



SIR david martin
FOUNDATION
 helping young people in crisis

Impact



Less judgement and more understanding

Our new awareness campaign tackles touchy subjects surrounding youth addiction.

As part of September's Youth Recovery Month, we are delighted to launch an important new awareness campaign to help reduce stigma surrounding youth drug and alcohol addiction.

The "Don't Judge Me" digital campaign challenges society's ideas about youth addiction, highlighting the uncomfortable realities behind many young people's problematic drug and alcohol use, including homelessness, mental illness, family breakdown, abuse and trauma.

"This campaign gives our Foundation a

new platform to represent a youth voice and create a safe place to acknowledge, explore and discuss the complex circumstances that can lead to youth addiction," said General Manager, Helen Connealy.

The World Health Organization ranks illegal drug dependence as the most stigmatised health condition globally, with alcohol dependence listed at number four.

According to the Australian Institute of Health and Welfare, publicly funded Alcohol and Other Drug treatment services provided treatment to 139,295 Australians in 2019-20. Of these, 37.5% were under the age of 30.

In reality, we know there are many more young people struggling with alcohol

and drug use who are not actively receiving help, bringing high levels of stress and anguish to both individuals and their families.

"Misunderstanding often leads to stigma and judgement towards youth struggling with harmful alcohol and drug use," said Helen. "The resulting shame can prevent many young people and their families from talking about the problem openly and seeking the medical and emotional support they need.

"There's a compelling argument that instead of shaming young people who struggle with drug and alcohol use, we should try to approach them with compassion, support and better access to support and holistic youth-specific treatment programs, such as Triple Care Farm."

The social impact of treatment means more families are reconnected; young lives have purpose and a chance to connect with education and employment. Treatment also brings relief for the health and justice sector.

“This is a very complex issue and we are not excusing harmful behaviour that can sometimes accompany excessive drug and alcohol use. Rather we are encouraging our community to discuss the underlying reasons why so many young people suffer and turn to drugs and alcohol to deal with issues in their lives.

“It is our hope that our Don’t Judge Me campaign will encourage a broader community discussion about youth wellbeing and addiction and ultimately encourage more young people to access support and treatment earlier.”

The campaign materials were created by leading creative agency The Zoo Republic and we thank them for their generous contribution.

The campaign will be live during September 2021 across our social

media channels. You can learn more at martinfoundation.org.au/dontjudgeme

Join the conversation

In support of this campaign we will be holding a special virtual panel event, on **23 September 2021, 5pm – 6pm.**

This event is free to attend and open to anyone who is interested in learning more about these complex issues.

The event topic is “Touchy Subjects: Does judgement limit young people’s potential?”, moderated by journalist and author, Jacinta Tynan. Our expert panel will include Dr Suzie Hudson (Clinical Director, Network of Alcohol and other Drug Agencies), Lucy Stronach (2021 Australian Youth Rep to the UN), Steve Bastian (Indigenous Youth Mentor and TAFE NSW Gilli Award winner) and Youth Ambassador & Triple Care Farm graduate, Elli Reinhard.

We hope you will join us! Register today via our website or directly to admin@martinfoundation.org.au



DBT treatment yields positive results

In partnership with the University of Wollongong (Project Air) Triple Care Farm commenced a research project in 2017 to evaluate the effectiveness of Dialectical Behavioural Therapy (DBT), which is a crucial part of the residential rehabilitation program. Excitingly, the resulting research paper ***Now and then: a ten-year comparison of young people in residential substance use disorder treatment receiving group dialectical behaviour therapy*** was published recently in the prestigious *BMC Psychiatry Journal*. The study highlights that young people are presenting with a higher acuity of psychiatric symptoms (when compared to the comparison group) and demonstrated that DBT and residential care for young people yields positive effects. The outcomes also continue to demonstrate that quality improvement for psychological treatments and early intervention approaches are vital. Well done to the Triple Care Farm team on having this important paper published. Scan this QR code to read the full paper and more about DBT on our website.



Campaign poster for the Foundation's “Don’t Judge Me campaign”.

Helen's passion for providing hope & opportunity



We're delighted to introduce you to Helen Fuller, the Program Manager at Triple Care Farm's Residential Rehabilitation program. Helen arrived at Triple Care Farm back in February 2021 and recently we had a chance to chat with her...

Helen Fuller, Triple Care Farm Program Manager

You are the new Program Manager at Triple Care Farm's Residential Rehabilitation program – what drew you to the role?

My interest in the role came by accident. I was fortunate to have employment and in my spare time, I supported young people in searching and applying for jobs. That's how I saw the position alert came through via Mission Australia. I immediately felt propelled to apply – an external force factor! The role and Triple Care Farm's values were in alignment with my own as I honestly believe in connecting and supporting people to live a life of their choice through trust, respect, and compassion.

I have worked with many vulnerable people and communities and know that individuals can make a difference to a person's life. I believe in all people and my passion of providing hope and opportunity through safety and learning was in alignment with the residential

rehab manager role and I wanted to be part of the team to continue the great foundation that has been built by our previous facilitators in giving our young people an opportunity to live a life of their choice – hence applied and was very honoured to be offered the role.

What is it like working with young people?

My main observation through working with young people in paid and voluntary work is that our external environment is becoming more complex for them to navigate and there are increased media platforms that target the young in inappropriate ways that can impact on their hopes and aspirations. I have become aware that our young people are more vocal on their needs and expectations, which I consider is a great leap forward from my generation and want to foster and support this advocacy and empower our young people to speak up through the correct channels.

What do you think is the most challenging thing for the young people when they arrive at the farm?

While each young person has their own challenges, I consider one of the most challenging aspects for our young people is arriving to a place of the unknown. We all like some control and while our young people have gone through an assessment (mostly via phone) and have some knowledge they are still in an unknown. We provide immense support on arrival, but they are still coming to an unknown environment, amongst people they do not know while living in a communal setting – many firsts, plus walking through their journey of rehabilitation. While it is a challenge – being here certainly demonstrates their strength, courage and commitment to themselves, which inspires me every day to do what I do.

Do you find you get attached to the young people, as they might be in the program for 3 months?

I am a small chapter of their lives, and they are a big chapter of mine. Naturally, I do get connected as we are all people. But I can let go as I know that they have completed another step forward in their story.

What inspires you?

Belief in all people and my values of ensuring everyone is served and supported for their value and worth.

What's the most curious/funny thing a young person has said to you/asked you?

To date my most memorable was “for an old lady, you know a lot about how our Aboriginal people can help us in fire management”. I do not consider myself that old!

Thanks Helen – we think that the young people at Triple Care Farm are very lucky indeed to have you contributing a chapter to their life story!

Thank you

To help young people in crisis, we rely on a community of friends to work with us. We are so grateful for the generosity of all of our donors, Corporate Partners and Foundations on this journey with us.

Together, we are helping more young people in crisis to overcome addiction and develop skills to find their independence in the community. On behalf of the young people, their families, friends and communities, thank you so much for making that change possible.



Donate today and make a difference!

You can help support young people in crisis at Triple Care Farm by a tax-deductible donation today. Please visit martinfoundation.org.au/donate-now to make a difference. Thank you!



From the GM

As spring commences we stay hopeful for a better future for young Australians, but acknowledge these are challenging times.

The good news is that Triple Care Farm continues to operate during these latest lockdown restrictions, helping young people in desperate need. Like the last lockdown, the staff are able to provide appropriate care and be COVID-19 compliant.

There are less young people to allow for social distancing and staff must wear appropriate PPE for intake. All new students are tested before they arrive and then quarantined in David Martin Place until a negative result arrives.

Family visits, weekend breaks and sports and recreation programs are on hold. The hardest change this time around is that young people must wear masks at all times. A challenge but not the worst one facing our brave young people as they work hard to get well and healthy again.

Luckily Triple Care Farm has open spaces, beautiful views and caring staff to help them along. Thank you also for your continued support. We all really appreciate it.

Stay safe,

Helen



Congratulations on 10 years, Anna

We recently celebrated Philanthropy Manager, Anna Beaumont's 10-year work anniversary with the Foundation. Although supporting her family's Foundation since its inception in 1990, Anna formally became an employee in 2011. And what a 10 years it has been! In that time Anna has abseiled off skyscrapers (overcoming a fear a heights) and walked the Kokoda Track in 2014, (overcoming a fear of jungles, leeches and mud). All in the spirit of fundraising for youth in crisis! Anna has also expertly guided our philanthropic endeavours.

Anna says she has seen some remarkable changes to the Foundation and Triple Care Farm in that time, including the first youth specific, purpose-built withdrawal program, David Martin Place. "It's been a privilege to see hundreds of extraordinary young people graduate from Triple Care Farm and work with wonderful staff and generous and loyal donors," said Anna.

Congratulations Anna – your kindness, grace and commitment to carrying on your Dad's legacy is truly something special!

Why I give by Ian Campbell



Ian with his children

"I donate to a number of charities and have done all my life. This stems from my grandmother's belief that when we are born, we owe a debt to society and in her lifetime, she tried to repay that debt. Donating to worthy causes is my way of repaying a portion of my debt to society!"

Why then Sir David Martin Foundation?

"I have been donating to the Foundation since it was first established by Sir David. At the time I was really taken in by his actions in establishing this Foundation as one of his last acts. He wanted to help young people in a meaningful way, he had witnessed young people who needed help during his time as Governor of NSW – and likely prior to that.

"Sir David Martin Foundation through Triple Care Farm not only assists those young people in need, it changes their lives for the better – in most cases forever. It brings hope to them and to their family and friends. I have met some of these courageous young people and their families in the past, I

have heard them speak about the challenges they faced and about the incredible opportunity that Triple Care Farm gave them. I have spoken with parents who were at their wits end on what to do, watching as their family imploded, helpless as to what to do next. The Foundation and Triple Care Farm reached out a helping hand and saved their children and their family.

"The Foundation and Triple Care Farm is in my view the most extraordinary legacy anyone could ever leave and it has been and will continue to be an honour to support this foundation during my life and as a bequest upon my death."

Thank you for sharing these sentiments Ian and for your incredible support over so many years.



Dr Suzie Hudson



Elli Reinhard



Steve Bastian

Touchy Subjects: does judgement limit young people's potential?

VIRTUAL PANEL EVENT

You are invited to this online panel event to discuss the impact that stigma and society's judgement has on young people.

Moderated by experienced journalist, Jacinta Tynan, this important conversation will delve into touchy subjects surrounding youth mental health, addiction and wellbeing.

23 September 2021, 5 – 6pm via ZOOM

Attendance is FREE but registration is essential.

Register online at martinfooundation.org.au or via email to admin@martinfooundation.org.au



Lucy Stronach



Jacinta Tynan



Gabriella Holmes a Westfield Hero!



Congratulations to Mission Australia's Gabriella Holmes on being a finalist in the 2021 Westfield Local Heroes Program, in recognition of her work with young people in crisis at Triple Care Farm. A well-deserved honour!

30 years of helping young people in crisis



15 April 1933 – 10 August 1990

Rear Admiral Sir David Martin KCMG AO RAN, 34TH GOVERNOR OF NSW

Help us continue his vision by leaving a gift in your Will

Contact Sir David's daughter, Anna on (02) 9219 2079 or a.beaumont@martinfooundation.org.au



martinfooundation.org.au