

<sup>SIR</sup>  
**david  
martin**  
FOUNDATION

helping  
young  
people  
in crisis



# ANNUAL REPORT

2022-2023





Kc Rae Aboriginal Artist, *“Connection: Walking Together”*, 2023.

Kc Rae is an Aboriginal woman of the Kamilaroi nation. She states, “This artwork represents reconnection, healing, and walking in one’s truth. Featuring depictions of community, relationship building, and connection, this piece is a testament to the strength that can be found in personal and collaborative healing journeys.”

## **Acknowledgment of Land**

We acknowledge the traditional custodians of this land, and we pay our respects to the Elders past, present and future for they hold the memories, the culture and dreams of the Aboriginal and Torres Strait Islander People. We recognise and respect their cultural heritage, beliefs and continual relationship with the land and we recognise the importance of the young people who are the future leaders.

## **About Sir David Martin Foundation**

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

Mission Australia is our Service Partner and owns and runs Triple Care Farm and the Youth Network sites.

### **Attribution**

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"...Triple Care Farm  
took away the mess and  
reminded me of who I was and  
where I wanted to go. They  
had faith in me and reminded  
me who I was and what  
I could do..."





# A NOTE FROM OUR PATRON

## Message from Her Excellency the Honourable Margaret Beazley AC KC Governor of New South Wales

As Governor of New South Wales, Sir David Martin was deeply concerned about young people caught up in a spiral of drugs, alcohol, homelessness, and abuse, and advocated for their welfare. Since his passing and the establishment of the Foundation in 1990, more than \$70 million has been raised to enable best practice treatment for youth drug and alcohol addiction, building a remarkable legacy of life changing and life-saving impact.

In 2020, I was asked by the Foundation to launch *Evolve 2020*, a research report commissioned to study best practice treatment for young people who are using drugs and alcohol and identify areas of unmet need and demand in treatment and programs. The report gave clear recommendations which have informed the Foundation's strategy in the years since, including the launch of Youth Network which focusses on Aftercare to support young people after treatment and assist engagement with education, employment, and community.

To understand the personal impact of the work of the Foundation, I'd encourage you to read the three personal stories that are included in this year's annual report. One young person said of her time at Triple Care Farm: "It's given me a chance at life that I never would have had otherwise, and it has truly changed the direction of my whole life."

To Lady Martin, the Martin family, the Board of Governors, and staff and volunteers, past and present, I convey my heartfelt thanks to the Foundation's partners, donors and supporters. Through your support we will continue to realise Sir David Martin's vision of *'providing safety, hope and opportunity to all vulnerable young Australians.'*



Her Excellency the Honourable Margaret Beazley AC KC  
Governor of New South Wales



## Commitment to Youth and Social Justice

Her Excellency the Honourable Margaret Beazley AC KC is the 39th Governor of New South Wales, commencing her five year tenure on 2 May 2019.

Prior to her appointment as Governor, Her Excellency enjoyed a long and distinguished law career spanning 43 years, during which time she served as a role model for women in law at both the state and national level.

Her Excellency brings her deep commitment to education, youth leadership, human rights and social justice to the role in service of the people of New South Wales.



## From the Chair Will Martin

Like my father, Sir David Martin, the Foundation remains dedicated to the belief that every young Australian deserves safety, hope and opportunity. The programs we support continue to be a source of hope and empowerment for young people struggling with addiction and adversity.

Our Strategic Plan 2021-2025 saw considerable progress in FY2023 with the expansion of Aftercare through Youth Network. My sincere gratitude to all our supporters who believed in this initiative, and to Mission Australia for being our partner. We look forward to sharing the evaluation results in 2025.



## From the CEO Helen Connealy

Thanks to the generosity of our donors, we continue to be the major philanthropic partner of Mission Australia's Triple Care Farm. In FY2023 we expanded our reach to help more young people in crisis at four locations across Australia. We welcomed new partners and heard different stories from the young people we are helping, the challenges, the disappointments but overall, the hope.

We have grown stronger with our committed Youth Advisory Group, informing management on key issues for young people. These generous members volunteer their time and add huge value to what we do.

My thanks to our Board of Governors who direct and bring strategic guidance to our work. This year we conducted an evaluation of our Operations and Governance to ensure our 33-year-old family foundation is well placed for the future. We are currently working on the 2025-2030 strategy. I'd like to thank two retired governors, Shah Rusiti and Yvonne Korn. Shah brought legal expertise vital for our constitutional reviews and Board charter and was a highly valued voice. Yvonne's background in Government was invaluable during the set-up of David Martin Place and we benefited from her continued insights. Thanks to Shah and Yvonne from all of us for their commitment and generosity.

We also welcomed new Governor, Anthony Cheshire, Senior Counsel and longstanding Foundation supporter. His strategic understanding of the justice system will be a great asset as we continue our mission.

I am so grateful to our supporters and small but mighty team. The young people we help need us all to continue, strongly as a community.

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Celebration, one of our deeply held values, was pivotal during key events this year, including the opening of a new Triple Care Farm campus, Walawaani in Batemans Bay NSW, and the incredible Connect for Youth pitch and pledge event, supported by The Funding Network and the ASX which raised significant funds for our cause. The 5th anniversary of David Martin Place Withdrawal Centre was more special as it now helps young people to progress into both Triple Care Farm rehabilitation programs. The graduates are an inspiration to us all.

The value I have seen most this year has been Generosity - of gifts from our donors; of spirit of our young people; of time of our volunteer committees and Board; of trust from our partners; and of commitment from our staff.

This collective and collaborative approach is transformative, and I look forward to working towards positive change together.

# OUR HISTORY

Sir David Martin Foundation is a family foundation, dedicated to helping young people in crisis.

Founded by Lady Martin, honouring the vision of her late husband, Sir David Martin, of 'safety, hope, and opportunity,' we believe that young people have the capacity to make sustained, positive change, when given the appropriate support.

During his time as Governor of NSW, in a heartfelt address to the Australia Day Council of New South Wales, Sir David expressed his profound concern for the nation's young people:

**"...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. That's a big mess to clean, but we shouldn't have let it get so fouled up. Every one of us has to try harder to bring all children up properly and prepare them to inherit Australia from us. These children are our most important assets for Australia's future, yet we are carelessly squandering those assets...."**

In his time as Governor, Sir David had witnessed many young people caught in the destructive world of drugs, alcohol, homelessness and abuse. As he faced his cancer diagnosis, he wanted to leave a legacy that would give these young people a brighter future.

**Since 1990, the Foundation has focused on helping young people in crisis. We have:**

- ✔ Helped over 3000 young people get well.
- ✔ Raised over \$70 million for youth addiction programs.
- ✔ Funded best practice models of treatment for young people with drug and alcohol addiction.
- ✔ Established the first Youth Withdrawal Centre in NSW.
- ✔ Launched Youth Network, a nationwide expansion of aftercare to keep more young people well, after treatment.



**"All of us should stand up for what we believe in, and should influence others to do the same."**

**– Sir David Martin**





# WHAT WE DO

Sir David Martin Foundation is the major funder of Mission Australia's Triple Care Farm, a unique youth-specific addiction treatment centre which gives Australians, aged 16-24, a safe place to get well and prepare for new opportunities. Here, young people are given a personalised approach to help them on their recovery journey.

We support programs that offer a health and holistic approach to youth addiction. This includes withdrawal, residential rehabilitation, and aftercare. These programs provide a safe place for young people to get well, prepare for new opportunities, and create a lasting change in their lives.

The Triple Care Farm model of treatment is based on harm minimisation and personalised care, where young people can address the issues that are impacting on their ability to live.

Treating addiction requires a national strategy to address the complex landscape of youth addiction and reach every young individual in need. The Foundation aims to collaborate and be a catalyst for change.

Together, with our partners, stakeholders, and the broader community, we aspire to build a brighter future for vulnerable young people, filled with safety, hope and opportunity.

## Vision

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

## Mission

To help young people in crisis by enabling best practice models of treatment for youth drug and alcohol addiction.

## Values

Respect, Compassion, Generosity, Impact, Celebration.

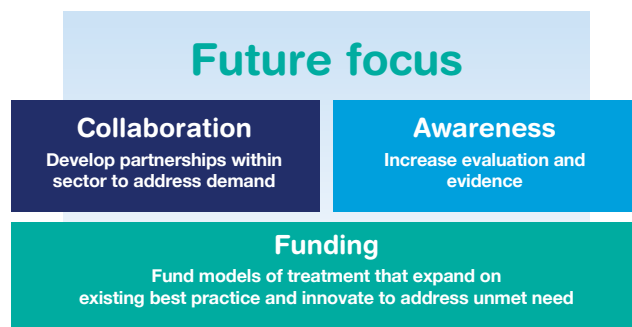


Lady Martin, Foundation Staff and Youth Advisory Group members.



# OUR 2025 STRATEGY

Our strategy is to support and build pathways for more best practice models of treatment for youth drug and alcohol addiction.



## 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

## The way forward

In response to the Evolve report recommendations, we have launched Youth Network, an expansion of aftercare. This expansion is driven by our desire to reach more young people in need, to share knowledge of best practice, to inform and inspire others to help this often-misunderstood group.

By 2025 we aim to have a network of youth workers across the nation – expanding aftercare to help thousands of young people connect with education, employment, and their community. In partnership with Mission Australia, we will initially add to existing youth drug and alcohol programs that desperately need our help and then expand to other youth partnerships.

While we take on this pioneering goal, we will also continue to do what we know works well – enabling best practice models of treatment for young people with drug and alcohol addiction through our funding of Triple Care Farm.

We aim to de-stigmatise youth addiction and break down barriers for young people (and their loved ones) seeking help early. To do this we are ramping up our efforts to raise awareness of youth addiction and advocate on important social issues that contribute to factors which often lead to young people mis-using drugs and alcohol.

# IMPACT SNAPSHOT

From January to December 2022, most young people presented with mental health issues and a range of comorbidities on arrival at Triple Care Farm.

**Number of young people through the Triple Care Farm programs in 2022**

**79**  
Withdrawal

**68**  
Residential Rehab

**71**  
Aftercare

Identity of Young People	Withdrawal Service 2022	Residential Rehab 2022
Aboriginal and Torres Strait Islander	11%	10%
Cultural and Linguistic Diversity	9%	6%
Male	57%	56%
Female	39%	40%
Non-binary	4%	4%
Average age	20 years	20 years

Presentations on Intake	Withdrawal Service 2022	Residential Rehab 2022
Substance misuse	100%	100%
Polysubstance misuse	95%	91%
Mental health issues	95%	93%
Hospital admissions (previous 6 months) for mental health/ alcohol and other drugs	47%	17%
Family breakdown	65%	84%
Family history of substance misuse	83%	91%
Suicidal ideation (previous 6 months)	73%	56%
Suicide attempts (previous 6 months)	8%	19%
Unemployment	73%	84%
Experienced homelessness (ever)	56%	56%
Problematic gambling	11%	19%



## Impact (across all programs)



**99%**  
reduction in chronic  
substance use



**88%**  
decrease in suicide attempts



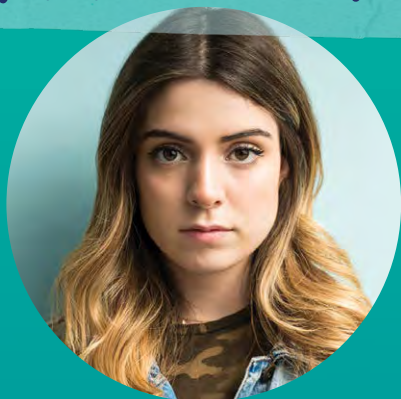
**78%**  
in stable housing



**78%**  
engaged in education  
and employment, and others  
actively seeking



# ANNIE'S STORY



Experiencing relapse can be very discouraging for young people struggling with addiction. But with the ongoing help and care that Triple Care Farm offers, they don't need to navigate these challenges and obstacles alone.

Annie\* had first attended the Farm two years previously. At the time, she was the full-time caregiver for her mum and wanted to get sober for her sake. She learnt so much in the program, including working through trauma, better understanding herself and gaining life skills.

At the completion of her time in residential rehab, Annie felt she had made a solid recovery and, with the support of her Aftercare worker, was able to continue caring for her mother.

Then suddenly and tragically, Annie's mum passed away.

At first Annie thought she was doing fine and managing her grief, but then everything came crashing down. Her mother's death became a major trigger for her to turn to alcohol and the familiarity of the release it gave her, as she struggled to cope.

*"I was sober for a while, but then it all hit me. And then I relapsed and I was not in a good place,"* she said.

Fortunately, Annie was able to contact the Aftercare worker she had known from her first time at Triple Care Farm. Despite completing her Aftercare two years earlier, the staff member was quick to act and helped Annie apply to the program.

*"He was still there when I needed him even though it wasn't his job anymore",* she reflected.

The genuine support that the staff members demonstrate is what Annie likes the most about the program.

*"It feels a bit like a second family. Coming back in and seeing all the workers that were here last time made me feel safe."*

There was no shame or judgement when Annie experienced relapse, as the staff know that the recovery journey is complex and individual. Triple Care Farm is a safe place for change.

Annie realised that this time - being at Triple Care Farm, she wanted to recover for herself and not for anyone else. She knew she hadn't been ready before. Working with her counsellor, she has grown and developed her own self-worth and confidence in her ability to be free from addiction.

With her time in the program ending, Annie and her Aftercare worker are busy making plans for the next six months, including applying to study youth work at TAFE. Annie is so grateful for the help she received and armed with her lived experience, she knows she can help other young people.

\*Name changed for privacy; stock image used.

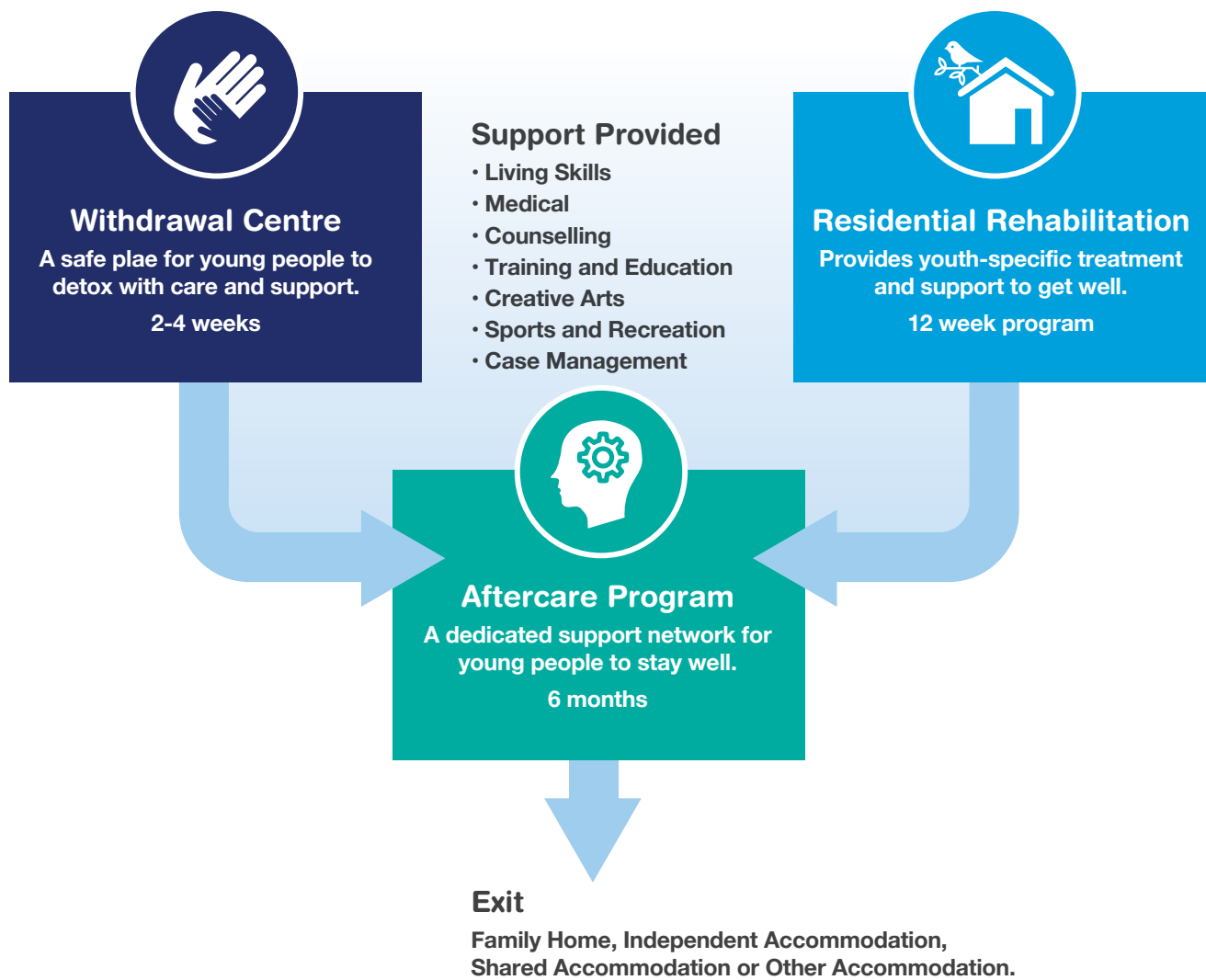


# TREATMENT MODELS

The Foundation is the major funder of Mission Australia's Triple Care Farm, a unique addiction treatment centre which gives vulnerable young Australians, aged 16-24, a safe place to get well and prepare for new opportunities.

The youth specific treatment model at Triple Care Farm includes:

- Residential Withdrawal
- Residential Rehabilitation
- Aftercare



# TYLER'S STORY



Tyler grew up in a fractured household and experienced frequent family violence. Like many teenagers, he experimented with drugs and alcohol, and would often use them as a way to escape his everyday life. *“I tried almost anything that would take me away from reality,”* says Tyler.

Just after his 17th birthday, Tyler’s relationship with his girlfriend broke down, and things quickly changed. *“I already had some drug and alcohol problems,”* says Tyler *“When I had a big relationship break up, things spiralled out of control and my addiction led me to being kicked out of home.”*

Tyler was struggling to survive from one day to the next, using drugs to numb his pain, but things only got worse. *“I got arrested, spent some time in a psych ward,”* Tyler recalls. *“My health suffered so much and it hurts to remember how much I upset my friends and family.”*

After a doctor recommended the youth-specific Withdrawal program at David Martin Place, Tyler gathered all his courage and reached out for help. *“It felt like a really big deal and a massive commitment to make,”* says Tyler. *“But I made the first call and that was the hardest part.”*

While young people like Tyler are anxious and unsure of what life will be like without drugs and alcohol, the Withdrawal program offers practical help and vital hope. *“Withdrawal is hard both physically and psychologically, so we are constantly engaging with young people to discuss their withdrawal management and ask them what would be needed to make their journey easier and help them continue,”* says Caroline, a nurse at David Martin Place.

With 24/7 nursing care, physical withdrawal is closely monitored and can take anywhere between 3-14 days. During their stay, young people are supported to begin healing and turning their minds to a future free from drug and alcohol use.

*“On day one I didn’t know what I wanted to achieve, what my goals were – I couldn’t really picture a future for myself,”* says Tyler.

*“But as I went through the physical detox process, I worked with my counsellor on my goals and they became clearer and clearer. I had the space, the time, and the support to define that future and plan things out so I would be ready to start the Residential Rehabilitation program and then start my new life.”*

After Tyler completed the Withdrawal and Residential Rehabilitation programs at Triple Care Farm, he also participated in the six-month Aftercare program to support his successful return to the community. Slowly but surely, he’s been creating the life he wants for himself. Following his passion for music, he recently completed his diploma from the Australian Institute of Music and secured a full-time position in a guitar store, taking on a range of management tasks including running the teaching program.

\*Name changed for privacy; stock image used.



# WITHDRAWAL

**Mission Australia's Triple Care Farm residential withdrawal facility (David Martin Place) provides young people short-term medical and psychological care to safely detox, manage the physical symptoms of withdrawal, and develop an individual treatment plan.**

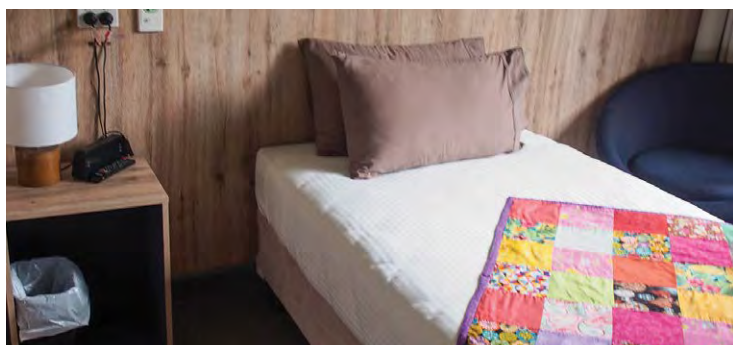
The Withdrawal program at Triple Care Farm's David Martin Place is 24/7 youth-specific medical detox facility. The program supports young people in a safe, secure and encouraging environment to give them the best chance of long-term success.

Many adult detox facilities aren't appropriate for young people. They don't provide the support young people need to recover, particularly those with underlying mental illness, exposing them to more trauma. Adult facilities don't address the reasons why young people begin using in the first place or equip them with the tools needed to break the cycle of addiction.

Unlike conventional adult facilities, David Martin Place is purpose-built to meet the specific needs of young people. The withdrawal process can be daunting, but David Martin Place ensures that young people have choices and access to the treatment option that best meets their needs.

*"The drug use pandemic in young people is getting worse and the trauma these children suffer is unimaginable," says Caroline, a nurse at David Martin Place. "We can help them start their journey away from drugs and alcohol and help them through to the next stage."*

Programs that provide choices for young people to access the treatment option that best meets their needs are proven to achieve better outcomes.





# LYNDALL'S STORY



At just 23 years old Lyndall embarked on a life-altering journey when she entered the Residential Rehabilitation program at Triple Care Farm. Initially hesitant and unsure of her decision, Lyndall's journey towards recovery proved to be a transformative experience. Her story is a testament to the power of resilience, and the possibility of a brighter future.

Raised in a turbulent home environment, Lyndall sought solace in unhealthy coping mechanisms, unaware of the grip addiction had taken on her life, and contributing to her battle with depression and suicidal thoughts. It was the concern of others - friends and healthcare professionals, that ultimately convinced her to seek help for her alcohol addiction. Reluctant at first, Lyndall eventually decided to take a chance on Triple Care Farm.

Stepping into the program, she felt a mixture of fear and anticipation. However, it was also a beacon of hope, an opportunity for a fresh start away from the tumultuous life she had experienced.

During her time at the Farm, Lyndall learned crucial lessons. She discovered the value of embracing stillness and self-reflection, learning to sit with herself without relying on external distractions like alcohol. The space provided by the Farm and the absence of alcohol allowed her to find inner peace and heal from within.

Equally important, Lyndall realised the power of asking for help. In the supportive environment, she learned that reaching out to others was not a sign of weakness but a strength. The presence of caring individuals, including her Aftercare worker Linda, gave her the reassurance that she was not alone on her recovery journey.

Reflecting on her experience, Lyndall described it as *"Powerful. Transformative. Not like any other experience."* Her advice to others considering seeking help was straightforward yet profound:

*"It will probably be one of the scariest and confronting things you ever do, but it'll be the best thing you ever do, and you'll be better off for it."*

Lyndall's story shows the transformative power of resilience and compassionate care. Her journey of self-discovery at Triple Care Farm serves as a beacon of hope for those facing similar struggles. *"It's given me a chance at life that I never would have had otherwise, and it has truly changed the direction of my whole life,"* shared Lyndall.

With newfound hope and determination, Lyndall is ready to embrace a future brimming with possibilities.

\*Name changed for privacy; stock image used.



# RESIDENTIAL REHAB

**Mission Australia's Triple Care Farm is a Residential Rehabilitation program providing onsite treatment and support youth drug and alcohol addiction. Over course of 12 weeks, young people are empowered with the tools they need to turn their lives around.**

Sir David Martin Foundation is the major funder of Mission Australia's Triple Care Farm, aiming to give vulnerable young people a safe place to get well and prepare for new opportunities.

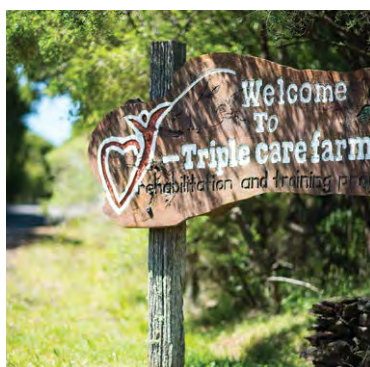
The youth-specific drug and alcohol residential rehabilitation helps 16-24 year olds to overcome addiction and develop skills to find their independence in the community. Through Triple Care Farm and the individual's commitment, **young people's lives are saved – moving from a high risk of suicide to hope for a brighter future.**

The program provides treatment and support for addiction and mental health issues, as well as opportunities for young people to gain useful skills for their future. By re-engaging with education and building job and living skills, they are better placed to be independent, find employment or go on to do further study.

Students are also offered Art and Music Therapy, allowing them to explore their creativity and self-expression as well as, fitness training during their stay. Students have access to a fully equipped gym, a basketball court and healthy, leisure activities such as table tennis.

We support young people to experience long-term changes, empowering them to live fulfilling and self-sufficient lives.

**Triple Care Farm supports young people to experience long-term changes, empowering them to live fulfilling and self-sufficient lives.**



To whom it may concern

Since joining the Aftercare Program with Natasha as my Aftercare Worker, I have been able to set goals for myself and actually achieve the small ones, and I'm heading in the direction of achieving some of the bigger goals.

At the start of the program Natasha held a meeting with myself and others and made referrals for me for a psychologist, alcohol and drug counselling, and joined me up as a member of the PCYC gym. I needed all of these supports to help me work on myself, stay on track, and start giving back to the community.

It was a better option than what I had experienced earlier in the year, being locked up, with a substance use problem and serious charges hanging over my head. I hope those that I have impacted can forgive me, including my family, for what I have put them through.

I have since volunteered for two months at a cafe, with Project Youth, and have recently been offered a part-time, permanent position with that cafe. I am so grateful. It has been a tough year with strict bail conditions, but I feel now, I am moving forward with support and confidence, to improve my life and make better choices.

The Aftercare program has started that for me. I know there may be obstacles along the way, and I hope if and when I need to, I can use what I have been taught to keep on top of things. I'll keep working on myself.

I'm excited for what's ahead of me.

Thank you, Natasha.

Daniel





# AFTERCARE

**The Aftercare program provides one-on-one support and guidance to young people who have completed the residential Withdrawal and Rehabilitation programs at Triple Care Farm as they return to the community.**

Aftercare is recommended as an effective program and is fundamental to young people's ongoing health and wellness and helps set them up for a better future. For six months, the young person has access

to a youth worker to support their connection with family, community, re-engagement with education and preparation for employment opportunities.

The launch of the **Youth Network** initiative by Sir David Martin Foundation was driven by an urgent demand to reach more vulnerable young people with drug and alcohol addiction and break the cycle of addiction.



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 rolling out initially across four existing residential rehab sites in Australia.

By 2025 we aim to have a network of youth workers across Australia to facilitate the expansion of aftercare, a six-month wraparound support program to help young people live safely back in the community after completing residential treatment programs.

This expansion will offer more young people lifesaving care and support during their recovery journey. **Youth Network** will also foster sharing of best-practice knowledge, informing and inspiring others to help this often misunderstood and harshly judged group of vulnerable young people.

# YOUTH NETWORK

In partnership with Mission Australia



## 📍 Triple Care Farm - Robertson, Southern Highlands, NSW

Triple Care Farm is a youth drug and alcohol program offering withdrawal, rehabilitation and aftercare support to 16-24 year old Australians.

This program encompasses medical care, psychosocial skills development, counselling, case management, and vocational education training. Participants also gain essential life skills and the ability to navigate the challenges of finding employment and securing housing.

**Age range:**

16-24

**Length of programs:**

Up to 1 month Withdrawal and 3 months Rehabilitation

**No of beds:**

28 across Withdrawal and Rehabilitation

**Referrals:**

Health, NSW Youth Justice and voluntary via Foundation website

**Program activities:**

- Medical care and Psychosocial skills
- Counselling and Case management, with access to ongoing medical care
- Vocational Education Training on site, literacy, numeracy and computer skills, personal development, employment preparation with TAFE courses
- Life skills, learning to be independent and navigate applications and housing contracts



## 📍 Drug and Alcohol Youth Service (DAYS), East Perth, WA

The Drug and Alcohol Youth Services (DAYS) is an Integrated Service, offering a multidisciplinary approach in supporting young people to access alcohol and other drug (AOD) treatment options.

Provided as a partnership between Mission Australia and Next Step Drug and Alcohol Services, DAYS provides a community-based outpatient service, a short stay Youth Withdrawal and Respite service and a longer stay Residential Rehabilitation service.

**Age range:**

12-21

**Length of programs:**

Up to 3 months

**No of beds:**

8 Withdrawal, 10 Residential Rehab

**Referrals:**

Referrals are received from a number of sources such as other AOD services such as Community Alcohol and other Drug services (CADS), hospital emergency departments, mental health services, court assessment and treatment services, juvenile justice officers, the Department for Communities, Parents and Client self-referral.

**Program activities:**

- Comprehensive assessment & Case management
- Individual counselling and Clinical Psychology Services
- Medical assessment and review
- Parent and family counselling and Aboriginal mentoring
- Opiate and alcohol pharmacotherapy and alternate therapy





## Mac River Centre Rehabilitation, Dubbo, NSW

Mac River Centre is an intensive youth-specific 8-bed residential rehabilitation program in Central West NSW. It provides trauma-informed and culturally safe support for three months to young people aged 13 to 18 with a history of significant substance use and offending behaviour. This helps them make positive changes in a supportive safe environment to overcome their drug and alcohol addictions and reengage into the community.

The Centre has an onsite pool, school room, gym, cultural garden with yarning circle, vegetable garden and a whole football oval. Mac River is based on 50 acres of land 20km out of Dubbo which adds to a home-like relaxing atmosphere.

**Age range:** 13-18 mostly Aboriginal and Torres Strait Islander

**Length of programs:** 3 months

**No of beds:** 8 beds

**Referrals:** NSW Youth Justice after withdrawal at a hospital

**Program activities:**

- Living Skills and risk factors to offending
- Family connection and relationship building
- Counselling and Case management, with access to medical care
- Aboriginal and Torres Strait Islander liaison officer
- Vocational Education Training on site, literacy, numeracy and computer skills, personal development, employment preparation 4 days per week



## Triple Care Farm - Walawaani, Bateman's Bay, NSW

Based on the Triple Care Farm model, this facility opened in February 2023. The 10 bed residential rehabilitation program provides 12 weeks of treatment and support for addiction and mental health issues for young people 16-24.

This new facility is based on 17 acres of bushland and is a space where youth in crisis can be nurtured through rehabilitation and given the best chance to break the cycle of addiction. Over the course of 12 weeks, young people receive medical care and psychosocial support, counselling and case management as well as living skills and vocation and educational training.

**Age range:** 16-24

**Length of programs:** Up to 3 months

**No of beds:** 10

**Program activities:**

- Medical care and Psychosocial support
- Counselling and Case management, with access to ongoing medical care
- Vocational Education Training on site, literacy, numeracy and computer skills, personal development, employment preparation with TAFE courses



## Junaa Buwa! Centre for Youth Wellbeing, Coffs Harbour, NSW

Junaa Buwa! is an intensive residential rehabilitation program providing a safe place for change for young people who are clients of juvenile justice and whose established use of alcohol and other drugs places them at risk of significant harm. We provide holistic residential rehabilitation and treatment for 12 weeks followed by aftercare in communities for a 3 months.

**Age range:** 13-18 (60% Aboriginal and Torres Strait Islander)

**Length of programs:** 3 months

**No of beds:** 8

**Program activities:** Holistic residential rehabilitation, manage problematic behaviours, improve life skills and interpersonal skills, learn alternative habits to develop personal resilience and confidence. Build social networks.

# ADVOCACY

Stigma, judgement and misinformation are major roadblocks to young people and their families seeking help for drug and alcohol addiction. Together, by starting important conversations and breaking down some of the misconceptions about youth addiction, we can help remove these barriers and empower young people to seek help.

The World Health Organisation ranks substance addiction as the world's most stigmatised health condition. Around one third of Australians with problematic alcohol and drug use never seek help, with 37.5% of this group under the age of 30.

Compared with the social cost associated with harmful alcohol and drug use, Australia's investment in treatment is relatively small. Through advocacy we want a greater awareness and destigmatise youth addiction in Australia.

## Youth Advisory Group

We believe in the power of youth voices to shape a brighter future. We are incredibly proud to work with our exceptional Youth Advisory Group. This remarkable team of young change-makers bring not only their boundless passion but also their invaluable lived experiences to the heart of the Foundation. With their fresh perspectives and unwavering commitment, they are poised to create real change for our organisation and the wider community.

We extend our heartfelt gratitude to each member of our Youth Advisory Group for their support. Their belief in the importance of youth engagement and empowerment is instrumental in making our shared vision a reality. Together, we can uplift and amplify the voices of young people, nurturing a world where their dreams, aspirations, and contributions are celebrated.



– Maddy Forde, Youth Advisory Group Member



"...I felt like I was surrounded by people who were caring, that you were in a caring place. There was a sense of kindness, that people wanted to help you..."



# COMMUNITY & EVENTS

Thank you so much to all of our incredible supporters for celebrating with us this year.

Supported by the **Georges River Council**, the **Kogarah Quilters** generously donated 22 quilts this year to **David Martin Place Withdrawal Centre**. Often, young people entering the centre arrive with little in the way of possessions, and these quilts have

been a warm and welcoming gesture at a time when young

people are beginning their treatment and recovery and are feeling anxious and unwell.

The young people then have the opportunity to take the quilt home with them when they graduate.



## 2022 Triple Care Farm Graduation Ceremony

After several years of students and staff managing ongoing COVID lockdowns, the young people were rightfully honoured this year in person, with family and friends present.

This year the event was held in the basketball shed – transformed into a warm and welcoming venue by staff and students so we could celebrate the incredible achievements made by the students during the year, highlighting the participation in education and learning. The young people shared their difficult yet courageous stories and many earned a Lady Martin Scholarship to help with independent living, upon leaving the Farm.

## Donor Thank You Event

In November, over 40 of our generous supporters attended our annual **Donor Thank You Function** at **Pendal Group's** beautiful Sydney city office. Lady Martin and members of our Youth Advisory Group mingled with guests, sharing updates and news on the year that had passed. Helen Connealy, welcomed guests and Anna Beaumont presented the results of the **2022 Annual Report**, showing the impact that **David Martin Place** and the Triple Care Farm programs have made for young Australians in a difficult year.

## Christmas at Government House

Lady Martin was included in a **Christmas Reception at Government House**, the beautiful heritage listed building set in Sydney's Royal Botanic Garden. Our patron, **Her Excellency The Honourable Margaret Beazley AC KC**, Governor of NSW and Mr Dennis Wilson, generously hosted the reception and opened the house and garden to say thanks to people and organisations who are giving back.



## Official Opening of Batemans Bay Facility

In February Foundation staff, donors, and the Martin family attended Mission Australia's official opening of **Walawaani**. Based on the Triple Care Farm model, the program aims to help young people, aged 16 to 24, manage their recovery from alcohol and drug addiction. With a 10-bed capacity, more young people can get the opportunity to break free from the cycle of addiction in a supportive, effective

environment. Sir David Martin

Foundation supports the Triple Care Farm Walawaani campus by funding a full-time qualified Aftercare worker, as part of our national Youth Network.





## David Martin Place Recognition Board

We were excited to be able to publicly acknowledge our current

supporters and the wonderful donors who have left Sir David Martin Foundation a gift in their Will, by including their names on our new Donor Recognition Plaques proudly displayed on the exterior wall of David Martin Place Withdrawal Centre at Triple Care Farm. We extend our sincerest thanks to all our donors who make this possible. We couldn't do it without you.

## Celebrating 5 Years: David Martin Place

It's hard to believe that five years have passed since David Martin Place Withdrawal Centre opened its doors to young people seeking safe and age appropriate detox from drugs and alcohol. Since opening in 2017, hundreds of young people have been given the opportunity to withdraw safely, with care and love, among people their own age.



## Connect for Youth 2023

Passionate speakers and generous supporters came together again to create an electrifying atmosphere at our annual crowd funding event **Connect for Youth**, powered by **The Funding Network**. Nearly a hundred guests attended at the ASX in Sydney on the evening of June 20th. ABC Sydney Breakfast presenter, James Valentine introduced our three inspiring speakers: **Lincoln Pullin, Jess Pereira, and Amanda Graham** to represent each of the three youth programs we support: Withdrawal, Residential Rehabilitation, and Aftercare programs and share their powerful stories and insightful perspectives of addiction and the need for youth-specific treatment provided by Triple Care Farm.

Our sincere thanks to all those who supported this great fun event.

## Meeting of the Minds: Youth Advisory Group

The enthusiasm and dedication displayed by our Youth Advisory Group during a two-day meeting in June 2023 demonstrated the transformative potential of this cohort. With their fresh perspectives and unwavering commitment, they are poised to create real change both for our organisation and the wider community.



Will Martin, Anna Beaumont, Sandy Di Pietro.

# THANK YOU TO OUR SUPPORTERS

## Philanthropic Partners



Maple-Brown Family Foundation

Andrew Pratten Charitable Trust

## Corporates, Major Donors, Trusts and Foundations

David Adams

Adolph Basser Trust

Almgren Family

S P Breathour

Broinowski Foundation

Norman Brunsdon

Helen Connealy

Corio Foundation

Doc Ross Foundation

Douglas Scott Foundation

Peter Evans

Deborah Foster

Murray Freeman

Janet Grimsdale

Gina Grubb

Roger Halstead

Tony & Gail Hirst

Patricia Ho

Arthur Inglis & Pixevity

James N Kirby Foundation

Kangarooby Farm

Karen & John Kightley  
Foundation

Kingston Sedgfield (Australia)  
Charitable Trust

Carolyn Lyons

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Andrew & Emma Maple-Brown

MA Foundation / Amy & Julian  
Biggins

Matana Foundation for Young  
People

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Michaela Arnott Foundation

Mark Monk

David & Margaret Mullen

Mundy Family Charitable  
Foundation

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Jacqueline and Justin Playfair

Prescott Family Foundation

Rodwell Foundation

Shaw & Partners Foundation

Jann Skinner

Skipper Jacobs Charitable  
Trust

Smartgroup Foundation

Spinifex Trust

Steadfast Foundation

Jeremy Stoljar

Anthony Sweetman

Todd Family Foundation

Vernon Foundation

A N Wales AM & Mrs G Wales

Warrington Charities Pty Ltd

Woodend Foundation

Woods5 Foundation

Robin Yabsley

*...and many generous  
anonymous donors*



## Community & Event Partners

Royal Motor Yacht Club

Royal Australian Navy

RAN Sailing Association

Lions Club of Minnamurra Inc

Kogarah Quilters

The Funding Network

Australian Securities Exchange (ASX)



## Bequests

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

Estate of the late Joan Marie Elliston

Estate of the late Nessie D Wilding

Estate of the late Dr Alan Williams

Estate of the late Raymond Sharp AO RFD, ED

Estate of the late Jeanette Macpherson French

Estate of the late Peter Hurford

Estate of the late Heather I Emerton



# FINANCE REPORT

INCOME	FY23	%	FY22	%
Fundraising appeals	364,801	10%	333,433	13%
Fundraising events	147,335	4%	188,720	7%
Major Gifts, Trusts & Foundations & Corporates	2,358,173	63%	2,310,247	89%
Bequest and legacy income	79,384	2%	112,792	4%
Community & Regular Giving	137,766	4%	138,062	5%
<b>FR Subtotal</b>	<b>3,087,459</b>		<b>3,083,254</b>	
<b>Other Income</b>	0	0%	0	0%
Net finance income	658,375	18%	-490,771	-19%
<b>Total</b>	<b>3,745,834</b>	<b>100%</b>	<b>2,592,483</b>	<b>100%</b>

DISTRIBUTION AND EXPENSES	FY23	%	FY22	%
<b>Program Funding</b>	3,878,297	104%	3,346,477	129%
Provision for future program funding	-1,383,409	-37%	-1,794,803	-69%
Expenses related to fundraising and administration	1,250,946	33%	1,040,809	40%
<b>Total</b>	<b>3,745,834</b>	<b>100%</b>	<b>2,592,483</b>	<b>100%</b>

EXPENSES RELATED TO FUNDRAISING AND ADMINISTRATION	FY23	%	FY22	%
<b>Personnel</b>	786,170	63%	630,257	61%
Direct Fundraising, events and marketing	257,349	21%	208,262	20%
Admin	207,427	17%	202,291	19%
<b>Total</b>	<b>1,250,946</b>	<b>100%</b>	<b>1,040,809</b>	<b>100%</b>

FUNDRAISING DIRECT COSTS TO FUNDRAISING INCOME RATIO	FY23	%	FY22	%
	<b>8.3%</b>		<b>6.8%</b>	



# BALANCE SHEET

<i>in AUD</i>	2023	2022
<b>Assets</b>		
Cash and cash equivalents	132,677	433,813
Trade and other receivables	58,734	72,621
Investments	8,470,567	8,627,337
<b>Total current assets</b>	<b>8,661,978</b>	<b>9,133,771</b>
Trade and other receivables	-	-
Total non current assets	-	-
<b>Total assets</b>	<b>8,661,978</b>	<b>9,133,771</b>
<b>Liabilities</b>		
Trade and other payables	1,233,623	317,955
Employee benefits - provision for annual leave	40,771	45,174
Total current liabilities	1,274,394	363,129
Employee benefits - provision for long service leave	5,033	4,682
<b>Total non-current liabilities</b>	<b>5,033</b>	<b>4,682</b>
<b>Total liabilities</b>	<b>1,279,427</b>	<b>367,811</b>
<b>Net assets</b>	<b>7,382,551</b>	<b>8,765,960</b>
<b>Equity</b>		
Settled sum	10	10
Accumulated surplus	7,382,541	8,765,950
<b>Total equity</b>	<b>7,382,551</b>	<b>8,765,960</b>

# 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.

## Board of Governors

The Governors of the Trust, who held office during the financial year were:

Captain Will Martin RAN (Rtd) – Chair of Board of Governors	Paul Hennessy
Lady Martin OAM – Founder	Yvonne Korn (retired Nov 2022)
Anthony Cheshire SC (joined Feb 2023)	Saskia Lo
Peter Evans	Jason Millett
Annalie Davies	Shah Rusti (retired Feb 2023)
	Andrew Sharpe

## Foundation Staff

Helen Connealy – CEO	Anna Beaumont – Philanthropy Manager
Anna Alexander – Individual Giving Manager	Olivia Carney – Fundraising Coordinator
Jennifer Ball – Marketing Communications Manager	Jenny Leahy – Philanthropy Officer

## Youth Advisory Group

Lucy Stronach – Chair	Lincoln Pullin
Christopher-John Daudu	Sarah Ramantanis
Maddy Forde	Sarah Ticehurst
Jessica Pereira	Corey Tutt OAM
	Harrison Waterworth



# GET INVOLVED



## Make a donation

Donate and help young, vulnerable Australians break the cycle of addiction and have hope for a brighter future.



## Join our regular giving program

Making a regular monthly donation provides consistent and ongoing support, enabling us to commit to long-term projects that align with our vision.



## Become a corporate partner

Encourage your company to partner with us or ask about starting a workplace giving program to give back.



## Leave a gift in your will

Leaving a gift in your will to Sir David Martin Foundation ensures a lasting impact on the lives of young Australians in crisis.



## Start a fundraiser

Whether you walk, swim, run, or bake, challenge yourself to get involved and raise funds for young people in crisis.



## Share your story

By sharing our stories, we find common ground and an opportunity to connect. If you feel comfortable, we'd love to hear your story.



Donate here



Contact us



## CONTACT US

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

Call: (02) 9219 2002

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



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.