



**Sir David Martin Foundation**  
Helping young people in crisis

# Annual Report

2016/17

**Safety, Hope & Opportunity For All Young Australians**



Mike Crowley

## Message From Our Chairman

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It is more than a quarter century since Sir David Martin passed away. Whilst Australia has changed much in that time, the impetus for him to establish a Foundation has not.

David Martin had a vision of *“an Australian community where children can grow up in safety, and with hope and opportunity.”* He knew that for many young people that involved helping them get off drugs and off the streets, helping them address complex mental health problems and building healthy, happy and productive lives. His Foundation exists to support the most challenged young people that want to change.

In partnership with Mission Australia and generous supporters, the Foundation raises money for effective programs for young people with complex problems. In recent years, ice use has become the dominant theme of addiction – the ‘primary drug of concern’ as it is referred to at Triple Care Farm. With increased ice use has come heightened levels of psychosis, suicidal ideation and criminal behaviours. These are serious problems for young people to address at the Farm.

Whilst patterns of drug use change, as do the issues they give rise to, the Foundation’s role does not. We galvanise community support and channel it into programs that genuinely transform the lives of young people by treating them as individuals and helping them create sustainable changes in their lives. And we continue to strive to help more young people in ever more significant ways.

So, it was a delight and a thrill to be able to celebrate the opening of David Martin Place in June 2017. This new facility and program, designed by Mission Australia with young people themselves, is a new model of care which will help break the cycle of addiction much earlier. The facility took three years from inception to opening and involved many stakeholders – from generous and committed donors to parliamentarians and expert providers. The outcome is one we can all be proud of; it will help 100 or more young people escape addiction each year.

To close, I would like to thank the small SDMF executive team, my fellow Governors, our partners at Mission Australia and most importantly the phenomenally generous donors to the Foundation who each year give to help change the lives of deserving young people that they will never get to meet, but who absolutely need their support. And my congratulations and best wishes to those young people who do commit to change for the better.

Thank you and bravo to you all.

# History

Sir David Martin Foundation is a non-profit organisation created in 1990 by the late Governor of NSW, Sir David Martin, who had a dream of **"safety, hope and opportunity for all young Australians"**.

**Our Goal** is to fund effective programs that help young people in crisis regain their health, get off the streets and achieve their goals.

**Our Vision** is to create an environment where young people can grow up in safety, with hope and opportunity.

## Programs Funded

### 1. Triple Care Farm

An award-winning residential rehabilitation facility in Robertson, NSW, that provides 16-24 year olds with treatment and support for drug and alcohol addiction and mental illness.

### 2. David Martin Place

David Martin Place is a youth drug and alcohol detox facility that helps 100 young people aged 16-24 to detox from drugs and alcohol each year. It is the first detox facility of its kind in New South Wales. The Program officially opened in June 2017 – it's first clients being accepted in August 2017.

### 3. Sir David Martin Foundation Scholarship Program

Each year, Sir David Martin Foundation provides scholarships to selected students, nominated by program staff, to help them achieve their goals as they re-enter the community.

### 4. Creative Youth Initiative (CYI)

CYI is an initiative that helps young people (16-25 yrs) to create positive change in their lives and build self-esteem through artistic expression (art and music).

### 5. The Shopfront Youth Legal Centre

Shopfront provides legal representation, social support, education and systemic advocacy for homeless and disadvantaged youth aged 25 and under.

### 6. South West Youth Services (SWYS)

SWYS provides education, employment, life skills and counselling to South Western Sydney's most vulnerable youth (13-22 yrs).

## Bec\* learns to learn again

My first week at the Farm wasn't easy. I was new and apprehensive.

**By the third week I slowly started to believe in myself again.** I couldn't remember the last time I had felt this way. I also started to trust others.

I was particularly concerned about the education element of the program, having little confidence in my desire or ability to learn. Being a Year 9 "dropout" I thought it would be boring and too hard...to my complete surprise I loved it. **Learning made me feel alive. I even started to think about my future career path.**

I am so thankful for the support I received from the staff at TCF. They cared about me and what was best for me in my journey. I really feel that I'm capable of achieving whatever I set my mind to.

**Since spending time at TCF, the reality of the loneliness and despair of my life on drugs has become clear.** I am now determined never to return to that life. I am hoping to go to TAFE soon to study hospitality!

**Thank you** for caring about me and my recovery.

# Impact

## Triple Care Farm

Your support gave young people the opportunity to rise above their issues and change their lives for good...away from the grip of substance addiction.

**The condition of the young people on intake in 2016 included:**

**100%** presented with chronic substance misuse

**92%** were unemployed

**46%** had a recent history of homelessness

**69%** had recent criminal activity

**Positively, 6 months after completing the program:**

**69%** reported that they had achieved their substance use goals

**67%** went on to pursue education and/or employment opportunities

**96%** were in stable accommodation

**only 4%** reported any criminal activity

## South West Youth Services

More than 400 young people were helped in this program.

**Highlights include:**

**over 120** young people were supported to remain in school

**over 40** young people were assisted to pursue further education

## Creative Youth Initiative

More than 50 young people were helped in this program.

**Highlights include:**

**over 20** students gained a Statement of Attainment in Vocational & Community Engagement through TAFE

**over 20** students gained a Certificate II in Music through TAFE

## The Shopfront Youth Legal Centre

More than 190 young people were helped in this program.

**Highlights include:**

**over 470** legal cases were processed through this service

## Sir David Martin Foundation Scholarship Program

In 2016 scholarships, to a total of **\$14,719.85** were awarded to:

**9** Triple Care Farm students

**11** Creative Youth Initiative students

# Sarah's\* life is saved

After being sexually assaulted for the first time at 13 years old, my mental health took a turn for the worse. I started cutting myself daily and restricting my food intake, I also attempted suicide multiple times in my teenage years.

I was introduced to pot when I was in year 11 and started smoking it daily for 2 years. I dropped out of school and tried to get a job at a hairdresser but experienced bullying there and soon got fired. This left me homeless and so I started doing sex work to earn cash for drugs and food.

My mum said I could live with her again if I went to rehab and got off drugs. **This is where Triple Care Farm saved my life.** At the Farm I reconnected with my love of making music and found new skills. I got my First Aid Certificate through the education program and was inspired to go to TAFE.

## The New David Martin Place



David Martin Place

Thanks to your generous support, DMP was officially opened on June 2nd 2017. This is a **youth drug and alcohol detox facility** that helps 16-24 year olds to overcome addiction and lead healthy lives. It is the first detox facility of its kind in New South Wales.

DMP is built on the same property as Triple Care Farm however the programs focus on different stages of a young person's addiction. Most young people coming to Triple Care Farm have reported multiple failed attempts to detox – to break the cycle of addiction.

Each failed attempt led them to greater drug use. Their attempts had failed because, **until now, there has been limited support for young people to detox.** Either they were left to fend for themselves or they had to attend an adult facility, which felt unsafe and unsuitable.

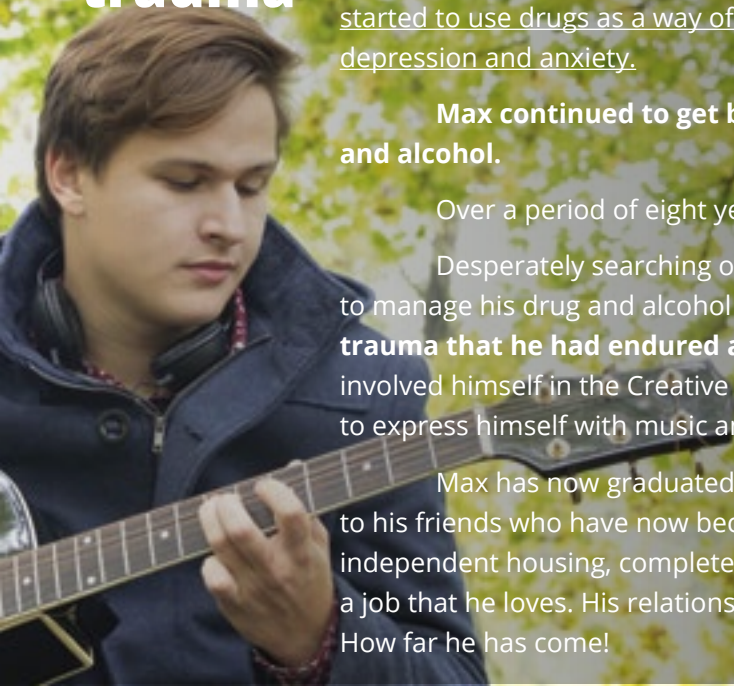
Treatment is best practice, evidence based and client centred.

This means that the young person's stay will be tailored to meet their needs. It involves:



Meeting a great demand in the community, DMP focuses on **providing young people with the best opportunity to break free from the cycle of addiction in a supportive, effective environment.** Some of the young people may find that they require rehabilitation after they've completed the program in which case staff will support them to either transition to Triple Care Farm or an alternative facility.

# Max\* faces up to his trauma



**From an early age Max was exposed to drug use in the family home.** During his later teen years, Max's parents separated and then divorced, which was very unsettling for Max.

Over the next few years, as his family unit broke down, Max had to deal with a lot of issues. **He had been assaulted, sexually abused and been a witness to a home invasion.** He started to use drugs as a way of coping. During this time he was also diagnosed with bipolar, depression and anxiety.

**Max continued to get by the only way he knew how, to 'self-medicate' with drugs and alcohol.**

Over a period of eight years Max had tried to commit suicide 3 times.

Desperately searching online, he found Triple Care Farm. At the Farm, Max learnt how to manage his drug and alcohol cravings and, in the counselling sessions, **he faced up to the trauma that he had endured and worked through ways to reconcile it and move on.** He involved himself in the Creative and Vocational Education (CAVE) program which allowed him to express himself with music and art, when words seemed impossible.

Max has now graduated and been accepted into a supported housing service close to his friends who have now become his biggest support network. Max's goal is to move into independent housing, complete his diploma, commence further music studies and find himself a job that he loves. His relationship with his family is something they are working on together. How far he has come!

## Governance

Sir David Martin Foundation is a charitable trust run by a small team of staff and overseen by a Board of Governors. The Trustee for Sir David Martin Foundation is Mission Australia.

The Trustee For Sir David Martin Foundation: ABN 37506673286

### Patron

**His Excellency General The Honourable  
David Hurley AC DSC (Ret'd)**  
Governor of New South Wales

### Vice Patron

**The Hon Gladys Berejiklian MP**  
Premier of New South Wales

### Board of Governors

**Mr Michael Crowley**  
(member since 2011, Chairman  
from August 2014)

**Lady Martin OAM**  
(member since 1990)

**Captain Will Martin, RAN (Rtd)**  
(member since 2015)

**Ms Yvonne Korn**  
(member since 2015)

**Mr Andrew Sharpe**  
(member since 2013)

**Mr David Adams**  
(member since 2007)

**Mr Shah Rusiti**  
(member since 2015)

**Ms Paddy Carney**  
(member since 2012)

**Mr Rob Woods**  
(member since 2015)

**Mr Shane Little**  
(member since 2012)

**Rear Admiral Chris  
Oxenbould  
AO RAN (Rtd)**  
(member since 2010)

# Financials

## ► Total Incoming Resources | 2017

Fundraising appeals	\$542,290	10%
Fundraising events	\$407,135	7%
Philanthropic & corporate grants	\$3,084,779	55%
Bequest and legacy income	\$864,065	16%
Community & other fundraising	\$225,192	4%
Net finance income	\$442,641	8%
<b>Total</b>	<b>\$5,566,102</b>	<b>100%</b>

### Expenses related to fundraising & admin

Personal costs	\$528,298   49%
Marketing & event expenses	\$401,633   37%
Other	\$154,003   14%

**Total**  
**\$1,083,934 | 100%**

## ► Total Outgoing Resources

Program funding (total)	\$3,878,747	70%
Provision for future program funding	\$603,421	11%
Expenses related to fundraising & admin	\$1,083,934	19%
<b>Total</b>	<b>\$5,566,102</b>	<b>100%</b>

### Programs funded

Triple Care Farm	\$2,029,606   52%
TCF - David Martin Place	\$1,352,453   35%
Total South West Youth Services	\$346,148   9%
Creative Youth Initiatives	\$119,340   3%
The Shopfront Youth Legal Centre	\$31,200   1%

**Total**  
**\$3,878,747 | 100%**

## ► Balance Sheet

	2017	2016
Cash and cash equivalents	\$622,886	\$5,481,396
Trade and other receivables*	\$2,017,322	\$2,559,382
Investments	\$5,000,000	\$0
Other assets	\$1,318	\$27,997
<b>Total current assets</b>	<b>\$7,641,526</b>	<b>\$8,068,775</b>
Trade and other receivables**	\$7,180,493	\$7,051,676
<b>Total non current assets</b>	<b>\$7,180,493</b>	<b>\$7,051,676</b>
<b>Total assets</b>	<b>\$14,822,019</b>	<b>\$15,120,451</b>
<b>Liabilities</b>		
Trade and other payables	\$11,952	\$14,327
Employee benefits	\$24,100	\$21,275
Deferred income		\$906,330
<b>Total current liabilities</b>	<b>\$36,052</b>	<b>\$941,932</b>
Employee benefits	\$9,851	\$5,824
<b>Total non current assets</b>	<b>\$9,851</b>	<b>\$5,824</b>
<b>Total liabilities</b>	<b>\$45,906</b>	<b>\$947,756</b>
<b>Net assets</b>	<b>\$14,776,116</b>	<b>\$14,172,695</b>

## ► Equity

Settled sum	\$10	\$10
Accumulated surplus	\$14,776,106	\$14,172,685
<b>Total equity</b>	<b>\$14,776,116</b>	<b>\$14,172,695</b>

Full Financial Reports available at  
[sdmf.org.au/about-us/annual-report](http://sdmf.org.au/about-us/annual-report)

# Matthew\* has hope for his future

When Matthew came to Triple Care Farm in 2016, he carried a history of deep grief and loss. At only 12 years old, his close cousin passed away from a brain tumour and the following year his grandmother passed away too.

At about 14 years old, in the early years of high school, he made friends with a girl who disclosed childhood sexual abuse to him. This really shook him up. Matthew reported the abuse to authorities, leading to long legal processes and difficulties for both the girl and himself. Matthew felt immeasurable amounts of guilt and confusion around the situation, and it was at this time that he **turned to cannabis use and eventually methamphetamines**.

Methamphetamine use took its toll on Matthew's physical health where his Body Mass Index (BMI) fell to below 16. Matthew began to struggle with body image and self-esteem difficulties which led to severe social anxiety. **When Matthew began self-harming and having thoughts of suicide he decided it was time to reach out for help, which is when he came to the Farm.**

In his time at TCF, Matthew was able to work through his confusion and grief with his individual counsellor. Matthew also learnt skills to cope with difficult emotions in Dialectal Behaviour Therapy groups. **His self-esteem grew and he engaged well in all aspects of the program.** Matthew took a particular interest in the horticulture program and developed new skills during his stay.

After completing TCF, the Aftercare Worker helped him to use his new resume building skills to apply for work in horticulture. **Matthew recently called the Farm and was proud to share that he has been working in a full time position for over six months** as an irrigation specialist in a company close to home.

On the phone he said,

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*"There is no way I could have done this on my own. You helped me to believe that I had a future."*

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\*All young people's names have been changed to protect their identity



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