

Annual Report

2021 – 2022

Safety, hope & opportunity



“People in the real world don’t congratulate you for not hurting yourself. The truth is the real world is hard. Therefore, I carry with me all the lessons learnt at the farm and that has made all the difference to my recovery.”



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

People are the drivers of our work. In a year when all Australians were challenged with the spread of COVID, we were overwhelmed by the loyalty, belief and support of so many people in our mission to help young people.

Because of your generosity, we distributed over \$3.3M in FY2022 to provide services to young people who desperately needed our help. We're so grateful to those kind people who also left us a gift in their will. This has enabled us to commit to three years' funding at Triple Care Farm.

As a result of the extraordinary generosity of our wonderful major partners, The Neilson Foundation and Ruth Armytage, we have commenced Youth Network, the expansion of the Aftercare program to Perth (more on page 12).

The Board and I farewelled James Toomey as CEO of Mission Australia and welcomed Sharon Callister to the role. Changes too at Triple Care Farm with Gabriella Holmes handing over after her 20+ year reign to new Area Manager, Helen Fuller.

I'd like to thank my fellow Governors for their commitment to our work. As we welcomed incoming member Annalie Davies, we thanked and said adieu to Rob Woods – we're so delighted he and his family remain close friends of the Foundation.

Our Fundraising Committees for David Martin Place and Connect for Youth Event have been instrumental to our success.

On behalf of Lady Martin and the Board of Governors, I say a heartfelt thank you to you, our generous supporters. Your love and compassion are making an enormous difference.

Will Martin



From the GM

Zoom has been a great connector for us. Although we couldn't visit the youth programs in person, we could still stay in touch via video. Despite the quick spread of COVID in NSW from January 2022, the staff and systems at Triple Care Farm kept people safe.

There were cases, but plans were in place to manage and adapt. Staff had to work harder when colleagues with any symptoms had to stay away. At no stage did we stop offering a place of hope to young people in crisis. Demand was high but keeping everyone safe is something to be celebrated. Congratulations and thanks to Area Manager, Helen Fuller and the team at Triple Care Farm for doing such a great job.

Representing young people is part of our strategic direction and the expansion of our Youth Advisory Group has been so valuable in this time of reconnection (more on page 16).

In September 2021 we launched our awareness campaign, Don't Judge Me in partnership with the Zoo Republic, culminating in a fascinating online panel event featuring Professor Dan Lubman, Jacinta Tynan, Steve Bastian and Lucy Stronach (Chair of our Youth Advisory Group).

Thanks to my small but mighty team (past and present) – it is our privilege to do this great work together. And to you, our donors, thanks for your belief in our young people. It is their journey, but we are all so lucky to be part of that recovery.

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

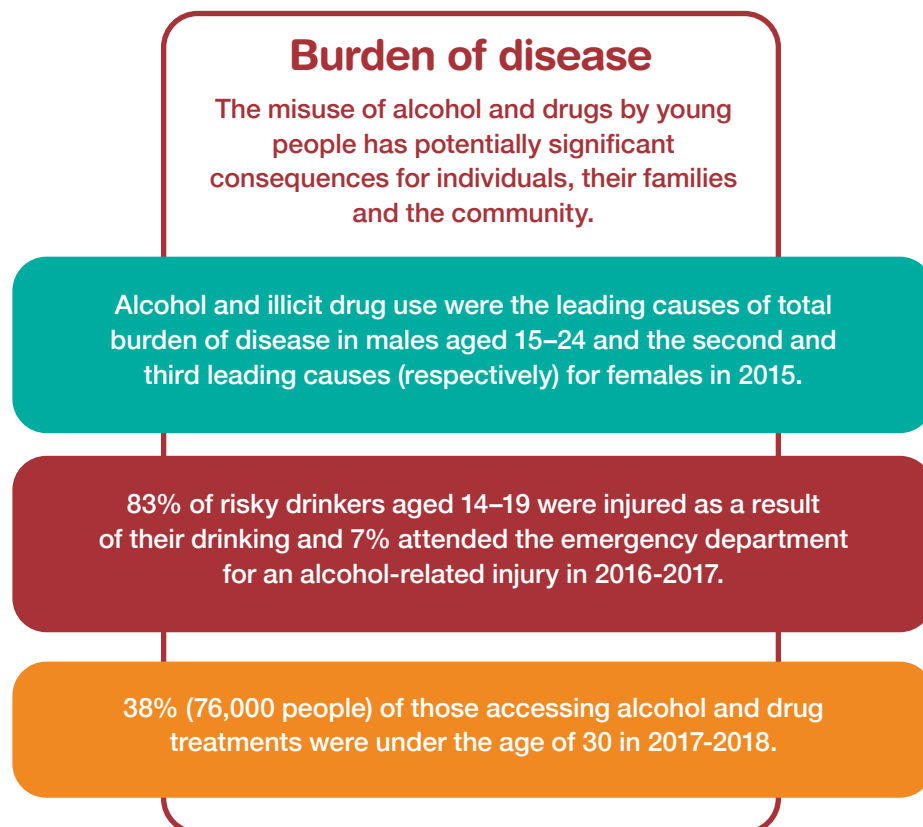
Suicide prevention | Pathways to education and employment

“Letting people in –
that was impossible.
I feared being judged.
I was desperate not to
be the person I was.”



What we do

Sir David Martin Foundation funds holistic and evidence-based treatment programs at Triple Care Farm for young people aged 16 – 24 with drug and alcohol addiction. The Withdrawal, Residential Rehabilitation, and Aftercare programs provide a safe place for young people to get well, prepare for new opportunities and create sustainable change in their lives.



The path to drug and alcohol addiction

Harmful alcohol and drug use and addiction are often the result of a complex interaction of individual and environmental risk factors. A young person's family environment is one of the most significant predictors of alcohol or drug misuse. Young people are at greater risk if they experience abuse and neglect, family conflict, unemployment, poor parental mental health and inappropriate family discipline. Other risk factors include neighbourhood violence, cultural norms, school culture, peer connectedness and media and advertising.

A young person's individual characteristics, including their personality, mental health and social skills also play a role. While substance misuse generally begins in adolescence, it peaks when young people are between 20 and 24 years old. Longitudinal research confirms that individuals who develop an alcohol or drug use disorder in adolescence are more likely to continue these problems into adulthood, a trend impacted by an earlier onset and with greater levels of use. It is essential to intervene early and provide programs and treatment before harmful alcohol and drug use becomes entrenched.

“The second chance
that the farm gave me
changed my life in
a way that makes life
worth living again,
and I’m so grateful.”



Young people in crisis

COVID provided its own separate challenges to navigate. There were increased numbers of students at intake who were dealing with mental health issues, unemployment and homelessness.

Social distancing and keeping staff and young people safe drove the staff at Triple Care Farm to take different approaches in order to ensure individualised care was effective for young people of all backgrounds.

Most of the young people who arrive at Triple Care Farm have faced significant disadvantage and mental illness. Often, they have experienced trauma, family instability, violence, homelessness, and disrupted schooling. These challenges have resulted in young people facing additional barriers to employment, education, stable housing, and general wellbeing.

In 2021 across the Withdrawal, Rehabilitation and Aftercare programs at Triple Care Program we provided 276 episodes of care. This included:

Profile of people entering Withdrawal 2021

99 participants in 2021	23.37 years average age	68% males	30% females	2% transgender
18% Aboriginal and Torres Strait Islanders (ATSI)		3% Culturally and Linguistically Diverse (CALD)		

Profile of people entering Residential Rehabilitation 2021

77 graduates	20.37 years average age	70% males
30% females	12% ATSI	3% CALD

Withdrawal presentations in 2021

100% Substance misuse	81% Polysubstance misuse	95% Mental health issues	58% Suicidal thoughts (previous 6 months)	18% Suicide attempts (previous 6 months)
46% Hospital admissions (mental illness or AOD) (previous 6 months)		82% Family history of substance misuse	59% Experienced homelessness (ever)	

Residential Rehabilitation presentations in 2021

100% Substance misuse	84% Polysubstance misuse	95% Mental health issues	52% Suicidal thoughts (previous 6 months)	14% Suicide attempts (previous 6 months)
51% Hospital admissions (mental illness or AOD) (previous 6 months)		56% Family history of substance misuse	68% Experienced homelessness (ever)	

Youth Treatment Models

With your support, we fund evidence-based, best-practice models of treatment that provide an age specific and holistic approach to recovery.

The programs are accredited by the Australian Council on Healthcare Standards. Operated by Mission Australia, the programs offer young people a safe place to withdraw, the opportunity to change and provide hope that they can rebuild their life.

Triple Care Farm takes a personalised approach to all young people who seek treatment and want to recover. The service model meets students where they are in their journey. Everyone's experience and journey are different and often a student will enter the program more than once or utilise specific parts of the program as needed.

Residential Withdrawal

2 – 4 weeks



Core elements of Residential Withdrawal

- 24/7 medical supervision
- Personalised clinical care
- Psychosocial support
 - Aftercare plan

Residential Rehabilitation

12 weeks



Core elements of Residential Rehabilitation

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

Aftercare Program

6 months



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 at David Martin Place



Triple Care Farm's youth drug and alcohol withdrawal program at David Martin Place provides 24/7 medical care and a safe supportive space for young Australians aged 16-24.

The 10-bed medical facility provides a flexible program tailored to each young person, 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.

Young people arriving for intake at David Martin Place during 2021-22 were met by staff wearing full Personal Protection Equipment (PPE), another challenge that may have increased their anxiety about entering the program.

Supportive, professional staff help them through the more difficult physical side of the withdrawal process, but also support them with the emotional journey. No person's journey is the same.

After 2–4 weeks receiving medical and psychosocial support, the young people are ready to either progress with their recovery through rehabilitation or return to the community. All students are offered up to 6 months Aftercare support upon leaving residential care.

Residential 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 12 weeks the young people are provided with a wide range of tools and strategies 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)
- Art and music therapy
- Sport, fitness 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

After three months of receiving medical and psychosocial counselling, vocational education and training, engaging in creative arts and sports and learning to live independently in a group, the young people graduate.

For some young people, this is their first achievement in life and with increased self-esteem and confidence, they return to the community. All students are offered up to six months Aftercare support upon leaving residential care.

Aftercare Program



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

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

Going home from residential rehab can be a daunting time for a young person who may find familiar circumstances and negative influences despite their new outlook and goals. Without stable accommodation and a strong support network to return to it is incredibly difficult to maintain the positive changes they have made at the farm.

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

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

During 2021-22 the Aftercare program had to be modified, as face-to-face meetings became impossible. The staff relied on phone calls, emails, and video calls to make sure the young people felt safe and supported. As restrictions eased, the staff were able to meet the young people and connect them to local services and support groups.

“All the staff at Triple Care Farm are amazing, but I have to say that there's no way I'd be where I am today without my Aftercare worker, Todd.” – recent graduate

Youth Network - An Aftercare Expansion

Sir David Martin Foundation has commenced development of a National Youth Network of Aftercare workers to help break the cycle of addiction and connect more young people with community, education and employment pathways. In partnership with Mission Australia and based on an evidence-based model of care at Triple Care Farm, in NSW Southern Highlands, Youth Network is an expansion of Aftercare programs across five sites in Australia.

Drug and Alcohol Youth Service (DAYS) in East Perth is the first location to start the program in June 2022, thanks to the generous support of the Minderoo Foundation, McCusker Foundation and the Neilson Foundation.

Other sites include Coffs Harbour, Dubbo and Batemans Bay.

Aftercare is recommended as an effective wraparound program and is fundamental to vulnerable young people's ongoing health and wellness. The program is designed to empower and build independence - to transition young people back into the community, post rehabilitation. While the young person is in residential rehabilitation, they meet their Aftercare worker and set their goals. By the end of the program, they have a trusted support network, allowing them to return to the community and helping to reduce the incidence of relapse.

Having access to a youth worker to support their connection with family, community, and re-engagement with education and employment, helps to set the young people up for a better future.



Our impact

In 2021, our young people made remarkable change in an incredibly challenging year. Triple Care Farm persevered in providing continuous services to young people during the COVID lockdowns, despite the reduction in numbers due to social distancing.

Participants in 2021

- 99 participants in the Withdrawal program (with 72% moving directly into the Residential program)
- 77 participants in the Rehabilitation program
- 91 participants in the community Aftercare program

Impact on young people

- Zero young lives lost
- 83% in safe housing
- 83% engaged in education and employment or actively seeking
- 87% reduction in chronic drug and alcohol use

Impact on society

- Participation in the programs keeps vulnerable young people out of hospital and jail
- Every \$1 donated by our supporters creates \$3 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



Impact story



Clare, 22, graduated from Triple Care Farm's residential Withdrawal and Rehabilitation programs in 2021. Clare says life before Triple Care Farm felt like being on a roller coaster without a safety harness.

"Sometimes it was fun, but often I was scared of losing control and felt unable to control the ups and downs of living with what I now know was undiagnosed Bipolar Type 2."

"Growing up and navigating the teen years was somewhat of a challenge for me. At 15, I was full of life, playing volleyball for NSW and was named in the Australian women's team. I had my whole life planned out and was just so keen to get started."

A serious sporting injury and escalating mental health concerns left Clare seeking an escape from her troubles.

"I turned to substance use to numb everything that was as going on around me, I felt so alone and my addiction was out of control. I relied on drugs and alcohol to feel good, numb the pain and honestly just to get by day-to-day."

By the age of 17, Clare had applied for her first stay at Triple Care Farm.

"Although it's taken a few attempts and multiple failures along the way, Triple Care Farm has honestly helped me find the light in some of my darkest times of my life. They've always been there for me."

"Without Triple Care Farm, I have no doubt I would have ended up dead or in jail"

For Clare, Aftercare is what helped her gain safe housing, enrol in TAFE and attend job interviews. Aftercare also provided financial assistance for basic needs, such as groceries, and arranged a mobile phone and laptop – which were essential for Clare's study.

"Going back out into the community after 13 weeks at a rehab is quite scary and difficult," she said. "But with the help of the Aftercare program they make it just that little bit easier by being that lifeline of support."

Clare's story:

<https://vimeo.com/762476689/ac84f4e564>

The virtual graduation



The 2021 graduation was like no other. After a year of ongoing lockdowns, the team at Triple Care Farm wanted to make sure the graduates were congratulated and honoured for their commitment and hard work.

On Thursday, 16th of December, a virtual event was held. Staff spoke of how proud they were of the students for their dedication and perseverance through this tough time. Area Manager Helen Fuller encouraged graduates, “If you keep investing in yourself, you will be unstoppable. Well done graduates of 2021!”

Attendees saw a wonderful series of photographs of art classes, gym workouts, music sessions, gardening and various offsite activities including fishing, kayaking, visiting local attractions, and getting out into nature. The music was produced by some of the graduates from 2021.

The highlight was hearing a parent’s reflection, speaking about their child’s life before Triple Care Farm. She later said “I’m so proud of my child for taking responsibility for their health and wellbeing and not giving up, even on their darkest days.” Triple Care Farm had helped by creating sustainable ways for her child to change their life.

From all of us to you - our generous supporters and donors. Thank you for ensuring this vital work has continued over 2021. The change these young people have made would not have been possible without your support to fund the program.

Youth Advisory Group Expansion

The Youth Advisory Group launched in April 2021 with four founding members: Lucy Stronach, Corey Tutt OAM, Jasper Garay and Youth Ambassador and Triple Care Farm graduate, Elli Reinhard. To date they have contributed to the inaugural 'Don't Judge Me' de-stigmatisation campaign and participated in Foundation and sector events, bringing valuable expertise and a fresh perspective to the Foundation's work. With recent online and in person meetings underway, we look forward to collaborating with our Youth Advisory group to find ways to advocate effectively.

The addition of six new members ensures a greater diversity across age, geographic location, culture, gender, sexuality and lived experience with mental illness and disability. Representatives of the group attend youth conferences, forums, and report back to the Foundation. By listening to their thoughts and ideas, the Foundation will broaden our understanding of the issues affecting young people today, and in turn encourage more young people to reach out for help when they need it.



Lucy Stronach
Chair (WA)



Elli Reinhard
Youth Ambassador (NSW)



Jasper Garay
(Darkinjung/Ngarigo) (NSW)



Corey Tutt, OAM
Kamilaroi (NSW)



Maddy Forde
(NSW)



Angela Paulson
(QLD)



Jessica Pereira
(NSW)



Lincoln Pullin
(VIC)



Sarah Ticehurst
(NSW)



Harrison Waterworth
(NSW)

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 KC, Governor of NSW

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Finance

INCOME	FY22	% of Total Income	FY21	% of Total Income
Fundraising appeals	333,433	13%	324,346	9%
Fundraising events	188,720	7%	124,360	3%
Major Gifts, Trusts & Foundations & Corporates	2,310,247	89%	1,676,374	45%
Bequest and legacy income	112,792	4%	102,008	3%
Community & Regular Giving	138,062	5%	282,397	8%
FR Subtotal	3,083,254		2,509,486	
Other Income	0	0%	46,714	1%
Net finance income	(490,771)	-19%	1,172,476	31%
Total	2,592,483	100%	3,728,676	100%

DISTRIBUTION & EXPENSES	FY22	% of Total Distribution & Expenses	FY21	% of Total Distribution & Expenses
Program Funding	3,346,477	129%	3,255,099	87%
Provision for future program funding	(1,794,803)	-69%	(571,288)	-15%
Expenses related to fundraising and administration	1,040,809	40%	1,044,865	28%
Total	2,592,483	100%	3,728,676	100%

EXPENSES RELATED TO FUNDRAISING & ADMINISTRATION				
Personnel	630,257	61%	637,191	61%
Direct Fundraising, events and marketing	208,262	20%	140,621	13%
Admin	202,291	19%	267,054	26%
Total	1,040,809	100%	1,044,865	100%

	FY22	FY21
Fundraising Direct Costs to Fundraising Income Ratio	6.8%	5.5%

*FY21 fundraising expenditure was artificially low due to Covid impact

Finance

BALANCE SHEET AS AT 30/06/2022		
IN AUD	2022	2021
Assets		
Cash and cash equivalents	433,813	607,026
Trade and other receivables	72,621	41,610
Investments	8,627,337	10,741,665
Total current assets	9,133,771	11,390,301
Trade and other receivables	–	–
Total non current assets	–	–
Total assets	9,133,771	11,390,301
Liabilities		
Trade and other payables	317,955	767,965
Employee benefits – provision for annual leave	45,174	58,268
Total current liabilities	363,129	826,233
Employee benefits – provision for long service leave	4,682	3,307
Total non-current liabilities	4,682	3,307
Total liabilities	367,811	829,540
Net assets	8,765,960	10,560,762
Equity		
Settled sum	10	10
Accumulated surplus	8,765,950	10,560,752
Total equity	8,765,960	10,560,762

All currency listed is in Australian dollars.

Our full audited is available at www.acnc.gov.au or please contact: 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.

Thank you to everyone who supported our recent crowdfunding event, Connect for Youth, held at the ASX, where over \$200,200 was raised for Triple Care Farm. Another big thank you to our speakers - Sara, a clinical nurse

specialist working in the Withdrawal program, Helen Fuller, Program Manager of the Rehabilitation Program and Clare, our wonderful Triple Care Farm Graduate, who spoke about the Aftercare program.

The speakers delivered their impassioned pitches about the impact of each component of the Triple Care Farm program, and why they deserved support.

Thanks to our Corporate Partners, Investa and ICAP who matched donations up to a total of \$45K on the night.



On the evening of Thursday May 26, The Royal Australian Navy and the Royal Motor Yacht Club generously held a Cocktail Reception, on board HMAS Supply in support of Sir David Martin Foundation. The Navy Band captured the atmosphere and provided the perfect level of support to the Ceremonial Sunset, which was a fitting end to a wonderful night. We are grateful for funds raised on the night towards Triple Care Farm's youth programs.

In Memory

Several donors have left a gift in their will to Sir David Martin Foundation and we thank them for this very special act of generosity and foresight. We honour their memory:

Alan Williams | Dennis Rose | Geoffrey Burfoot | Joyce Winifred Tyrer
Pamela Thomas

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

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Ruth Armytage AM
Maple-Brown Family Foundation

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The Vernon Foundation
The Woodend Foundation
Todd Family Foundation
Tony and Gail Hirst
Tracy Norman
Warrington Charities Pty Ltd
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

Contact us

admin@martinfoundation.org.au

(02) 9219 2002



SIR
david martin
FOUNDATION

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.