

# Annual Report

2020 – 2021

Safety, hope & opportunity

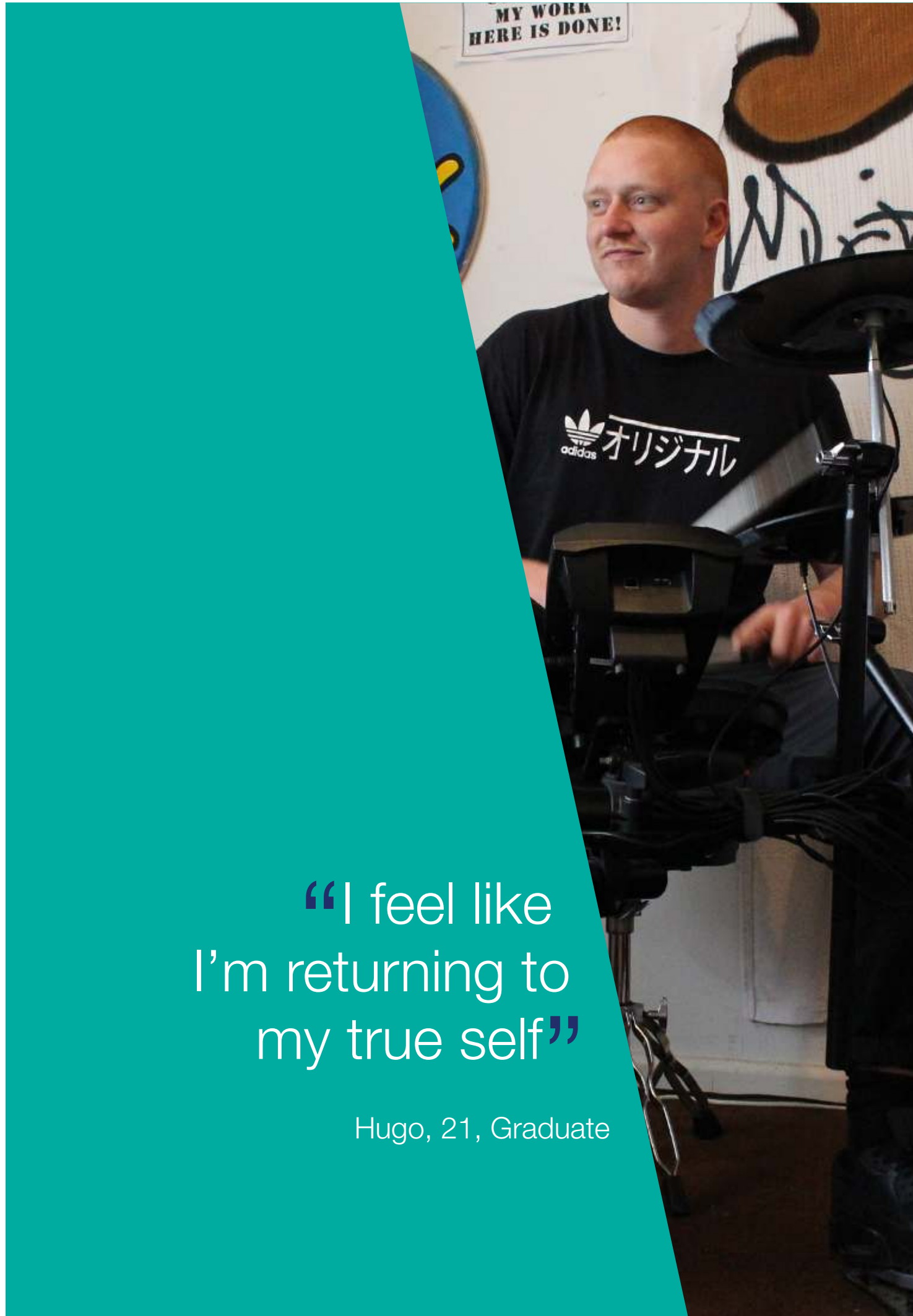


**30**  
YEARS

**SIR**  
**david.**  
**martin**

**FOUNDATION**

helping  
young  
people  
in crisis



“I feel like  
I’m returning to  
my true self”

Hugo, 21, Graduate

# Our story

Sir David Martin Foundation is a family foundation that has been helping young people in crisis for over 30 years. As the major philanthropic partner of Mission Australia, we've raised over \$70M since 1990. This partnership has enabled a best practice model of treatment for young people with drug and alcohol addiction. The Foundation is the major funder of Mission Australia's Triple Care Farm, a unique, holistic youth treatment centre, which gives vulnerable young Australians, aged 16-24, a safe place to get well and prepare for new opportunities.

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**SIR** david martin  
FOUNDATION

MAJOR  
PHILANTHROPIC  
PARTNER OF

**MISSION  
AUSTRALIA**



## From the Chair

Since stepping into the Chair position in December 2020, the impact of COVID-19 has created great uncertainty for our young people, our funding and our partners. In spite of state lockdowns, Triple Care Farm has continued to stay open and deliver support to young people in crisis. The extraordinary perseverance and resilience of staff and students at Triple Care Farm has been nothing short of inspiring, resulting in great outcomes and most importantly, that most fundamental of human needs – hope.

As part of our 30-year celebration, the Board of Governors approved a new 5-year Strategic Plan, continuing our current best practice whilst adding directions around addressing awareness for our cause, and expanding Aftercare to address the high demand and unmet need. Thanks to my fellow Board members for all they do.

In this period, we celebrated the valuable contribution and impact of Mike Crowley whose ten years of service and leadership as Chair and Board member produced terrific results. Equally, the 14-year contribution of David Adams who stood down this year was substantial. Both will be sorely missed. Looking ahead, we welcomed new members to the Board, Peter Evans, Paul Hennessy and Saskia Lo and we look forward to their ongoing contribution.

On behalf of Lady Martin and myself, I say a heartfelt thank you to all our generous supporters. Your love and compassion continues to make an enormous difference.

Will Martin



## From the GM

Adaptability for both the programs and the Foundation's operations was key to 2020-2021.

Informed by our new strategic plan, we celebrated our 30-year anniversary, and adopted a new approach to be a voice for young people in crisis. By launching our inaugural Youth Advisory Group, we have gained invaluable insights into what challenges young people face, how we can best represent them and what topics and voices need to be heard.

The Foundation was also delighted to celebrate our Youth Ambassador, Elli Reinhard, winner of the 2021 NSW Young Achiever of the Year Award (Health and Wellbeing).

I am so grateful to our wonderful, loyal donors who have helped us continue the vital support necessary this year.

Our small team relies on the kindness and generosity of many people including our Board of Governors. Thanks to Mike Crowley for his belief in our work and our strategic plan has set a strong pathway for the future. I am proud to work with Will Martin and know the needs of our most vulnerable young people are always his priority.

We acknowledge our major partner Mission Australia for their wonderful work in trying times.

A huge thanks to Investa for donating COVID-19-safe office space in between lockdowns.

All of our work is made possible because of your support and I'm so thankful to have you on this journey with us. Your generosity and belief in our young people is so valued and enables continuing work to save young lives.

Helen Connealy



**Sir David Martin Foundation**  
is a 30 year old Family Foundation,  
helping young people in crisis.

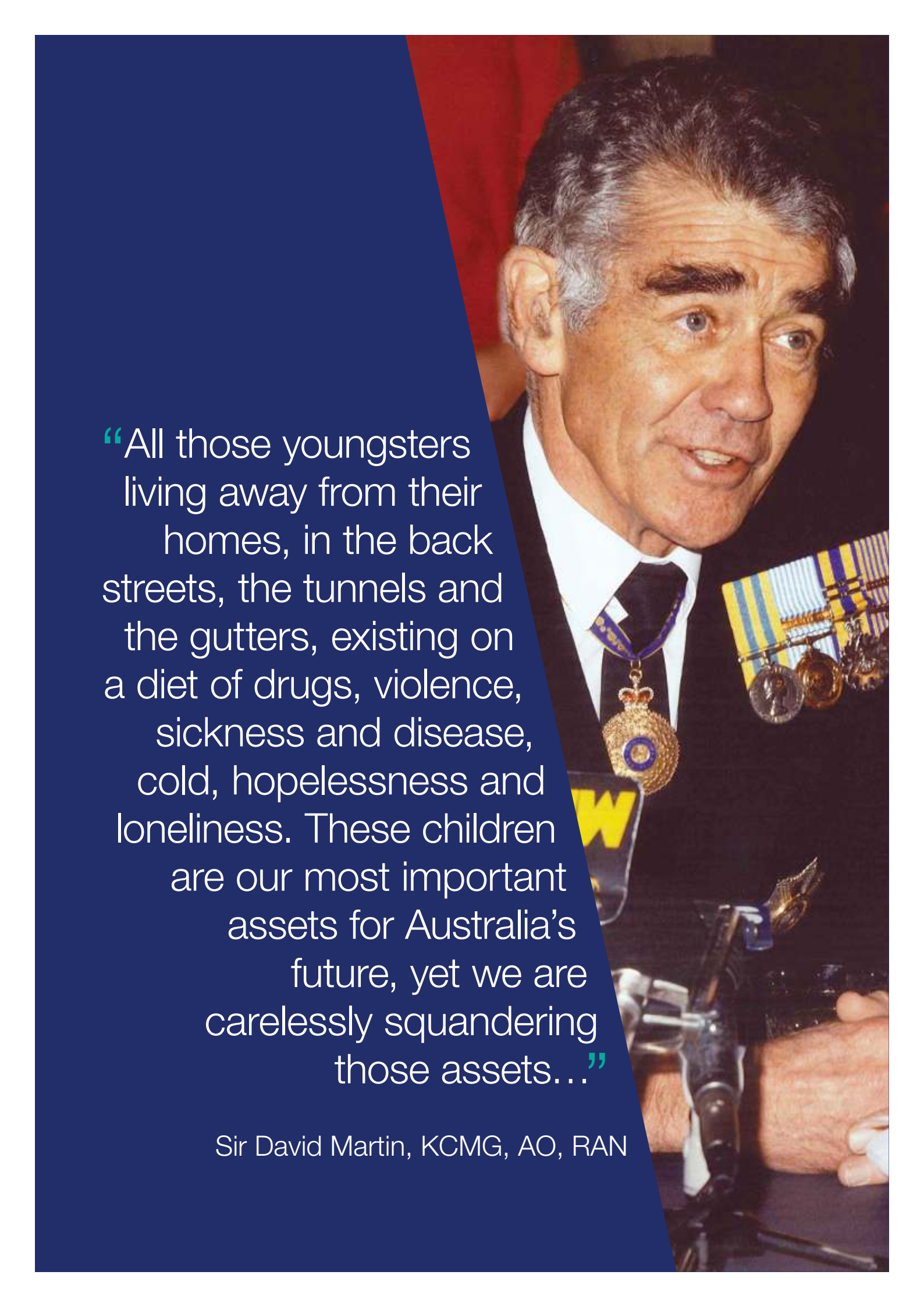
**Vision**  
To give safety, hope and opportunity to vulnerable young Australians

**Strategy 2021-2025**  
**30 Years and Beyond:**  
**Build best practice treatment for youth  
drug and alcohol addiction**

**Strategic directions**

- 1:** Help vulnerable young people get well through continued support of Triple Care Farm
- 2:** Raise awareness of youth drug and alcohol addiction as a health and social condition
- 3:** Collaborate with sector to reach more young people
- 4:** Expand Youth Network to keep young people well after treatment
- 5:** Extend philanthropic reach to address high demand

**Proposed outcomes**  
Suicide prevention | Pathways to education and employment



“All those youngsters living away from their homes, in the back streets, the tunnels and the gutters, existing on a diet of drugs, violence, sickness and disease, cold, hopelessness and loneliness. These children are our most important assets for Australia’s future, yet we are carelessly squandering those assets...”

Sir David Martin, KCMG, AO, RAN

In 2020 we commemorated 30 years since the death of founder, Rear Admiral Sir David Martin KCMG, AO, RAN, (Rtd), 34th Governor of NSW. Sir David was beloved as the “People’s Governor” and touched so many with his humility, service and kindness. His legacy lives on through our Foundation’s work. Since 1990, over \$70M has been raised, changing the lives of over 3,000 young people and their families.



## 1989

Triple Care Farm opened in November 1989. The property in Robertson NSW was purchased by Mission Australia through funds donated by Sir Vincent Fairfax.



## 1990

Four days before his death on 10 August 1990, Sir David made final arrangements for the establishment of the Sir David Martin Foundation – Caring for Young Australians.



## 1990

Sir David Martin Foundation launched by HRH, The Duchess of York, at Parliament House in Sydney in November 1990. Support was pledged to Triple Care Farm and other Sydney City Mission programs.



## 1994

By 1994 the expansion of the programs called for increased facilities at Triple Care Farm. The neighbouring 20 hectares were purchased and the Farm developed well equipped workshops for panel beating, woodworking, farming and landscaping. Wilderness and personal development courses were introduced.



## 2004

The current Aftercare program was established in 2004, offering each student 6 months of support on return to the community.



## 2017

In 2017 in response to growing community need, the David Martin Place Withdrawal Centre was established as NSW’s first youth specific residential drug and alcohol detox facility.



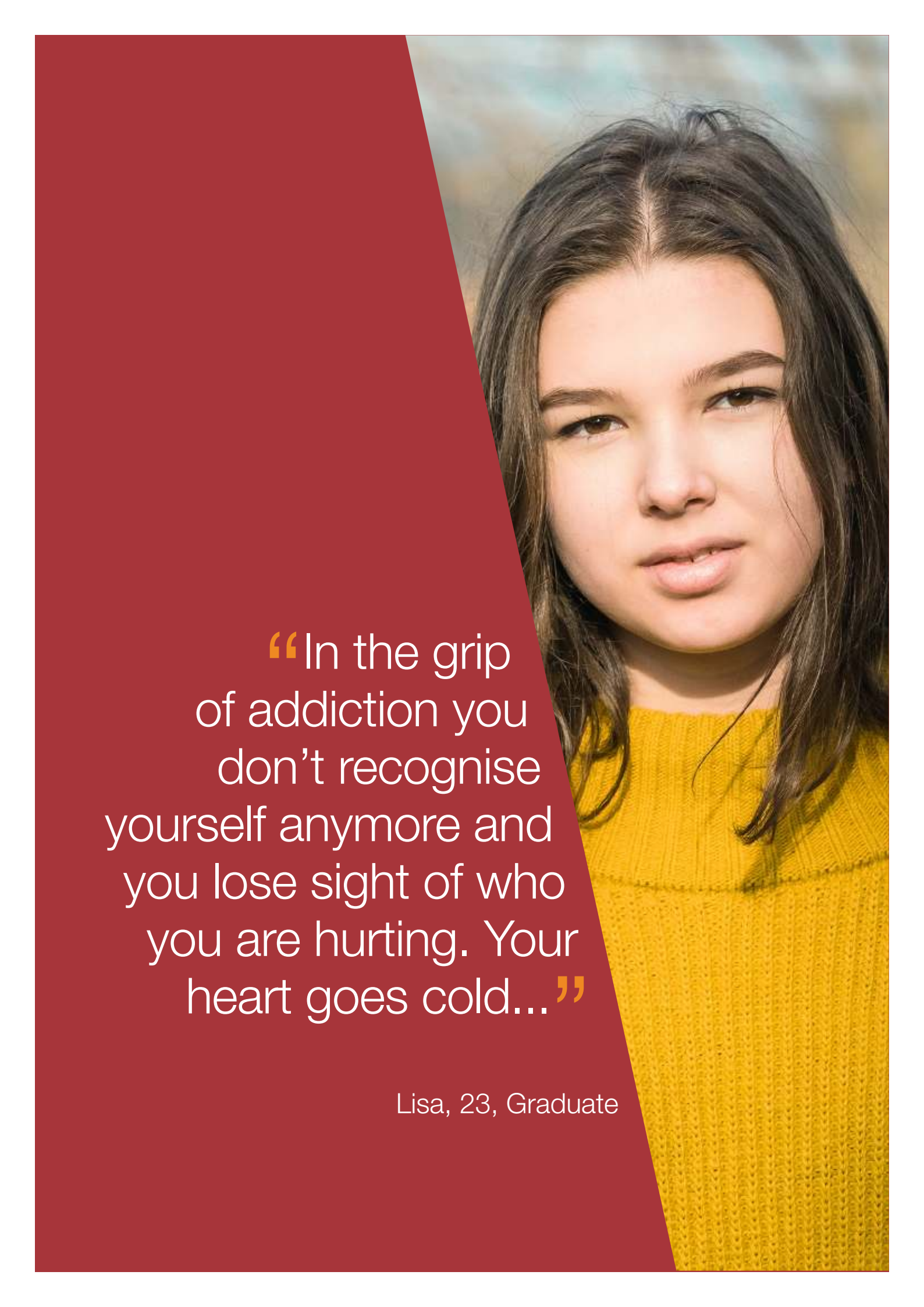
## 2018

Further expansion of the Aftercare program occurred in 2018, with the funding of additional youth workers.



## 2020

In 2020, the Foundation unveiled its Youth Network strategy to expand Aftercare support to reach more vulnerable young people nationally.



“In the grip  
of addiction you  
don't recognise  
yourself anymore and  
you lose sight of who  
you are hurting. Your  
heart goes cold...”

Lisa, 23, Graduate

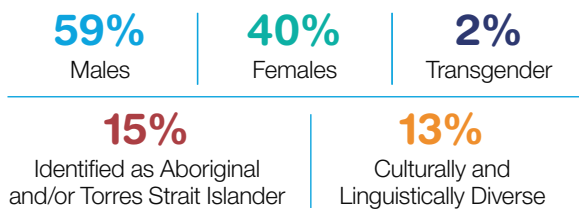


# Young people in crisis

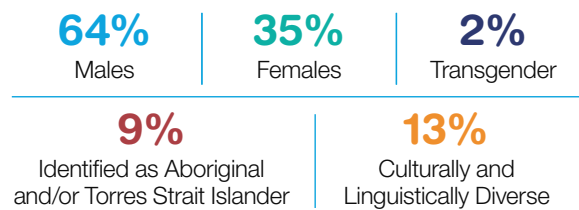
People aged 12–24 years are more likely than any other age group to have used illicit drugs in the past 12 months. Furthermore, 38% of all Australians in alcohol and drug treatment programs are aged under 30. However, a lack of youth specific treatment options nationally leaves many vulnerable young people in adult programs not tailored to their needs and detrimental to their recovery.

Many of the young people who arrive at Triple Care Farm have faced significant disadvantage in their lives and many have an undiagnosed mental illness. Often, they have experienced trauma, family instability, violence, homelessness and disrupted schooling. Young people often present with mental health issues and a range of comorbidities on arrival at Triple Care Farm.

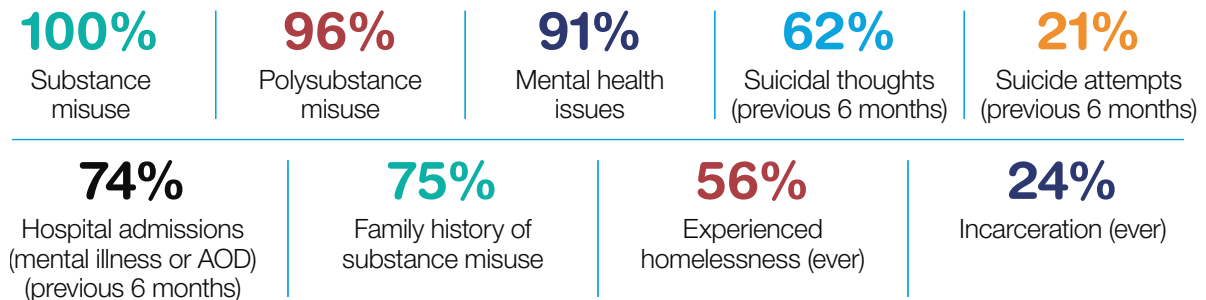
## Student Withdrawal demographics in 2020



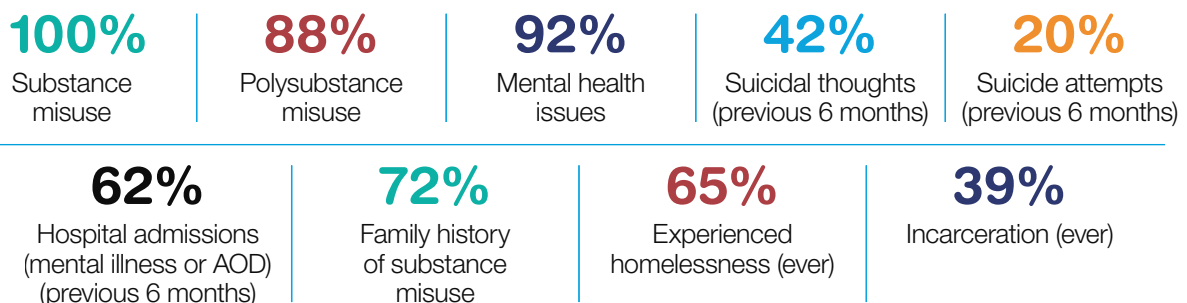
## Student Rehabilitation demographics in 2020

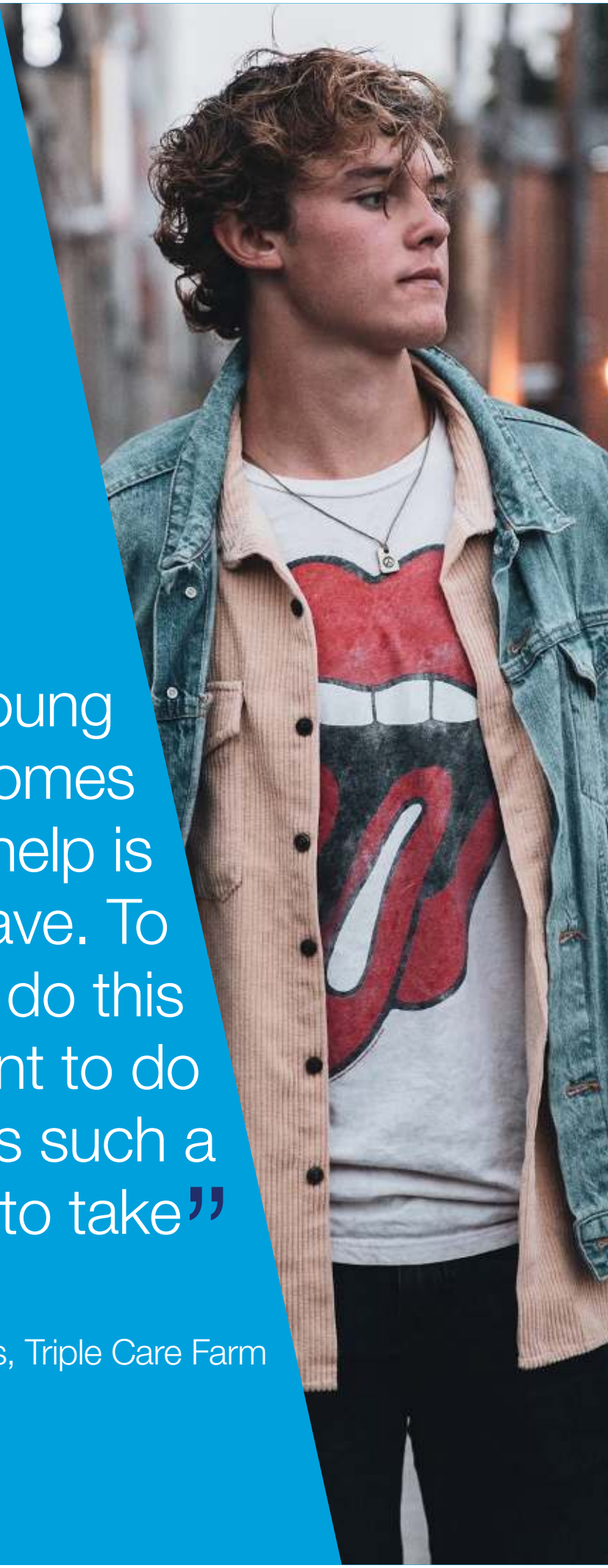


## Withdrawal presentations in 2020



## Residential Rehabilitation presentations in 2020





“Every young person who comes and asks for help is remarkably brave. To say, ‘I can’t do this and I don’t want to do this anymore’ is such a massive step to take”

Gabriella Holmes, Triple Care Farm

# Youth programs

Triple Care Farm's best practice model of treatment is accredited by the Australian Council on Healthcare Standards. Operated by Mission Australia, the programs are voluntary and provide young people with safety and stability as they break free from addiction and start to change their lives. Each individual student's stay is different, with highly experienced staff guiding their progress and care. The Triple Care Farm program has three core components:

## Residential Withdrawal

2 – 4 weeks

## Residential Rehabilitation

12 weeks

## Aftercare Program

6 months



### Core elements of Residential Withdrawal

- Medical
- Psychosocial support
- Home care



### Core elements of Residential Rehabilitation

- Psychological counselling
- Vocational, education and training
- Creative arts and sports
- Home for now



### Core elements of Aftercare

- Personalised support of youth worker
  - Building support networks
  - Finding accommodation
- Pathways to education and/or employment
- Emergency needs (medical, safety etc)

## Withdrawal



Triple Care Farm's youth drug and alcohol withdrawal program at David Martin Place provides 24/7 specialist medical and trauma-informed care for 16-24 year olds with substance dependence.

The 10-bed medical facility provides a flexible program tailored to each individual, giving them the opportunity to break free from addiction in a safe and non-judgemental environment.

Many of the young people who enter the program present with complex comorbidities and are often scared, apprehensive and very unwell on arrival.

“When the drugs are removed, all the emotional baggage and feelings pour out. Many young people simply don't have the life experience, brain development or emotional intelligence to deal with these feelings. The drugs are often used to anaesthetise the pain, and everybody's pain is different.

We accept the students as they are and support them through the uglier physical side of the physical withdrawal process, but also support them with the emotional journey. No person's journey is the same.

We provide holistic support that not only includes substance withdrawal, but also medical, psychological, dental, social, nutrition education and sexual health care – areas that have often been neglected in their lives. Importantly, we offer kindness!

We uncover the wonderful personality of the young person, free of drugs, and ready to move onto the rehabilitation program with safety and choice.”

**Withdrawal Program Manager, Deb.**

## Rehabilitation



The residential rehabilitation program offers young people a safe place to continue their recovery following withdrawal from drugs and alcohol.

The holistic program is carefully tailored to create opportunities for each young person to gain confidence and self-worth by achieving identifiable goals. A team of counsellors and psychologists support students through one-on-one counselling as well as group therapy. It is an opportunity for the young person to address underlying issues or other contributing factors to their need for rehabilitation.

Over the course of 12 weeks young people are empowered with a wide range of tools and strategies they need to turn their lives around.

The program includes:

- Treatment and counselling (both one-on-one and group sessions)
- Living skills
- Vocational and education training (with opportunities to undertake accredited and non-accredited training in job related industries)
- Sport and recreation

By re-engaging with education and building job and living skills in a safe and supportive environment, students are better placed to live independently and successfully connect with vocational pathways once they return to the community.

“The opportunity to gain real life practical skills, to enrol and complete an accredited training course, to work through their pain and suffering can honestly be life changing for these young people,”

**Education and Vocational Trainer, Tamara.**

## Aftercare



Aftercare is a highly effective program, fundamental to vulnerable young people's long-term health and wellness.

For six months following withdrawal and rehabilitation, each young person has a dedicated youth worker who supports their reconnection with family, the community, healthcare, education and employment opportunities.

This crucial period of support underpins a brighter future for each young person, not only free from the pitfalls of addiction, but also offering safety, hope and opportunity.

Aftercare programs are internationally recognised as a key component in preventing relapse, and in maintaining and strengthening young people's progress in treatment.

“Triple Care Farm rescued me. They offered caring and authentic support that kept me motivated and busy. All the different sections of their program instilled in me a sense of hope, self-discovery, motivation and confidence.

And of course it's where I met my Aftercare worker, Linda.

She helped formulate a plan for when I left the safe bubble of Triple Care Farm, like accommodation, education, finance and keeping boundaries and healthy relationships. Linda helped me apply the tools I'd learned and she kept me safe. For six months she was my lifeline, my counsellor, my life coach, my GPS – without this I wouldn't be where I am today

Today I am studying a Bachelor of Forensic Science Degree, volunteering in the community and am five years free from drugs! I have learnt that life without addiction is wonderful and worth living.”

**Youth Ambassador Elli (pictured receiving 2021 NSW/ACT Young Achiever of the Year Award).**



“Before I got help  
my life was dark.  
Triple Care Farm  
helped fill in the  
darkness with  
bright colours”

Amelia, 21, Graduate

# Our impact

In 2020, despite the enormous challenges of the pandemic, Triple Care Farm continued to deliver life-saving care for vulnerable young people in a COVID-19-safe way. The necessary safety measures reduced student capacity and imposed some limitations on services and training opportunities.

## Participants in 2020

- 114 participants in the Withdrawal program (36% moved into Residential Rehabilitation)
- 61 participants in the Rehabilitation program
- 165 participants in the Aftercare program

## Impact on young people

- Zero suicide attempts
- 93% in safe housing
- Almost 60% engaged in education and employment or actively seeking
- 91% reduction in chronic drug and alcohol use

## On society

- Participation in the programs keeps vulnerable young people out of hospital and jail
- Every \$1 donated by our supporters creates \$3 worth of social impact
- Our outcomes contribute to the UN's 2030 Sustainable Development Goals (SDGs) of Good Health and Wellbeing, Quality Education and Decent Work and Economic Growth

**Zero**

suicide attempts  
six months after  
completing the  
program

**57%**

of young people  
engaged in  
education and  
employment





## Advocacy

Advocacy initiatives and sector engagement continue to enhance Sir David Martin Foundation's commitment to helping young people and building more pathways for best-practice care.



Our Patron, Her Excellency the Honourable Margaret Beazley AC QC, Governor of New South Wales formally launched the Evolve 2020 research report at a special virtual event commemorating the 30th Anniversary of Sir David Martin Foundation in August 2020. The report revealed high demand and widespread unmet need for youth-specific drug and alcohol services for young Australians. It made seven key recommendations calling for a nationwide expansion of youth-specific services to prevent vulnerable young people being caught in a lifelong cycle of addiction.

As a part of our strategic direction to raise awareness of youth drug and alcohol addiction as a health and social condition, we launched the inaugural Youth Recovery Month in September 2020. This included hosting a highly successful Understanding Youth Addiction online panel event. Our sincere thanks to panellists Elli Reinhard, Dr Suzie Hudson (NADA), Gabriella Holmes (Triple Care Farm) and former Australian of the Year and mental health advocate, Professor Patrick McGorry AO.

During Youth Week 2021 we introduced our inaugural Youth Advisory Group to ensure our work was informed and guided by a strong youth voice and also became a partner organisation to the national Rethink Addiction advocacy campaign.

We continue to promote and share the Mission Australia Annual Youth Survey. In 2020 equity and discrimination was identified in the survey as the top national issue for young people, followed by COVID-19.



“I’ve seen what an amazing model (Triple Care Farm) is... I wish we had a 100 of those models across Australia because there is so much need for it...”

Professor Pat McGorry AO, former Australian of the Year.

# Governance

Sir David Martin Foundation is a foundation run by a small team of staff and overseen by a Board of Governors. The trustee is Mission Australia. We are grateful for the patronage of the Governor of NSW.



## Patron

Her Excellency the  
Honourable Margaret Beazley  
AC QC, Governor of NSW



## Vice Patron

The Honourable  
Gladys Berejiklian MP  
Premier of NSW

## Board of Governors

Captain Will Martin RAN (Rtd) – Chair  
Lady Martin OAM  
Shah Rusiti  
Rob Woods  
Paul Hennessy  
Andrew Sharpe  
Yvonne Korn  
Jason Millett  
Peter Evans  
Saskia Lo

## Youth advisory group

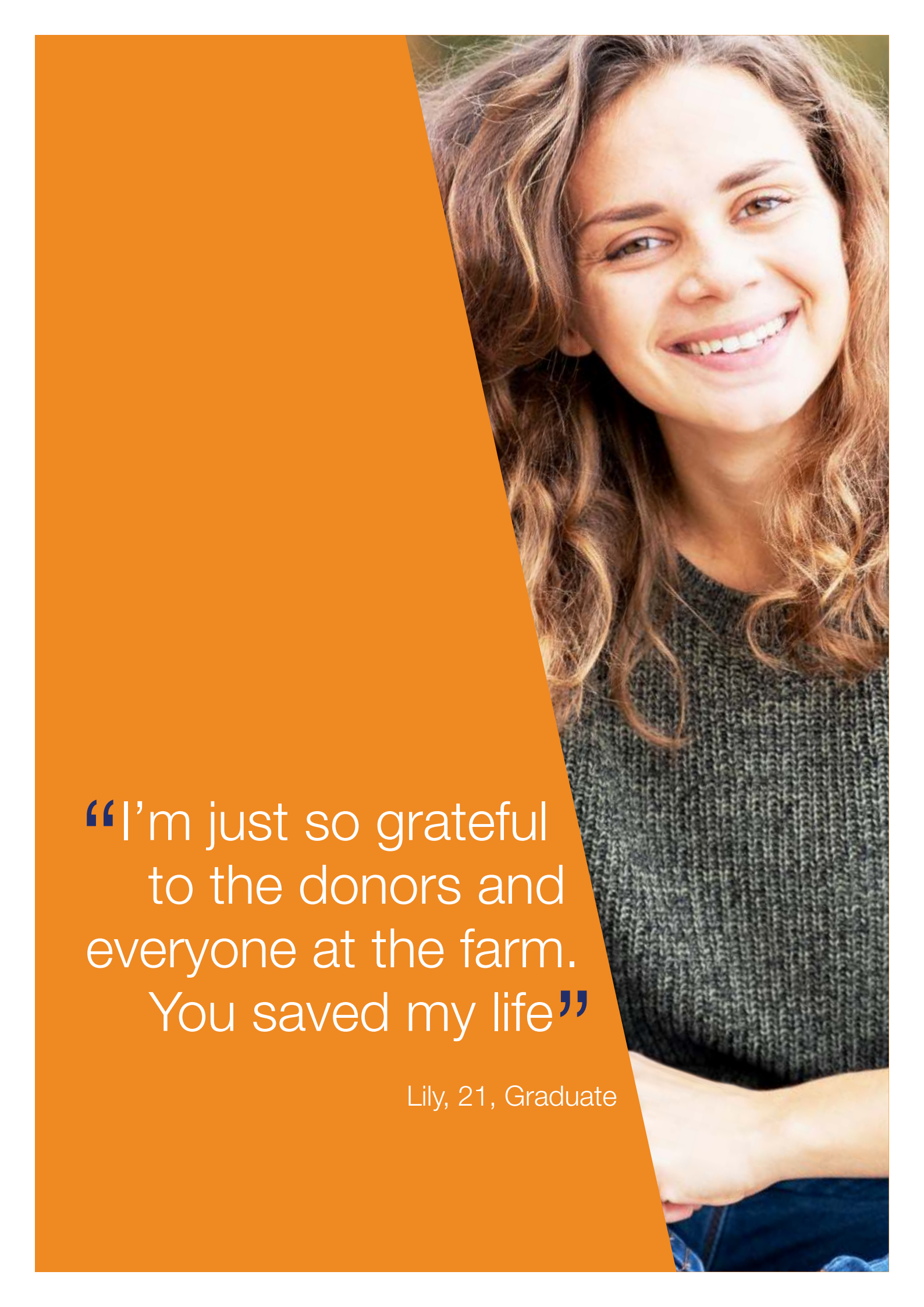
Jasper Garay (Darkinjung/Ngarigo)  
Elli Reinhard  
Lucy Stronach  
Corey Tutt

## Foundation staff

Helen Connealy – General Manager  
Anna Beaumont – Philanthropy Manager  
Jenny Leahy – Fundraising Co-ordinator  
Andrew Eisenhauer  
– Direct Marketing Manager  
Natalie Peck  
– Communications Manager  
Janelle Prescott – Philanthropy Manager  
Jess McKellar – Executive Assistant

## External team members

Ellee Richardson –  
Communications (volunteer)  
Lani Rigby –  
Videography (volunteer)  
Sue Houseman –  
Clearly Creative Design



“I’m just so grateful  
to the donors and  
everyone at the farm.  
You saved my life”

Lily, 21, Graduate

# Finance

INCOME	FY21	% of Total Income	FY20	% of Total Income
Fundraising appeals	324,346	9%	171,038	6%
Fundraising events	124,360	3%	285,878	9%
Major Gifts, Corporates, Trusts & Foundations	1,676,374	45%	1,817,016	59%
Bequests	102,008	3%	789,124	26%
Community & Regular Giving	282,397	8%	193,523	6%
FR Subtotal	2,509,485		3,256,579	
Other Income	46,714	1%	59,786	2%
Net finance income	1,172,477	31%	-231,492	-8%
Total	3,728,676	100%	3,084,873	100%

DISTRIBUTION & EXPENSES	FY21	% of Total Distribution & Expenses	FY20	% of Total Distribution & Expenses
Program Funding	3,255,099	87%	3,178,808	103%
Provision for future program funding	-571,288	-15%	-1,120,386	-36%
Expenses related to fundraising and administration	1,044,863	28%	1,026,451	33%
Total	3,728,674	100%	3,084,873	100%

## EXPENSES RELATED TO FUNDRAISING & ADMINISTRATION

Personnel	637,191		663,240	
Fundraising Direct Costs (includes events and marketing)	140,621		224,067	
Admin*	267,054		139,145	
Total	1,044,865		1,026,451	

\*Increased Admin costs due to new CRM and software write off.

	FY21	FY20
Fundraising Direct Costs to Fundraising Income Ratio	5.6%	6.9%

# Finance

BALANCE SHEET AS AT 30/06/2021		
IN AUD	2021	2020
<b>Assets</b>		
Cash and cash equivalents	607,026	1,704,026
Trade and other receivables	41,610	178,480
Investments	10,741,665	9,610,176
<b>Total current assets</b>	<b>11,390,301</b>	<b>11,492,682</b>
Trade and other receivables	–	–
<b>Total non current assets</b>	<b>–</b>	<b>–</b>
<b>Total assets</b>	<b>11,390,301</b>	<b>11,492,682</b>
<b>Liabilities</b>		
Trade and other payables	767,965	311,832
Employee benefits – provision for annual leave	58,268	31,410
<b>Total current liabilities</b>	<b>826,233</b>	<b>343,242</b>
Employee benefits – provision for long service leave	3,307	17,392
<b>Total non-current liabilities</b>	<b>3,307</b>	<b>17,392</b>
<b>Total liabilities</b>	<b>829,540</b>	<b>360,634</b>
<b>Net assets</b>	<b>10,560,762</b>	<b>11,132,048</b>
<b>Equity</b>		
Settled sum	10	10
Accumulated surplus	10,560,752	11,132,038
<b>Total equity</b>	<b>10,560,762</b>	<b>11,132,048</b>

You can view our full audited report at: [www.acnc.gov.au/charity/8d1a78a64f3b446098642bed26d1032f#financials-documents](http://www.acnc.gov.au/charity/8d1a78a64f3b446098642bed26d1032f#financials-documents) or request by email: [h.connealy@martinfoundation.org.au](mailto:h.connealy@martinfoundation.org.au)

## Our thanks



As a family foundation we are fortunate to receive generous year-round support from many other like-minded philanthropists, community groups and dedicated individuals. We thank you all most sincerely for your efforts and support.

Due to the impact of COVID-19, sadly we had to cancel our annual Abseil for Youth fundraising event. However, with the help of a wonderful committee we held a highly successful crowdfunding event, in

partnership with The Funding Network, reaching our financial goals just days before the Sydney lockdown in June 2021. Our sincere thanks to all those who supported this event. A special mention to our host, ABC Broadcaster, James Valentine and presenters Deb Moxley, Tamara Smedley and Elli Reinhard (pictured above with Lady Martin OAM).

### The Funding Network Event Partners

Investa | NextGen.Net | ASX | Lindt | Plantagenet Wines  
Moët Hennessy | Bricklane Brewing | BentSpoke Brewing Co.



This financial year we also welcomed an exciting partnership with the newly commissioned HMAS Supply II, who made our Foundation their charity of choice. The crew were key participants in our inaugural Reset Challenge online fundraiser and we look forward to collaborating with them in the future.

### Bequest gifts

**Our sincere thanks to the kind individuals whose legacy supported our Foundation this year:**

Nessie Appleby | James F Foster | Janette Hamilton | Joyce Tyrer

# Our thanks

**Our sincere thanks to all our donors and supporters, recognising that many others choose to remain anonymous.**

## Philanthropic Partners

Ruth Armytage AM  
The Neilson Foundation  
Maple-Brown Family Foundation

## Corporate Partners

InfoTrack  
Investa Office Management Pty Ltd  
NextGen.Net  
Perpetual Trustees

## Supporters

RAN Sailing Association  
Royal Australian Navy  
Lions Club of Minnamurra Inc

## Major Donors, Trusts and Corporate Foundations

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Anthony Sweetman  
ATS Charitable Foundation  
Broinowski Foundation  
Carolyn Lyons OAM  
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Doc Ross Foundation  
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Todd Family Foundation  
Tony & Gail Hirst  
Tracy Norman  
Warrington Charities Pty Ltd  
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Woods5 Foundation

## How you can help

You can support our family foundation's work to help young people in crisis by making a donation at

[martinfoundation.org.au](http://martinfoundation.org.au)

## Contact us

[admin@martinfoundation.org.au](mailto:admin@martinfoundation.org.au)

(02) 9219 2002



MAJOR  
PHILANTHROPIC  
PARTNER OF

**MISSION  
AUSTRALIA**

**Acknowledgement of Land:** We acknowledge the traditional custodians of the land on which we work, and we pay our respects to the Elders past, present and future.

We recognise the importance of the young people who are the future leaders.



Sir David Martin Foundation is a registered charity with ACNC.

Thanks to Clearly Creative Graphic Design.