

30 years of providing
safety, hope
& opportunity
for young Australians

Annual Report
2019 – 2020



Celebrating Sir David's life, legacy and 30 years of helping young people in crisis



In 2020 we commemorate 30 years since the death of our beloved founder, Rear Admiral Sir David Martin KCMG, AO, RAN, 34th Governor of NSW who died on 10 August 1990.

Sir David was indeed the “People’s Governor” and touched so many with his humility, service and kindness.

As we honour Sir David’s outstanding life and legacy, we also celebrate 30 years of our Founding Governor, Lady (Suzanne) Martin OAM’s philanthropic tenacity, leadership and care, alongside her children Sandy, Anna and Will Martin.

Front cover: Lady Martin with 2019 graduate, Millie.

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About us

From the Chair



It gives me great pleasure to present Sir David Martin Foundation's Annual Report 2019-20.

This period represents a year of challenge.

Amidst the backdrop of natural disasters and a global pandemic, Triple Care Farm has continued to

deliver best practice treatment for young people with drug and alcohol addiction.

The programs again delivered outstanding results, with zero suicide attempts and 80% of participants engaged in education and employment.

Lives have been saved, relationships healed and hope restored!

I would like to express thanks to my fellow Governors of the Board for their hard work and commitment to enhancing the welfare of vulnerable young Australians. In particular, I'd like to acknowledge Rear Admiral Chris Oxenbould AO RAN (Rtd) and Danika Houghton, who both stepped down from our Board in 2019.

General Manager, Helen Connealy and her staff embody our Foundation's values of Respect, Compassion, Generosity, Impact and Celebration in all endeavours and I thank them for their efforts.

This report represents my last as Board Chair, rounding out what has been a wonderfully fulfilling 10-year tenure with the Foundation. I am extremely proud of all we've achieved in this time

I know with confidence that my successor, Captain Will Martin RAN (Rtd) and the indomitable Lady Martin, in partnership with the Board, staff, Mission Australia and our generous supporters, will continue to drive Sir David's vision for a society where young Australians can live and grow in safety, hope and opportunity.



Mike Crowley

From the GM



As the Foundation celebrates its 30th year, I continue to be astounded by the generosity, loyalty and kindness of our donors. Your willingness to embrace young people in crisis and compassionately invest in their recovery has a life-changing impact.

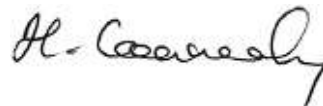
With your support we have raised over \$65M and helped more than 3,000 young people since 1990.

While we know that philanthropy has helped create a best practice model of care for young people at Triple Care Farm, we also recognise there is so much more to be done.

In 2019 the Foundation commissioned a research project, with the generous support of The Neilson Foundation, to explore best practice models of treatment for young people. The resultant report, *Evolve 2020: Are we doing enough for young people with drug and alcohol addiction?* revealed high demand for youth drug and alcohol treatment programs nationally and widespread unmet need. The report's recommendations will now inform ongoing collaboration and help shape our Foundation's future initiatives.

I'm delighted that the long-standing partnership between Sir David Martin Foundation and Mission Australia is stronger than ever. In March 2020, this relationship was celebrated with the unveiling of a commemorative photograph in the newly named Sir David Martin Room in Mission Australia's head office.

I sincerely thank all who have contributed to our success this year, and look forward to continuing this important philanthropic journey together.



Helen Connealy

Who we are

Sir David Martin Foundation is a family foundation that has been helping young people in crisis for 30 years.

Strategy:

To support and build pathways for more best-practice models of treatment for youth drug and alcohol addiction

Vision:

To give safety, hope and opportunity to all vulnerable young Australians

Mission:

Through philanthropy, we help young people in crisis

Values:

Respect | Compassion | Generosity | Impact | Celebration

Proposed outcomes:

Suicide prevention | Pathways to education and employment

As the major philanthropic partner of Mission Australia, we've raised over \$65M 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 each year gives over 200 vulnerable young Australians, aged 16-24, a safe place to get well and prepare for new opportunities.



MAJOR
PHILANTHROPIC
PARTNER OF



What we do



We aim to give vulnerable young people a safe place to get well and prepare for new opportunities.

Almost 40% (76,000) of all those requesting help for drug and alcohol addiction in Australia each year are under the age of 30.* However, a lack of youth specific treatment options leaves many vulnerable young people in adult programs not tailored to their needs and detrimental to their recovery.

Young people have the strongest recovery rate of any age group if given access to the right treatment opportunities.

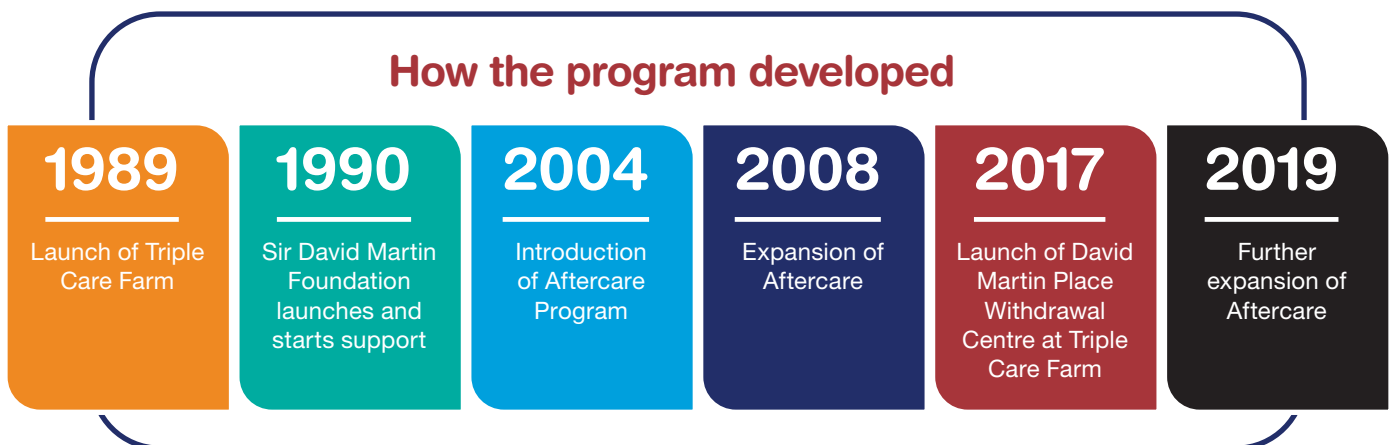
Through Triple Care Farm and the individual's commitment, young people's lives are saved – moving from a high risk of suicide to hope for a brighter future.

Breaking the cycle of addiction

Triple Care Farm is youth-focused and helps young people to make long-term changes in their lives, so they can reconnect with education, employment and their community. The challenges of young people seeking support include:

- Drug and alcohol addiction
- Mental illness and risk of suicide
- Homelessness
- Unemployment
- Family breakdown

**Evolve 2020 Research Report: Are we doing enough for young people with drug and alcohol addiction?*



Our young people



Many of our young people have faced significant disadvantage in their lives before coming to Triple Care Farm. This can include trauma, family instability, violence, homelessness and disrupted schooling.

They often have not received the space and support to grow and develop, leading to feelings of disconnection and vulnerability.

Most use a combination of drugs and alcohol; whatever is readily available to self-medicate and dull their pain.

Demographics of young people at Triple Care Farm

In 2019 the average age of a young person accessing the withdrawal program at David Martin Place was 20 years old, with:

64%

Males

36%

Females

4%*

Identified as Aboriginal and/or Torres Strait Islander (ATSI)

2%

Culturally and Linguistically Diverse

**Down from 14% in 2018.*

Young people on arrival at Triple Care Farm

Young people often present with mental health issues and a range of comorbidities on arrival at Triple Care Farm.

Withdrawal presentations in 2019

100%

Substance misuse

83%

Poly substance misuse

90%*

Mental health issues

60%

Suicidal thoughts**

42%

Suicide attempts**

52%

Hospital admissions (mental illness or AOD)**

78%

Family history of substance misuse

78%

Experienced homelessness

20%

Incarceration

**Up from 82% in 2018.*

Residential Rehabilitation presentations in 2019

100%

Substance misuse

87%

Poly substance misuse

93%

Mental health issues

55%

Suicidal thoughts**

9%

Suicide attempts**

61%

Hospital admissions (mental illness or AOD)**

75%

Family history of substance misuse

70%

Experienced homelessness

58%

Incarceration

***Experienced in 6 months prior to arrival at Triple Care Farm.*



Transforming lives



Matthew is sharp and energetic with a passion for creative writing and all things musical. Today, he describes himself as compassionate, intelligent and

creative. Rewind to three years ago, before he received treatment at Triple Care Farm, and he would have described himself as lost, irrational and impatient. Like many young people, he tried drugs at parties, but it was when he was introduced to crystal methamphetamine (ice) at 18 years old, that the downward spiral began.

His addiction took a hold of him and it wasn't long before he was using three times a week and struggling to keep his job as a carpenter. Eyes sunken in and a "skinny wreck", he often went missing for days at a time. Until one day, his family's desperate appeals for him to get help worked.

Having tried to detox from drugs at home without success, Matthew decided to apply to Triple Care Farm's withdrawal program, David Martin Place. The first few nights were tough, but an encouraging letter from his sister spurred him on. Soon enough, he moved into the rehabilitation program where he spent three months getting well and preparing for new opportunities. In his

own words, it was "the chance to start from square one".

The music program was his refuge. A talented rapper and songwriter, here are a few poignant words from his rap composition entitled, Triple Care Farm.



"I'm rebuilding my life it's like I'm growing new feathers, flying higher than heaven, stuff the drugs I've learnt lessons, one millions

tears of confessions, anxiety and depression, had my head up in the clouds and my mind was descending, now I'm sitting at the farm, triple care is my blessing, third and final chance and I ain't gonna mess it up, I got a lot of feels my emotions were pressing yup, learning to deal with things that drugs were repressing, but I'm stronger than I think, use my mind as a weapon."

Matthew has now been supported back into the community, with the assistance of the Aftecare program and is rebuilding his life.

"It brings my parents to tears to see how well I'm doing and to see the old me again. Looking back, that wasn't me. I have found myself again."

Thank you for helping Matthew to find his spark and transform his life.

Triple Care Farm Graduation



The 2019 Graduation Ceremony was held at Shellharbour Civic Centre in February 2020, after an earlier postponement due to catastrophic fire risk at Triple Care Farm.

Hundreds of people gathered to celebrate the accomplishments of the students who had completed the drug and alcohol rehabilitation and withdrawal programs.

“Triple Care Farm saved my life – helped me to find myself & my direction & purpose.” Sam, past graduate

For many of our young people, the graduation ceremony represents the first time they have received any formal acknowledgment or recognition. A chance to stand up with pride in front of friends, family and Triple Care Farm staff and supporters.

We heard from new graduates and alumni from years past – inspiring stories of courage, resilience and hope.

A past student, Samantha, who completed the rehabilitation 12 years ago and is now a qualified health professional and paramedic, stood up and shared sentiments that left barely a dry eye in the venue.

“Triple Care Farm saved my life – helped me to find myself and my direction and purpose. When I was considering getting help for my addiction, I remember thinking, how could I hold onto this life if death was the only option?”

Graduating students also performed music pieces developed in the music therapy program.

It was a celebration of lives transformed. In a young person’s words; “from the chaotic life of drugs, to goals for my future”.

Thank you to all who joined us for this special event.



Photo taken pre-COVID in Feb 2019.

The programs

Best practice model of treatment at Triple Care Farm

The program is accredited by the Australian Council on Healthcare Standards and features three core components:



The programs



Over the last 30 years the Triple Care Farm programs have been refined and improved to ensure the best outcomes for the young people. Intake to the programs is voluntary and funded predominantly by philanthropy.



Core elements of 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)

Our impact

Participants in 2019:

118 students

in Withdrawal (over 55% moved into Residential Rehabilitation)

99 students

in Residential Rehabilitation

212 students

in Aftercare (includes 55 who completed programs in 2018)



Our impact

Impact

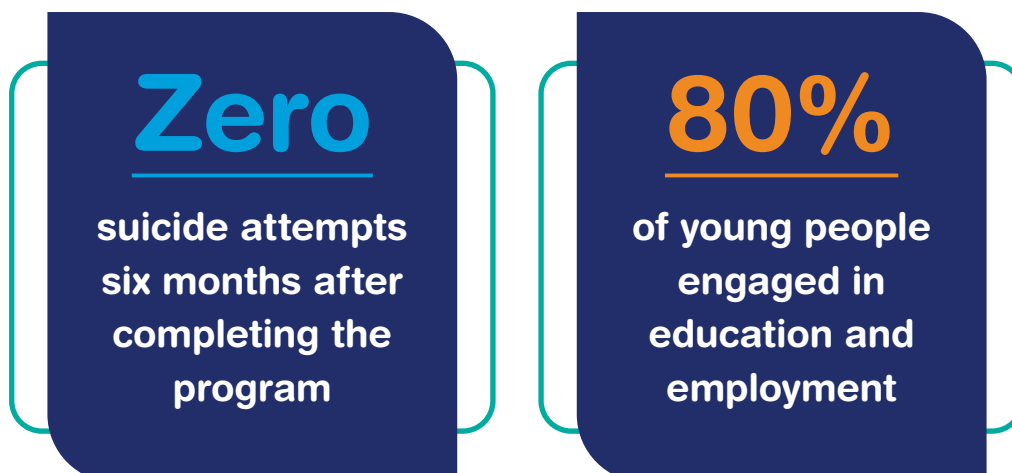
On young people*

- **Lifesaving:** Over 3,000 young people's lives saved with zero suicide attempts
- **Safe housing:** 100% in housing
- **Empowered to independence:** 80% engaged in education and employment, and others actively seeking
- **Rebuilt** self-esteem with 80% 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

*Based on Withdrawal Program, six months after graduating



Our thanks

Thank you to all our wonderful supporters whose generosity ensures our work continues to help young people in crisis.

Regular donations are vital to our ability to plan and commit to the programs long term. Every gift is very much appreciated.

Philanthropic partners

The Neilson Foundation
Paul Ramsay Foundation
Maple-Brown
Family Foundation

Partners

Investa
Commonwealth Bank of Australia (CBA)
Scottish Pacific
Royal Australian Navy
Royal Motor Yacht Club of NSW
Perpetual

Major donors

Our sincere thanks to all our donors, recognising that many others choose to remain anonymous

A N Wales AM & Mrs G Wales
Anna MacIntyre
Anthony Sweetman
ATS Charitable Foundation
CBA Staff Community Fund
David & Elizabeth Adams
David & Margaret Mullen
Doc Ross Foundation
Douglas Scott Foundation
Frank Mitchell
Moore Family Foundation
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Kightley Foundation
The R A Gale Foundation
The Rodwell Foundation
Tony & Gail Hirst
Warrington Charities Pty Ltd
Woodend Pty Ltd
Woods5 Foundation

Thanks to the kind supporters whose legacy supports our Foundation

Reg Becker | Hilary Cameron | Ian and Ruth Sappay | Joyce Tyrer

Our thanks

Our thanks to our pro bono/gift-in kind partners

Luminis Partners | Teece Hodgson & Ward | The Honda Foundation | Urban Descent | Lindt
Create Engage | Who and Why Media | Adhesive PR | Rapid Relief Team | Express Scaffolding
Australian Radio Network | Shelbourne Hotel | Ooh Media | Winkipop Media

Philanthropy

As a family foundation we are fortunate to receive generous support from many other families and empathetic philanthropists.

We also acknowledge the long-term vision of those kind people who left a legacy in their Will to ensure we continue our work. Thanks to our Board of Governors for introducing new supporters and representing our worthy cause.



Community events

We continue to host a range of community and fundraising events to support the work of the Foundation.

Abseil for Youth celebrated its 10th year in 2019. Over 200 people bravely faced their fears and abseiled or ziplined down the 33 floor office tower at 1 Market St, all in aid of raising vital funds for Triple Care Farm. Abseil for Youth would not be possible without our partners, Investa and Urban Descent and all our wonderful participants.

Our longstanding partnership with the Royal Australian Navy and Royal Motor Yacht Club (RMYC) continued this year, with a fundraising cocktail party on board HMAS Canberra.

The Lady Martin Bridge Day once again brought together friends and supporters to enjoy a fun day of Bridge, raffles, lucky door prizes and lunch at HMAS Penguin Naval Base.

Our thanks to all who helped makes these such successful events.

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 AO QC
Governor of NSW



Vice Patron

The Honourable
Gladys Berejiklian MP
Premier of NSW

Board of Governors



Michael Crowley
(Chairman)



Captain William
Martin RAN (Rtd)



Lady Susie Martin
OAM



Rob Woods



Jessica Parker



Shah Rusiti



David Adams



Yvonne Korn



Andrew Sharpe



Jason Millett

Our team



Anna Beaumont
Philanthropy Manager



Helen Connealy
General Manager



Megan Meyer
Communications
Manager



Jenny Leahy
Fundraising
Coordinator



Cath Isted
Events and
Partnerships
Manager



Andrew Eisenhauer
Direct Marketing
Manager

Ambassadors and advocates



Gabriella Holmes
Triple Care Farm Area
Manager



Elli Reinhard
Youth Ambassador



Steve "The
Commando" Willis
Abseil for Youth
Ambassador

Finance

	FY20		FY19	
INCOME				
Fundraising appeals	171,038	6%	225,254	5%
Fundraising events	285,878	9%	343,071	7%
Major Gifts, Trusts & Foundations & Corporates	1,817,016	59%	1,841,004	38%
Bequest and legacy income	789,124	26%	1,934,582	39%
Community & Regular Giving	193,522	6%	188,548	4%
Other Income	59,786	2%	0	0%
Net finance income	-231,491	-8%	348,198	7%
Total	3,084,873	100%	4,880,657	100%
DISTRIBUTION AND EXPENSES				
Program Funding	3,178,808	103%	3,143,137	64%
Provision for future program funding	-1,120,386	-36%	879,790	18%
Expenses related to fundraising and administration	1,026,449	33%	857,730	18%
Total	3,084,871	100%	4,880,657	100%
Fundraising & Admin to Total Income Ratio	11.8%		8.3%	

EXPENSES RELATED TO FUNDRAISING AND ADMINISTRATION	FY20	FY19
Personnel	663,239	452,399
Direct cost of Fundraising	224,067	274,200
Admin	139,145	131,130
Total	1,026,451	857,729

Finance

BALANCE SHEET (as at 30 June 2020 in AUD)	2019	2018
Assets		
Cash and cash equivalents	1,704,026	1,039,800
Trade and other receivables	178,480	1,701,977
Investments	9,610,176	5,556,479
Total current assets	11,492,682	8,298,256
Trade and other receivables*	–	7,280,090
Total non current assets	–	7,280,090
Total assets	11,492,682	15,578,346
Liabilities		
Trade and other payables	311,832	13,407
Employee benefits	31,410	19,231
Total current liabilities	343,242	32,638
Employee benefits	17,392	13,186
Total non-current liabilities	17,392	13,186
Total liabilities	360,634	45,824
Net assets	11,132,048	15,532,522
Equity		
Settled sum	10	10
Accumulated surplus	11,132,038	15,532,512
Total equity	11,132,048	15,532,522

*\$3.3M moved from non current bequest income and now recognised as a contingent asset based on right to receive in future. Balance moved to separate Investment Portfolio.

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

Help us

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

martinfoundation.org.au

Contact us



admin@martinfoundation.org.au

(02) 9219 2002



^{SIR} **david martin**
FOUNDATION

MAJOR
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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.



Sir David Martin Foundation is a registered charity with ACNC.

Thanks to Clearly Creative Graphic Design.