



19/20 Annual Report

# Creating Connections

yf

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*"Youth Focus  
reminds young  
people that  
it's okay to not be  
okay and that  
it's so important  
to speak up because  
there is always  
help available"*

*Tara, 22*



# About us

Youth Focus is a leading mental health provider that has been supporting the wellbeing of young people in the Western Australian community for 26 years.

Our organisation exists because almost every week one child, sibling, relative or friend under the age of 25 dies by suicide. The ripple effect of suicide and feelings of loss, sadness, and loneliness are felt deeply by individuals, families and entire communities.

Our mission is to equip young people who experience mental health challenges to lead meaningful lives and reduce symptoms associated with depression, anxiety, self-harm and thoughts of suicide. We do this through the delivery of free, uncapped and accessible professional counselling services to thousands of young people and their families each year.

In addition to our core service offering of free face-to-face counselling, we engage with communities to educate and build awareness about youth mental health issues and suicide prevention. As part of this engagement, we deliver group-based therapy, mentoring, vocational support, outreach programs and education programs in schools, workplaces and communities across WA. Our organisation operates from nine metropolitan and regional offices and is the lead agency for four headspace centres.

**26**  
WEEKS AVERAGE  
SESSIONS

**FELT COMFORTABLE  
USING THE SERVICE**



## OUR VISION

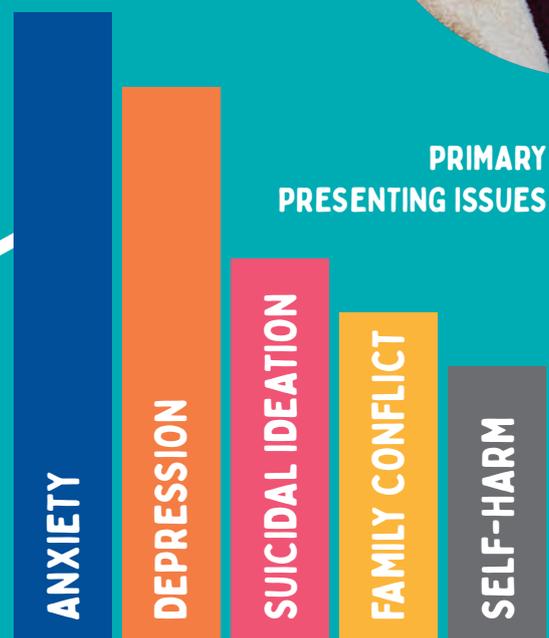
Healthy young people engaging in society, enjoying wellbeing and self-determination

## OUR MISSION

To equip young people who experience mental health challenges to lead meaningful lives

## OUR VALUES

Dynamic  
Integrity  
Passionate  
Quality  
Collaboration



# Our year in numbers

**6,090**

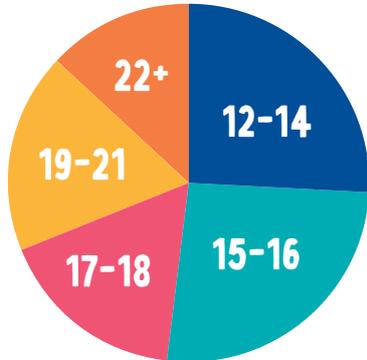
YOUNG PEOPLE SUPPORTED BY YOUTH FOCUS & HEADSPACE COUNSELLING & ASSESSMENT SERVICES

**3,724**  
YOUTH FOCUS

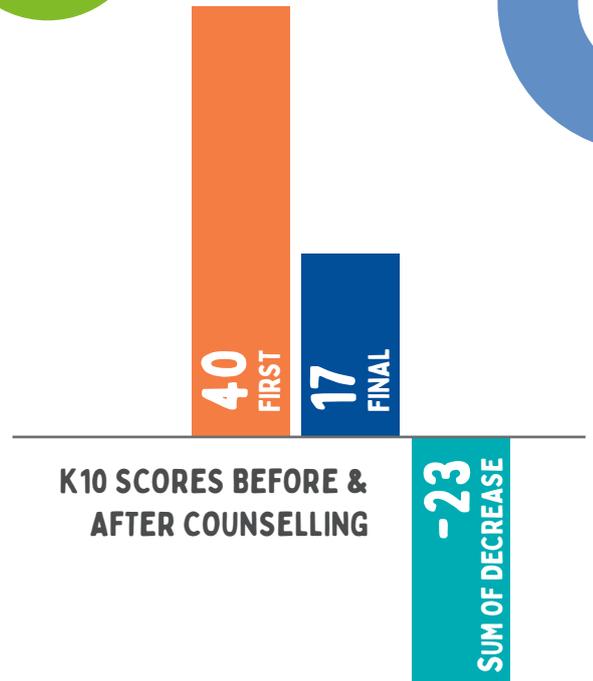
**1,110**  
HEADSPACE MIDLAND

**642**  
HEADSPACE GERALDTON

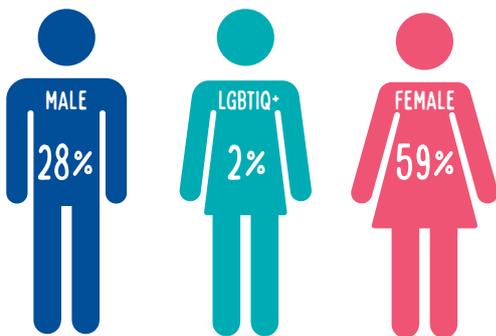
**614**  
HEADSPACE ALBANY



AVERAGE AGE OF CLIENTS



K10 SCORES BEFORE & AFTER COUNSELLING



CLIENT GENDER BALANCE

11% NOT STATED

### The Kessler Psychological Distress Scale (K10)

is a questionnaire and formal assessment tool intended to yield a global measure of distress based on answers to questions about anxiety and depressive symptoms.

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 40 (likely to have a severe disorder) upon entering the service, and a significantly reduced 17 (likely to be well) at the end of their Youth Focus journey.

## Youth Focus continues to create positive connections with our young people, families and communities.

In a time of uncertainty and change, we have cemented our organisation's position as a leader in youth mental health services. In doing so, we have become stronger, with a renewed energy and confidence – just like the young people we support.

In the 2019/20 financial year, we have significantly broadened our reach, introduced several new services and programs, and developed new ways to support young people and built more resilient communities across Western Australia.

The impact of the coronavirus (COVID-19) pandemic was felt among our staff, clients, families and communities. As an organisation, we strived to deliver business as usual, in the most unusual of times. We evolved, adapted and innovated to ensure our young clients remained supported. We were well equipped and promptly transitioned more than 80 per cent of our counselling services to digital platforms, including phone and web counselling. And we developed unique, localised action plans to come together to support each other, our young people and their families during a mentally challenging time.

**AS A RESULT OF OUR CONTINUING SERVICE DELIVERY, OUR ORGANISATION SUPPORTED A RECORD-BREAKING 6,090 YOUNG PEOPLE THROUGH OUR NINE OFFICES, FOUR HEADSPACE CENTRES AND SEVERAL OUTREACH LOCATIONS, A 34 PER CENT INCREASE ON THE PREVIOUS FINANCIAL YEAR.**

Our 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.

Acting as the lead agency for headspace services ensures that even more young people can 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 2,366 young people. In July 2020, we launched headspace Northam – a new satellite centre which will provide much-needed support, care and psychological help for young people in the Wheatbelt region.

### BROADENING OUR REACH TO MEET COMMUNITY NEEDS

With the support of new and existing government and corporate partnerships, we have continued to expand into regional, remote and rural areas, delivering web counselling and a range of outreach programs in the Murchison and Wheatbelt regions. These programs operate with the support of local Aboriginal youth engagement officers employed by Youth Focus and include family therapy, cultural awareness training, interagency case management meetings and community events. A specific area of focus for our organisation, these programs have been highly successful in improving wellbeing, breaking down stigma and removing the barriers to accessing support from mental health workers.

In 2019/20, Youth Focus introduced a Vocational Support Program to support young people living with mental health issues in gaining meaningful employment and education. This program is modelled on the Individual Placement and Support program offered by headspace Albany and Midland. In the new financial year, we will expand this program to support more young people, especially those whose employment status has been impacted by COVID-19.

Finally, in March 2020, our organisation introduced a pilot for Private Adult Counselling. The service aims to support the mental health of the wider community, with psychological support for adults aged 26 and above.

### 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 2019/20 financial year, we connected with 5,773 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.

# Chair & CEO Report

## CREATING A SUSTAINABLE FUTURE

We posted a healthy surplus of \$1,288,546 in 2019/20, underpinned by increased funding for headspace Centres, new programs and corporate partnerships. Our organisation continues to exercise financial responsibility to ensure sustainability and long term viability.

Youth Focus continued to further its cause through the delivery of meaningful events and partnerships. In 2020, the COVID-19 pandemic resulted in the cancellation of the 18th Hawaiian Ride for Youth, one week prior to it occurring. While this was extremely disappointing, the close-knit Ride community came together in spirit to support the young people of Western Australia, raising an incredible \$1.9 million; a huge achievement in the current fundraising landscape. We are sincerely grateful to the 163 riders and support crew for their commitment and dedication to the event and our cause.

After 17 years of bringing our supporters together to shine a light on youth suicide and mental health, the final Night of Nights ball was held on Saturday 31 August 2019. Almost 400 guests gathered in the Crown ballroom to reflect and say goodbye to one of Perth's premier social events, which raised over \$320,000 in its final year to help build brighter futures for the young people of Western Australia. Special thanks go to the attendees, silent and major auction donors, and Major Sponsor, Crown Perth.

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

Government relationships and partnerships are also crucial to our ability to deliver vital services throughout the community. We acknowledge the relationships with the WA Mental Health Commission, the Department of Local Government and Communities and the Department of Education.

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



## OUR PEOPLE ARE OUR GREATEST STRENGTH

We would like to acknowledge the dedication, passion and professionalism of the Youth Focus people, who work tirelessly in all areas of our organisation - from services, education and headspace through to outreach, events, fundraising and corporate services. Their continued contributions and commitment to our organisational values ensures that we can deliver the highest level of service to young Western Australians.

We would also like to acknowledge the steadfast contribution of outgoing Board Chair, David Gray, who resigned from the position in February 2020. As a long-term Board member and Chair, David led the organisation through a significant and positive period of change and evolution. In 2019/20, we also farewelled Board members including long-serving Nick Henry and Belinda Lonsdale. In line with our strategic direction, the Board of Directors continues to grow and diversify, with our organisation welcoming Dr Ashleigh Lin, Billy Meston, Rod Jones and Christina Matthews.

## LOOKING FORWARD

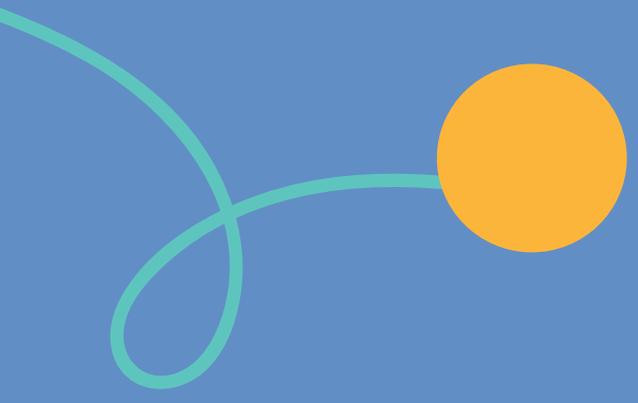
We will continue to target sustainable growth in the new financial year by broadening and diversifying our service offering to expand our reach to support more young people.

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

**DEAN HELY** CHAIR

**ARTHUR PAPKOTSIAS** CEO





# Meet Joel

I've always been an anxious person. Even as a toddler I struggled to be away from my mum for even just a few minutes. There were times I'd have a panic attack if she left the room.

Growing up and going into primary school, I developed a real fear of failure. I was a perfectionist and everything had to be done just right. I remember being in tears after I got 19 out of 20 on a spelling test. I was terrified of failing.

As I progressed into high school, that anxiety continued and I developed a fear of not being able to fit in at my new school. That led to me being quite vulnerable and I was the subject of teasing and bullying.

It was at about the age of 10 that I started seeing a psychologist and I've pretty much been seeing one ever since.

At 15, I started showing symptoms of obsessive compulsive disorder (OCD), which culminated in a severe germ phobia. I was washing my hands more than 50 times a day. It got to the point that my hands are now covered in scars because of all the handwashing.

The most recognisable factor of my anxiety was my OCD. The OCD has played a really significant part in my life the year I turned 18 because I developed a severe gambling addiction. I found gambling gave me an instant release, an instant rush and I became hooked on online betting.

Six months after I turned 18, I told my parents what had happened. By that time I had lost all of my savings, which was quite a significant amount of money and shortly after that I started to show signs of depression, which I'd never really had before. I developed an eating disorder and struggled with self-harm and suicidal thoughts.

I never really understood the concept of self-harm until I actually experienced it. I was feeling so much mental pain that I felt like I had to feel something physical to calm myself down or relieve myself of that pain.

I joined the Youth Focus Youth Reference Group (YRG) in 2017. My Dad's work is a sponsor of Youth Focus through the Hawaiian Ride for Youth and he introduced me to the idea of joining the YRG because I've always been really passionate about mental health. In particular, I'm really dedicated to helping to remove the stigma that surrounds mental health by encouraging people to be open and talk about how they're feeling.

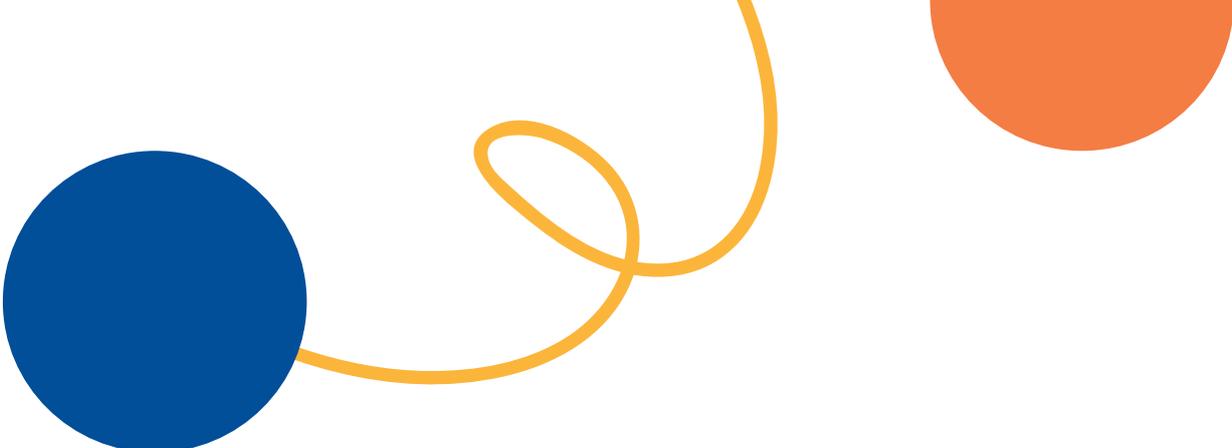
Being part of the YRG has been an awesome experience. I like to think that over the past few years the group's work has contributed to helping remove that stigma.

Lots of our work includes being consulted by the executive team of Youth Focus on projects they're planning to roll out. We're the demographic that Youth Focus captures so we help to provide that youthful voice and perspective. We also help with fundraising and awareness raising events so people know about Youth Focus and the important work they do.

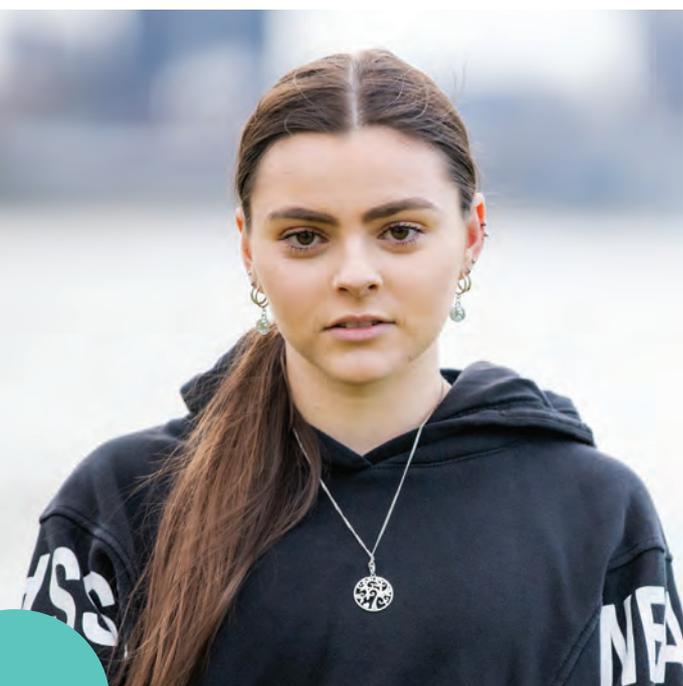
Speaking about my personal experience has really helped me on my journey. I've also met some incredible people through Youth Focus and the YRG who have helped me with my issues as well.

Joel





In a changing landscape, the vital services Youth Focus provides to young people continued to increase throughout 2019/20.



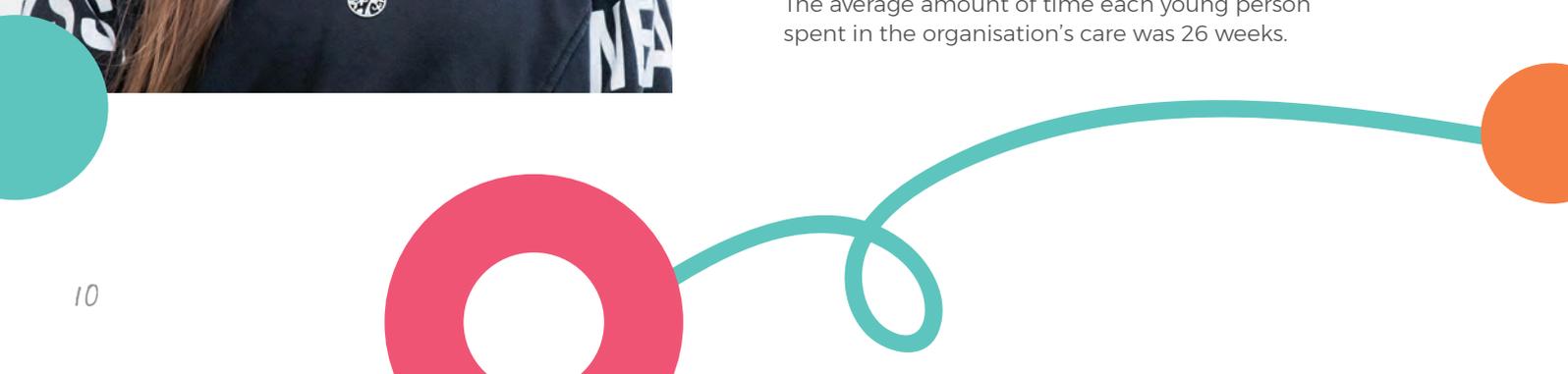
This included the provision of evidence-based psychological interventions for 12 to 25 year olds by registered mental health professionals who understand the unique social and emotional needs of young people.

In 2019/20, Youth Focus provided free and unlimited counselling services from nine offices (Burswood, Joondalup, Mandurah, Bunbury, Albany, Narrogin, Moora, Meekatharra, and Wiluna), four satellite locations (Cockburn, Leederville, Kwinana, Rockingham), four headspace centres (Albany, Geraldton, Midland and Northam) and 35 schools throughout the state.

**THE CORONAVIRUS (COVID-19) HAD A SIGNIFICANT IMPACT ON YOUTH FOCUS SERVICE DELIVERY. HOWEVER, THE ORGANISATION RAPIDLY SHIFTED, ADAPTED AND INNOVATED TO ENSURE IT CONTINUED TO PLAY A LEAD ROLE IN THE WESTERN AUSTRALIAN MENTAL HEALTH SPACE.**

During the onset of the pandemic in Australia, Youth Focus transitioned more than 80 per cent of its counselling services to digital platforms. Where digital services were not accessible, the organisation worked closely with clients and communities to create alternative approaches. Youth Focus also launched an online campaign with a range of new resources on its website and social media channels to support young people. Each Youth Focus and headspace location had a unique and localised action plan and teams came together to support each other, young people and their families in a time when mental health services are needed more than ever.

During the year, Youth Focus provided services to a record-breaking 6,090 young people through its various offices and headspace centres, reflecting a 34 per cent increase in the previous year. The demand for the organisation's reputable services is ever-increasing, with the Youth Focus triage team now connecting with 166 new clients monthly. The most common issues for young people referred to Youth Focus in 2019/20 were depression, anxiety, and sexual identity, 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 in the organisation's care was 26 weeks.



# A record year for our signature services



Youth Focus counsellors 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. It also co-designs services as an innovative method of identifying mental health consumer and carer experiences to increase capabilities and create a more effective service offering.

**YOUTH FOCUS HAS A STRONG FOCUS ON DIVERSITY AND INCLUSION. IT UNDERSTANDS THAT THE PREVALENCE OF MENTAL HEALTH PROBLEMS IN ABORIGINAL AND LGBTIQ+ COMMUNITIES IS DISPROPORTIONATELY HIGH AND CARRIES SIGNIFICANT HUMAN, SOCIAL AND ECONOMIC CONSEQUENCES, AND IS PLEASED TO REPORT A SIGNIFICANT UPSHIFT IN SERVICE DELIVERY TO THIS CLIENT COHORT.**

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 2019/20, 75 per cent of young people required early or active interventions to support their mental health concerns. These clients presented with multiple issues and naturally required more time and resources from the clinical staff, including more case management work, in an environment of increasing demand for the organisation's services.

**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.**

A journey to recovery is unique to each young person and clinicians are trained in a range of evidenced-based modes 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.

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 35 high schools. Youth Focus continued to carry out needs assessments of new and existing schools to determine the most efficient use of clinical capacity to meet the ever-increasing service demand from secondary schools.

Youth Focus continued its participation in the headspace program as the lead agency for headspace Midland, Albany, Geraldton and a new Northam satellite, opening in August 2020.

A continued focus for the organisation is the effective measure of the impact of its services in the community. To achieve this, it will not only engage with young people while they are active clients, but it will also introduce a social impact program to continue to connect with them after the conclusion of their Youth Focus journey.

Youth Focus is proud to be the lead agency for three headspace centres and one satellite 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.



### 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 2019/20, headspace Midland provided 3,679 occasions of service to 1,110 young people.

In 2019/20, headspace Midland launched 'Our Place: A Safe Space'. Our Place is a drop-in service for young LGBTIQ+ people to connect with others in their community without fear of discrimination. The space is operated by three lived-experience coordinators who specialise in youth work, counselling and adolescent services. The service, which runs both in-person and online as a result of COVID-19, is a collaborative effort between City of Swan, Swan City Youth Service, Youth Focus and headspace Midland.

# headspace partnerships connecting more young people with care

## HEADSPACE GERALDTON

During 2019/20, headspace Geraldton continued to build on its engagement programs and deliver a professional youth mental health service that is appreciated and supported by the local community.

While COVID-19 caused some disruption, headspace Geraldton transitioned face-to-face services to phone, online or outdoor sessions with safe physical distancing in the therapy garden. Young people continued to utilise headspace Geraldton services with 3,393 occasions of service including 306 return clients and 319 new clients in 2019/20.

headspace Geraldton continues to invest in engaging and supporting young men and Aboriginal and Torres Strait Islanders and has seen an increase in service delivery to these at-risk groups. headspace Geraldton's Aboriginal and Torres Strait Islander engagement sits at 31.9 per cent for the year, significantly higher than the national average at eight per cent.

The centre continues to increase its efforts in community engagement, establishing strong relationships within the community and its most marginalised young people. A particular focus has been on reducing stigma, increasing awareness of protective factors and building a positive association with the headspace brand, team and centre. This has been achieved through community partnerships and engagement activities at schools, regional shows, sporting events and more.

In September 2019, headspace Geraldton launched Sleepy September. The aim of the campaign is to increase awareness about the importance of sleep for all people, but particularly the developing adolescent brain. More than 500 young people participated in 2019 and the team looks forward to evolving and expanding the campaign in years to come.

## HEADSPACE ALBANY

Providing mental health services to young people is always challenging; however, 2020 has proved to be a year to rewrite the record books around challenges.

Throughout COVID-19 restrictions, headspace Albany continued to provide a range of services to 614 young people delivered through a combination of face-to-face, telephone and video-conference, with young people continuing to report a high level of satisfaction, and a high sense of engagement with their counsellor across all mediums.

A special mention must go to the Dialectical Behaviour Therapy Group and its facilitators, who transitioned the group from face-to-face to video and back again with zero dropouts throughout the 18-week program.

In addition to the challenges of a global pandemic, headspace Albany introduced a new service to support young people on Eating Disorder Treatment and Management Plans. It has established a partnership with local provider, Amity Health, to enable this expansion and onboard a dietician and GPs from a number of local surgeries. The centre now supports more than 20 young people on Eating Disorder Treatment and Management Plans, a first in a regional area in Western Australia.





Over the past  
12 months,  
Youth Focus  
outreach services  
have seen  
considerable  
expansion and  
evolution.

Beginning with a single clinician and youth engagement officer in Meekatharra in 2018, the outreach team currently sits at 12 employees, based across five regional and remote locations in the Mid West and Wheatbelt.

**AT ITS CORE, THE YOUTH FOCUS MODEL FOR OUTREACH IS SIMPLE. IT AIMS TO PROVIDE PRACTICAL, ACTIVITY-BASED PROFESSIONAL MENTAL HEALTH SERVICES THAT ARE RESPONSIVE TO THE TARGET COHORT'S NEEDS.**

Youth Focus builds relationships with young people at a street level, through groups, activities and conversation, augmenting the flexible one-on-one therapy model. It is imperative that these services are tailored to each diverse location.

The outreach team has now successfully integrated into the Moora and Narrogin communities, receiving positive feedback from community members and other service providers in both locations. The Wiluna service has delivered a regular successful cooking program which focuses on reducing isolation, teaching practical skills and nutrition.



In Meekatharra, therapeutic art classes are helping young people build confidence and grow in cultural knowledge and artistic skills, as well as articulation of their difficulties, strengths and support networks.

#### EXPANSION OF WHEATBELT SERVICES

In 2019/20, Youth Focus received additional funding through the WA Primary Health Alliance to expand outreach services into the Wheatbelt. The need for these services is great, and engagement with other stakeholders across the Wheatbelt has been met with enthusiasm.

One of the key learnings from expansion and consultation with local stakeholders, staff and community members is that each small community is unique and incredibly complex. For example, a number of separate Aboriginal communities exist within the small town of Narrogin. Each has a different set of priorities and principals which guide engagement and action; each has their own long-term histories of trauma, conflict and resilience. Navigating these social complexities with respect takes time, humility, a lot of learning and a good ear.

# Outreach programs helping vulnerable communities



## ABORIGINAL ENGAGEMENT

Although the Youth Focus outreach mandate is not specifically directed towards Aboriginal young people, this has been the main engagement area and target cohort.

**ABORIGINAL YOUNG PEOPLE IN REGIONAL AREAS MAKE UP APPROXIMATELY 85 TO 95 PER CENT OF THE POPULATION BETWEEN 12 AND 25 WHO ARE CURRENTLY DISENGAGED FROM SOCIAL, PHYSICAL AND MENTAL HEALTH SERVICES. THESE YOUNG PEOPLE ARE AT A SIGNIFICANTLY HIGHER RISK OF POOR MENTAL HEALTH AND LIFE OUTCOMES.**

The co-designing of culturally appropriate programs is a basic precept of outreach services; as well as the education of non-Aboriginal staff. This co-design approach allows Youth Focus to combine lived and cultural experience with clinical knowledge, creating a methodology that is both culturally safe and clinically sound.

In the new financial year, Youth Focus will embed its first Reflect Reconciliation Action Plan into the organisation's vision, mission, values and culture. Aboriginal and Torres Strait Islander peoples, including young people, Elders and researchers have helped to inform and guide the plan, which has developed out of a deepening recognition of Aboriginal and Torres Strait Islander peoples being the Traditional Owners of the land.

Youth Focus has developed a unique, engaging and relevant school education program 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 for community members. This program is 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 HIGHLY SKILLED FACILITATORS WITH LIVED EXPERIENCES, YOUTH FOCUS EDUCATED 3,828 STUDENTS, 232 TEACHERS AND 256 PARENTS AT 37 SCHOOLS.**

While COVID-19 impacted the ability to deliver programs in schools and communities in 2020, the organisation is now seeing a positive increase in education requests.

In 2019/20, the organisation reached a further 1,731 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. In 2019/20, 95 per cent of schools requested education workshops for the following year, a testament to the quality and positive impact of the program.



# Educating young people & communities



## GROUP-BASED THERAPY SUPPORTING YOUNG PEOPLE ON THEIR PATH TO MENTAL WELLNESS

In 2019/20, Youth Focus offered a range of therapeutic group-based opportunities to young people engaged in counselling. These programs included evidence-based social and emotional learning program, DRUMBEAT by Holyoake; a number of equine therapy sessions involving activities with horses to promote human physical and mental health; and for the first time, an Anxiety Management Cognitive Behavioural Therapy Group.

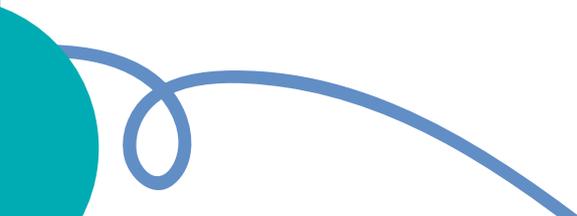
The Anxiety Management Group launched before COVID-19 restrictions were introduced, but was able to be adapted to continue via video conferencing with the content focusing on mindfulness and coping strategies to deal with anxiety. The group supported young people in understanding more about their anxiety triggers and providing them with helpful strategies to develop and increase their own resilience.

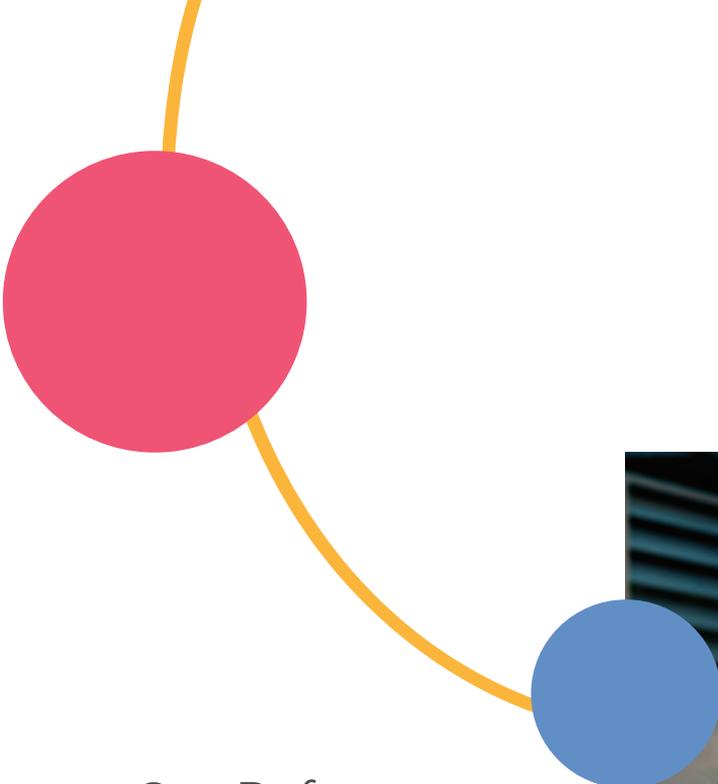
## MENTORS HELPING YOUNG PEOPLE TRANSITION INTO SOCIETY

The organisation's Mentoring Program continued to expand in 2019/20 with 16 mentoring matches established despite COVID-19 restrictions.

One-to-one mentoring relationships see an adult volunteer mentor educated and supported by Youth Focus to provide unique functional discovery support for a young person who has received counselling. The aim of the program is to provide young people with a safe environment and to nurture a therapeutic rapport with a supportive role model who will help them develop and enhance skills related to communication, self-esteem, goal setting, social skills, relationships and conflict resolution.

The main objectives of the program are to increase the young person's perceived social support; increase their participation in life activities to encourage independence; and to assist with the transitioning from a counselling environment into the social world.





Our Reference Groups consist of people who support Youth Focus across various services, programs and community engagement.



### YOUTH REFERENCE GROUP

**WITH A FOCUS ON CREATING A STRONGER PRESENCE BOTH INTERNALLY AND EXTERNALLY IN 2019/20, THE YOUTH REFERENCE GROUP (YRG) PLAYED AN INTEGRAL ROLE IN PROVIDING CENTRAL INSIGHTS, OBSERVATIONS AND CO-DESIGN OF YOUTH FOCUS OPERATIONS.**

The group also attended a range of community events, representing the organisation at public speaking engagements, participating in photography and filming, social media activations, fundraising events and campaigns throughout the year.

In November 2019, Youth Focus entered PrideFEST parade for the first time. The YRG were key participants, eager to showcase the organisation's support for all people of diverse sexuality and gender.

A special collaboration between Youth Focus and YMCA WA saw seven YRG members share their mental health experiences on camera. These impactful short videos were showcased on social media as well as the digital billboard at Yagan Square during Mental Health Week, reaching thousands of people with inspiring messages of hope.

Understanding the impact of COVID-19 on young people's mental health, the YRG responded to the pandemic by creating two social media campaigns to support and engage young people. These included a 10-day self-care challenge, and a campaign to encourage young people to make a pledge to positively impact their wellbeing with a simple challenge that could become a habit for the better.

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.

# People passionate about making a difference



## CARERS REFERENCE GROUP

Youth Focus believes that the parents and carers of young people are an integral part of their journey. The Carers Reference Group (CRG) has been established to ensure parents, carers, relatives and significant others of mental health consumers have a voice.

**MEMBERS ARE GIVEN THE OPPORTUNITY TO PROVIDE INPUT, FEEDBACK AND PARTICIPATE IN CO-DESIGN TO IMPROVE NOT ONLY THE ORGANISATION'S MENTAL HEALTH SERVICES AND PROGRAMS, BUT THE LIVES AND EXPERIENCES OF OTHER FAMILIES AND CARERS.**

In 2019/20, the CRG doubled to six members, with a focus on ensuring a diverse collective of like-minded, lived-experience adults who aim to make a positive difference.

*"Life can be viewed as a series of steps, usually forward, sometimes sideways and also on occasions, backwards. By taking a significant forward step by reaching out to Youth Focus, parents and carers can take comfort from knowing there are people who have also taken the same step. We are here for you, and ready to share our experiences and learnings, including support and guidance, from the perspective of those who are walking the same path as you and your loved ones"*

PETE, DAD TO THREE BOYS & MEMBER OF THE YOUTH FOCUS CARER REFERENCE GROUP



From humble beginnings, the Hawaiian Ride for Youth has raised more than \$24,000,000 to support Youth Focus and thousands of young people struggling with mental health issues.



This annual event is usually held in March across 4.5 days with riders covering more than 700kms on their journey from Albany or Jurien Bay to Perth. While cycling through regional Western Australian towns, the riders visit high schools to engage with students on the importance of positive mental health and raise awareness of the Youth Focus services available to them.

In 2020, the COVID-19 pandemic resulted in the cancellation of Ride Week, one week prior to it occurring. To say this was disappointing is an understatement. However, the close-knit HRFY community still came together in spirit to support the young people of Western Australia, and despite its last minute cancellation, this iconic event raised an outstanding \$1.9 million to support Youth Focus.

One of the most important aspects of Ride Week are the presentations at 26 regional high schools, where riders share their personal stories with students and provide messages of positive mental health. Although this was unable to take place, Youth Focus filmed a selection of rider presentations and distributed them to schools, along with information packs and mental health resources.

# Australia's premier charity event continues to shine



An extensive social media campaign was also developed to continue to engage and acknowledge the many suppliers, riders, sponsors and support crew of the Hawaiian Ride for Youth. The campaign also profiled each of the 'Spirit of the Ride' nominees and the overall winner, and highlighted Youth Focus's donation of the food purchase for Ride Week to Foodbank, before culminating in the announcement of the total funds raised on Saturday 28 March 2020.

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, who collectively continue to make this event so memorable. Without this event, the organisation would not have the capacity to continue to provide free and uncapped counselling services to thousands of young Western Australians each year.

*"The Ride has had a big impact on my physical and mental health. My experience with anxiety and depression can sometimes make it very hard to do things like meeting new people, trying new things, and finding the motivation to stick to a routine. By doing the ride and all the training leading up to it, I was able to prove to myself that I am strong enough to commit to something as big as the Hawaiian Ride for Youth"*

KATE ANNEAR, RIDER



# Building connections through meaningful events

## NIGHT OF NIGHTS

After 17 years of bringing supporters together to shine a light on youth mental health, the final Night of Nights ball was held on Saturday 31 August 2019. Since 2003, the funds raised at this iconic event have played a significant role in enabling the continued delivery of life-saving Youth Focus services. Almost 400 guests gathered in the Crown ballroom to reflect and farewell one of Perth's premier social events, which raised more than \$320,000 in its final year to help build brighter futures for the young people of Western Australia. This event would not have been so successful without the support of the many businesses and individuals who kindly donated the major auction items and more than 120 silent auction items. Special thanks go to our major sponsor, Crown Perth.

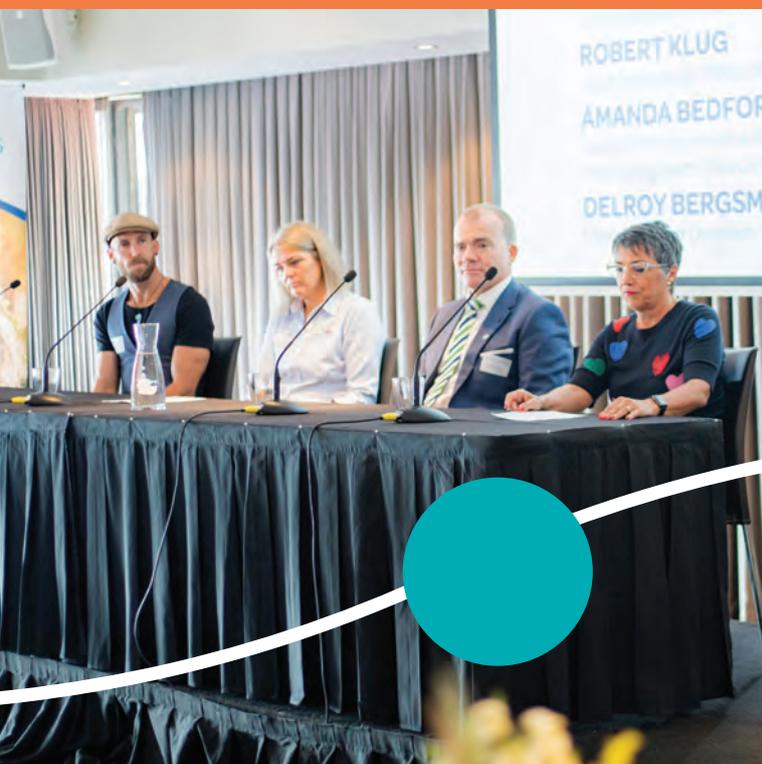
## CELEBRATING THOSE WHO MAKE A DIFFERENCE

The annual Make a Difference Awards is an opportunity to recognise the many individuals and businesses that have supported the organisation's life-changing 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 both Joel Weir and Matthew Tadi in recognition of their outstanding commitment to their journey.



## MENTAL HEALTH WEEK BREAKFAST

To coincide with Mental Health Week, Youth Focus again 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 an expert panel, including Learne Durrington from WAPHA, Robert Klug from Sandfire, and Delroy Bergsma from the Clinical Outreach team at Youth Focus. They discussed the expansion of mental health services to meet the needs of disengaged youth, with a special focus on youth programs in the Murchison.



# Fundraising for greater impact



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

From workplace giving to exclusive events, the wonderful supporters of Youth Focus raised almost \$150,000 in 2019/20. Youth Focus was also supported by a number of third-party fundraising activities. While COVID-19 prevented large scale community events occurring, a number of individuals embarked on physical challenges while motivating their peers to support their fundraising efforts. Thank you to everyone who made their move to support youth mental health.

Each year, a vital contributor to Youth Focus fundraising is its campaign program. In October 2019, Youth Focus held its second Coffee for a Cause campaign to coincide with Mental Health Week. Local Perth artist, Naomi Craigs, was commissioned to design youthful, bright limited-edition coffee cups which were distributed to more than 50 cafes in Perth and the south west within close proximity to Youth Focus and headspace offices. The campaign, which asked people to consider donating the cost of their next coffee to support youth mental health, was highly successful in building awareness for the Youth Focus cause.

In May 2020, Youth Focus launched a powerful end of financial year fundraising drive in an effort to help more young people navigate their way through mental health challenges sparked by COVID-19. The campaign, Common Threads, shared the emotive stories of a number of young people, and asked the public to be the thread that connects a young person with care. This campaign raised a record amount of funds to support Youth Focus.

Thank you to everyone who has supported Youth Focus in the last financial year. Community support remains crucial to the organisation's ability to enhance service delivery and reach more young people in their time of need.





# Partnering for growth

Youth Focus is grateful to the State and Federal Governments, and corporate and foundation partners for their generous contributions in 2019/20.

During the last financial year, Youth Focus welcomed new partners, strengthened existing relationships and continued to develop robust government relationships at both State and Federal levels.

In 2019/20, 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 counselling services to the community.

The WA Primary Health Alliance continued its strong partnership with Youth Focus, providing essential funding to support a number of key projects. These included the ongoing management of headspace Centres, implementation of web counselling services to 16 regional sites across Western Australia, the provision of Youth Severe Services in the Murchison, the implementation of outreach services in the Wheatbelt, and an increase in Youth Severe Services at headspace Midland.

Youth Focus continued to expand its partnership with the Royal Flying Doctor Service to support more young people accessing essential mental health care in the State's Murchison and Goldfields regions.

Ongoing partnerships with Sandfire Resources, DDHI and Sodexo provided further support of this important program by funding an additional resource to provide support to disengaged young people in the Murchison region, where mental health services are scarce or non-existent.

In early 2020, Youth Focus welcomed a new three-year partnership with the Stan Perron Charitable Foundation to support expansion of the organisation's signature counselling services in the south east metropolitan corridor of Perth, an area in high need of mental health support services.

Long-term supporter Mineral Resources continued to partner with Youth Focus to support the delivery of essential face-to-face counselling services for young people. This funding supports the organisation in providing life-changing care to hundreds of young people each year.

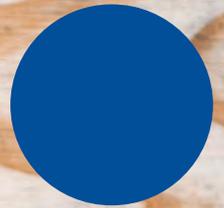
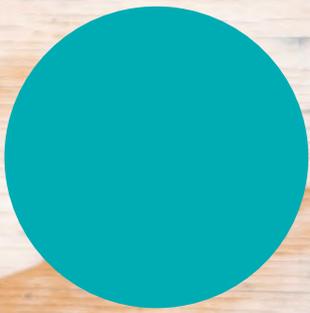
In July 2019, Future Generation Global funded the implementation of a new Vocational Support Program to support Youth Focus clients obtain and sustain meaningful employment and education opportunities. This new program achieved outstanding results in its first year and will continue to expand and support more clients into the coming year.

**YOUTH FOCUS CONTINUED ITS STRONG RELATIONSHIPS WITH COOGEE AND ALCOA OF AUSTRALIA, SUPPORTING THE DELIVERY OF ESSENTIAL COUNSELLING SERVICES AND MENTAL HEALTH EDUCATION IN THE PEEL REGION, KWINANA AND SURROUNDING AREAS. ALCOA ALSO FUNDED THE DELIVERY OF A NEW AWARENESS-RAISING CAMPAIGN TO DRIVE COUNSELLING SERVICE REFERRALS IN THE PEEL REGION DURING COVID-19.**

The community continues to benefit from the organisation's relationship 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 acknowledges the ongoing support and generosity of the Channel 7 Telethon Trust, Clough, Lavan, Crown Perth, Detail and Citadel MAGNUS.

Youth Focus sincerely thanks all of its partners for their support and looks forward to continuing to work together to make a positive difference to the lives of young Western Australians.



# 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



Royal Flying Doctor Service  
WESTERN AUSTRALIA



## OFFICIAL PARTNERS



## OFFICIAL SUPPORTERS



DETAIL

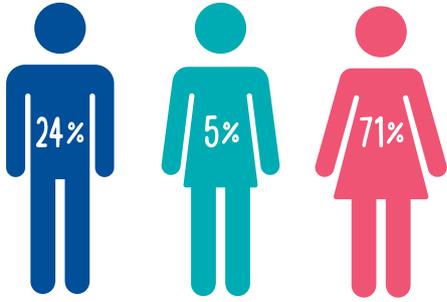


## EVENT SPONSORS

Ansell Strategic • APM • Arc Infrastructure • Avoca Insurance Brokers • Azure Capital • Bellanhouse Legal • BNK Bank  
Budget Car and Truck Rental • Business News • Buswest • Cathy Fogliani Event Consultancy & Management • Citadel-MAGNUS • Coogee  
Detail • FGG • Hartleys • Key Residential • Kitchen Warehouse • KPMG • Linc Property • MACA • Mineral Resources • Minter Ellison  
Morgans • Murdoch University • Office Solutions IT • Perrott Painting • Rhone Wine Online • Rob Breden • Sandfire Resources  
Shadforth Financial Group • Simon Lee Foundation • Steinepreis Paganin • Synergy Consulting • WA Primary Health Alliance • Wesfarmers

## EVENT SUPPORTERS

Adam Gilchrist • Adrian Tobin • Alkoomi Wines • Aqualyte • Aussie Natural Spring Water • Brad Hogg • Brightside Live • Budget Car and Truck  
Rental • Buswest • Cable Beach Club Resort & Spa • Cape Lodge • Caterlink • Chef Gogo • Cher Van Schouwen • COMO the Treasury • Cunard  
Gage Roads • Global Cabling • Imagehunter Films • Katharina Surtees • Kim Hughes • Office National Canningvale • Perth Expo • Piper-Heidsieck  
Cuvee Brut • Scotch College Pipe Band • Southwest Hospital Pharmacy • Trench Health and Fitness • True North Adventure Cruises • Virgin Australia



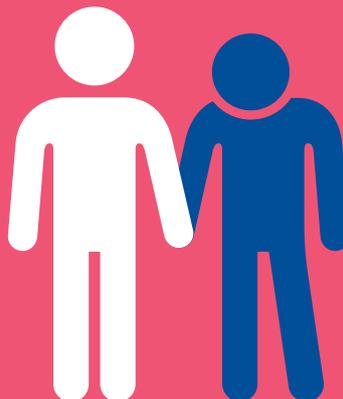
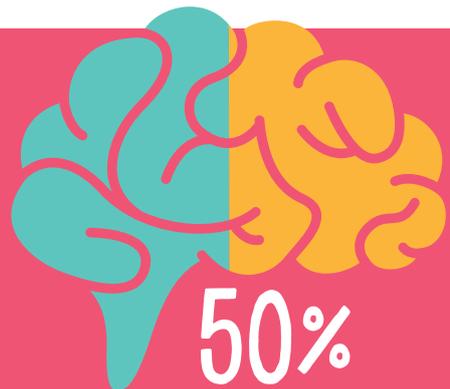
Youth Focus is committed to attracting and retaining talent to lead the diverse services and programs it provides to young people and communities.

In the past financial year, Youth Focus recruited 57 new employees to existing positions as well as several new roles, reflecting an 18 per cent increase on the previous year. Youth Focus remains a highly qualified team with more than 50 per cent of all employees holding post graduate qualifications.

In 2019/20, Youth Focus placed a key focus on its internal governance and policies. The organisation launched an industry leading Family and Domestic Violence Leave Policy, reviewed its Code of Conduct, had a multitude of staff access paid parental leave and sought to modernise its induction process. In the new financial year, Youth Focus will create a meaningful staff wellbeing program, implement a robust learning and development framework and reflect on the organisation's overall employee value proposition.

#### A FOCUS ON DIVERSITY

In 2019/20, Youth Focus created a Diversity and Inclusion Working Group, introduced a Diversity and Inclusion Policy and conducted its first staff diversity survey. The survey was designed to allow the organisation to reflect on itself and how best to support its young clients. It will also provide greater direction in the creation and implementation of diversity and inclusion activities moving forward. The initial findings indicate rich life experience.



# Our people at the heart of our organisation



## SETH TULLAR

### YOUTH COUNSELLOR/INTAKE COORDINATOR, HEADSPACE GERALDTON

Born and raised in Texas, I am pretty isolated from my family and friends back home. But I am so thankful to be part of this team of superstars. Everyone here is dedicated to lifting each other up, and to coaxing our clients into letting their lights shine.

I am stoked that I get to help young people get reconnected to their relationships with nature, through our budding Bush Adventure Therapy programs. It has been a passion of mine for years and now we are starting to see the fruits of our labours.

I absolutely love that I get to be privileged with stories of our young people everyday. These young people are our future, and I get to help them navigate their own unique paths through the rapids, the calm, quiet streams and everything in between.

## ANDREW BINSIAR

### YOUTH ENGAGEMENT OFFICER, MEEKATHARRA

I'm a father of five, a local council member and have a small business as an artist in Meekatharra. I've been in Meeka for 46 years and I've worked in youth programs for about 20 years. I develop and run art programs, as well as being a Youth Engagement Officer, working with the Meeka Outreach Team.

An important part of my role is connecting our non-indigenous Clinicians with the young people here. It's rewarding work in the way of helping the young people deal with day-to-day living in a small community. This work helps me and the team better understand the issues that young folks face.

## EMMA SEAMAN

### SCHOOLS & WEB COUNSELLING COORDINATOR, BURSWOOD

I have always had a vocation to work with young people to change their lives and working at Youth Focus enables me to do this. It gives me great satisfaction that being involved in schools at an education level allows me to give young people and their community, the confidence and awareness to talk about mental health in a safe space.

I enjoy the ever-changing environment here at Youth Focus. Whether it is the implementation of such things as new education programs, counselling groups or the opportunity to connect with schools and offer our services, we always have the young person at heart.

We work together at Youth Focus as a team. We are all here for the same reasons - to help our young people.

# 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 & Collaboration.**

We acknowledge the contribution of outgoing Chair **David Gray** and members **Nick Henry** and **Belinda Lonsdale**.



## DEAN HELY CHAIR

JOINED MARCH 2015  
CHAIR FROM FEBRUARY 2020

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.



## ARTHUR PAPAOKOTSIAS DIRECTOR & CEO

JOINED JANUARY 2019

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 is the chair of Housing Choices Australia.

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 MEMBER

JOINED MAY 2020

Rod Jones is the founder and Chairman of Navitas, a global leader in the development and provision of educational services and learning solutions. The company has annual revenues of about \$1 billion, a staff of approximately 7,000 and teaches over 80,000 students across 26 countries.

Rod is widely recognised as one of the pioneers of Australia's international education sector. In 2007, Rod received a Doctor of Education from Edith Cowan University in recognition of his outstanding contribution to the development of the international education sector.

Rod holds a Bachelor of Commerce from UWA and is a Fellow of the Australian Institute of Company Directors.



**FIONA LANDER**  
**DIRECTOR**

JOINED AUGUST 2012

Previously a Partner at Deloitte Australia, Fiona Lander is a senior executive with more than 20 years experience.

For more than a decade, Fiona held senior roles in human service portfolios within the State Government. She has a strong interest in suicide prevention and previously led the Office for Youth Affairs.

Fiona holds a number of Board positions including at Meerilinga Young Children’s Foundation and South Metropolitan TAFE.

Fiona holds a Bachelor of Arts (Social Science), an Executive Master of Public Administration and is a graduate of the Australian Institute of Company Directors.



**PAUL LARSEN**  
**DIRECTOR**

JOINED OCTOBER 2016

Paul is an experienced CEO, recently completing a 12-year stint as the CEO of Arc Infrastructure, which manages and operates 5,500km of freight rail transport assets that play a vital role in the economy of WA.

Paul is on the Board of Arc Infrastructure, Centurion Transport and Kimberley Ports Authority.

Paul has taken part in the Hawaiian Ride for Youth for the past four years to raise money for the important work Youth Focus undertakes in preventing youth suicide and will be participating again in 2021.

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

Associate Professor Ashleigh Lin is Program Head of Mental Health and Youth at the Telethon Kids Institute. She is also the Co-Director of Embrace at Telethon Kids.

Ashleigh is passionate about improving the mental health of young people and is recognised as a leader in youth mental health research.

Ashleigh holds a Master of Clinical Neuropsychology and PhD from the University of Melbourne and has worked as a post-doctoral research fellow in Melbourne and the United Kingdom. She also holds a Career Development Fellowship from the National Medical and Health Research Council in Australia.



**CHRISTINA MATTHEWS**  
**MEMBER**

JOINED AUGUST 2020

Christina Matthews is Chief Executive Officer of the Western Australian Cricket Association (WACA) and a former Australian cricketer.

Christina is the only woman in Australia to hold the position of CEO of a cricket association and 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 a Partner at PwC Australia. He has been working with private, entrepreneurial 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.

A Registered Company Auditor (Australia), Billy holds a Bachelor of Commerce from the University of Edinburgh and is a member of the Institute of Chartered Accountants in Australia and Scotland.

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



**PHIL RENSHAW**  
**DIRECTOR**

JOINED OCTOBER 2018

Phil is an Associate Director in the taxation division of BDO WA. Prior to this, Phil spent 26 years at KPMG in Perth, the last 17 years as a Partner.

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, Phil has a resounding empathy with the Youth Focus mission. He has also completed the Hawaiian Ride for Youth ten times.

# Investing for the future

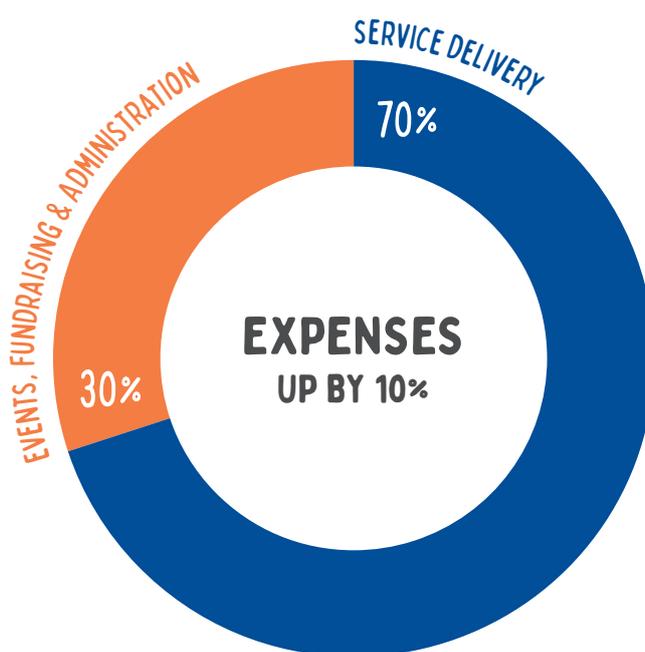
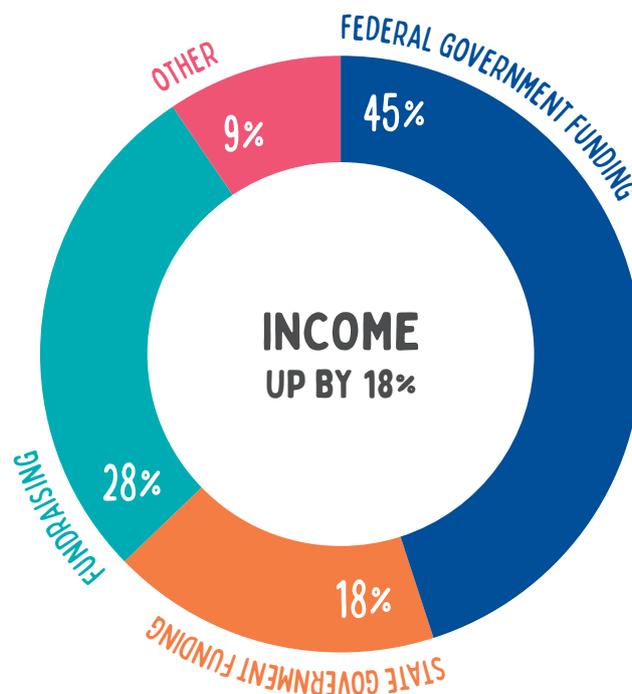
Youth Focus posts a \$1,288,546 surplus for 2019/20 financial year.

Youth Focus has continued to achieve sustainable growth to allow for increased service delivery to the communities in which it operates. This healthy surplus will be held in reserves for investment in strategic initiatives in future years.

The organisation achieved positive expansion in 2019/20 with revenues increasing by 18 per cent compared with the previous year. This was underpinned by additional funding from the WA Primary Health Alliance for the operation of headspace centres and Youth Severe programs, and increased income from corporate partnerships. Decreasing events and fundraising revenue due to COVID-19 and the current challenging economic climate was offset by resulting government stimulus package income.

Following this healthy growth, expenditure increased by 10 per cent facilitating the delivery of services to 6,090 clients; representing a 34 per cent increase on the previous year.

Youth Focus acknowledges its supporters for their ongoing financial commitment to the mental health and wellbeing of young people in the Western Australian community.



# Statement of Financial Position

AS AT 30 JUNE 2020

AUDITED	CONSOLIDATED 2020 \$	CONSOLIDATED 2019 \$
<b>ASSETS</b>		
<b>Current Assets</b>		
Cash and cash equivalents	4,032,689	4,223,207
Trade and other receivables	1,362,180	526,406
Other current assets	1,257,658	114,303
<b>Total Current Assets</b>	<b>6,652,527</b>	<b>4,863,916</b>
<b>Non-Current Assets</b>		
Property, plant and equipment	2,479,632	2,345,782
Right of use assets	852,456	-
<b>Total Non-Current Assets</b>	<b>3,332,088</b>	<b>2,345,782</b>
<b>Total Assets</b>	<b>9,984,615</b>	<b>7,209,698</b>
<b>LIABILITIES</b>		
<b>Current Liabilities</b>		
Trade and other payables	649,750	651,786
Interest bearing liabilities	467,270	80,329
Other liabilities	1,671,686	968,000
Provisions	771,512	699,298
<b>Total Current Liabilities</b>	<b>3,560,218</b>	<b>2,399,413</b>
<b>Non-Current Liabilities</b>		
Interest bearing liabilities	425,608	144,212
Provisions	198,284	154,114
<b>Total Non-Current Liabilities</b>	<b>623,892</b>	<b>298,326</b>
<b>Total Liabilities</b>	<b>4,184,110</b>	<b>2,697,739</b>
<b>NET ASSETS</b>	<b>5,800,505</b>	<b>4,511,959</b>
<b>EQUITY</b>		
Accumulated funds	5,800,505	4,511,959
<b>TOTAL EQUITY</b>	<b>5,800,505</b>	<b>4,511,959</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 2020, available from [youthfocus.com.au](http://youthfocus.com.au)

# Statement of Profit and Loss and Other Comprehensive Income

FOR THE YEAR ENDED 30 JUNE 2020

AUDITED	CONSOLIDATED	CONSOLIDATED
	2020 \$	2019 \$
<b>REVENUE</b>		
Revenue	14,817,119	12,483,279
Interest income	38,950	76,630
Other income	1,636	3,000
<b>Revenue &amp; Other Income</b>	<b>14,857,705</b>	<b>12,562,909</b>
Employee benefits expense	(9,866,804)	(8,457,294)
Depreciation and amortisation expense	(736,326)	(338,527)
Event expenses	(525,989)	(839,203)
Information communications technology expenses	(732,853)	(505,646)
Motor vehicle running expenses	7,007	(163,703)
Rent and outgoing	(443,863)	(764,587)
Insurance expense	(63,814)	(54,832)
General office expenses	(241,017)	(410,041)
Travel expenses	(163,438)	(190,777)
Marketing expenses	(133,923)	(144,585)
Finance costs	(53,659)	(15,251)
Other expenses	(614,480)	(478,348)
<b>Expenditure</b>	<b>(13,569,159)</b>	<b>(12,362,794)</b>
<b>Profit before income tax expense</b>	<b>1,288,546</b>	<b>200,115</b>
Income tax expense	-	-
<b>Profit after tax from continuing operations</b>	<b>1,288,546</b>	<b>200,115</b>
Other comprehensive income	-	-
<b>TOTAL COMPREHENSIVE INCOME FOR THE YEAR</b>	<b>1,288,546</b>	<b>200,115</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 2020, available from [youthfocus.com.au](http://youthfocus.com.au)

# Statement of Cash Flows

FOR THE YEAR ENDED 30 JUNE 2020

<b>AUDITED</b>	<b>CONSOLIDATED</b>	<b>CONSOLIDATED</b>
	<b>2020 \$</b>	<b>2019 \$</b>
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
Receipts from customers	15,016,480	11,751,399
Payments to suppliers and employees	(12,837,925)	(11,799,341)
Interest received	38,950	76,630
Interest paid	(53,659)	(15,251)
<b>Net cash provided by operating activities</b>	<b>2,163,846</b>	<b>13,437</b>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>		
Purchase of property, plant and equipment	(623,572)	(177,075)
Proceeds from sale of property, plant and equipment	1,636	3,000
<b>Net cash used in investing activities</b>	<b>(621,936)</b>	<b>(174,075)</b>
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>		
Transfer to term deposits	(1,216,545)	-
Payment of lease liabilities	(515,883)	(112,767)
<b>Net cash used in financing activities</b>	<b>(1,732,428)</b>	<b>(112,767)</b>
<b>Net increase/(decrease) in cash held</b>	<b>(190,518)</b>	<b>(273,405)</b>
<b>Cash and cash equivalents at beginning of financial year</b>	<b>4,223,207</b>	<b>4,496,612</b>
<b>CASH AND CASH EQUIVALENTS AT END OF FINANCIAL YEAR</b>	<b>4,032,689</b>	<b>4,223,207</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 2020, available from [youthfocus.com.au](http://youthfocus.com.au)



[youthfocus.com.au](http://youthfocus.com.au)

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