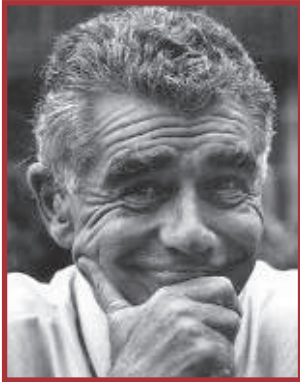


Impact & Outcomes Report August 2019

David Martin Place Withdrawal Centre



Introduction



Sir David Martin Foundation, a family foundation helping young people in crisis, will be 30 years old in 2020.

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 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.

Strategy:

To support and build pathways for more best practice models of treatment for Mission Australia 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 by enabling best practice models of treatment for youth drug and alcohol addiction

Values:

Respect | Compassion | Generosity | Impact | Celebration

Sir David Martin Foundation & Mission Australia

Celebrating the partnership

^{SIR}
david martin
FOUNDATION

MAJOR
PHILANTHROPIC
PARTNER OF

MISSION
AUSTRALIA

Sir David Martin Foundation is dedicated to funding much needed
Mission Australia youth drug and alcohol programs.

**This partnership has enabled a best
practice model of treatment for young people
with drug and alcohol addiction.**

Best practice model of treatment at Triple Care Farm

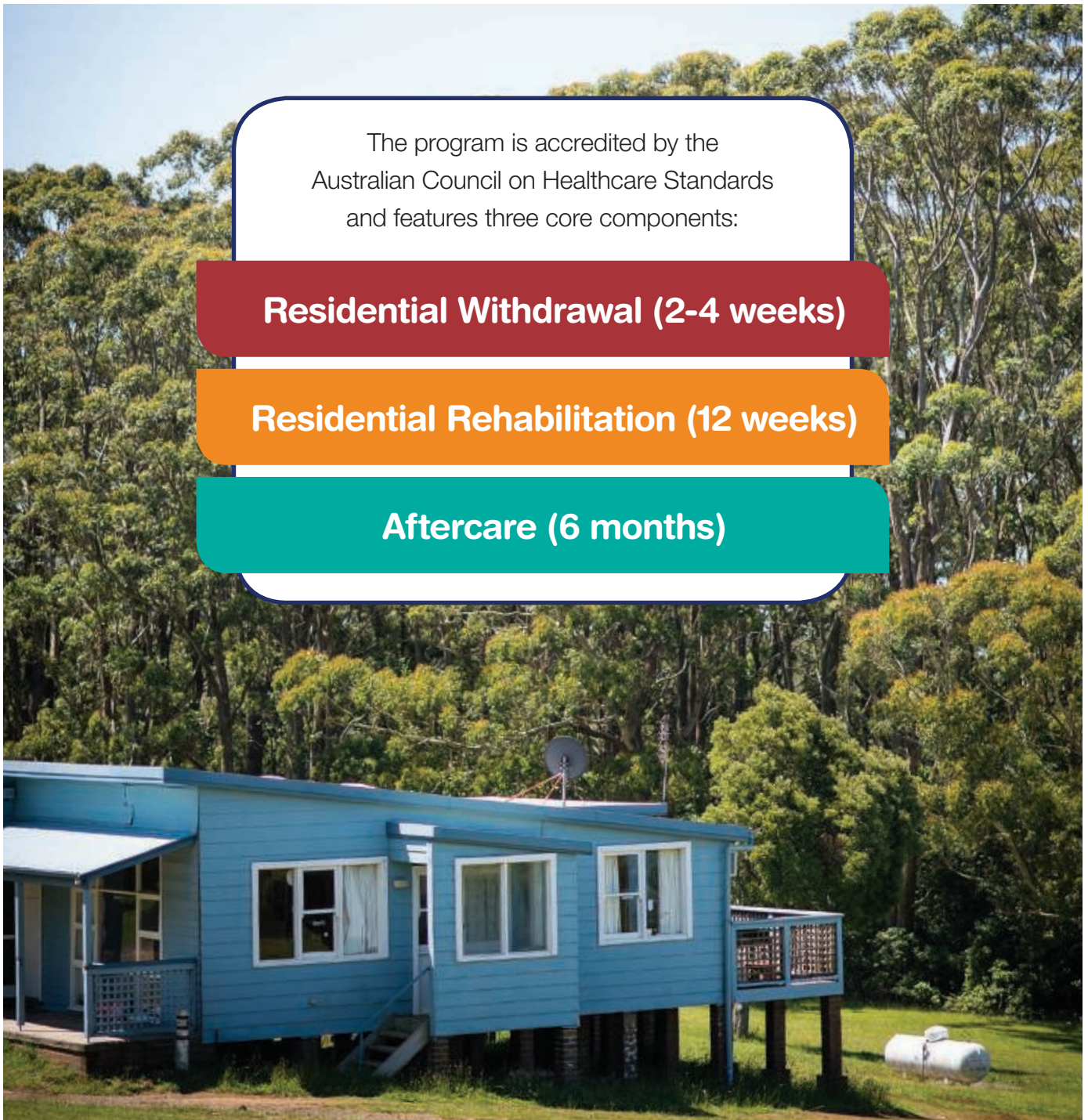
Mission Australia's Triple Care Farm is a unique, holistic treatment centre which each year gives over 200 vulnerable young Australians, aged 16-24, a safe place to get well and prepare for new opportunities.

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

Residential Withdrawal (2-4 weeks)

Residential Rehabilitation (12 weeks)

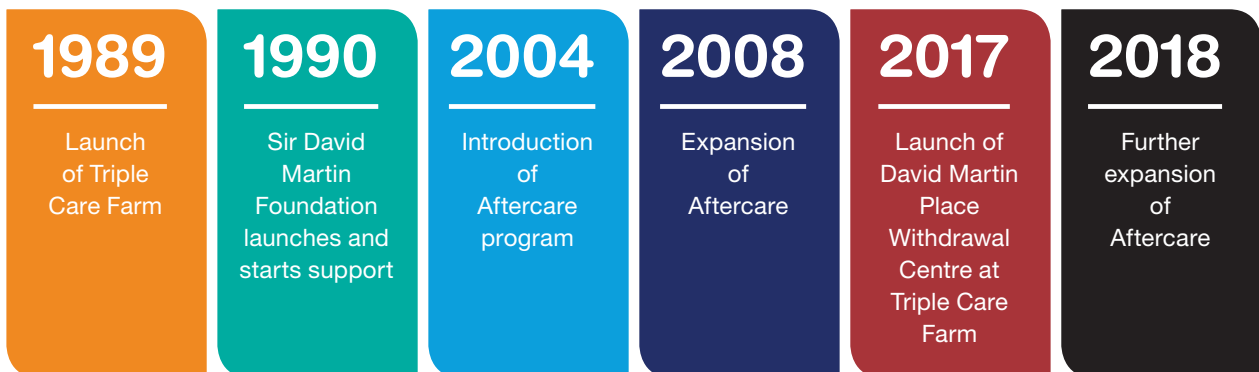
Aftercare (6 months)



Triple Care Farm model of treatment



How the program developed



Addressing unmet needs for young people



In 2017 there were no youth specific withdrawal residential programs available and young people had limited options to get well. Adult facilities were inappropriate and frightening to young people. They didn't provide the psychological and social support for the young people's long term goals. There was an obvious need for a program designed to meet the specific needs of young people, providing them with the tools or support to stay sober or clean into the future.

Thanks to a major gift campaign in 2016-17, David Martin Place, a 10 bed youth withdrawal centre was opened at Triple Care Farm which aimed to:

Address unmet need by targeting those young people who don't need or are not yet ready for the residential rehabilitation, to access age appropriate, medical and psychosocial residential withdrawal support

Create a pathway to those who need and are ready for the residential rehabilitation program at Triple Care Farm so they can progress to developing living skills, education and pathways to employment and safe, stable housing

Assist those who have gone through the withdrawal program to continue being well in the community, by providing six months of Aftercare

How the Withdrawal Centre works

David Martin Place provides holistic treatment, addressing the reasons why young people began using substances in the first place and equipping them with the tools to stay clean. It is a stand-alone program, helping young people get healthy, free of the burden of addiction and empowered to live a fuller life.

- A 28 day youth withdrawal residential program;
- 10 monitored bedrooms, with ensuite bathrooms and 24/7 active supervision;
- A substance withdrawal program that integrates a medical and therapeutic model;
- Group and individual counselling with a psychology and nursing team;
- Outreach and education programs;
- A comprehensive bio-psychosocial assessment and treatment plan;
- Referral and support into further treatment and rehabilitation;
- Education and support for families and carers, allowing family and support networks to come together with the young person to engage in change;
- Engagement in long term treatment and care for substance use;
- Flexible service models tailored to the individual client needs; and
- A 6 month aftercare/community support program.

The five core program elements can be summarised as follows:



About the young people

The young people on arrival at Triple Care Farm – history and presentations

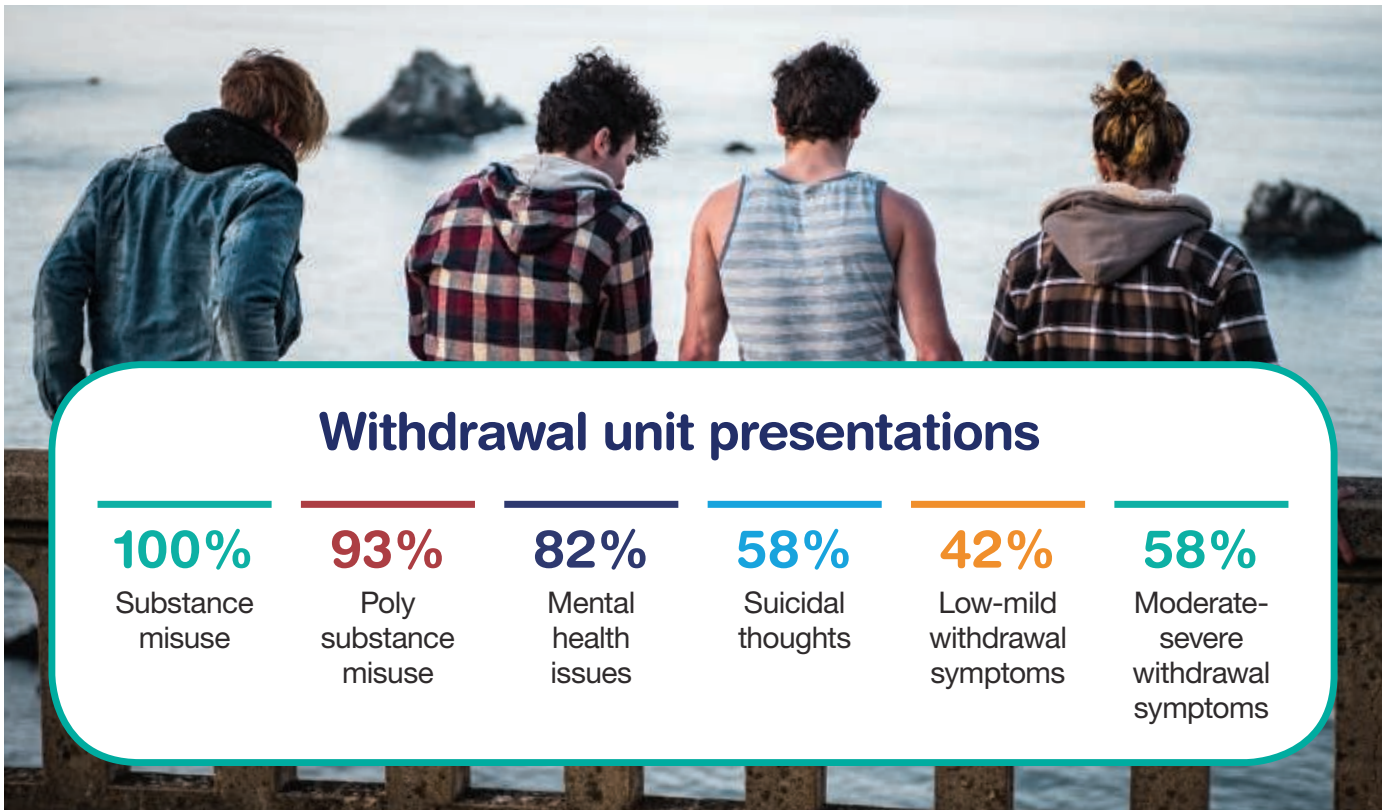
Young people who access the withdrawal service present at intake with a range of comorbidities impacting upon and sustaining their overall substance use concerns. Many young people present having experienced trauma and violence, mental illness and significant stressors including unemployment and homelessness.

The graph below details some of the complex issues that young people presented with. All participants had a substance misuse issue, with 93% using multiple substances (poly substance use). 82% were experiencing a mental illness and 58% of young people had attempted to take their own life in the 12 months prior to entering treatment.

93%

of young people presented with poly substance abuse

During the withdrawal program young people's experiences of withdrawal symptoms are measured using a formal withdrawal scale. The majority of young people experienced moderate/severe withdrawal symptoms (58%), and others experienced low/moderate withdrawal symptoms (42%). These measures demonstrate that the young people accessing the program are presenting with complex withdrawal support needs.



About the young people

Demographics of young people at Triple Care Farm

During 2018, the average age of a young person accessing the withdrawal unit was **20.3 years old**, with:

64%

Males

36%

Females

14%

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

3%

Culturally and Linguistically Diverse

Young people at Triple Care Farm – Withdrawal Unit

The withdrawal unit accepts referrals from young people nation-wide. In 2018, referrals were received from:

35%

Illawarra/South Coast

31%

Sydney

26%

Other NSW

8%

Interstate



About the young people

Presenting issues on intake

The table below details issues that young people have identified as a part of their support needs.

| | |
|------------------------------------|-------------|
| Substance misuse | 100% |
| Poly substance misuse | 93% |
| Mental health issues | 82% |
| Unemployment | 77% |
| Family history of substance misuse | 70% |
| Family breakdown | 68% |
| Suicidal thoughts | 58% |
| Self-harm | 58% |
| Homelessness or transience | 46% |
| Hospitalisations from AOD or MH | 36% |
| Prison or Temporary Incarceration | 36% |
| Suicide Attempts | 33% |
| Moderate withdrawal symptoms | 31% |
| Mild withdrawal symptoms | 30% |
| Severe withdrawal symptoms | 27% |
| Low withdrawal symptoms | 12% |

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Students in withdrawal

152

Aftercare

94

Completion

70%

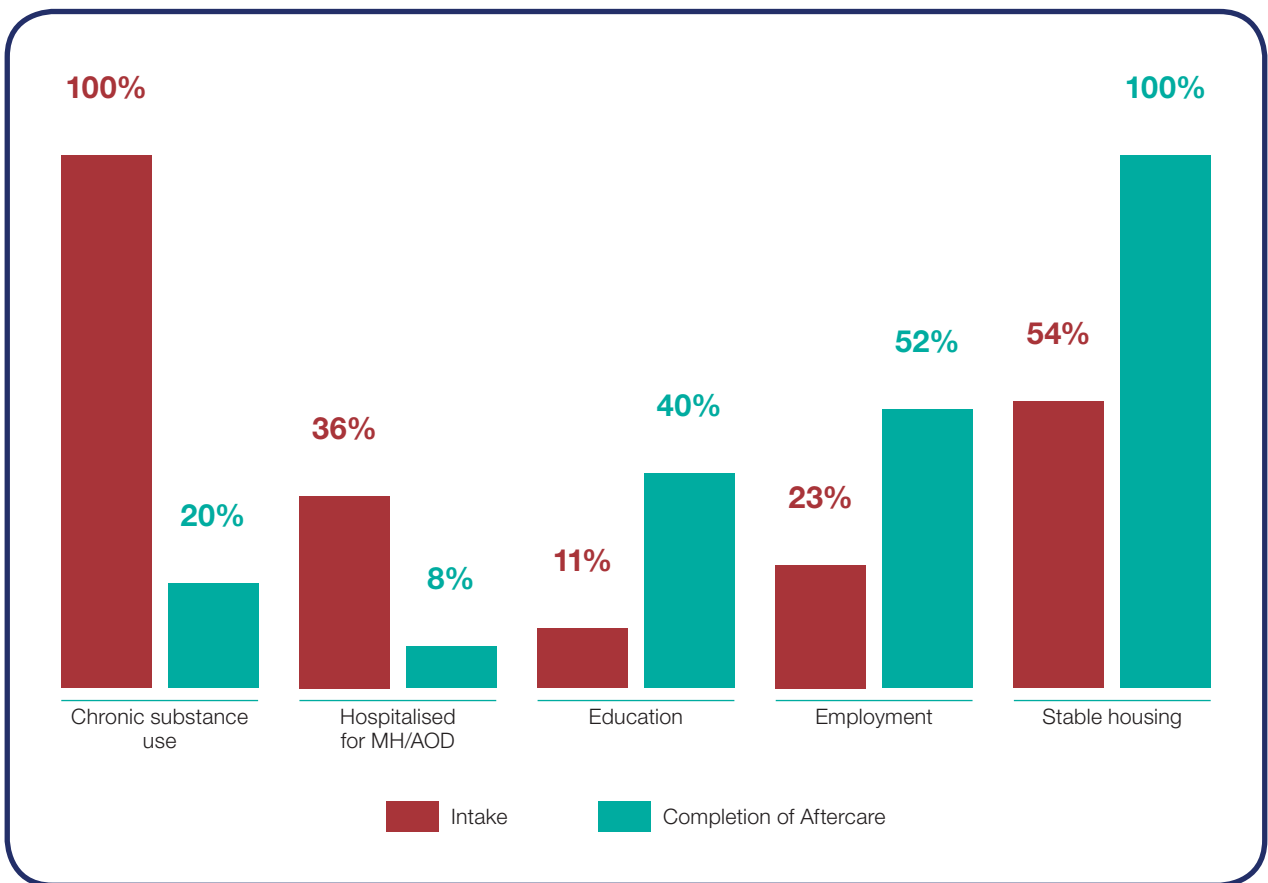
**Moved to residential
rehabilitation**

63%

Providing opportunity for young people aged 16 to 24 to safely withdraw from substances in a supportive environment

Impact of withdrawal program including Aftercare

37% completed the withdrawal only and then returned to the community with six months of aftercare. The other **63%** went on to undertake the 12 week residential rehabilitation program and then completed the 6 months of aftercare.



80%
reduction in
chronic substance use

How your gift has helped

From zero

to over

200 young people

getting detox help
since 2017

80%

reduction in

**chronic
drug use**

Zero

suicide attempts
six months after
completing the
program

92%

of young people
engaged in
education and
employment

Thank you to our donors

Many thanks to all our Sir David Martin Foundation donors, in particular our major donors named below who have supported David Martin Place.

James & Janette Bain

Reg Becker

Blackwood Foundation

Broinowski Foundation

Chill Foundation

Danks Trust

Neil A Dobbs

Douglas Scott Foundation

Fairbridge Foundation

Harvey Norman

Susan Holman

John E Jefferis

**Karen & John Kightley
Foundation**

Carolyn Lyons OAM

**Maple-Brown Family
Foundation**

Frank Mitchell

Moore Family Foundation

David & Margaret Mullen

Neilson Foundation

Anabel Parbury

Paul Ramsay Foundation

Rotary Club of North Sydney

Rotary Club of Sydney

Andrew J Sharpe

**Shaw and Partners
Foundation**

Jann E Skinner

**Skipper-Jacobs Charitable
Trust**

Snow Foundation

David & Libby Wills

**The partnership of Sir David Martin Foundation,
Mission Australia and Government has driven outcomes
helping young people with drug and alcohol addiction.**

Contact us at 02 9219 2002

sdmf.org.au

^{SIR}
david martin

FOUNDATION