

# 18-19

## Annual Report



25  
SUPPORTING YOUTH MENTAL HEALTH

 youthfocus

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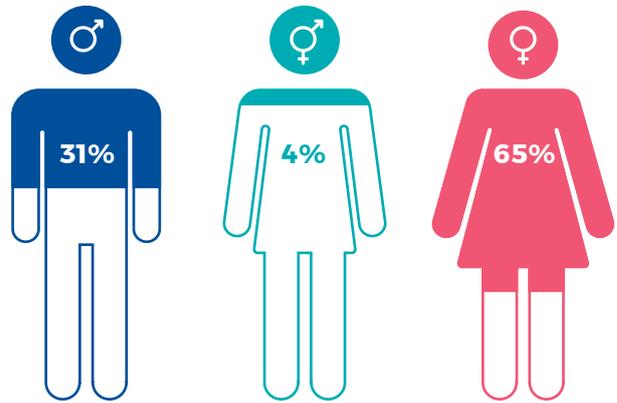
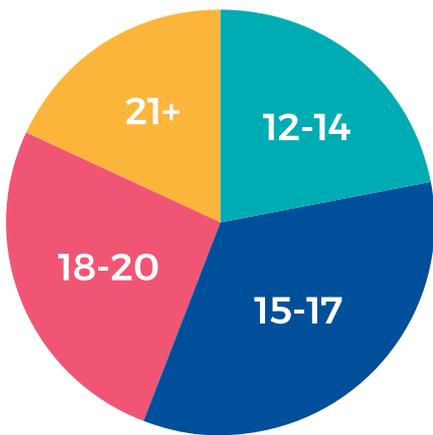


"Without Youth Focus and having absolute trust in my counsellor who guided and encouraged me to push myself and my boundaries, I would not have been able to do it...

They have changed and possibly saved my life!"

JOSH GILBERT  
YOUTH FOCUS CLIENT

AVERAGE AGE OF CLIENTS



CLIENT GENDER BALANCE

**Established in 1994, Youth Focus is a leading not-for-profit provider of professional mental health and wellbeing services.**

Youth Focus aims to optimise life opportunities for young people aged 12 to 25 facing mental health challenges.

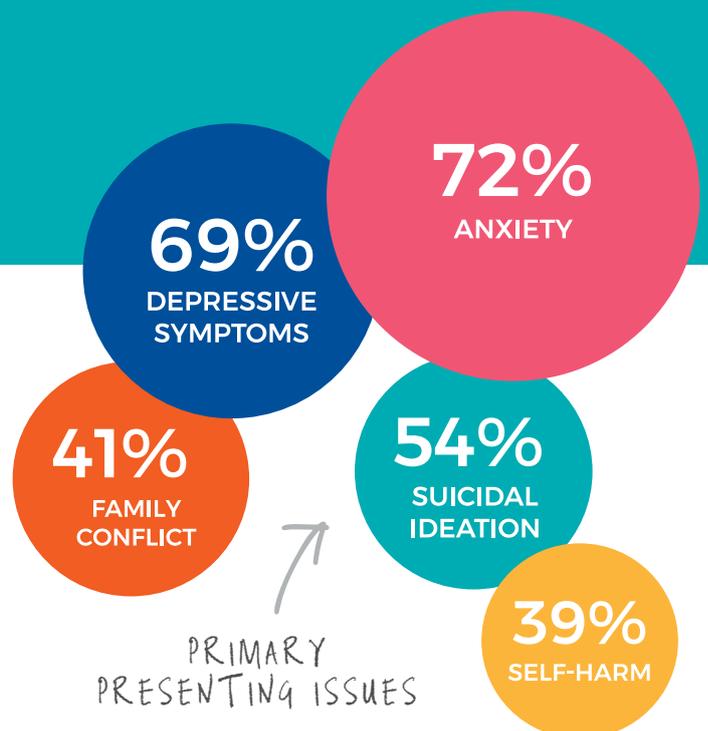
The organisation operates with a team of highly skilled psychologists and mental health professionals to provide a range of early intervention and prevention services.

Building on its signature, free and uncapped counselling services, Youth Focus is broadening its services and programs to reach regional and remote communities, and extend its support to the acute and vulnerable.

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 strives to be an innovative and progressive provider of mental health services for young people and their families, offering holistic support where young people feel safe and comfortable.

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



YOUNG PEOPLE SUPPORTED BY YOUTH FOCUS & HEADSPACE COUNSELLING & ASSESSMENT SERVICES

4,559



FELT COMFORTABLE USING THE SERVICE

94%

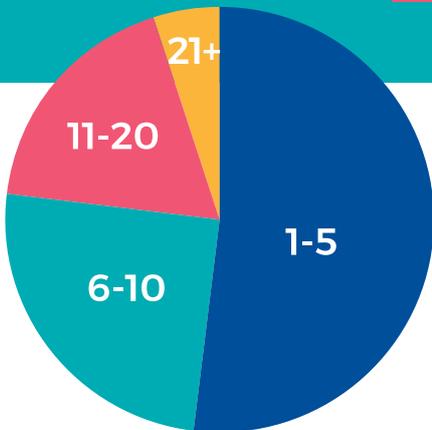


# Our year in numbers

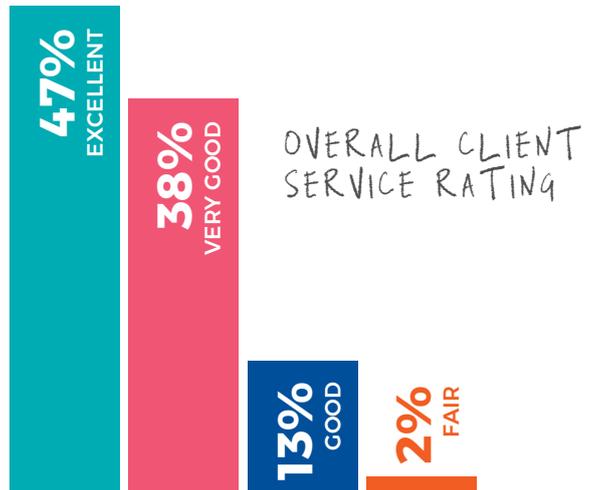


**The Kessler Psychological Distress Scale (K10)** is a 10-item questionnaire intended to yield a global measure of distress based on answers to questions about anxiety and depressive symptoms. The Resiliency Scale for Children and Adolescents (RSCA) is a formal assessment tool that measures three personal attributes of the client that are critical for resilience.

Youth Focus has seen a reduction in K10 scores for clients over the reporting period. An example of this reduction is a client who scored 39 (likely to have a severe disorder) upon entering the service, and a significantly reduced 13 (likely to be well) at the end of their journey with Youth Focus.



AVERAGE NUMBER OF COUNSELLING SESSIONS PER CLIENT



OVERALL CLIENT SERVICE RATING



# Report from Chair & CEO

## **In a year of milestone achievements, Youth Focus remained committed to its position as a leader in youth mental health services while offering accessible professional support to young Western Australians.**

In the last financial year, we have significantly broadened our reach and developed new ways to strengthen our organisation's services to young people. In turn, we have helped build stronger, more resilient communities across our State.

Our organisation has supported a record-breaking 4,559 young people through our five offices, three headspace Centres and several outreach locations, a 23 per cent increase on the previous financial year. The demand for our reputable services is ever-increasing, with our Youth Focus triage team now connecting with 127 new case referrals monthly, resulting in a waitlist for our counselling services.

Young clients are presenting with a range of complex issues including anxiety, depression, self-harm, suicidal ideation and life stresses. Importantly, the clinical results have been overwhelmingly positive, with the majority of our clients reporting an improvement in their psychological wellbeing and positive experience of the service overall.

Our provision of headspace services ensured that even more young people could connect with professional care for their mental health issues, psychological distress and early psychosis. Through the headspace centres operated by Youth Focus in Albany, Geraldton and Midland (including a Youth Early Psychosis Program), we worked with 2,453 young people.

## **BROADENING OUR REACH TO MEET COMMUNITY NEEDS**

In 2018/19, our organisation continued to develop new and innovative mental health initiatives that aim to reduce the rate of suicide in young people and improve their mental health and wellbeing. We have further expanded into regional, remote and rural areas, with web counselling now being delivered in locations where in-person mental health services are limited or non-existent.

With the support of new and existing government and corporate partnerships, we have introduced a range of programs in the Murchison region. These programs, which include family therapy, cultural awareness training, interagency case management meetings and community events, benefit the whole community but are specifically targeted towards the key age group of 12 to 25 years and their families. They have been highly successful in improving wellbeing, breaking down the stigma of mental health and removing barriers to accessing support from mental health workers.

Following success at headspace Albany and Midland, the new financial year will see the implementation of a Vocational Support Program at Youth Focus to support young people living with mental health issues in gaining meaningful employment and education. It will also see the initiation of group counselling sessions, family therapy services and extended opening hours to ensure our services are as accessible as possible, to the greatest amount of young people.

## **EDUCATING COMMUNITIES ACROSS WESTERN AUSTRALIA**

Our organisation continues to lead the way in providing meaningful education and engagement through partnerships with schools, workplaces and local community groups throughout Western Australia.

In the 2018/19 financial year, we connected with more than 7,000 people through in-school and in-workplace sessions. These sessions provide the community with the knowledge, resources and confidence to talk safely and openly about mental health issues, reduce stigma and encourage people to seek help for themselves and others.

## CREATING A SUSTAINABLE FUTURE

In 2018/19 we returned a profit of \$200,115, while retaining a low administration ratio to ensure our limited funds are spent responsibly to deliver services and reinvested to support future strategic initiatives. This positive result, coupled with the additional funding secured from new partnerships with the Royal Flying Doctors Service, Sandfire Resources, Sodexo and DDH1 provides the organisation with a strong financial base and helps to secure our sustainability and long-term future.

## MEANINGFUL EVENTS TO FURTHER OUR CAUSE

In 2019, 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, it also plays a major role in raising awareness and reducing the stigma that is associated with mental health. Our statistics show the number of young people in regional areas who connected with our service increased by a significant 36 per cent during and post Ride Week. We are sincerely grateful to the 171 riders and support crew for their commitment and dedication, to not only the event, but to our cause.

The Night of Nights Ball, held on 1 September 2018, not only raised almost \$400,000 dollars to support our services, but attracted more than 500 people to learn more about our important work. We are most grateful for the support of Audi Centre Perth and Crown Perth.

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

Government relationships and partnerships are also crucial to the ability of our organisation to deliver our vital services throughout the community. We acknowledge relationships with the WA Mental Health Commission, the Department of Communities and the Department of Education. We are supportive of the Federal Government's \$461 million investment in a national strategy which prioritises mental health and opens opportunities for our organisation in the areas of strengthening the headspace network, Indigenous suicide prevention, and early childhood and parenting support. We are also grateful for the strong relationship with the WA Primary Health Alliance which supports a range of initiatives including headspace – partnerships which enable our organisation to amplify its reach throughout Western Australia.

## OUR PEOPLE ARE OUR GREATEST STRENGTH

We 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 and commitment to modelling our values ensures that we can deliver the best in youth mental health and suicide prevention services.

## LOOKING FORWARD WITH A NEW STRATEGIC DIRECTION

Guided by a new strategic direction, the 2019/20 financial year will see our organisation grow by an expected 18 per cent while we continue to broaden and diversify our service offering and expand our reach to help more young people overcome complex mental health challenges.

We will grow our signature counselling services and strive to provide a wider range of holistic, wrap-around programs delivered in a diverse range of environments where young people feel safe and supported.

As a highly-regarded charity with a proud history, we are committed to our position as a leading youth mental health service that is valued by our community and yields positive social impacts.

In closing, we acknowledge the steadfast contribution of outgoing CEO Fiona Kalaf, who left the organisation in September 2018 after two and a half years at the helm. Fiona left the organisation in a strong position, with an outstanding team, a refreshed brand and a revitalised financial position, poised to continue to deliver quality health outcomes for its young clients.

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



**DAVID GRAY**  
CHAIR



**ARTHUR PAPANOTAS**  
CEO

"BEING ONE  
of the LUCKY  
ONES to COME  
OUT of THAT  
DARK TUNNEL...  
I JUST CAN'T  
DESCRIBE HOW  
THAT MAKES  
YOU FEEL!"



# Tanya's story

## I was just eight when my Mum found a new partner - a man who would tear our family apart.

By the age of 10, I had witnessed countless domestic violence scenarios, including my mum nearly dying in front of me.

Most nights my sister and I would climb into bed together and just hold each other until one of us fell asleep, listening out making sure everything was OK.

At 12, I started having thoughts about hurting myself. I couldn't deal with the turmoil in my family and how the people I loved dearly were suffering.

By the time I was 15, my family was homeless. It felt like everything was going south. I had no one to turn to. I didn't fit in anywhere. I started cutting myself thinking I could hide it and no one would know, but Mum knew.

I was having anxiety attacks every day. I felt cold. I felt alone. I just felt like I was better off not being around and burdening everyone with what was going on with me. You feel like the only way out is to end everything.

When I was in Year 9, I just sat there and thought 'I'm done'. I started planning out ways to end it all and one day I tried to go through with it. One of my younger brothers walked in and I was crying. He just held my hand and said 'I love you, what's wrong?'. That's when I knew I couldn't go through with it.

Mum did a bit of research and got me talking to Youth Focus.

I just remember the first time sitting there waiting and seeing my counsellor Sophia pop through the elevator at Youth Focus and I thought: 'there's hope'.

Sophia definitely changed a lot for me. She helped me start writing again and helped me with techniques to work through the anxiety attacks I was having.

I was with Youth Focus for about a year. I was in a good head space. I was able to cope with the horrible stuff and they helped me reconnect with my dad.

Now I work as a senior youth worker with the Police and Community Youth Centre. I graduated from high school and am studying criminology at university.

I work with at-risk youth from all backgrounds and often find myself working with kids with similar backgrounds to me, if not worse.

I often think all I want to do is help them. They don't deserve to go through this alone. That's why I do what I do now.

They come in needing support for mental health problems and are struggling to find help. Being that support and being able to help them is one of the most important things.

If it wasn't for my Mum, Youth Focus and my counsellor Sophia, I definitely would not be sitting where I am today or doing what I'm doing. I'd probably be one of those kids known to pass away from suicide and be on a wall somewhere.

Being able to be one of the lucky ones to come out of that dark tunnel, I just can't describe how that makes you feel.



# Supporting a record number of young people through evidence-based psychological services

**31%**  
COUNSELLING  
PARTICIPATION  
FROM YOUNG MEN

## The vital services Youth Focus provides to young people continued to increase throughout 2018/19.

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 young people.

In 2018/19 Youth Focus provided free and professional counselling services to 4,559 young people from six offices (Burswood, Albany, Bunbury, Rockingham, Joondalup and Peel Health Hub), five satellite locations (Cockburn, Leederville, Kwinana, Mandurah and Meekatharra), 34 schools, and three headspace Centres (Albany, Geraldton and Midland).

During the year, the clinical team provided services to 4,559 young people, with an average of 356 active Youth Focus clients at any one time.

During the year, the Youth Focus clinical team provided services to 2,106 young people, with an average of 356 active clients at any one time and an average of 55 new clients per month. The demand for the organisation's reputable services is ever-increasing, with the Youth Focus triage team now connecting with 127 new case referrals monthly.

The most common issues for young people referred to Youth Focus were depression, anxiety, and suicidal ideation, with at least 90 per cent reporting more than one of these significant mental health concerns. The average amount of time each young person spent with Youth Focus was 18.9 weeks.

## INCREASING COMPLEXITY AND DEMAND FOR SERVICES

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. In 2018/19, 90 per cent of young people presenting to Youth Focus required early or active interventions to support their mental health concerns. These clients tended to present with multiple issues and needs, including severe symptoms of depression, anxiety, suicidal intent and behaviours within the past three months; non-suicidal self-injury requiring recent medical attention; evidence of family/relational trauma, and/or significant impairment in the young person's activities of daily living. These young people naturally require more time and resources from the clinical staff, including more case management work, in an environment of increasing demand for the organisation's services.

## UNDERSTANDING THE CLIENT JOURNEY

Youth Focus counselling supports young people to understand how biological, social and psychological factors may be impacting their emotions, and what changes can be made to alleviate symptoms to improve wellbeing, sense of connection and enjoyment in life.



**4,559**

YOUNG PEOPLE  
SUPPORTED

A journey to recovery is unique to each young person and clinicians are trained in a range of evidenced-based modalities to support clients on their journey – such as psychoeducation, cognitive-behaviour therapy, solutions focused brief therapy, interpersonal process therapy, dialectical-behaviour therapy, narrative therapy and acceptance and commitment therapy. Youth Focus counsellors also incorporate a range of non-verbal therapies where appropriate, such as art therapy.

Youth Focus clinicians understand the importance of including significant others in a young person's journey to recovery. To support positive outcomes for clients, the organisation engages with parents, carers, siblings, relatives, partners, schools and other agencies.

Youth Focus will increase this engagement in the new financial year with the introduction of a family therapy service, which aims to enhance connection and communication among family members as an important factor in mental wellbeing.

In 2018/19, the average age of clients was 17 years. This has increased from 14 years in 2012, reflecting focus towards working with more 18 to 25 year olds and providing local offices where young people can be seen outside school environments. Youth Focus understands that the transition from school to work or further study can be a difficult time for young people and that the suicide rates trend upwards in this age group.

The counselling participation rate for young men has also risen over the past three years from 20 per cent to 31 per cent, reflecting targeted efforts to work more with young men who remain a high-risk group for suicide.

During the year, Youth Focus worked closely with schools, including principals, chaplains, school psychologists and student support staff to provide counselling services 'in-house' at 34 metropolitan and regional high schools. Youth Focus continued to carry out needs assessments of new and existing schools to determine the most efficient use of the Youth Focus clinical capacity to meet the ever-increasing service demand from secondary schools.

## CONTINUING HEADSPACE PARTNERSHIP FOR BROADER REACH

Youth Focus continued its participation in the headspace program as the lead agency for headspace Midland, Albany and Geraldton. 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, while also advocating for suicide prevention awareness and mental health services for young people.

Looking ahead, a focus for the organisation will be to better measure the effectiveness of its services and its social impact in the WA community. To achieve this, it will not only engage with young people while they are active clients, but will also introduce a social impact program to connect with young people at the end of their journey with Youth Focus.

**55**

NEW CLIENTS  
PER MONTH

# Expanding our reach to meet the needs of the community

**Youth Focus continues to build on its engagement with communities across Western Australia.**

## INCREASING OUR REACH THROUGH TECHNOLOGY

Youth Focus continued to expand Western Australia's first youth web counselling service in 2018/19. The ground-breaking initiative offers free, confidential therapy with experienced mental health clinicians through a secure video conferencing platform. The service is now being delivered in 10 regional and remote towns, allowing greater access to support for young people in areas with limited or non-existent access to mental health services.

## CONNECTING WITH REMOTE COMMUNITIES THROUGH SPECIALISED OUTREACH PROGRAMS

In October 2018, Youth Focus entered an 18-month partnership with the WA Primary Health Alliance (WAPHA) to introduce culturally-sensitive mental health support services for young people in the Murchison region.

*The Youth Severe Program allows Youth Focus to be flexible in its approach to supporting young Aboriginal people with the aim of better connecting them with support and reducing the instances of suicide in remote areas.*



To deliver the program, Youth Focus employed local Aboriginal community engagement coordinators and community engagement officers who have strong understandings of the cultural issues within the community.

Through co-design and collaboration with community members, schools, football clubs and local law enforcement agencies, Youth Focus has introduced a number of culturally-aware initiatives that aim to prevent mental health issues and build relationships and trust with young people. These include art, music, cooking and living skills, wreath-making for grief and loss, mental health workshops, yarning circles and mindfulness classes.

Benefits have included improved wellbeing, engagement in recreational activities and positive support from community. Importantly, Youth Focus has made meaningful headway in reducing the stigma associated with mental health and removing the barriers that many Aboriginal people face in accessing support.

Young Aboriginals are proud of their cultural heritage and now have a greater understanding of mental health and support available.

As a testament to its success, new partnerships have been established with the Royal Flying Doctor Service WA and Sandfire to expand outreach services to other nearby areas such as Wiluna and continue to provide services in high-need areas including Cue, Yalgoo, Mount Magnet and Yulga Jinna.

## EDUCATING YOUNG PEOPLE AND COMMUNITIES

Youth Focus has developed a unique, engaging and relevant school education program: **'Having a Conversation about Mental Health'**. Created specifically for Year 9 students, teachers and parents, this program is endorsed by the Department of Education and offered free to schools across Western Australia through partnerships with the WA Mental Health Commission, Alcoa and Clough.

Youth Focus has also developed a complementary, fee-for-service program **'Breaking the Ice'** for community members, that has been recently delivered to a number of workplaces, sporting groups and local councils.

Both programs focus on giving young people, and their communities, the confidence, awareness and willingness to have meaningful conversations about mental health, and seek help if they are experiencing mental health challenges.

Through these programs, which are delivered by knowledgeable facilitators with lived experiences, Youth Focus educated 5,016 students, 654 teachers and 247 parents at 49 schools in the 2018/19 financial year. The organisation reached a further 916 people at community education events.

Importantly, Youth Focus has maintained strong relationships with schools to ensure conversations about mental health are continued annually to students. Importantly, 95 per cent of schools requested workshops for the following year, a testament to the quality and positive impact of the program.

TRAGICALLY, AUSTRALIAN BUREAU OF STATISTICS DATA SHOWS ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN ARE FOUR TIMES MORE LIKELY TO DIE BY SUICIDE THAN NON-INDIGENOUS



# Innovative programs to create change



## YOUTH REFERENCE GROUP

The Youth Reference Group consists of 14 young people who support Youth Focus across various services and community engagement. With a focus on creating a stronger presence both internally and externally in 2018/19, the Youth Reference Group played an important role in providing central insights and observations into Youth Focus operations.

The group also attended a range of community events, representing the organisation at a number of public speaking engagements and participating in filming for various awareness and fundraising campaigns throughout the year. The group continues to build momentum, engaging with all levels of the organisation, including the Board of Directors, with new strategies to ensure Youth Focus remains engaged and relevant to the young people it supports.

## CARERS REFERENCE GROUP

In 2018, Youth Focus introduced a six-month pilot Carers Reference Group (CRG). Initial membership came through parents who have been associated with the organisation. The pilot aimed to start and facilitate discussions around Youth Focus improving its support for parents and carers.

Buoyed by the success of the pilot, the CRG is now a valued addition to the organisation's suite of programs. The long-term objective of the CRG is to provide a voice to the support networks of mental health consumers to ensure Youth Focus is both directly and indirectly supporting the young people that seek help, as well as their families.

## YOUTH MATTERS: A GROUP-BASED THERAPY PROGRAM

In 2018/19 Youth Focus offered a range of therapeutic group-based opportunities to more than 50 clients through its YOUth Matters program. Refreshed program objectives resulted in a 60 per cent increase in attendees on the previous year at a range of group activities, including art therapy and Equine Assisted Therapy.

*Equine Assisted Therapy has been the newest and most engaging opportunity for clients within the Youth Matters program this year, with sessions held three times in the second half of the financial year.*

Equine Assisted Therapy encompasses a range of treatments that involve activities with horses and provides an immersive experience for a young person's practice of emotional self-regulation and interpersonal relationships. Participants reported feelings of joyfulness, a sense of connection and self-mastery.

## MENTORING

The Youth Focus Mentoring Program continued to grow in 2018/19, with mentors being matched to 22 young people. These one-to-one mentoring relationships see an adult mentor, educated and supported by Youth Focus, provide a unique functional discovery support for a young person who has received counselling.

While each mentoring relationship is individual and holds different goals to work towards and adapt over time, overall self-reported outcomes of the young people who have been in mentoring relationships show a marked improvement in their behaviours and attitudes around perceived social support. These young people also report a positive change in their future outlook.

## YOUNG MEN'S PROJECT

The Young Men's Project (YMP) is a Youth Focus community engagement initiative charged with reducing the incidence of suicide among males in Western Australia.

Research shows that more young men in Australia die to suicide than in road crashes, with national figures revealing on average six men take their own lives each day.

The Young Men's Project was established in 2013 to inspire young men to collaborate and work on solutions to help prevent suicides in their own communities.

## THE YOUNG MEN'S PROJECT AIMS TO:

1. Get young men talking about mental health
2. Start more conversations about mental health amongst young males and their peers
3. Create ideas relevant to their communities that can translate into solutions to counter the high number of young men killing themselves

In 2018/19, the Young Men's Project involved hundreds of young men aged between 17 and 25. Workshops were held in Kwinana and Albany, and had a ripple effect into their communities. At the end of both sessions all of the young men in attendance agreed that they would not "go it alone" if they were struggling.

The Young Men's Project is about creating a space where we can work collaboratively on new and innovative strategies to help shift the way young men think about mental health issues and reduce the unacceptable toll of suicide.

The Young Men's Project has become a brand in its own right simply because it continues to give truly practical tools to allow young men to seek help. The ideas being created are by the young men themselves, and are just the first in an exciting new generation of solutions to the issues faced by young men.

Over a five-year period, the project has grown into a ready-to-use toolkit for communities and has already impacted on the lives of hundreds of young men through Young Men's Project events held in Western Australia.



# headspace

**Youth Focus is the lead agency for three headspace centres in Western Australia. This partnership is funded by the Western Australian Primary Health Alliance and enables the organisation to connect more young people with professional care for their mental health issues, psychological distress and early psychosis.**

## HEADSPACE MIDLAND

headspace Midland offers a free and confidential service that provides support to young people aged 12 to 25 with health and wellbeing services. The centre operates an early intervention service for young people with mild to moderate mental health issues and an early psychosis program for clients at ultra-high risk of, or currently experiencing a first episode of psychosis.

*In 2018/19 headspace Midland provided 4,108 occasions of service to 1,194 young people.*

During this time, its early psychosis team provided case management and support to an additional 66 young people.

headspace Midland was also fortunate to acquire Federal Government funding to operate the Individual Placement Support (IPS) vocational program, which will launch in the new financial year. This is an exciting addition to the suite of services operating out of this centre and will provide young people with intensive support in accessing employment and education options.

headspace Midland recognises the importance of increasing awareness and reducing stigma of mental health in the community. To achieve this, it operates a culturally inclusive community engagement arm to deliver presentations, workshops, school support and networking opportunities to build awareness while optimising the health and wellbeing of young people.





## HEADSPACE ALBANY

headspace Albany supports young people who are experiencing mild to moderate mental health concerns and/or substance use issues, and their family and friends. The 2018/19 financial year was the busiest since opening in terms of young people supported and the breadth of service options available to the community.

headspace Albany provides support to 10 per cent of the youth population of Albany annually.

The incredible team is continually seeking to expand and be innovative in the way in which they support young people, based on feedback from young people and the headspace Albany Youth Reference Group.

Family and friends continue to be the largest source of referrals, which demonstrates the value the Great Southern community places on the services headspace Albany provides.

The centre has had great success in developing and delivering a range of innovative new programs to respond to the identified needs of its local youth community. This ranges from crisis response in schools to the Young Men's Project to fitness programs, nutrition workshops and art, craft and mindfulness activities.

headspace Albany offers an Individual Placement and Support (IPS) service to help young people with mental health issues access a range of employment and education opportunities as part of a comprehensive wrap-around service.

## HEADSPACE GERALDTON

headspace Geraldton is a free and confidential health service for young people aged between 12 and 25 years. The previous financial year has seen the centre focus on behavioural interventions as a solid bedrock to mental health wellbeing. The demand for headspace Geraldton counselling continues to increase. This has led to the centre now offering clinical group sessions, in addition to individual sessions.

headspace Geraldton is proud to be excelling in the uptake of young people and their families across the Aboriginal, LGBTQIA and CALD communities, largely due to its strong community partnerships and focus on embracing diversity within its welcoming team.

In 2018/19, headspace Geraldton introduced a range of innovative and transformative group programs for young people including gardening, yoga, music, dog walks and bush adventure therapy.



# Strategic Directions 2019-2022

## **Our Vision**

Healthy young people engaging  
in society, enjoying wellbeing  
and self-determination

## **Our Mission**

Optimising life opportunities  
for young people experiencing  
challenges in mental health

## **Our Values**

Dynamic  
Integrity  
Passionate  
Quality  
Collaboration

## In 2019, Youth Focus celebrated its 25th anniversary of supporting youth mental health in Western Australia.

This anniversary reflects our organisation's own coming of age as a significant, credible and professional service provider, advocate and leader. Looking forward - and guided by a refreshed strategic direction, created through a process of co-design and endorsed by the Youth Focus Board - we will continue to increase our service offering and expand our reach to support more young people overcome mental health challenges.

Over the next three years, we will broaden our services to ensure more young people are able to access vital mental health support. This will include the provision of more outreach and continue our expansion into regional and remote areas, while also increasing our presence in metropolitan Perth.

We will grow our highly regarded counselling services and strive to provide a wider range of holistic, wrap-around programs delivered in a diverse range of environments where young people feel safe and supported.

As a highly-regarded charity with a proud history, we are committed to our position as a leading youth mental health service that is valued by our community and yields positive social impacts.

### Key Objectives

#### EFFECTIVE AND INNOVATIVE SERVICES

- ★ Operate evidence-informed services to reflect the needs of young people.
- ★ Partner with like-minded organisations to achieve shared goals.
- ★ Develop and implement a social impact framework.
- ★ Promote help-seeking behaviours for young people.
- ★ Encourage families, carers and young people to actively contribute to the organisation.
- ★ Engage in research and evaluation for continuous improvement and development.

#### CULTURE AND CAPABILITY

- ★ Strive to be an employer of choice within the youth mental health sector.
- ★ Demonstrate excellence in professional development.
- ★ Provide a safe and healthy environment for all staff.
- ★ Foster a positive culture focused on the delivery and support of high quality, client-centred services.

#### QUALITY AND GOVERNANCE

- ★ Develop a recognised quality, safety and clinical governance system.
- ★ Ensure continuous improvement to systems and processes for effective operations.
- ★ Establish adequate governance structures and oversight for clinical and business areas.

#### SUSTAINABLE GROWTH

- ★ Diversify the range of services provided by the organisation.
- ★ Provide a comprehensive range of tailored youth mental health services.
- ★ Create sustainable revenue streams.



FINISH

"I ride because I know what it's like to be a kid who doesn't feel like they have anyone who understands them or cares about them. The Ride is something I can do to help give back and let kids know that there are people out there who want to listen to them and help them."

SHANNON BURNS, RIDER 2019





**Since its inception in 2003, the Hawaiian Ride for Youth has raised more than \$22 million to support the life-affirming work of Youth Focus.**

In 2019, the Ride covered four routes, three from Albany to Perth – Coastal, Inland and Wheatbelt – and the Mid West route travelling from Jurien Bay to Perth. The Ride visited 26 regional high schools and attended community events in Dalwallinu and Wongan Hills hosted by the local shires.

Importantly, statistics show that demand for Youth Focus counselling services increased by 18 per cent during and post Ride and the number of young people in regional areas who connect with the service increased by approximately 36 per cent during this time.

During Ride Week, more than 3,500 high school students participated in unique presentations given by the riders who delivered key mental health messages developed by the Youth Focus clinical team while sharing their own stories and experiences.

*“Each year the Ride provides a focus for discussions about youth anxiety, depression and suicide, and it is an important part of our ongoing mental health program in the school.”*

KERRY MATHER, MANJIMUP SENIOR HIGH SCHOOL PRINCIPAL

Community News partnered with the Ride in 2019 which resulted in significant local media coverage across all local newspapers and online. This included 54 published and/or online stories as well as seven radio and television interviews and growth of social media coverage and followings.

This partnership also allowed Youth Focus to promote its new web counselling service offered in several of the regional towns visited.

*Almost 2,000 people attended the Welcome Home Ceremony on Saturday 28 March and cheered the 171 riders and 50 Support Crew across the finish line in Kings Park.*

Youth Focus raised more than \$2.1 million to support its life-changing mental health services – an outstanding achievement. By the close of the financial year, the 2019 Ride total had increased to more than \$2.2 million from ongoing donations. Youth Focus is grateful to the corporate supporters including naming rights partner Hawaiian and the 34 team sponsors.

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. Without this event, Youth Focus would not have the capacity to employ additional counsellors to provide free, uncapped counselling services to young Western Australians.



# Supporting youth through WA's leading charity events



## NIGHT OF NIGHTS PRESENTED BY AUDI

The Night of Nights presented by Audi was held on Saturday 1 September 2018 at Crown Perth. Since 2003, this prestigious event has provided Youth Focus with a unique platform to communicate the organisation's cause and raise much-needed funds to maintain its life-changing services. The evening was attended by more than 500 generous supporters who helped to raise more than \$400,000.

This event would not have been so successful without the support of the many businesses and individuals who kindly donated the 10 major auction items and more than 140 silent auction items. Special thanks go to the 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 annual opportunity to recognise the many individuals and businesses that have supported the organisation's work with young people over the past 12 months. This year, Youth Focus presented awards in six categories including the Youth Award, which was presented to Raegan Piggott in recognition of her outstanding voluntary commitment to assisting Youth Focus in the promotion of youth mental health.

## MENTAL HEALTH WEEK BREAKFAST

To coincide with Mental Health Week in October 2018, 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 key stakeholders gather at Matilda Bay Restaurant to hear from guest speaker, John Van Der Wielen, CEO of HBF, on the challenges of retaining an engaged and mentally well workforce during significant organisational change.

## PERTH'S PREMIER POLO EVENT

Youth Focus was proud to again host a marquee at the prestigious Bentley Polo in the Valley, staged at the 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 \$100,000. Since 2010, Polo in the Valley has contributed more than \$985,000 to assist Youth Focus in the provision of ongoing counselling services.

*The success of all of these events has continued to play a major role in resourcing the growth of Youth Focus*

They address the stigma surrounding mental health and suicide, create awareness and facilitate the delivery of the organisations key services to young people. Thank you to everyone who supported these events throughout the year.





# 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.**

From workplace giving to celebrity football matches, the wonderful supporters of Youth Focus raised almost \$150,000 in 2018/19. This voluntary contribution makes a real and lasting difference to the lives of young Western Australians and their families.

The organisation was also supported by third-party fundraising events such as the HBF Run for a Reason and Chevron City to Surf for Activ. These events challenged community members physically, while motivating their peers to support their fundraising efforts. Thank you to everyone who made their move to help young people in need.

Each year, a vital contributor to Youth Focus fundraising is its campaign program. This year, Youth Focus reached out to its supporters and the wider community to donate to help create a brighter future for young Western Australians.



*"My unique position as a footballer who has struggled with my own mental health helps me to understand and help those who are or will in the future struggle with their own mental health."*

ALEX PEARCE, FREMANTLE DOCKERS PLAYER & YOUTH FOCUS AMBASSADOR





## COFFEE FOR A CAUSE

In October 2018, Youth Focus launched its inaugural Coffee for a Cause campaign to coincide with Mental Health Week. Local Perth artist, Linzi Carter, was commissioned to design youthful, bright limited-edition coffee cups which were distributed to more than 30 cafes in Perth and the South West. The campaign, which asked members of the public to consider donating the cost of their next coffee to support Youth Focus, was highly successful in building awareness for the Youth Focus cause.

## FESTIVE GREETING CARDS

In December 2018, Youth Focus launched an inaugural greeting card campaign. The campaign raised much-needed funds and awareness through the sale of bespoke, limited-edition cards to corporate partners, stakeholders and publicly via the Youth Focus website.

## EMOTIVE END OF FINANCIAL YEAR CAMPAIGN

In May 2019, Youth Focus launched a powerful end of financial year campaign. The campaign shared the personal stories of two clients, who are also sisters. This well-received campaign brought to the fore the personal struggles that mental health issues 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 mental health education programs in WA 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.



"I KNOW  
FIRST-HAND  
YOUTH FOCUS  
IS SAVING  
LIVES"



# Sandie's story

## When my husband up and left in 2003 and had no contact with our two children for a decade, the loss impacted heavily on them.

Jordan was just five and his sister seven at the time.

To help them through the turmoil, I sought out a range of avenues for counselling and support, but both of them tired of continually sharing their stories.

Over the years, we tried several options – school counsellors, private counsellors, doctors and psychiatrists, but nothing helped. When Jordan was 13, I realised things had become dire and he needed something more.

It was during yet another sleepless night wondering how I could keep my child safe that I searched the internet in desperation. I typed 'child suicide help Perth' and found Youth Focus.

Youth Focus stepped in when nothing else had worked. It started with counselling for Jordan and then Youth Focus worked with us as a family.

Youth Focus was pivotal in helping Jordan open up and the relationship he developed with his counsellor slowly allowed him to trust and share his experience and despair.

We both believe Jordan would not be here today if it had not been for the help and guidance of Youth Focus.

For me, being a single mum and, at times, working up to four part-time jobs, life was difficult financially.

No parent wants to put a limit on the help they can give their children simply because of their inability to meet the financial burden.

The fact that Youth Focus offers a free service to young people and their families makes their counselling and support accessible.

In 2018, Youth Focus initiated the Carers Reference Group to draw input from parents and carers to improve the organisation's mental health services and programs.

I saw this as an opportunity to give back in a small way, and jumped at the opportunity to help other families and carers who may be in a similar situation.

I believe it is imperative, if we are to help our young people out of this hole, we need to support those around them. To deal with the young person in isolation is missing an opportunity to make systemic change.

I am also driven to speak up for the inclusion of those who are marginalised due to their cultural diversity, sexual orientation, language and physical circumstance.

As an immigrant, and in my work with people for whom English is their second language, I see how important it is for the valuable services of Youth Focus to be made known and be accessible to all.

Through my family's experience, I feel passionate about doing all I can to stop this needless waste of young lives.

I know first-hand that Youth Focus is saving lives.





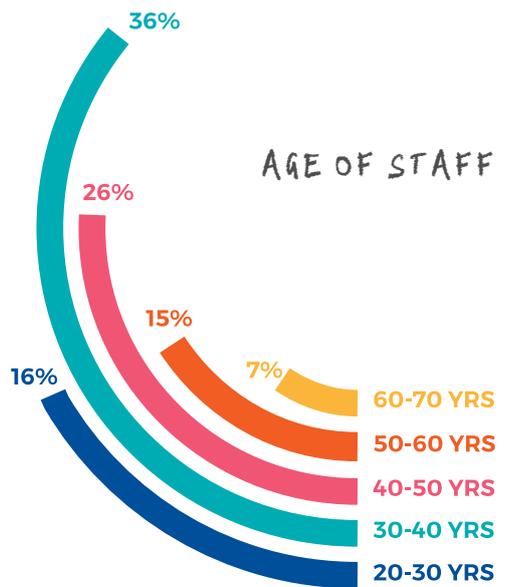
**As the needs of young Western Australians change, Youth Focus is committed to attracting and retaining talent to cater for the diverse services and programs it provides to youth and their communities.**

In the last financial year, Youth Focus recruited 53 new employees to existing positions as well as several new roles. Youth Focus remains a highly qualified team with more than 50 per cent of all employees holding post graduate qualifications.

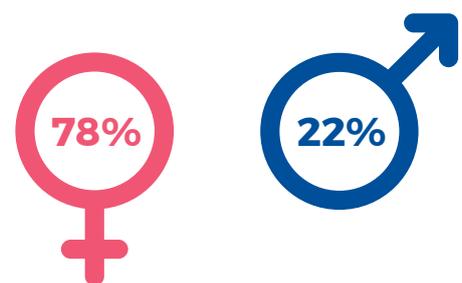
### OUR PEOPLE AT A GLANCE

In the new financial year, the organisation will continue to focus on providing a service where all community members are respected and valued. It will also focus on growth in the diversity of its workforce to create an inclusive and productive workplace. The initial steps in this journey led to establishing a Diversity and Inclusion Working Group.

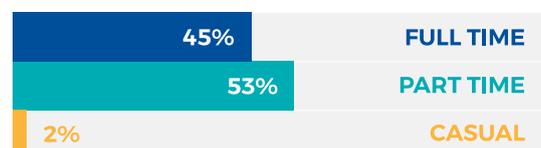
In addition, consistent with its Strategic Plan, Youth Focus will develop an overarching Workforce Strategy. This strategy will assist the organisation in remaining responsive to changing environments as well as anticipate changes to service delivery, highlight education and professional development needs and ensure the ongoing wellness of employees.



### GENDER BALANCE



### EMPLOYMENT TYPE



# Our people in focus



**ANDREW WENZEL**  
MANAGER HEADSPACE ALBANY

"headspace Albany now provides support to 10 per cent of the youth population of Albany every year.

The incredible team here is continually looking to expand and change up how we provide support to young people, based on the feedback we get from young people and our Youth Reference Group.

The fact that family and friends continue to be our biggest source of referrals is a great demonstration of the value the community places on the services we provide to young people, and makes me feel really proud of the work that we do.

I love that we can respond so quickly to develop and deliver programs to respond to identified need of our local youth community, and to see them grow from kids into young adults with their own families."



**MIRELLA DODD**  
INTAKE COORDINATOR

"I enjoy working with an organisation that genuinely cares about its staff and that holds the young people we work with at the centre of everything.

I enjoy being able to make young people feel heard and supported and making their experience of reaching out for help a positive one.

I have been able to build rapport with young people who were reluctant to get help initially which led to them engaging in getting the counselling they needed."



**VERONICA JOHNSTON**  
YOUTH PROGRAMS COORDINATOR

"I enjoy the innovation that exists at Youth Focus. Everyone's role directly relates to engaging young people and the door always has to remain open to youthful ideas that help us do what we do.

I do what I do because I think that every young person deserves to be immersed into joyful experiences.

In this job, some things really drive you. I have seen a young man grow exponentially during a mentor relationship. It was a slow start, but once the consistency of having social support and guidance was demonstrated, his motivation started to grow and he started achieving the goals he had set out for himself. Seeing that is just so rewarding."

**NICHOLA BROWNING**  
SERVICE DEVELOPMENT MANAGER

"I love working with young people and I am passionate about making a difference in youth mental health.

As the Service Development Manager, I am involved in the long-term strategy of growing our services to reach more young people and explore areas of innovation and research to capture the social impact of our services.



I have been able to support others to find the help they needed when their child has been struggling with their mental health, have been diagnosed with anxiety, depression, have lost a loved one to suicide and have been frightened and sometimes desperate when they have discovered their child self-harming. These are all times that have made a difference to a young person and their families."

# Partnering for positive change

**Youth Focus thanks the State and Federal Governments, 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.**

During the last financial year, Youth Focus welcomed a number of new corporate partners and continued to develop robust government relations at both Federal and State levels.

The State Government, through the Mental Health Commission, continued to provide vital funding for the implementation of postvention strategies in schools, while the Department of Communities supported Youth Focus in the delivery of youth and family 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.*

These included the ongoing management of three headspace centres, implementation of web counselling services to 10 regional sites across Western Australia, the provision of Youth Severe services in the Murchison, and an increase in Youth Severe Services at the Youth Focus headspace Midland service. All of these projects provide much needed prevention and early intervention counselling services to young people who are at risk of suicide, depression, anxiety and self-harm in regional areas, where services are often scarce or absent.

Several new corporate partnerships have provided essential funding to support more young people access crucial mental health care in the State's Murchison and Goldfields regions. These include an innovative partnership with the Royal Flying Doctors Service of WA that has enabled Youth Focus to strengthen its psychological care offerings in the State's Murchison and Goldfields regions by stationing additional clinicians in selected towns. As well as expanding the organisation's reach, this provides RFDS physicians with improved referral pathways when they encounter patients presenting with mental health issues during clinics.

In early 2019, new partnerships with Sandfire Resources and its contractors Sodexo and DDHI, enabled Youth Focus to further expand this important program with the addition of a part-time Aboriginal youth engagement officer to provide essential support to disengaged young people in the Murchison region.

Long term supporters Mineral Resources and Future Generation Australia continued to partner with Youth Focus to support the delivery of mental health services for young people. This funding enables the organisation to provide life-changing care to hundreds of young people.

Youth Focus continued its relationship with Alcoa of Australia, delivering mental health education in the Peel region, and also helped Youth Focus deliver a Young Men's Project to generate region-specific solutions to reduce the suicide of young men in their community.

The community continues to benefit from the organisation's partnership with long-standing partner Hawaiian, which continued 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, Lavan and Horizon Power to deliver mental health education in a range of communities across Western Australia.

In addition, Youth Focus acknowledges the ongoing generosity and support of Channel 7 Telethon Trust, the Harman Family Trust, the Prendiville Group, The Stan Perron Charitable Foundation, Crown Perth, Detail and Citadel MAGNUS.

"WHEN WE MADE  
the SONG UP,  
it MADE ME a  
LITTLE BIT  
PROUD for  
MYSELF"

FELICITY. 9



# Board of Directors

**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: Dynamic, Integrity, Passionate, Quality and Collaboration.



**DAVID GRAY**  
CHAIR

JOINED FEBRUARY 2008  
CHAIR FROM JULY 2017

A Partner at Herbert Smith Freehills' (HSF) Perth corporate practice, David has more than 25 years' experience and 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. David has extensive experience in advising on Board governance matters and is regularly consulted by his clients on matters of the highest strategic importance.



**NICK HENRY**  
DEPUTY CHAIR

JOINED MARCH 2015  
DEPUTY CHAIR FROM  
AUGUST 2017

Nick is a member of Pricewaterhouse Coopers (PwC) Global Assurance Quality team. Prior to this, he led the Assurance Practice at PwC in Western Australia and was a member of PwC's WA Executive Leadership Team and the National Assurance Markets Leadership Team.

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



**RON EDWARDS**  
DIRECTOR

JOINED OCTOBER 2016  
RESIGNED 2019

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

Ron is currently Chair of the State Emergency Management Committee, a Board member of the Young Lives Matter Foundation, and a consultant to the Kimberley tourism industry and Austral Fisheries. Ron is the Independent Chair of the Burrup Rock Stakeholder Reference Group.



**DEAN HELY**  
**DIRECTOR**

JOINED MARCH 2015

Dean is the Managing Partner of Lavan and a Partner in the reconstruction and insolvency team. Dean was admitted as a Partner of Lavan's predecessor firm, Phillips Fox Perth, in 1999. He was Deputy Managing Partner of that firm and then of Lavan from 2002 to 2013, and became Managing Partner of Lavan in 2013.

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.



**FIONA LANDER**  
**DIRECTOR**

JOINED AUGUST 2012

Fiona is a Senior Executive in WA Health where she has responsibility for a range of corporate functions across a workforce of approximately 2,000 staff.

Prior to returning to the public sector in 2019, Fiona spent more than 10 years in the private sector. She was Principal of her own successful consulting practice, as well as a Consulting Partner with Deloitte Australia. Fiona also holds several Board positions including Vice President of Meerilinga Young Children's Foundation and Director for WA Institute of Sport.



**PAUL LARSEN**  
**DIRECTOR**

JOINED OCTOBER 2016

As Chief Executive Officer, Paul leads the team at Arc Infrastructure in managing and operating critical rail transport infrastructure assets that play a vital role in the economic growth of Western Australia. Since being appointed to the leadership role in 2007, Paul has led the transformation of both the rail network and the broader business.

Paul is also a member of the Board of Kimberley Ports Authority and has participated in the Hawaiian Ride for Youth three times.



**BELINDA LONSDALE**  
**DIRECTOR**

JOINED AUGUST 2016

Belinda is a Judge of the District Court 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.



**ARTHUR PAPAKOTSIAS**  
**DIRECTOR & CEO**

JOINED JANUARY 2019

Arthur joined Youth Focus as Director and Chief Executive Officer in January 2019.

In his previous role of 27 years, Arthur was CEO of Neami National, a specialist mental health non-government organisation. Arthur steered Neami through significant growth increasing the business from two staff to more than 1,000, supporting 9,000 people across five states.

Arthur has served as a Director of Housing Choices Australia since 2011 and been Chair since 2014. He was a Director of Mental Health Australia from 2011 to 2018 and Chair of its Finance, Audit and Risk Committee between 2014 and 2018.



**PHIL RENSHAW**  
**DIRECTOR**

JOINED OCTOBER 2018

Phil is an Associate Director in the Taxation division of BDO WA. Prior to commencing BDO five years ago, Phil spent 26 years at KPMG Perth, the last 17 years as a partner.

Phil has completed the Hawaiian Ride for Youth nine times and is the current Chair of the Hawaiian Ride for Youth Organising Committee and was inducted into the Hall of Fame in 2018. He was also the recipient of the Geoff Rasmussen Corporate Citizen award at the 2018 Youth Focus Make a Difference awards. Phil is also a Director of Dismantle Inc.

A group of young men, likely members of the Youth Reference Group (YRG), are gathered in a well-lit indoor space, possibly a conference or networking event. They are wearing matching blue blazers over light-colored shirts. One man in the center is shaking hands with another man on his left. They are all smiling and appear to be engaged in a positive interaction. The background shows other people and a modern interior with large windows and recessed lighting.

"BEING a PART of  
THE YRG HAS GIVEN  
ME SO MANY AMAZING  
OPPORTUNITIES, and  
I'M SO GRATEFUL to  
BE ABLE to WORK  
ALONGSIDE SO MANY  
AMAZING PEOPLE!"

JOEL WEIR  
YOUTH FOCUS CLIENT & YRG MEMBER

# Our supporters

## PREMIER & MAJOR PARTNERS



Government of Western Australia  
Mental Health Commission  
Department of Local Government and Communities



Government of Western Australia  
Department of Education



## 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 • FIG • 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

# Investing for the future

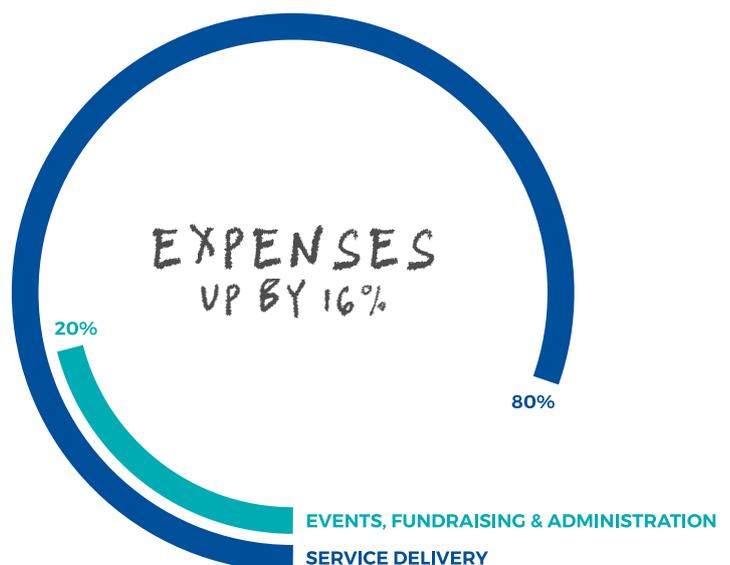
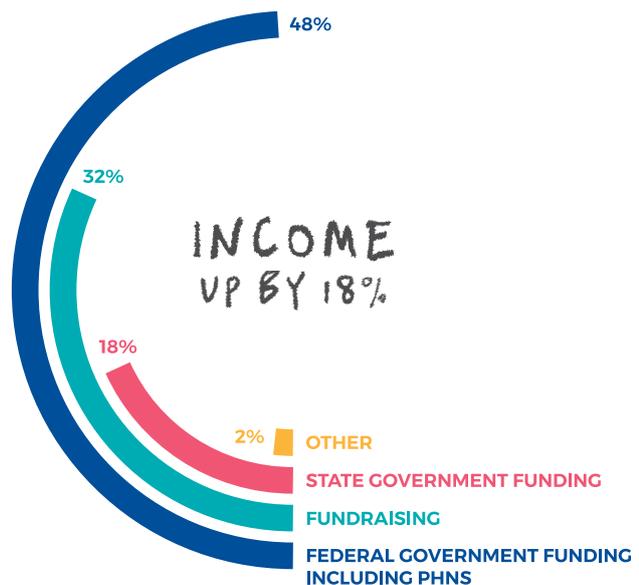
## Youth Focus is pleased to deliver a \$200,115 profit for 2018/19 financial year.

This result is particularly positive given the significant increase in the number of clients supported, investments in governance and quality, and the upgrade of the organisation's customer relationship and finance systems. This healthy surplus provides Youth Focus with a strong financial base and helps to secure sustainability and long-term future.

In 2018/19, revenue increased by 18 per cent, a result of additional funding from the WA Primary Health Alliance for headspace Centres. A decrease in fundraising revenue, which is consistent with trends across the sector, was offset by an increase in corporate partnership income.

Expenditure increased by 16 per cent which resulted in the delivery of services to a record-breaking 4,559 clients in the 2018/19 financial year, a 24 per cent increase on the previous year. The launch of outreach services in the Murchison and surrounding areas have resulted in a growth in travel and motor vehicle expenses.

Youth Focus remains grateful for the ongoing and generous support from the federal and state governments, individuals, corporate and community sectors to enable expansion of services to more young people in need of mental health support.



# Statement of Financial Position

AS AT 30 JUNE 2019

| AUDITED                              | CONSOLIDATED<br>2019 \$ | CONSOLIDATED<br>2018 \$ |
|--------------------------------------|-------------------------|-------------------------|
| <b>ASSETS</b>                        |                         |                         |
| <b>Current Assets</b>                |                         |                         |
| Cash and cash equivalents            | 4,223,207               | 4,496,612               |
| Trade and other receivables          | 526,406                 | 633,035                 |
| Other current assets                 | 114,303                 | 158,257                 |
| <b>Total Current Assets</b>          | <b>4,863,916</b>        | <b>5,287,904</b>        |
| <b>Non-Current Assets</b>            |                         |                         |
| Property, plant and equipment        | 2,345,782               | 2,507,234               |
| <b>Total Non-Current Assets</b>      | <b>2,345,782</b>        | <b>2,507,234</b>        |
| <b>Total Assets</b>                  | <b>7,209,698</b>        | <b>7,795,138</b>        |
| <b>LIABILITIES</b>                   |                         |                         |
| <b>Current Liabilities</b>           |                         |                         |
| Trade and other payables             | 651,786                 | 670,728                 |
| Interest bearing liabilities         | 80,329                  | 94,253                  |
| Other liabilities                    | 968,000                 | 1,779,046               |
| Provisions                           | 699,298                 | 531,703                 |
| <b>Total Current Liabilities</b>     | <b>2,399,413</b>        | <b>3,075,730</b>        |
| <b>Non-Current Liabilities</b>       |                         |                         |
| Interest bearing liabilities         | 144,212                 | 252,688                 |
| Provisions                           | 154,114                 | 154,876                 |
| <b>Total Non-Current Liabilities</b> | <b>298,326</b>          | <b>407,564</b>          |
| <b>Total Liabilities</b>             | <b>2,697,739</b>        | <b>3,483,294</b>        |
| <b>NET ASSETS</b>                    | <b>4,511,959</b>        | <b>4,311,844</b>        |
| <b>EQUITY</b>                        |                         |                         |
| Accumulated funds                    | 4,511,959               | 4,311,844               |
| <b>TOTAL EQUITY</b>                  | <b>4,511,959</b>        | <b>4,311,844</b>        |

This statement should be read in conjunction with the Notes to the Financial Statements in the Youth Focus Inc. Financial Report for the year ended 30 June 2019, available from [youthfocus.com.au](http://youthfocus.com.au)

# Statement of Profit and Loss and Other Comprehensive Income

FOR THE YEAR ENDED 30 JUNE 2019

| AUDITED  | CONSOLIDATED        | CONSOLIDATED        |
|--|---------------------|---------------------|
|  | 2019 \$             | 2018 \$             |
| <b>REVENUE</b>                                     |                     |                     |
| Revenue  | 12,483,279          | 11,291,944          |
| Interest income                                    | 76,630              | 64,279              |
| Other income                                       | 3,000               | -                   |
| <b>Revenue &amp; Other Income</b>                  | <b>12,562,909</b>   | <b>11,356,223</b>   |
| Employee benefits expense                          | (8,457,294)         | (7,110,311)         |
| Depreciation expense                               | (338,527)           | (299,344)           |
| Event expenses                                     | (839,203)           | (865,859)           |
| Information technology expenses                    | (353,180)           | (295,193)           |
| Motor vehicle running expenses                     | (163,703)           | (121,048)           |
| Rent and outgoings                                 | (764,587)           | (694,523)           |
| Insurance expense                                  | (54,832)            | (51,631)            |
| General office expenses                            | (410,041)           | (425,072)           |
| Travel expenses                                    | (190,777)           | (85,369)            |
| Marketing expenses                                 | (144,585)           | (203,331)           |
| Finance costs                                      | (15,251)            | (10,317)            |
| Other expenses                                     | (630,814)           | (537,417)           |
| <b>Expenditure</b>                                 | <b>(12,362,794)</b> | <b>(10,699,415)</b> |
| <b>Profit before income tax expense</b>            | <b>200,115</b>      | <b>656,808</b>      |
| Income tax expense                                 | -                   | -                   |
| <b>Profit after tax from continuing operations</b> | <b>200,115</b>      | <b>656,808</b>      |
| Other comprehensive income                         | -                   | -                   |
| <b>TOTAL COMPREHENSIVE INCOME FOR THE YEAR</b>     | <b>200,115</b>      | <b>656,808</b>      |

This statement should be read in conjunction with the Notes to the Financial Statements in the Youth Focus Inc. Financial Report for the year ended 30 June 2019, available from [youthfocus.com.au](http://youthfocus.com.au)

YOUTH FOCUS INC

# Statement of Cash Flows

FOR THE YEAR ENDED 30 JUNE 2019

| AUDITED   | CONSOLIDATED<br>2019 \$ | CONSOLIDATED<br>2018 \$ |
|---|-------------------------|-------------------------|
| <b>CASH FLOWS FROM OPERATING ACTIVITIES</b>                     |                         |                         |
| Receipts from customers   | 11,751,399              | 11,332,589              |
| Payments to suppliers and employees                             | (11,799,341)            | (10,151,600)            |
| Interest received   | 76,630                  | 64,279                  |
| Interest paid   | (15,251)                | (10,317)                |
| <b>Net cash provided by operating activities</b>                | <b>13,437</b>           | <b>1,234,951</b>        |
| <b>CASH FLOWS FROM INVESTING ACTIVITIES</b>                     |                         |                         |
| Purchase of property, plant and equipment                       | (177,075)               | (122,222)               |
| Proceeds from sale of property, plant and equipment             | 3,000                   | -                       |
| <b>Net cash used in investing activities</b>                    | <b>(174,075)</b>        | <b>(122,222)</b>        |
| <b>CASH FLOWS FROM FINANCING ACTIVITIES</b>                     |                         |                         |
| Payment of finance lease liabilities                            | (112,767)               | (36,102)                |
| <b>Net cash used in financing activities</b>                    | <b>(112,767)</b>        | <b>(36,102)</b>         |
| <b>Net increase/(decrease) in cash held</b>                     | <b>(273,405)</b>        | <b>1,076,627</b>        |
| <b>Cash and cash equivalents at beginning of financial year</b> | <b>4,496,612</b>        | <b>3,419,985</b>        |
| <b>CASH AND CASH EQUIVALENTS AT<br/>END OF FINANCIAL YEAR</b>   | <b>4,223,207</b>        | <b>4,496,612</b>        |

This statement should be read in conjunction with the Notes to the Financial Statements in the Youth Focus Inc. Financial Report for the year ended 30 June 2019, available from [youthfocus.com.au](http://youthfocus.com.au)

The background is a vibrant watercolor-style illustration. It features large, overlapping washes of color in shades of teal, blue, green, and purple. A prominent, thick teal arc curves across the upper portion of the image. The overall effect is artistic and dynamic.

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