure the service is culturally appropriate and inclusive.

In collaboration with the headspace Northam Consortium and our Elders, headspace Northam was able to develop and independently fund a new Aboriginal Youth Support Worker role, to further the work we are doing with Aboriginal young people across the Wheatbelt.

“We are delighted to have successfully recruited a young Ballardong woman, and their impact in the role has already proved overwhelmingly positive through feedback from the Northam community,” headspace Midland and Northam Centre Manager Matt Wilson says. “We hope to replicate something similar across our other sites.”

81
YOUNG
PEOPLE
SUPPORTED

335
OCCASIONS
OF SERVICE



headspace Northam is very honoured to work with Uncle Paul Parfitt and Aunty Kathy Davis. The Elders leading and guiding our team with safe cultural practices and sharing their wisdom, selflessly, has been instrumental in collaborating with our team to successfully employ an Aboriginal Youth Support Worker, from the Ballardong community.

YOLANDE, HEADSPACE NORTHAM



COMMUNITY CONNECTIONS

headspace Northam has expanded its relationships with partner agencies to nearly 20 active partners, including Holyoake, Clontarf Academy and the Deadly Sista Girlz, Share and Care, Wanslea, Wheatbelt Health Network, Northam Senior High School, APM, SMYL and Services Australia.

headspace Northam are active participants within the community, attending many events that promote the health and wellbeing of young people. The positive outcomes and community support we have provided have led to increased demand for our service not just within Northam but also the surrounding towns across the Wheatbelt.

“No one agency or organisation can provide all of the holistic services and meet all the diverse and complex needs of young people and their families,” Matt says. “The drive to develop and maintain strong relationships within the community is not only a passion of mine and the team’s but is absolutely essential in providing the best supports and eliciting lasting positive change for communities.”

OUR RECONCILIATION JOURNEY

At Youth Focus, we recognise the strength and resilience of the Traditional Owners of the Land and are committed to respecting and celebrating the more than 60,000 years of connectedness to Country.

OUR RECONCILIATION JOURNEY SO FAR

Since the launch of our Reflect Reconciliation Action Plan (RAP) in 2021, Youth Focus has taken meaningful steps as an organisation towards cultural safety and security.

As an organisation, we look to the Elders in our community for guidance and leadership. We know we can't support young Western Australians to thrive without Elders leading the way.

Across Western Australia, we are grateful for the wisdom of our Elders - from Yamatji Country in Meekatharra, to Menang Noongar Boodja in Albany. Elders Aunty Muriel Bowie and Aunty Cheryl Phillips and Stephanie Ryder are at the heart of the Youth Focus Reconciliation Working Group.

headspace Midland and headspace Northam are part of the Our Journey, Our Story (OJOS) project with Curtin University, led by Elders Aunty Cheryl Taylor, Uncle Paul Parfitt and Aunty Kathy Davis. OJOS works with Aboriginal Elders, Aboriginal young people, headspace centres and their lead agencies across Western Australia to improve accessibility and responsiveness, with the aim for services to be flexible, confident, and competent in responding to the cultural needs of Aboriginal young people.

At Youth Focus Meekatharra we are guided by the community and Elders, including Aunty Viv. "Aunty Viv is an Elder, Mother, Grandmother, Sister, and Aunty," Youth Focus Meekatharra Team Leader Paulette Anderson says. "Aunty Viv dedicates her time to Youth Focus, visiting fortnightly to teach young women the art of sewing.

"Aunty Viv readily opens her doors to young people in need, offering them a safe haven regardless of the circumstances. She is always there, any time of the day or night."

A key part of the progress made through our journey has been the development of relationships with Elders and Aboriginal Community Controlled Organisations.

This has guided our approach and provided credibility in the work done to achieve meaningful change.

It is with a great sense of pride and unity that we work alongside Elders across all our Youth Focus and headspace centres. Through this consultation and connectedness, we strive to provide a service that is safe, inclusive, and culturally sensitive for all Aboriginal and Torres Strait Islander peoples. In doing so, we aim to ensure Aboriginal and Torres Strait Islander young people will experience a sense of belonging, trust and safeness at all Youth Focus services.

"The Elders' contribution and presence is the glue that holds our work together, and keeps us in check," says Kate Mahon, Reconciliation Working Group Member.

For staff, Acknowledgement of Country training has been widespread and consistently increased confidence and meaning of Acknowledgements. There have been many lessons learned which support our journey to provide culturally safe and secure services for Aboriginal and Torres Strait Islander people. These will inform the development and delivery of our Innovate RAP, which we will launch in 2024.





ARTWORK BY TYROWN WAIGANA

The Youth Focus Reconciliation Action Plan artwork is based on four pillars of support. The blue circle is representative of community, the green is country, the red is family and the purple is culture.

These four elements are integral to creating strong young people. The bigger yellow circle illustrates youth itself. This symbolisation of youth is central as it is focused on their development and connection to the pillars of support. These elements need to work together to create a single network which allows for the holistic progress of young people.

The Youth Focus RAP Artwork has been celebrated as a symbol of connection, closely linked to Youth Focus people and services.



ALLY AND LILY,
MEMBERS OF THE YOUTH FOCUS PERTH METRO YOUTH REFERENCE GROUP



Our services are for young people, they are informed by young people and they are young-people led, so the young people that access our services are empowered. They have their own rights and responsibilities, so we're pretty much taking our cues from the young people.

KYLIE, SENIOR YOUTH ACCESS CLINICIAN AT HEADSPACE MIDLAND

YOUNG PEOPLE

Across Western Australia, young people are the guiding force in Youth Focus' service delivery. Our definition of quality services has been developed by young people, and embedded through our Guiding Principles and our practices.

Who better to advise us on what we do and how we do it than the young people themselves?

Young people are engaged at every level of our organisation to inform the delivery of safe, high-quality services and ensure we remain connected to what young people need.

When young people attend their first appointment at any Youth Focus service, they have an opportunity to direct the goal setting for their own support. Young people are empowered to make decisions about the type, frequency and modality of services to best meet their needs.

The evaluation and improvement of services is informed by the perspectives of young people through feedback, and review which includes the perspectives of Youth Advisory Group members.

Our services are governed by the Quality, Safety and Clinical Governance Board Subcommittee, which includes youth representatives and carer representatives. This valuable insight supports us to remain person-centred and youth-friendly in how we provide our services.



YOUTH ADVISORY GROUPS

Our Youth Advisory Groups ensure that young people have central involvement in the governance, design, development, and continuous improvement of their specific Youth Focus service.

The Youth Advisory Groups are involved in everything we do: from having a say in how the centres are decorated, to planning events and workshops, undertaking training opportunities, advising what is happening in the youth community, promoting our services and so much more.

We simply couldn't do what we do at Youth Focus without the input of young people in the community.

"Being on the Youth Reference Group has helped me find my voice," Lily from the Youth Focus Perth Metro Youth Reference Group reflected. "When I started on the Youth Reference Group I was on my gap year from high school, and didn't know what I wanted to do. Now I know that working in the community sector is the path forward for me."

For Ally, her time on Youth Focus Perth Metro Youth Reference Group was an important part of her mental-health journey. "Sharing my story has helped different people in different ways. This has helped me find my own voice."



OUR PLACE

Our Place is an ongoing weekly social drop-in program for all lesbian, gay, bisexual, transgender, intersex, queer, asexual, plus other sexually and gender diverse people (LGBTQIA+) aged 12 to 25. Our Place runs at headspace Midland, and is a collaborative effort between City of Swan, Youth Focus and headspace Midland.

Our Place was co-designed with LGBTQIA+ young people to ensure the program is relevant for its intended population. The Our Place project surveyed over 90 young people from the Western Australian queer community, to better understand their needs and expectations when it came to the development and design of a safe space.

Our Place has expanded by establishing an LGBTQIA+ youth committee. A group of young people meets once a month to lead the Our Place social drop-in space, discuss what is happening in the community (both the queer community and the City of Swan), and develop project plans for LGBTQIA+ dates of recognition, as well as discuss opportunities to increase LGBTQIA+ knowledge and ally capacity among peers, caregivers, stakeholders, and the community.



EVENT HIGHLIGHTS

IDAHOBIT

In May, staff from headspace Midland and the City of Swan took part in the Our Place youth drop-in session, coming together to celebrate International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT). The aim was to raise awareness and engage in discussions with young people from the LGBTQIA+ community, to reflect on what it truly means to be a safe and inclusive organisation.



M8D8

Our M8D8 campaign urges young men to look out for each other, identifying warning signs of when a mate might be struggling and providing advice on checking in. We developed the M8D8 campaign after hearing from young men, including apprentices at Alcoa's Pinjarra Alumina Refinery, students at local high schools, and Pinjarra Tigers football players. The M8D8 campaign is proudly supported by Alcoa.

MEEKA WALK FOR SUICIDE AWARENESS

Around 100 Meekatharra locals came together to walk for suicide awareness, in an event that was coordinated by Youth Focus and the Shire of Meekatharra, under the guidance of Paulette Anderson, Team Leader of Youth Focus in Meekatharra.

"The Meeka community is stronger together – this is a really supportive community, which is disproportionately impacted by suicide. The walk was respectful and reflective and heartfelt and made me proud to be part of the Meekatharra community," says Paulette.



PERTH PRIDE PARADE

headspace Midland, Youth Focus, the City of Swan, Midlas, and the young people from Our Place celebrated the LGBTQIA+ community by marching together at the Pride Parade in November.

NARROGIN SENIOR HIGH SCHOOL

Thomas from Youth Focus Bunbury attended Narrogin Senior High School on Mental Health Day, to connect with the students, share information about our services and build connections with other local organisations. Thomas delivers telehealth to young people in grain-growing communities thanks to an important partnership with CBH Group.



MAD HATTER TEA PARTY

Hosted by headspace Albany, the Mad Hatter Tea Party is an annual, free community event that celebrates Mental Health Week and creates connections in the community. In 2022, the event was another enormous success, with many local mental health providers hosting stalls, local performers, food and activities.



FESTIVITIES ON THE GERALDTON FORESHORE

To celebrate Youth Week, headspace Geraldton teamed up with other local organisations to host the Foreshore Youth Festival. It was a great opportunity for young people to connect with the Gero team.

CLOSE THE GAP DAY

To mark Close the Gap Day, headspace Midland took part in a community event hosted by the City of Swan. headspace Midland hosted a "collective canvas" activity for the community to engage in, asking everyone to make a commitment to take action to close the gap.



MANJIMUP'S SPEEDWAY HERO

Manjimup Speedway junior vice-president Colby Bosely held a fundraising dinner and auction at the Manjimup Gateway Hotel, as well as a fundraiser at the Tyrepower Manjimup Speedway, supported by Junior Speedway Racing Association. Colby raised a total of \$20,405.02 for Youth Focus, more than doubling his fundraising goal!



HAWAIIAN RIDE FOR YOUTH

The Hawaiian Ride for Youth, which began as a small grassroots event in 2003 by a group of 24 passionate cyclists, has grown into one of Australia's most prominent charity cycling events, and a landmark fundraising activity for Youth Focus.

On 21–25 March 2023, the 21st Hawaiian Ride for Youth saw 150 riders traverse three traditional pelotons – Coastal, Inland and Wheatbelt – cycling more than 700 kilometres from Albany to Perth over 4½ days, and raising over \$2.3 million.

Significantly, the 2023 ride saw more young people than ever before take part, with 25 young riders gearing up for the challenge, most of whom were participating for the very first time.

En route, the riders visited regional schools where they shared their own experiences with mental health, in an effort to reduce stigma and create opportunities for open, honest conversations.

For the riders, the school visits were once again the highlight of the event, as it's where they can "see" the difference they are making, as founding rider Peter Trench explains: "When we first started, the students would ask us things like "How heavy is your bike? How fast do you ride? Why do you shave your legs?"

"Now we go into the schools and have really meaningful conversations about mental health. The young people ask important questions on behalf of a friend or for themselves," Peter said.

During its 21-year history, the Hawaiian Ride for Youth has raised nearly \$32 million for youth mental health. This vital funding has enabled us to deliver life-changing mental health services to thousands of young people across Western Australia each year.

We are grateful for the commitment and dedication of the riders, the Hawaiian Ride for Youth Volunteer Organising Committee, and the sponsors who make this event possible – particularly Hawaiian, our naming rights partner since the very beginning of this iconic event.

HAPPY BIRTHDAY HAWAIIAN!

In 2023, Hawaiian celebrated 30 years in the WA community, during which time they've been committed to giving back in meaningful ways. As naming rights partner of the Hawaiian Ride for Youth since the very beginning, they've been supporting this event to get bigger and better every year. In doing so, Hawaiian have helped ensure thousands of young Western Australians have access to Youth Focus services, when and where they need them.

*Thank you Hawaiian!
We couldn't do it without you.*





hawaiian 

RIDE FOR YOUTH

 youthfocus



PARTNERSHIPS & SUPPORTERS

Our impact is greater when we collaborate with others. Values-driven partnerships ensure we have diverse funding sources that enable our services to be sustainable into the future.

Our services are supported by the State and Federal Governments, corporate and foundation partners, and local communities through donors and fundraisers.

In 2022/23 we continued our strong partnership with the WA Primary Health Alliance (WAPHA), which provides essential funding to support the management of our four headspace centres – in Albany, Geraldton, Northam and Midland.

We also acknowledge our relationships with the WA Mental Health Commission, the Department of Local Government, Sport and Cultural Industries, the Department of Communities, the Department of Education, and the Department of Social Services. We are grateful for the support of our corporate partners, many of whom have supported our work for many years, and in doing so helped hundreds of young people to access our mental health services.

Our incredibly passionate network of fundraisers, donors and supporters across the Western Australia community were also vital in helping to fund our work. Thank you to everyone who gave so generously – your support truly makes a difference in the lives of young people.

ALCOA & YOUTH FOCUS

In 2022, we celebrated 10 years of a partnership with Alcoa that has helped deliver mental health support to nearly 1,000 young people in the Upper

South West, Kwinana and Peel region of Western Australia. And together we are looking to the future, announcing a further three-year partnership that will continue to ensure that young people in regional WA have access to local, youth-specific mental health services.

In addition to counselling provided at our Peel Health Hub location and the Zone Youth Space in Kwinana, Alcoa funds in-reach counselling at some of the region's secondary schools, as well as school visits and additional support for students.

Alcoa Corporate Affairs Director Jodie Read said the company was proud to support communities near where it operates its bauxite mines and alumina refineries in WA.

"We know mental health challenges are very real and only increasing and therefore are pleased to be able to continue our long-running partnership with Youth Focus to provide real and much needed local support," Jodie says.

MINERAL RESOURCES & YOUTH FOCUS

Mineral Resources and Youth Focus are celebrating 10 years of partnership in 2023.

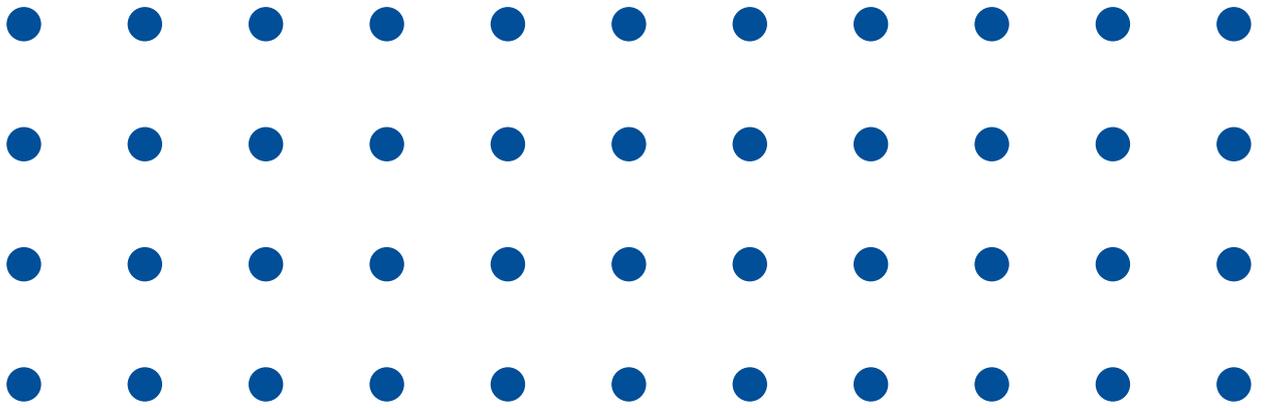
This partnership has enabled thousands of young people across Western Australia to access mental health services and programs, at no cost to themselves or their families.

"We're committed to improving the mental health and wellbeing of young people aged between 12 and 25," Youth Focus CEO Derry Simpson said. "And to achieve long-term impact for young people, we need long-term partners like Mineral Resources who understand the challenge and are committed to making a difference, just as we are. Their partnership means feet on the ground where they are needed most."

Over the last decade, Mineral Resources has contributed more than \$2.3 million to help us provide evidence-based services including counselling and groups, education and community engagement, employment programs, and support for communities impacted by suicide and crises.

Earlier this year, Mineral Resources and Youth Focus welcomed more than 120 employees and their families to their office to hear from Youth Focus ambassador and Fremantle Dockers Captain, Alex Pearce. Alex shared his experience with mental health challenges and provided tips on his coping strategies.

"Our vision is a world where a young person's mental health does not get in the way of them being who they want to be," Derry says. "We are incredibly grateful to Mineral Resources for working with us to achieve this."



PREMIER & MAJOR PARTNERS



OFFICIAL PARTNERS



OFFICIAL SUPPORTERS



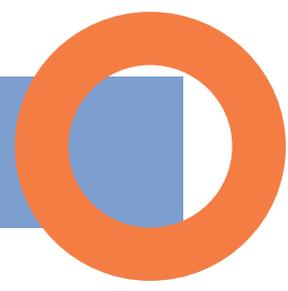
EVENT SPONSORS

Arc Infrastructure • Avoca Insurance Brokers • Azure Capital • BNK Bank • Budget Car & Truck Rental • Buswest • Citadel-MAGNUS Hartleys • Kitchen Warehouse • KPMG • Linc Property • MACA • Minter Ellison • Murdoch University • Office Solutions IT • Perrott Painting • Shadforth • Steinepreis Paganin • Wesfarmers • WA Primary Health Alliance

EVENT SUPPORTERS

Aussie Natural Spring Water • Brightside Live • Budget Car and Truck Rental • Buswest • Cathy Fogliani Events Consultancy & Management Gage Roads • Global Cabling • Office National Canning Vale • Perth Expo • Southwest Hospital Pharmacy • Trench Health & Fitness

OUR PEOPLE



In 2022/23 we employed a total of 125 staff across our locations. This unique, passionate and diverse group of people enable us to deliver on our purpose of being trusted to champion the mental health needs of young people, so they can thrive in their community.

As an organisation we benefit and grow from the diversity of experience, expertise, identities and cultures that each of our people bring to their role.

Over the last 12 months our focus has been on refining our systems and frameworks to ensure they:

- Enhance employee work-life harmony and wellbeing whilst enriching the communities our people are a part of
- Support the continuation of an inclusive working environment, including diverse leadership and gender equity outcomes
- Attract and retain capable, values-aligned employees

These objectives will guide us in the year ahead as we continue to build a diverse, inclusive, community-connected workforce, reflective of the needs of young people who access our services.

As this Annual Report shows, our team demonstrate our values every day, being dynamic, collaborative, compassionate, and committed to quality and integrity in every aspect of how they engage with community, young people, and each other. Whilst the work we do and the contexts we navigate can be challenging, we are proud of the meaningful impact achieved by our committed, resilient and driven people.





30
CULTURAL
BACKGROUNDS

YOUTH FOCUS STAFF AT A GLANCE




40%
HAVE CARING
RESPONSIBILITIES



3.5%
FIRST NATIONS
STAFF

60%
ARE UNDER
THE AGE OF 40

28%
 WERE BORN
OVERSEAS



BOARD OF DIRECTORS

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



DEAN HELY
CHAIR

JOINED MARCH 2015
CHAIR FROM FEBRUARY 2020
RESIGNED JULY 2023

Dean Hely is the Managing Partner of leading independent Western Australian law firm, Lavan. Dean was admitted as a partner of Lavan's predecessor firm, Phillips Fox Perth, in November 1999. He was deputy Managing Partner of that firm and then of Lavan from 2002 to January 2013. Dean became Managing Partner of Lavan in February 2013.

Dean has more than 25 years' experience in corporate reconstructions, insolvency and commercial litigation for major firms and leading financial institutions.

Dean has a Bachelor of Laws and Bachelor of Commerce from Queensland University.



DERRY SIMPSON
DIRECTOR & CEO

JOINED DECEMBER 2020
CEO FROM FEBRUARY 2023

Derry is a champion for youth mental health, and is dedicated to improving wellbeing outcomes for young people across the State.

Before joining Youth Focus, Derry was the Director of Strategy at Telethon Kids Institute - a role that enabled her to combine her many years of leadership and strategic experience with an absolute passion for improving the health of children everywhere.

Previously, Derry was Managing Director of award-winning advertising agency 303MullenLowe. There she worked with a huge variety of organisations, including many not-for-profits, tackling strategic brand and business projects and using creativity to solve the most complex of business issues.



ARTHUR PAPAKOTIAS
DIRECTOR & CEO

JOINED JANUARY 2019
RESIGNED FEBRUARY 2023

Originally a psychiatric nurse, Arthur has significant leadership experience across the health sector, and has advocated for improved mental health policies and programs for much of his career.

Previously CEO of Neami National for 27 years, Arthur steered the organisation through significant growth, expanding from two staff to more than 1,000 supporting 9,000 people across five states. Arthur has served on numerous Boards and was previously a Director for the Western Australian Association for Mental Health. Arthur holds a Graduate Diploma of Business (Health Services Management) from RMIT University and has attended three residential leadership programs at Harvard Business School.



ROD JONES
DIRECTOR

JOINED MAY 2020

Rod Jones is the founder and Chair of Navitas, a global leader in the development and provision of educational services and learning solutions for students in 22 countries.

Rod is widely recognised as one of the pioneers of Australia's international education sector and has received several awards for his services to international education, including an honorary Doctor of Education from Edith Cowan University. Rod holds a Bachelor of Commerce from UWA and is a Fellow of the Australian Institute of Company Directors.



PAUL LARSEN
DIRECTOR

JOINED OCTOBER 2016
RESIGNED NOVEMBER 2023

Paul is an experienced CEO, recently completing a 12-year stint as the CEO of Arc Infrastructure. Paul is on the Board of Centurion Transport, Perron Group, Kimberley Ports Authority, and the Non-Executive Chair of Qube Property.

Paul has taken part in the Hawaiian Ride for Youth several times to raise funds for Youth Focus. Paul holds a Bachelor of Business and is a Certified Public Accountant and Graduate of the Australian Institute of Company Directors.



ASHLEIGH LIN
DIRECTOR

JOINED FEBRUARY 2020

Professor Ashleigh Lin is a leading researcher specialising in youth mental health. Ashleigh is passionate about improving the mental health of young people and is recognised for her work leading a range of ground breaking studies including Trans Pathways, the largest study of the mental health and care pathways of trans young people in Australia.

Ashleigh holds a Master of Clinical Neuropsychology and a PhD from the University of Melbourne and has worked as researcher in Melbourne and the United Kingdom. She holds an Emerging Leadership Fellowship from the National Medical and Health Research Council in Australia.



CHRISTINA MATTHEWS
DIRECTOR

JOINED AUGUST 2020

Christina Matthews is Chief Executive Officer of WA Cricket and a former Australian cricketer.

Christina is a well-respected voice within the Australian cricket community. She has proven herself to be an effective and courageous leader and brings with her 35 years' experience in various management, coaching and development roles.

A significant contributor to the development of cricket, Christina has spent many years supporting community cricket associations and sits on a number of Boards and committees.



BILLY MESTON
DIRECTOR

JOINED FEBRUARY 2020

Billy is the Managing Partner, Western Australia, for PwC Private. He has been working with private, external audit, and not-for-profit organisations in Australia and the UK since 1994, and has significant experience in corporate governance, strategy, mergers and acquisitions, national and international expansion.

Billy is a former Director and Trustee of the Australian Defence Force Assistance Trust (The Bravery Trust), former Director of the Westside Wolves Hockey Club and former President of Claremont Nedlands Junior Cricket Club.



PHIL RENSHAW
DIRECTOR

JOINED OCTOBER 2018

Phil is a Director in the taxation division of BDO WA. Phil has a Bachelor of Business from Curtin University, is a graduate of the Australian Institute of Company Directors, and is an Accredited Mediator with the Resolution Institute of Australia. He is a member of CPA Australia and a Certified Tax Adviser with the Taxation Institute of Australia.

A father to six children and one grandchild, Phil has a resounding empathy with the Youth Focus purpose. He has completed the Hawaiian Ride for Youth thirteen times and was Chair of the Hawaiian Ride for Youth Organising Committee for three years.

Phil also sits on the Board and Finance and Risk Committee of not-for-profit Elderbloom Community Care Centres.



SAM RETALLACK
DIRECTOR

JOINED NOVEMBER 2022

Sam has a wealth of experience in senior management, human resources, consulting and operational roles across a range of industries.

Sam currently serves as the Chief People Officer at IGO Limited. Her role is focused on providing leadership and oversight of all people and culture activities, including diversity, equity and inclusion initiatives, learning and talent development and reinforcing the organisation's culture, purpose and values.

During her diverse career, Sam has contributed to the community through extensive pro bono work. In 2020, she was included as one of the Women in Mining 100 Global Inspirational Women.



PETER WYNN OWEN
DIRECTOR

JOINED MAY 2022

Dr Peter Wynn Owen is a Consultant Psychiatrist and an experienced hospital CEO/health service administrator. He currently holds a part-time consultant appointment with the State Forensic Mental Health Service and has a private forensic psychiatry practice specialising in the assessment and management of high-risk offenders.

Peter's past Board experience includes director roles with the WA Psychologists Board, Beyond Blue, and most recently with the WA NGO Women's Health and Family Services. He was also previously Chair of the Youth Focus Clinical Governance Committee.

INVESTING IN THE FUTURE

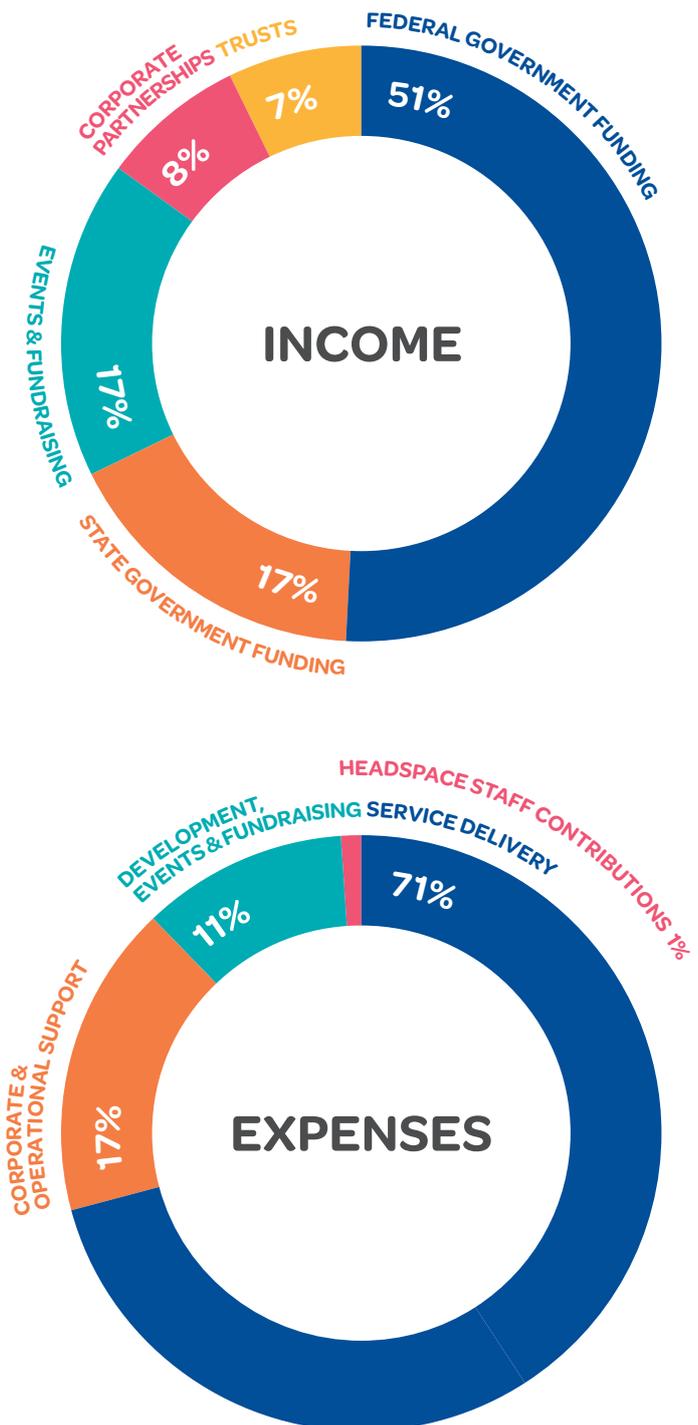
Thanks to the ongoing invaluable support from donors, foundations, corporate partners and funding bodies, we were able to provide mental health services to 3,697 young people this financial year, with 27,796 occasions of service.

Like so many organisations across Australia, last year we saw an increase to the cost of doing business, with many fixed expenses increasing, including rent, vehicle and office costs.

While some of our contracts are able to adjust with inflation, this is not the case for all, so with increasing costs to support young people and continued pressures to deliver more services to more young people, we are grateful for our diversified funding sources, which enable us to address this need.

During 2022/23, we prioritised investments in our people, processes and locations, to ensure we are able to continue to evolve, meet demands and provide high-quality services to young people across Western Australia.

We made important upgrades to some of our premises, introduced new positions to create greater diversity within the skills and experience of our teams and developed ways of working that will support the long-term sustainability of our organisation. We also conducted a thorough review to ensure the competitiveness of our employee benefits within the market, invested in training and development and implemented additional support structures for our people.



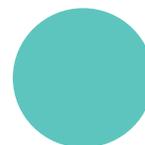


STATEMENT OF FINANCIAL POSITION

AS AT 30 JUNE 2023

AUDITED	CONSOLIDATED	CONSOLIDATED
	2023 \$	2022 \$
ASSETS		
Current Assets		
Cash and cash equivalents	6,025,450	8,455,917
Trade and other receivables	765,421	478,154
Other current assets	261,524	225,907
Total Current Assets	7,052,395	9,159,978
Non-Current Assets		
Property, plant and equipment	2,282,688	1,747,589
Right of use assets	403,475	414,821
Other financial assets	1,151,953	-
Total Non-Current Assets	3,838,116	2,162,410
Total Assets	10,890,511	11,322,388
LIABILITIES		
Current Liabilities		
Trade and other payables	893,334	881,640
Interest bearing liabilities	192,859	163,708
Other liabilities	598,993	970,844
Provisions	681,735	601,242
Total Current Liabilities	2,366,921	2,617,434
Non-Current Liabilities		
Interest bearing liabilities	255,655	282,783
Provisions	105,772	110,603
Total Non-Current Liabilities	361,427	393,386
Total Liabilities	2,728,348	3,010,820
NET ASSETS	8,162,163	8,311,568
EQUITY		
Accumulated funds	8,162,163	8,311,568
TOTAL EQUITY	8,162,163	8,311,568

This statement should be read in conjunction with the Notes to the Financial Statements in the Youth Focus Limited Financial Report for the year ended 30 June 2023, available from youthfocus.com.au



STATEMENT OF PROFIT & LOSS & OTHER COMPREHENSIVE INCOME

FOR THE YEAR ENDED 30 JUNE 2023

AUDITED	CONSOLIDATED	CONSOLIDATED
	2023 \$	2022 \$
REVENUE		
Revenue	14,944,326	14,865,749
Interest income	175,096	7,419
Other income	4,557	-
Revenue & Other Income	15,123,979	14,873,168
Employee benefits expense	(10,680,459)	(9,311,401)
Depreciation and amortisation expense	(461,425)	(872,305)
Event expenses	(729,812)	(832,285)
Information communications technology expenses	(663,751)	(551,722)
Motor vehicle running expenses	(165,088)	(92,935)
Rent and outgoing	(573,694)	(549,838)
Insurance expense	(96,621)	(104,019)
General office expenses	(629,231)	(434,267)
Travel expenses	(209,245)	(127,011)
Marketing expenses	(177,809)	(190,746)
Finance costs	(26,320)	(23,947)
Other expenses	(859,929)	(799,043)
Expenditure	(15,273,384)	(13,889,519)
(Loss)/surplus before income tax expense	(149,405)	983,649
Income tax expense	-	-
(Loss)/surplus after tax from continuing operations	(149,405)	983,649
Other comprehensive income	-	-
TOTAL COMPREHENSIVE (LOSS)/INCOME FOR THE YEAR	(149,405)	983,649

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STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 30 JUNE 2023

AUDITED	CONSOLIDATED 2023 \$	CONSOLIDATED 2022 \$
CASH FLOWS FROM OPERATING ACTIVITIES		
Receipts from customers	13,758,574	14,433,884
Payments to suppliers and employees	(14,693,405)	(12,739,868)
Interest received	175,096	7,419
Interest paid	(26,320)	(23,947)
Net cash (used in)/from operating activities	(786,055)	1,677,488
CASH FLOWS FROM INVESTING ACTIVITIES		
Proceeds received for capital enhancements	526,633	-
Purchase of property, plant and equipment	(740,669)	(41,569)
Payments for investments	(1,147,396)	-
Net cash used in investing activities	(1,361,432)	(41,569)
CASH FLOWS FROM FINANCING ACTIVITIES		
Transfer from/(to) term deposits	(5,617)	2,750,055
Payment of lease liabilities	(277,363)	(464,224)
Net cash (used in)/from financing activities	(282,980)	2,285,831
Net (decrease)/increase in cash held	(2,430,467)	3,921,750
Cash and cash equivalents at beginning of financial year	8,455,917	4,534,167
CASH & CASH EQUIVALENTS AT END OF FINANCIAL YEAR	6,025,450	8,455,917



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